

THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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The HOMOEOPATHIC HERITAGE Turns



PEER REVIEWED

The Vast Scope of Urtica Urens in Homoeopathy

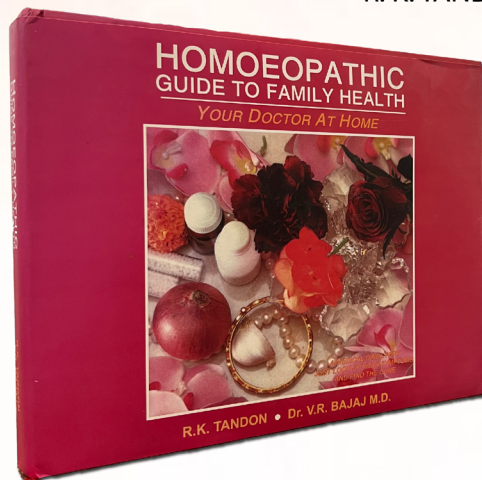
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Dear Readers,

Homeopaths who are well versed with their medicines know that Urtica urens is a herbaceous plant that is widespread in both moderate and tropical areas across the world. A recently published research paper elaborated a study wherein the potential of Urtica Dioca/Urens in treating/managing neurodegenerative diseases was studied. Boericke's Materia Medica mentions neuritis in this drug. Urtica urens has also been studied for its anti-inflammatory and anti-oxidant properties. Additionally, it is known to possess excellent anti-viral, anti-microbial and anti-helminthic effects.

This issue of 'The Homoeopathic Heritage' Titled 'The Vast Scope of Urtica Urens in Homeopathy' is an attempt to throw light upon the expansive potential of Urtica Urens in different diseases when administered in homeopathic doses. From case illustrations and caselets to opinion pieces on the scope of Urtica urens in homeopathy, this issue discloses an impressive array of the ways in which a homeopath can utilize this medicine in his/her practice.



Homeopaths who are well versed with their medicines know that Urtica urens is a herbaceous plant that is widespread in both moderate and tropical areas across the world. It is native to Eurasia, including the Himalayan regions of Kalimpong, Darjeeling and Sikkim in India and can be found in North America, New Zealand and South Africa as an introduced species.

A bushy, upright annual plant with a height upto 75cm, with distinctly toothed leaves and clusters of small, greenish white flowers in summer, Urtica Urens has typical features of Urticaceae family that it belongs to. Leaves are covered in tiny hairs that can irritate the skin, though young leaves are edible when cooked.

It is well-known for its dermatitis-causing effect when touched. It is also widely used as a vegetable and traditional medicine. And this is precisely the reason why Urtica, proved by Burnett, finds its place in our materia medica as a phenomenal medicine for urticaria and other rashes of the skin.

In Homoeopathy, the whole plant is used for the treatment of gout, uric acid diathesis, joint pain, lithiasis, urticaria andagalactia and burns.

While almost all of us homeopaths are well aware of the 'less commonly used' medicine called Ur-

tica Urens, and the already researched/ studied effects on the human body in homeopathic doses, in moderate and large doses, and the already documented symptomatology of this medicine, not many of us have bothered to delve into the potential of this plant- the uncharted, territories of Urtica urens.

Why we are emphasizing on understanding this is because being aware of the unrecognized potentials of a medicine helps us plan our provings and structure our research studies dedicated to this medicine.

So before we begin to sift through the following pages of this issue of the journal, let us ensure that besides understanding the role of Urtica Urens in homoeopathic medicine, we also know how this medicine holds significance in other fields and in other forms too!

For example, not many of us are aware of the effects of Urtica Urens when used as external application- When to use it externally, how to use it and what to expect!

Similarly, it must be noted that other fields of medicine- allopathy, unani, ayurveda etc also employ urtica urens in different forms to manage different conditions.

In this context, we must know that a recently published research paper (<https://doi.org/10.1007/s13659-023-00380-5>) elaborated a study wherein the potential of *Urtica Dioca/Urens* in treating/managing neurodegenerative diseases was studied. Dr. Boericke's *Materia Medica* does mention neuritis in this drug, but the detailed symptoms are yet to be studied. *Urtica urens* has also been studied for its anti-inflammatory and anti-oxidant properties. Additionally, it is known to possess excellent anti-viral, anti-microbial and anti-helminthic effects. The *materia medica* by Dr Boericke enlists the manifestation as Diarrhea; Chronic Diseases of the large intestine characterized by profuse excretion of mucus.

Not much research has been done on this rare drug and therefore all we know currently is that besides being an excellent remedy for skin and gastrointestinal tract, *Urtica urens* is a galactagogue with a uric acid diathesis thus helping a patient heal from gout. The symptoms being-

- Diminished secretion of milk; Arrests flow of milk after weaning, Excessive swelling of breasts
- Rheumatism associated with urticaria like eruptions; Pain of acute gout; deltoid; pain in ankles, wrists. Fever of Gout. General heat in bed with soreness over the abdomen. Symptoms return at the same time every year. Favours elimination.
- Splenic affections
- Antidotes ill effects of eating shellfish

Quick Word on Issue Content

This issue of 'The Homoeopathic Heritage' Titled 'The Vast Scope of *Urtica Urens* in Homeopathy' is an attempt to throw light upon the expansive potential of *Urtica Urens* in different diseases when administered in homeopathic doses.

From case illustrations and caselets to opinion

pieces on the scope of *Urtica urens* in homeopathy, this issue discloses an impressive array of the ways in which a homeopath can utilize this medicine in his/her practice.

This issue's section on 'From the Editor's Desk' has been penned by Dr Bhavik Parekh, HOD, Dept. of *Materia Medica*, Dr M. L. Dhawale Memorial Homoeopathic Institute, Palghar. The stalwart's expedition authored by Dr Subhas Singh offers an insight into the life of Dr S. P. Dey- A Flamboyant Homoeopath. The 'In Italics' column enriches our readers with an article by Prof. (Dr) Prashant N. Bharbat, Principal, Shalinitai Meghe homeopathy Hospital, College and Research center, Wanadongri, Nagpur. Additionally, this column also gives the readers an insightful piece by Dr Joachim F. Gratz, Author, Gentle Medicine, Grätz Classical Homeopathy, Oberhausen i. Obb., Germany. We then proceed to offer our readers a sneak peek into our conversation with Dr Surjit Singh Makker, Author, The Practical Handbook of Veterinary Homeopathy.

Lastly, the book review section of the journal takes our readers on a journey through two remarkable books- 'Principles and Practice of Homoeopathy- Homoeopathic Philosophy and Repertoriation' authored by Dr M. L. Dhawale and reviewed by Dr Kishan Kumar Brij, PG Student, Dept of Homeopathic Pharmacy, Bakson Homeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh (U.P.) and 'Miasmatic Prescribing' authored by Dr Subrata Kumar Banerjea and reviewed by Dr Rajiv Rui Viegas Peres, Associate Professor, Department of Organon of Medicine, Aarohant Homoeopathic Medical College & Research Institute, Gandhinagar, Gujarat. Swarnnim University.

Happy Reading!

Dr Rashi Prakash

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Dear Dr. Rashi,
Managing Editor, BJain Publishers

I truly appreciate the opportunity to contribute to **The Homoeopathic Heritage**, a publication I deeply admire for its dedication to advancing homeopathic knowledge.

I also reviewed the themes for **The Homoeopathic Heritage 2025**, and I find them inspiring and well-aligned with the evolution of homeopathic practice.

I look forward to contributing further articles on these themes to continue supporting the growth and dissemination of homeopathic principles.

Looking forward to your feedback and the opportunity to contribute further.

Warm regards,
Dr. Shubham Gautam
BHMS, MD(AM)

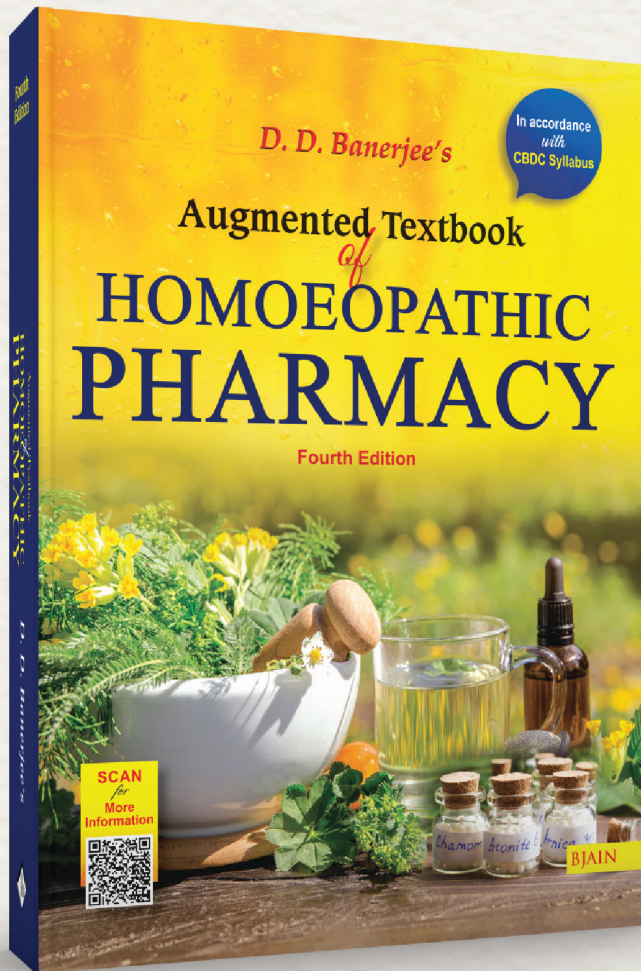
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Beyond the Desk: *Teachers' Perspectives*

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Dr. Febin George

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Dr. Praveen M Kulkarni

Asso. Prof, Dept of Pharmacy, Shri Kamaxidevi Homoeopathic Medical College & Hospital, Shiroda, Goat.

It was good to see addition of content as per new CBDC curriculum.

Content updation is accurate and as per requirements.



Dr. Radha Krishan Chaurasiya

Asst. Prof, Dept of Pharmacy, Smt.Malini Kishore Sanghavi Homoeopathic Medical College.

Very nice arrangements of topics of Homoeopathic Pharmacy according to the CBDC -Especially attraction part that added newly topic that easy to understand and useful for students as well as medical students.



Prof. (Dr) Vandana Shaga

HOD, Dept of Pharmacy, Shri Bhagwan HMC Chh Sambhajinagar (Aurangabad)

This book fully serves the purpose of learning Homoeopathic Pharmacy based on CBDC curriculum. All newly added topics are included in it, which is a great help for students and teachers of Homoeopathy . Pharmacy as well.



The Vast Scope of *Urtica Urens* in Homoeopathy

Dr. Bhavik Parekh, Associate Professor¹,

Dr. Akshata Nayak, Assistant Professor²

Department of Materia Medica,

Dr. M. L. Dhawale Memorial Homoeopathic Institute, Palghar



Urtica Urens also known as the *Common Nettle* or *Stinging nettle* has very characteristic usage especially in Homoeopathic practice associated with stinging or stinging-burning pains. Dr. J. H. Clarke credits Dr. Burnett for rediscovering *Urtica Urens* as a remedy. The provings of *Urtica urens* are not extensive, but supplemented by clinical observations given in the Clarke's dictionary and by Dr. M. Tyler helps to make the picture is fairly complete. Some of which are quoted at the end of this article.

It comes from the family of Urticaceae and prepared from the tincture of the fresh plant. As the name suggests, one of the commonest indications we would find is in conditions resembling urticaria or nettle rash for which it is often clinically applied. However on a deeper study one would find the remedy applicable in a lot more conditions other than those limited to the skin.

Sphere of Action: *Urtica Urens* has an extensive sphere of action on the skin. Its tincture has been empirically used with water and cloth soaked in it to wrap around the Nettle rash only to find the eruptions and the pain magically disappear. The other prominent spheres of action prominently seen are on the Mammae and Mucus Membranes especially of the intestines, Nerves, Kidneys and the Spleen.

Indications: One of the key aspects of *Urtica Urens* is that it antidotes the effects of eating shell fish. Interestingly shell fish can cause allergic reaction in the form of urticaria and also cause high uric acid levels, both being important indications of the remedy. Oedema with burning and

stinging are the other symptoms commonly found throughout its sphere of action. The remedy has Uric acid and Haemorrhagic diathesis.

Skin: The skin symptoms of *Urtica Urens* cover full range of urticarial rashes. It consists of itching blotches, with burning heat, stinging and violent formication, which requires constant rubbing. The skin becomes elevated, with a central spot and a red areola. This can even extend to angioneurotic edema. It has also described it for *Urticaria nodosa*, where the skin eruptions of urticaria are nodular. The rash can have inflammation, oedema, vesicular eruptions, blisters, anasarca, and sudamina. The urticarial symptoms of *Urtica Urens* are associated with enuresis and rheumatism. The typical stinging-burning also suggest indication in prickly heat.

The burning and stinging pains makes it a good remedy for burns and scalds of the first degree used both locally and internally. The typical pains also make it a good remedy for neuritis. Along with these the other indications found are herpes labialis with heat; itching and stinging of the scrotum which keep him awake at night. The same are also seen in Female with *Pruritus vulvae* with stinging and oedema.

The Uric acid diathesis finds its indications in Gout and Renal Lithiasis. The acute gouty pain typically affect the deltoid (Right), ankles and the wrists. The pathology further extends where we have urinous odour from the body, indicative of Uraemia.

Spleen: The affections of spleen, yearly periodicity

and tropical fever can also indicate its significant application in malarial fevers.

Mammae: Affection of the glandular system especially the mammae, where in it helps to increase secretion of milk or arrests the flow of milk after weaning where there is excessive swelling of the breasts. Farrington considers it as the best remedy for agalactia without any other symptoms and no apparent cause.

Mucous membranes: Mucous membrane is another affinity of *Urtica Urens* where it produces inflammatory processes like enteritis, dysentery, peritonitis followed by effusion; causing sounds as if bowels were filled with water. The stools are small in quantity, painful, frequent urging, and mixed with white matter like boiled white of eggs and at times little blood. It is also a good anti-helminthic remedy for *Ascarides* with great rectal irritation.

Blood: *Urtica Urens* has haemorrhagic diathesis with Haemoptysis from least exertion of the lungs, intense menorrhagia and haemorrhage from bladder.

Modalities:

Worse from: COLD; snow air, water, cool moist air, touch, stings, burns

Related remedies: *Formica rufa*, *Natrum mur*, *Ocimum*

Compare:

Gout, fever, spleen affection: *Nat mur*

Dropsy, uraemia, gravel, gout: *Uric acid*, *Urea*, *Urinum*

Spleen affection: *Ceanothus*

Rheumatism of right deltoid: *Sanguinaria*

Secretion of milk: *Ricinus*, *Pulsatilla*

Urticaria: *Apis*, *Nat m*, *Astacus fluvatilis*, *Medusa*

Few clinical experiences from text books:

Dr M.Tyler describes Dr Burnett's experience in her book. Dr Compton Burnett shares a case of his first

acquaintance with nettle as a medicine. "Twenty years ago I was treating a lady for intermittent fever of the mild English type, when one day my patient came tripping somewhat jauntily in to my consulting room and informed me that she was quite cured of her fever, and wished to consult me in regard to another matter. I at once turned to my notes of her case, and inquired more closely in to the matter of the cure, in order to duly credit my prescribed remedy with the cure, and the more so as ague is not always easily disposed of therapeutically. 'Oh!' said the lady, "I did not take your medicine at all, for when I got home I had such a severe attack of fever that my charwoman begged me to allow her to make me some nettle-tea, as that was a sure cure of fever. I consented, and she at once went in to our garden, where there are plenty of nettles growing in a heap of rubbish and brickbats, and got some nettles, of which she made me a tea and I drank it. It made me very hot. The fever left me, and I have not had it since." Burnett continues, "the thing escaped my mind for years, but one day being in difficulty about a case of ague, I treated it with a tincture of nettles and cured it straight away, and my next case also, and my next, and almost every case ever since, with very nearly uniform success. Some of my cases of ague cured with nettle tincture were most severe ones, invalidated home from India and Burmah.

Dr M.Tyler shares one case where 'someone doing a chemical experiment, exploded a small tube of boiling Sulphuric acid (oil of vitriol) in to face and eyes. It was quickly washed away, but there were extensive superficial burns, and a corneal ulcer. Good old RUDDOCK, in his Domestic Homoeopathy, advised: a soft rag, moistened with a few drops of Urtica in water quickly wiped the pain out, and healed in a couple of days so far as the skin was concerned.

Dr. J. H. Clarke quotes, Burnett has used this remedy frequently for splenic affections and patients under the influence of this remedy passed large quantities of gravel. Burnett also concluded that Urtica is remedy for acute gout, which would cut short the attack in a safe manner, namely, by ridding the economy of the essence of the disease product. Under its influence the urine became more plentiful, dark and loaded with uric acid. Urtica Urens was his sheet anchor in cases of fever of East India, Burma and Siam.

Note: The reader is directed to Clarke's dictionary of practical materia medica for more such clinical experiences with the remedy.



Dr. Surya Pada Dey

A Flamboyant Homoeopath

Prof. (Dr.) Subhas Singh¹, Dr. Rumsha Tamkeen², Dr. Vaishnavi Achrekar²,
Dr. Vignesh S.², Dr. Binay P. Singh².

¹Director, National Institute of Homoeopathy, Kolkata

²Postgraduate scholar, National Institute of Homoeopathy, Kolkata

Dr. Surya Pada Dey was a revered Homoeopath from Kolkata, West Bengal, who had also been a top student during his training years. He was a popular teacher, a brilliant orator and an acclaimed clinician.

Birth and Family Background:

Dr. S.P. Dey was born on 23rd June, 1931, in the village of Kapilmuni, located in the Kulna district of what is now Bangladesh, previously known as East Pakistan. His family frequently faced financial constraints but that did not keep him from working hard as a student. At times, he had to engage in physical labour to support his studies. Dr. S.P. Dey left his village and came to Kolkata for his preliminary studies in 1950. He was without any support here. He made ends meet by teaching school and college students and other part-time jobs.

Homoeopathic influence:

Dr. S.P. Dey was once affected by typhoid in his childhood. He was taken to an allopathic physician but he was not responding to the treatments. He was later given homoeopathic medicines by another physician in his village, which not only cured him but also gave the profession, a young promising clinician for the future.

Homoeopathic career:

He got admitted to the DMS course at D N De Homoeopathic Medical College and Hospital,

Kolkata. This was a 3-year-long diploma course. He passed with honours in Pathology in the DMS Part I examinations and with the highest marks in Practice of Medicine and Organon of Medicine in his DMS Part II examinations. In 1957, he passed his final DMS exams with flying colours and received a gold medal for achieving the first rank in the state of West Bengal.

He received the direct care and guidance of Dr. Mahendra Chandra Laha, an Allopathic physician who had converted to Homoeopathy. He was also motivated by acclaimed physicians like Dr J.N. Majumdar, Dr J.M. Roy Chowdhuri, Dr N.M. Chowdhury, Dr D.N. Chatterjee, Dr N.K. Chakraborty, Prof. B.K. Bose, Dr N.G. Saha, and Dr J.B. Mukherjee. After passing college, he also became a teacher at his alma mater.

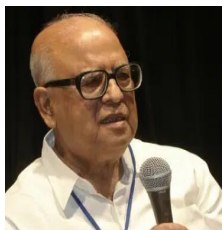
While he got married in 1958, he was also admitted to the Royal London Homoeopathic College, Queen Square, London, from where he got the degree, D.F. Hom. He had the unique opportunity to learn directly from the esteemed Dr. D.M. Foubister and the talented Dr. John Weir. During this course, he earned accolades for his outstanding performances in clinical medicine, showcasing his exceptional skills and dedication, receiving two testimonials from Drs. Thompson Walker and D.M. Foubister. He ultimately got awarded the prestigious degree of D.F. Hom. (London) in 1959.

Upon returning from London, he went back to his village, where he was celebrated by the villagers

and given a warm welcome. Here, he got involved in the spiritual domain for a couple of years. Thereafter, he went to Kolkata and became a full-time teacher at D N De Homoeopathic Medical College and Hospital, Kolkata.

He also taught at Metropolitan Homoeopathic Medical College & Hospital and the National Institute of Homoeopathy (NIH), Kolkata. He was the Honorary Senior Homoeopathic Physician at NIH and took weekly Saturday seminars with an interactive session. He ran his clinic at Amherst Street, Kolkata where he cured many chronic patients.

The Orator:



The lectures of Dr. S.P. Dey were spellbinding. He would speak without any notes, presentation or help for that matter, for hours. He would speak on miasmatic prescribing, *Materia Medica*, and Homoeopathic philosophy. He was known for his clinical acumen and had a command over the subject of the Practice of Medicine too.

Beginning in 1970, he captivated the homoeopathic community by sharing his insights and experiences in clear language. His presentations engaged the audience, who appreciated the depth of his knowledge. He consistently presented and shared his experiences at various seminars and symposiums, both nationally and internationally.

Contributions to Homoeopathy:

He authored several books and articles. Some of

his works are-

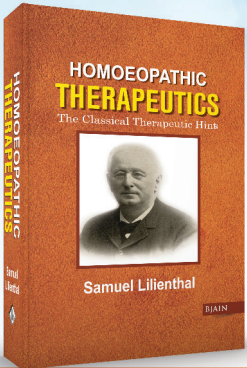
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- *The Scope of Homoeopathy in Epilepsy*
- *The X-ray Drug Picture*
- *Utility of past history in prescription and its therapeutic approach*
- *50 Millesimal Scale Potency*
- *Bronchial Asthma*
- *Clinical Experience with Carcinosis*
- *Clinical Experience with some Nosodes*

He was the Guest Editor of *The Homeopathic Heritage* for some years.

Demise:

Dr. SP Dey took Bengal Homoeopathy to newer heights, providing it with a distinctive shape. His guidance and teachings led many to perfect their art. His dedication not only made him the pride of Indian Homoeopathy but also paved the way to become one for many other Homoeopaths.

He passed away on 23rd January 2014.




Teachers' Voice

Homoeopathic Therapeutics by Samuel Lilienthal

This book on therapeutic is a boon for homoeopathic practitioner as it helps in finding out any medicine very fast and as per required in a case. It also helps for students & faculties to study the effecacies of any medicine on the basis of disease at a glance & enrich the knowledge of Mat Medica

Dr Lipika Chakraborty
Professor & HOD in Department
of Hom Mat Medica
Pioneer Homoeopathic Medical College





Homoeopathic view of Hemorrhoids

Dr Prashant N Bharbat

*Principal, Shalinitai Meghe homeopathy Hospital,
College and Research center, Wanadongri, Nagpur*

Hemorrhoids are swollen and inflamed veins in the lower rectum and anus. In short, they are called varicose veins in the rectum and anus. Hemorrhoids can be internal (developing inside the rectum) or external (under the skin near the anus).

Hemorrhoids can have many causes, but the exact cause is often unknown. It may be due to straining during bowel movements or increased pressure on the veins of the rectum during pregnancy. Symptoms may include mild itching and discomfort (prolapse) depending on the severity of the piles. Treatment for hemorrhoids can range from simple lifestyle changes to eating a high-fiber diet and taking topical pain relievers, and in severe cases, surgery. Hemorrhoids are less prone to complications. However, untreated hemorrhoids can cause severe and burning sensations and can lead to thrombosis (clot formation) and ulceration (ulcers).

Hemorrhoids are not dangerous in normal cases, but they require treatment only when they are bothersome. If it occurs during pregnancy, it gets better automatically after the baby is born. If hemorrhoids are caused by constipation, changes in diet and lifestyle can definitely help. Surgical removal of hemorrhoids can also provide satisfactory

Overview

Hemorrhoids are swollen, enlarged veins that form inside and outside of your anus and rectum. They can be painful and uncomfortable and cause rectal bleeding. Hemorrhoids are also called piles.

We're all born with hemorrhoids, but at baseline, they don't bother us. It's only when they become swollen and enlarged that they produce irritating symptoms.

They affect people of all ages, sexes, races and ethnicities. They're more common as you age, affecting more than half of people over age 50.

Anyone can get symptomatic hemorrhoids, even teenagers. You may be more at risk if you:

- Have overweight
- Are pregnant.
- Eat a low-fiber diet.
- Have chronic constipation or diarrhea
- Regularly lift heavy objects.
- Spend a lot of time sitting on the toilet.
- Strain while having bowel movements.

The types of hemorrhoids

Hemorrhoids can happen inside or outside of your rectum. The type depends on where the swollen vein develops. Types include:

- External Swollen veins form underneath the skin around your anus. Your anus is the canal where your poop comes out. External hemorrhoids can be itchy and painful. Occasionally, they bleed. Sometimes, they fill with blood that can clot. This isn't dangerous, but can result in pain and swelling.

- **Internal Swollen** veins form inside your rectum. Your rectum is the part of your digestive system that connects your colon (large intestine) to your anus. Internal hemorrhoids may bleed, but they usually aren't painful.
- **Prolapse** Both internal and external hemorrhoids can prolapse, meaning they stretch and bulge outside of your anus. These hemorrhoids may bleed or cause pain.

Causes

Straining puts pressure on veins in your anus or rectum, causing hemorrhoids. You might think of them as varicose veins that affect your bottom.

Any sort of straining that increases pressure on your belly or lower extremities can cause anal and rectal veins to become swollen and inflamed. Hemorrhoids may develop due to:

- Pelvic pressure from weight gain, especially during pregnancy.
- Pushing hard to have a bowel movement (poop) because of constipation.
- Straining to lift heavy objects or weightlifting.

Symptoms of Hemorrhoids

A primary symptom of hemorrhoids is a bright red stain on the toilet paper after a bowel movement or blood in the toilet. Such bleeding is usually painless and occurs only if the patient's bowel movements are too hard or too large.

- Mucous discharge from the anus.
- Itching, redness or discomfort around the anus
- Feeling of stool in stomach even after stool
- Pain during bowel movements
- In prolapsed hemorrhoids, a soft grape-like lump protrudes from the anus.
- External hemorrhoids can cause swelling, cramping, and discomfort in the middle, especially after diarrhea or constipation.
- If external hemorrhoids are clotted, the lump

is bluish or purple in color and painful, may bleed, and may appear suddenly on the anus.

- If severe, problems such as profuse rectal bleeding, infection, prolapse of hemorrhoids, formation of anal fistula, and incontinence may occur.
- Painful hemorrhoids Other painful bleeding conditions eg. Anal fissures are different from Crohn's disease, anal fistula, and colorectal cancer.

Diagnosis and Tests

A healthcare provider diagnoses hemorrhoids based on symptoms and a physical exam. You may also have:

- *Digital rectal exam:* Your provider inserts a gloved, lubricated finger into your rectum to feel for swollen veins.
- *Anoscopy:* Your provider uses an anoscope (lighted tube) to view the lining of your anus and rectum.
- *Sigmoidoscopy:* Your provider uses a sigmoidoscope (lighted tube with a camera) to view inside the lower (sigmoid) part of your colon and rectum. Procedure types include flexible Sigmoidoscopy and rigid Sigmoidoscopy. These tests may be uncomfortable but aren't painful.
- *Colonoscopy:* to confirm findings from other tests or check for signs of colon cancer. This outpatient procedure requires anesthesia.

Management and Treatment

The eight most important medicines for treating piles are- Nitric Acid.

Aesculus Hippocastanum – For Painful, External, Non-bleeding Piles

It is the best and most frequently used medicine for painful piles. It is taken when pain is felt during or after passing stool. The pain continues for long hours after the passing of stool. Pain is very sharp that may extend from the anus to the lower back. A person may have a distinct feeling of

small sticks filling up the rectum. It is a specific medicine for external piles and blind piles (non-bleeding piles). This medicine does wonders on engorged haemorrhoidal veins, brings great relief in pain, and also helps in shrinking piles naturally.

Nux Vomica – For Piles With Constipation And Ineffective Urge To Pass Stool

Nux Vomica is the best medicine to treat piles with constipation and ineffective urge to pass the stool. Those who need this medicine have to pass stool several times in a day to completely clear the bowels. They pass stool bit by bit throughout the day and yet have the urge to pass the stool. They also have marked pain and itching at the anus. Nux Vomica is recommended for piles that are non-bleeding. For piles or constipation triggered by alcohol intake, Nux Vomica is the right medicine. It is also the best choice of medicine for people with piles who lead a sedentary lifestyle.

Aloe Socotrina – For Protruding Piles

Aloe Socotrina is ranked the number one medicine when it comes to treating protruding piles (internal piles take an outward bulge from the anus and can be seen as soft lumps of tissue). The protruding piles are very sore and tender and look like a bunch of grapes bluish in color.

Hamamelis – For Bleeding, Internal Piles

This natural medicine sourced from plant ‘witch – hazel’ is the best prescription for piles that bleeds. It controls bleeding piles outstandingly. Hamamelis is useful in cases where piles are internal, painless, and bleed. ‘Painless, bleeding piles’ these three words are an indication to describe the use of this medicine in its entirety, and it requires no further description.

Collinsonia Canadensis – For Piles With Constipation (Dry, Hard Stool)

It is an effective medicine to treat piles with constipation when stool is dry and hard. It can be used when hemorrhoids are external or protruding and there is also marked pain. Additionally, a particular sensation of sand or sticks in the rectum may be felt. This medicine is also used to treat piles which is painful, along with bleeding.

Ratanhia – For Piles With Intense Burning Sensation

This medicine is well indicated to manage piles attended with severe burning sensation. Along with this, there is marked straining to pass stool. Piles may protrude out of the anus on straining for stool. Apart from these a peculiar sensation of little pieces of broken glass in the rectum can be present. Pouring cold water over the anus may provide relief for a while.

In the beginning, one may start with its 30C potency twice or thrice a day. After close observation of symptoms, higher potencies can be considered if the need arises, under a homeopathic physician’s supervision.

Nitric Acid – For Protruding Piles With Bleeding And Sharp Pain

Nitric Acid is a beneficial medicine for cases where piles protrude while passing stool accompanied by bleeding. With this marked pain is there that sharp, stitching, pricking, cutting type, or burning in nature. There is constipation with dry, hard stool that passes with much straining. Pain also occurs at the anus. Constant weight and pressure are felt in the rectum.

Consultation from a homeopath. Do not use high potencies without consulting a homeopathic doctor.

Prevention

Hemorrhoids are common as you get older. These steps can help prevent hard stools and constipation that can lead to hemorrhoids:

- Don’t sit too long or push too hard on the toilet.
- Go to the toilet when the urge hits — don’t delay bowel movements.
- Drink plenty of water throughout the day.
- Eat more high-fiber foods (fresh fruits, vegetables and whole grains) or take supplements. Generally, women and people assigned female at birth should aim for 25 grams of fiber per day, while men and people assigned male at birth should get 35 grams of fiber.

- Stay physically active. Being on the move keeps bowels moving.
- Take laxatives or use enemas only as recommended by your healthcare provider. Too many laxatives or enemas can make it hard

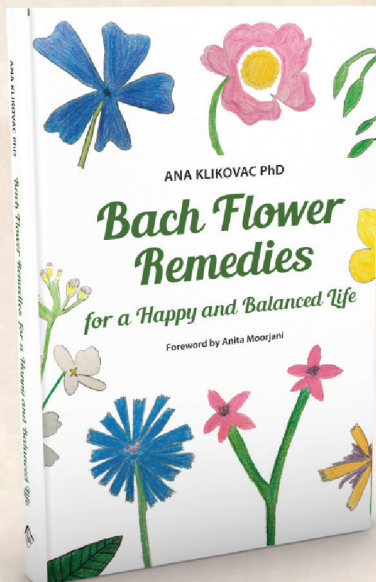
for your body to regulate how you poop.

Most hemorrhoid symptoms improve within a week with at-home treatments. If hemorrhoids cause extreme pain and discomfort, a medical procedure or even surgery may help.



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The Causality of Diseases and their Concealment Using the Example of a Hereditary Antibody Deficiency Syndrome

Dr. Joachim-F.

Grätz, Classical Homeopathy, Oberhausen i. Obb., Germany

About Our Columnist

Dr. Joachim-F. Grätz, Germany, has been working very successfully as a classical homeopath for over 30 years, taking into account the so-called miasms (chronic basic diseases, disease behind the diseases) and is known far beyond the borders of Germany. The uniqueness of his form of therapy consists in his holistic worldview whereby he also integrates insights from dealing with other natural laws into his homeopathic thinking. This enables him to recognize the causal relationships of every illness and to treat them accordingly. – An extraordinarily successful practitioner, even with the most severe diseases.

Dr. Grätz studied homeopathy with the well-known German homeopath Dr. Otto Eichelberger in Munich, who was one of the first to take the miasms into account in therapy and who made the LM-potencies (Q-potencies) public in the German-speaking countries. He attended seminars of Gerhard Risch, Dr. Mohinder Singh Jus, Georgos Vithoulkas, Dr. Michael Barthel, Yves Laborde, Dr. Rajan Sankaran and Paul Herscu and got acquainted with different directions of homeopathy.

For a time Dr. Grätz was also a lecturer in classical homeopathy at various academies of naturopathy and homeopathy in Munich, Zurich, Köthen, Gauting, Salzburg, and Vienna, and also at the Ludwig Maximilian University in Munich for interested medical students. He wrote several books on classical homeopathy and the miasms with a variety of impressive case studies, on the nature of potencies in acute and chronic homeopathy, and on vaccinations, and published a double DVD.

The tendency to infections has real causes and is by no means something that comes out of the blue. *Causes and correlations are almost obvious if you observe everything carefully and take an unbiased look at it.*

The lion's share of cases will show that vaccinations are by far the main cause, followed by the large field of *immunosuppressive therapies* with the resulting *suppressions* (antibiotics, cortisone, surgery, etc.). These are not coincidental temporal correlations, but the attentive observer becomes convinced over time that these correlations are truly causal in nature.

This does not mean that, for example, infection

tendencies do not occur in unvaccinated children. This is of course also the case, only much, much less frequently and depends on the *miasm constellation* and *miasm-dominance* present in the respective organism, i.e. the degree to which the inherited *miasmatic predisposition* is present.

In order to divert attention from the real causes, especially those of the vaccination connection and the suppressions, modern medicine uses cover-up tactics and diversionary maneuvers, you could say. These include scientific-sounding disease names such as immunodeficiencies or immune deficiency diseases, immunoglobulin deficiency, e.g. IgA deficiency, to name but a few. At

first glance, this sounds very scientific and complicated to the layperson and is actually correct, at least at the lowest level, if you look through the microscope.

However, it is very easy for the layperson to lose sight of the real correlations and causes of the diseases and therefore also of the corresponding treatment options that get down to their roots. The person affected is inclined to believe that they have something very bad and rare, which (in many cases) is supposed to be genetic.. *This deprives them of any possibility of independently recognizing and eliminating causal relationships or changing something in their lives for the better.*

But even young doctors who do not yet have years of practical experience are no longer able to grasp real correlations, as they only “look inside the cell”; nobody is interested in the whole thing anymore, as this has not been taught at universities for a long time. A doctor I know once put it this way: “Our medical studies today have degenerated into a veritable brainwash, because it leads students away from holistic thinking and towards the cell, and thus to manipulation at the lowest level through gross, harmful chemistry.”

The following example should help clarify the concealment tactics used by conventional medicine:

A young woman had been suffering from chronic recurrent bronchopneumonia for a few years and came to me because of her “tendency to pneumonia”. It all started after a bout of the flu about ten years earlier that had dragged on for weeks and eventually turned into pneumonia. Since then, she had had pneumonia at least once a year!

It wasn't until about two years after the initial illness that the university hospital diagnosed it as “*hereditary antibody deficiency syndrome*” (deficiency of the IgA, IgG, and IgM antibodies), which was now regarded as the primary cause of this condition. Since then, the young woman had received antibody replacement therapy at regular intervals, but nonetheless there have been chronic recurrent respiratory infections, which ultimately “always had to be treated with antibiotics”, according to the summary of the young woman's medical history.

The hereditary antibody deficiency syndrome was deliberately put in quotation marks, since it really seems more than questionable from a homeopathic point of view because the patient was actually quite healthy until her first bout of pneumonia. From the course of this disease, it looks rather like a *classic delay process*, which was also *massively suppressed by antibiotics*, causing the complication of pneumonia (a “*neglected inflammation of the lungs*”, as Kent put it in his repertory). As a result, the bronchopneumonia regularly appeared as acute exacerbations that were then just as regularly “killed off ” using antibiotics.

Basically, pneumonia is *always the recurrent vagotonic healing phase of the original, incompletely cured disease process* (in this case, a flu that wasn't properly cured), and therefore a completely normal, biological reaction process. By constantly suppressing and killing the occurring microbes and fever attacks necessary for the healing process, the body's attempt to heal itself was being thwarted anew each time, pre-programming the next relapse, because *there is no other path to real biological healing other than through permanent vagotonia!*

In order to break this vicious circle, the patient would have to go through a vagotonic healing phase at least once more according to *the two-phase nature of disease and the appearance of microbes* and react with a more or less clear respiratory infection, which a chronic homeopathic treatment could deliberately provoke. That's why the term heredity, in the sense of hereditary predisposition, is completely incorrect!

Furthermore, there wasn't a single sign of a similar disease in the entire family of the young woman! Even the diagnosis of the antibody deficiency syndrome can never be causal because it only describes the phenomenon on the lowest level, namely on the material level (under the microscope), but ignores any etiology and overall context.

The real idea of this chronic illness, the *prima causa morbi*, was *suppression*, plain and simple! In any case, the patient would have been better advised to speak of recurrent pneumonia from the start. But a hereditary antibody deficiency syndrome obviously sounded much more scientific! However, it distracted from the actual topic including the

causality of the disease.

Dr. Eichelberger rightly spoke of a targeted dumbing down of the people with disinformation and half-truths in order to create the appearance of objective information. This means that patients are deprived of any opportunity for personal responsibility and initiative. With this diagnosis, if believed, they would be hopelessly at the mercy of medical arbitrariness, because they think they have an incurable syndrome, which (seen causally) is actually much simpler.

This simple example clearly shows the kinds of “refined” diagnoses conventional medicine now readily comes up with. Young mothers, whose children are susceptible to infections, but who have an “inherited IgA deficiency” according to the pediatrician, are unlikely to recognize any correlations by themselves, for example, those regarding vaccinations: They will hardly pay closer attention, since “there’s no point” because it is “hereditary”.

In some cases, the brainwashing even goes so far that the patients eventually begin to wonder if they’re being hoodwinked or taken for “damn stupid”, as the Bavarians say.

A mother who recently asked her doctor for advice about her son’s chronic runny nose told me the following story. The doctor “tried to clarify” the “biological meaning of a runny nose secretion” as follows: “The secretion of the runny nose is there to block the nose and form a plug, to protect against the ingress of other virulent pathogens such as viruses and bacteria to fight off any more severe diseases.”

I’m not sure if I should laugh or cry. A runny nose as protection against other super infections! Can you imagine the extent of this ignorance and arrogance? Or was it just because the doctor didn’t know what else to do, but didn’t want to admit it?

In any case, the young mother challenged the doctor and asked whether she herself was now at risk of contracting more severe illnesses because she didn’t have a runny nose at the time.

Back to our case of hereditary antibody deficiency syndrome. The young woman was given *Sulphur LM18*, 5 drops in a glass of water (200 ml),

succussing the bottle vigorously 10 times beforehand, one teaspoonful every 3 days.

This medication was of course prescribed off the top of my head, as this case is very clear. For a better understanding, the relevant rubrics are listed below, whereby the first two form the guiding symptoms of this case (the number of medicines in the rubric is given in brackets):

- chest - inflammation - lungs - neglected (7)
- skin - eruptions - suppressed (50) (as a synonym for suppressed symptoms of illness)
- chest – inflammation - bronchial tubes (bronchitis) (85)
- chest - inflammation - lungs (93)
- chest - inflammation - lungs - pleura-pneumonia (18)
- generalities - narcotics agg. (48) (due to ongoing antibiotic medication)

The woman recovered quite well over time. Of course there was another bronchitis, almost pneumonia, in the sense of a *rewinding process*. However, this was far less serious than the previous ones, which was no longer suppressed with antibiotics, but accompanied by acute homeopathic treatment. Later, there were a few more minor bronchial infections with coughs and colds, but these disappeared with time, so that the young woman no longer suffered from a tendency to pneumonia or from a “hereditary antibody deficiency syndrome”, as the doctors called it, and stood like a rock even in the cooler months of the year.

Of course, a chronic therapy should have followed to eliminate the miasms, based on a detailed life history, so that the woman would not have to experience such relapses or similar serious illnesses again.

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Earnest Colloquy with Dr Surjit Singh Makker

BVSc& AH, MSc (IT), MCA, M.F.Hom. (Member Faculty of Homeopathy Malaysia), DTS (Direct Trainer Skills) Author, A Practical Handbook of Veterinary Homeopathy

Veterinarian, Former Joint Director (AH) Punjab, PAHS-1

Veterinary Homeopathy Visionary: Integrating Holistic Practices with the latest advancements of AI in Digital Health & Imaging.

Internationally Acclaimed Consultant & Researcher



A Little About Dr S. Makker

Dr. Surjit Singh Makkar, a visionary in the field of Veterinary Medicine, blended centuries-old homeopathic practices with the latest advancements of AI in Digital Health & Imaging. His journey began with a deep-rooted passion for animal welfare, leading him to become a renowned Veterinary Homeopathic Physician. He explored the integration of AI to revolutionize veterinary diagnostics and treatment, backed by his studies at the prestigious Indian Institute of Science, Bangalore.

Formerly serving as the Joint Director (AH) in Punjab, he implemented state-wide veterinary health initiatives. He developed innovative veterinary hospital management and diagnostic software, making significant strides in veterinary healthcare technology.

As an Adjunct Faculty at GADVASU Ludhiana and faculty member at The London College of Homeopathy and a contributor to the curriculum at KVASU, Kerala, as Faculty, his research and insights have been shared across the globe, from Malaysia to Brazil, bringing international acclaim to his work in veterinary homeopathy.

He built a free online treatment platform, www.vethomopath.com, and a mobile app for veterinary homeopathy, ensuring accessible care for animals worldwide.

Awards like the "RASTRIYA GAURAV AWARD"

from IIFS India recognize his contributions to the field.

Dr Rashi: Veterinary Homeopathy is emerging as a promising science. Please tell us about the role of homeopathy in Veterinary clinical practice.

Dr Makker: Veterinary homeopathy is emerging as a promising science due to its holistic and non-toxic approach. It offers safe treatment options that leave no toxic residues, ensuring the safety of animal products. Homeopathy focuses on individualized care, enhancing the animal's self-healing abilities, and is effective in managing chronic conditions like mastitis. It is cost-effective and accessible, making it a valuable option for economically disadvantaged areas. Homeopathy can complement conventional treatments, providing synergistic effects and better outcomes. Its ease of administration and minimal handling stress make it ideal for animals. Ongoing research and educational programs are expanding its acceptance in veterinary practice, supported by documented case studies and professional endorsements.

Dr Rashi: Why is it important for people to understand that their pets need a specialized doctor trained in veterinary homeopathy and not a general homeopath treating humans?

Dr Makker: Understanding the necessity of a specialized veterinary homeopath for pets is crucial due to species-specific knowledge and appropriate remedies. Veterinary homeopaths are

trained in the unique anatomical and physiological traits of animals, ensuring accurate diagnoses and effective treatments. They can tailor treatments and dosages safely for different animal species, avoiding potential toxicity. Additionally, veterinary homeopaths adhere to professional standards and legal regulations, ensuring high accountability and care. They offer a holistic approach, integrating homeopathic treatments with other veterinary practices for comprehensive care. Specialized veterinarians are experienced in managing animal-specific conditions and chronic diseases, providing preventive care and promoting overall wellness. Relying on a general human homeopath can lead to inappropriate treatment and potential harm.

Dr Rashi: Your book- 'A practical Handbook of Veterinary Homeopathy' gives an insight into hundreds of diseases and their homeopathic treatments. Tell us what motivated you to author this book?

Dr Makker: Writing "A Practical Handbook of Veterinary Homeopathy" was driven by several motivating factors:

1. Professional Experience and Success

Extensive Practice: Over nearly forty years, I have witnessed remarkable success in treating various animal diseases with homeopathy, which inspired me to share my knowledge and experiences.

Chronic Disease Management: Homeopathy has proven particularly effective for chronic conditions that are often resistant to conventional treatments, and I wanted to provide a comprehensive resource for these cases.

2. Educational Contribution

Knowledge Sharing: There was a significant gap in standard veterinary homeopathy literature. By writing this book, I aimed to fill this void and provide a reliable reference for veterinarians, students, and pet owners.

Teaching: As a member of the faculty for the Post Graduate Certificate Course in Veterinary Homeopathy, I have seen the growing interest in this field. The book serves as an educational tool to support this interest and facilitate

learning.

3. Holistic and Safe Treatments

Non-toxic Approach: The non-toxic nature of homeopathic remedies, which leave no harmful residues in animal products, underscores the importance of this treatment method. I wanted to promote safer, holistic approaches to animal health.

Affordability: Homeopathic treatments are generally more affordable compared to conventional medicine, making them accessible to a broader range of animal owners, particularly in rural and economically disadvantaged areas.

4. Public Demand and Encouragement

Farmer and Veterinarian Encouragement: Continuous encouragement from veterinarians and farmers who have benefited from homeopathic treatments motivated me to document and share these effective practices.

Rising Interest: The increasing interest in alternative medicine and holistic health care among pet owners and veterinarians highlighted the need for a comprehensive guide.

5. Personal Passion and Dedication

Passion for Homeopathy: My personal passion for homeopathy and dedication to improving animal health through natural methods fueled the writing process.

Contribution to Veterinary Medicine: I felt a strong desire to contribute to the advancement of veterinary medicine by providing a well-rounded, practical guide that integrates traditional and homeopathic approaches.

Dr Rashi: Can homeopaths trained in regular homeopathy colleges become veterinary homeopaths?

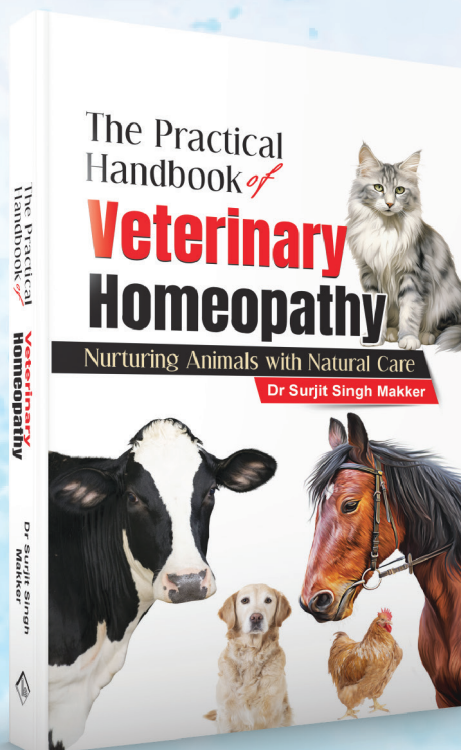
Dr Makker: General homeopaths cannot effectively treat animals as veterinarians do, because veterinarians undergo specialized training in the anatomical, physiological, and behavioral factors specific to various animal species. This specialized knowledge is crucial for accurate diagnosis and appropriate treatment of animals. Veterinarians also gain practical experience with animals,

ensuring they understand the unique symptoms and needs of different species. Additionally, practicing veterinary homeopathy often requires specific licensing and adherence to regulatory standards, further emphasizing the need for specialized veterinary training over general homeopathy education.

Dr Rashi: You were trained as a veterinary doctor. What made you walk the path of homeopathy for animals?

Dr Makker: My journey into homeopathy for animals began with witnessing the limitations and

side effects of conventional treatments. I sought a more holistic, safe, and effective approach. Homeopathy's success in treating chronic conditions, its non-toxic nature, and the absence of harmful residues in animal products motivated me. Encouragement from veterinarians and farmers, combined with my passion for improving animal health through natural methods, solidified my commitment to this path. Over the years, the remarkable results and positive feedback from the veterinary community and pet owners reinforced my dedication to veterinary homeopathy.



The Practical Handbook of **Veterinary** Homeopathy

Nurturing Animals
with
Natural Care



Dr Surjit Singh Makker

- ➔ Treatment guide to more than 400 diseases in animals
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- ➔ Essence of Practical experience of long 40 years of the author.
- ➔ Treatment as well as prevention of diseases in animals and livestock discussed in detail.
- ➔ Each ailment described with respect to causation and its clinical presentation.

From Skin to Systemic Healing: The Expansive Role of *Urtica urens* in Homeopathy

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Keywords

Urtica urens, Homoeopathy, vast scope, stinging nettle

Abstract

Urtica urens, derived from the stinging nettle plant, holds a prominent place in homeopathy due to its wide therapeutic applications. This article explores the extensive scope of *Urtica urens* in treating various conditions, particularly those characterized by burning, stinging, and itching sensations. Commonly used for skin ailments such as hives, rashes, and burns, it also provides effective relief for allergic reactions, rheumatic pain, gout, and issues related to lactation in breastfeeding women. By following the principle of "like cures like," *Urtica urens* addresses both acute and chronic conditions with remarkable efficacy. This article highlights the remedy's versatility, its unique healing properties, and its significance in homeopathic practice.

Introduction

Stinging nettle (*Urtica urens* or *Urtica dioica*) is a herbaceous plant known for its sharp, stinging hairs that release chemicals, causing irritation, itching, and redness upon contact with the skin. Native to Europe, Asia, and North America, this plant has a long history of use in traditional medicine across various cultures. Despite its painful sting, stinging nettle is packed with medicinal

properties. It contains essential vitamins (A, C, K), minerals (iron, calcium, magnesium), and bioactive compounds such as flavonoids and phenolic acids. Traditionally, the plant has been used for:



- **Anti-inflammatory and pain relief:** Stinging nettle is commonly used to reduce inflammation and joint pain, particularly in conditions like arthritis and gout.
- **Allergy relief:** It has been employed to alleviate hay fever and other allergic reactions due to its ability to reduce histamine production.
- **Diuretic and detoxification:** The plant has natural diuretic properties, helping in detoxifying the body by promoting urine flow and eliminating excess fluids.
- **Skin healing:** Topically, stinging nettle has been used to treat skin irritations, burns, and rashes.
- **Nutritional tonic:** Internally, nettle is often taken as a tea or supplement for its rich

nutrient profile, helping to boost energy, improve skin health, and support the immune system.

In homeopathy, *Urtica urens* is derived from the stinging nettle and is used to treat conditions that mirror the plant's effects, such as skin irritations, burns, allergic reactions, and more.

- **Skin Conditions and Burns:**

1. **Burns (First-degree Burns)**

One of *Urtica urens*' primary applications is in treating first-degree burns—those affecting the top layer of the skin, causing redness, swelling, and pain. The remedy works by soothing the inflamed tissue, reducing the burning sensation, and promoting faster healing. It's especially useful for minor burns from hot water, sunburns, or scalds, where the skin feels hot, tender, and painful. *Urtica urens* helps relieve pain, lessen the stinging sensation, and minimize the risk of blistering.

2. **Rashes and Hives (Urticaria)**

Another important use of *Urtica urens* is in treating hives (urticaria) and various rashes. Hives often appear as raised, red, and itchy welts on the skin, usually caused by allergic reactions. *Urtica urens* helps alleviate the itching and stinging that come with these conditions. It is particularly beneficial when the skin feels intensely itchy, swollen, or inflamed, and may worsen with warmth. The remedy reduces the swelling, soothes the irritation, and helps clear up the rash faster.

3. **Eczema and Other Skin Ailments**

Urtica urens is also effective in managing eczema and other chronic skin conditions that involve redness, inflammation, and itching. It helps by reducing dryness, calming irritation, and promoting the healing of cracked or inflamed skin. For conditions where there are red, burning patches, *Urtica urens* is known to provide quick relief, especially in cases where the skin is aggravated by warmth or contact.

4. **Alleviating Pain, Itching, and Redness**

The core benefit of *Urtica urens* lies in its ability

to soothe the skin and reduce symptoms such as pain, itching, and redness. The remedy works by calming the body's inflammatory response, addressing both the underlying causes and visible symptoms of skin irritation. By helping to balance the skin's inflammatory response, *Urtica urens* can quickly relieve discomfort, reduce the severity of outbreaks, and prevent further skin damage from constant scratching or irritation. In summary, *Urtica urens* is a powerful, natural remedy for a wide range of skin conditions, providing fast relief from burning, itching, and stinging sensations, and aiding in the healing of first-degree burns, rashes, hives, and eczema.

- **Urticaria and Allergic Reactions:**

1. Hives (Urticaria)

Urticaria, commonly known as hives, manifests as raised, itchy welts on the skin, often triggered by allergens such as certain foods, medications, or environmental factors. *Urtica urens* is especially beneficial in these cases due to its potent antihistaminic properties, which help to:

- **Reduce Itching:** The remedy alleviates the intense itching that typically accompanies hives, providing immediate relief and preventing further irritation from scratching.
- **Control Inflammation:** *Urtica urens* works to decrease the inflammatory response in the body, which is responsible for the redness and swelling of hives. By doing so, it helps to minimize the size and severity of the welts.
- **Promote Skin Recovery:** With its soothing effects, *Urtica urens* aids in speeding up the healing process of the skin, reducing the duration of the allergic reaction.

2. Rashes

Various rashes, whether due to allergies or irritants, can benefit from *Urtica urens*. The remedy effectively addresses:

- **Redness and Swelling:** *Urtica urens* helps diminish the redness and swelling associated with allergic rashes, restoring the skin's natural appearance.

- **Discomfort Relief:** The anti-inflammatory properties of *Urtica urens* provide significant relief from discomfort, allowing individuals to experience less pain and irritation from the rash.
- **Skin Soothing:** By calming the skin's reaction, *Urtica urens* aids in reducing the urge to scratch, which can exacerbate the rash and lead to further skin damage or secondary infections.

3. Insect Bites and Stings

Urtica urens is widely recognized for its effectiveness in treating reactions to insect bites and stings, characterized by pain, swelling, and itching. The remedy helps in:

- **Alleviating Pain and Itching:** *Urtica urens* acts quickly to reduce the pain and itching associated with insect bites, providing fast relief to those affected.
- **Controlling Localized Inflammation:** When an insect bite or sting occurs, the body's immune response can lead to localized inflammation. *Urtica urens* helps control this inflammation, reducing swelling and preventing excessive redness around the affected area.
- **Promoting Healing:** The remedy's soothing properties contribute to the overall healing of the skin after an insect bite or sting, minimizing the risk of lingering irritation.

Mechanism of Action

Urtica urens efficacy in managing allergic reactions can be attributed to its action on the body's inflammatory pathways. By inhibiting the release of histamine and other inflammatory mediators, the remedy helps modulate the body's response to allergens. This results in decreased inflammation, reduced itching, and improved skin healing.

- **Rheumatic Pains and Gout:**

1. Rheumatic Pain Relief

Rheumatic pain encompasses a variety of conditions affecting the joints and soft tissues, often characterized by inflammation, stiffness, and

discomfort. *Urtica urens* plays a key role in alleviating rheumatic symptoms by:

- **Reducing Inflammation:** *Urtica urens* possesses anti-inflammatory properties that help decrease swelling and redness in affected joints. By targeting the inflammatory process, it helps relieve pain and restore mobility in individuals suffering from rheumatism.
- **Pain Relief:** The remedy alleviates the sharp, aching pain associated with rheumatic conditions. Patients often report significant improvement in their ability to move without discomfort, thanks to *Urtica urens*' action on nerve pathways that transmit pain signals.
- **Enhancing Joint Function:** By reducing inflammation and pain, *Urtica urens* allows for improved joint function. This is particularly beneficial for individuals with chronic rheumatic conditions, as it enhances their quality of life and ability to engage in daily activities.

2. Gout and Acute Gout Attacks

Urtica urens is particularly well-suited for managing gout, a type of inflammatory arthritis caused by the accumulation of uric acid crystals in the joints. Its effectiveness in treating gout can be attributed to several key factors:

- **Lowering Uric Acid Levels:** One of the primary ways *Urtica urens* assists in gout management is by promoting the excretion of uric acid from the body. This helps to prevent the formation of uric acid crystals, which are responsible for triggering painful gout attacks.
- **Controlling Acute Attacks:** During an acute gout attack, individuals often experience sudden, severe pain, swelling, and redness in the affected joint, commonly the big toe. *Urtica urens* helps manage these acute symptoms by:
 - ▶ **Alleviating Pain:** The remedy effectively reduces the intense pain associated with gout, providing fast relief.
 - ▶ **Reducing Inflammation:** *Urtica urens* addresses the inflammatory response, minimizing swelling and discomfort around the joint. This action helps to restore normal

function and alleviate the distress caused by acute episodes.

- **Soothing the Joints:** In addition to reducing pain and inflammation, *Urtica urens* helps soothe the joints, making it easier for individuals to move and regain their normal range of motion following an attack.

Mechanism of Action

The therapeutic effects of *Urtica urens* in rheumatic and gout-related pain can be linked to its influence on the body's inflammatory pathways. By inhibiting the release of pro-inflammatory mediators and promoting detoxification, *Urtica urens* helps maintain a balanced state, reducing the likelihood of flare-ups.

• Urinary and Kidney Conditions :

1. Alleviating Difficulty in Urination

Difficulty passing urine can be a distressing symptom caused by various factors, including allergic reactions that lead to inflammation or irritation in the urinary tract. *Urtica urens* helps to:

- **Soothing Inflammation:** By reducing inflammation in the urinary tract, *Urtica urens* can alleviate discomfort during urination, making it easier for individuals to pass urine without pain.
- **Promoting Urinary Flow:** The remedy acts as a natural diuretic, encouraging increased urine production and flow. This property is particularly helpful for individuals experiencing urinary retention or difficulties due to inflammation or other underlying issues.

2. Managing Elevated Uric Acid Levels

High uric acid levels are a significant factor in the formation of kidney stones and can also contribute to urinary problems. *Urtica urens* plays a key role in managing elevated uric acid by:

- **Facilitating Uric Acid Excretion:** *Urtica urens* promotes the elimination of uric acid from the body through urine, thereby helping to lower overall levels. This can prevent the crystallization of uric acid in the kidneys, reducing the

risk of kidney stones and improving urinary function.

- **Reducing the Risk of Stone Formation:** By aiding in the dissolution and expulsion of uric acid crystals, *Urtica urens* can help prevent the formation of painful kidney stones, which often lead to urinary blockages and difficulty passing urine.

3. Addressing Allergic Reactions and Irritation

In some cases, urinary problems may be linked to allergic reactions that cause inflammation of the bladder or urinary tract. *Urtica urens* helps to:

- **Alleviate Allergic Symptoms:** By modulating the body's inflammatory response, *Urtica urens* can reduce allergic symptoms that affect the urinary system. This can lead to improved comfort and ease in urination.
- **Promoting Overall Urinary Health:** *Urtica urens* supports the overall health of the urinary system, helping to maintain its function and reduce the likelihood of future complications related to allergies or uric acid buildup.

4. General Diuretic Effects

The natural diuretic properties of *Urtica urens* enhance urinary health by:

- **Increasing Fluid Excretion:** By promoting healthy urination, *Urtica urens* helps the body eliminate excess waste and toxins. This can contribute to a feeling of lightness and well-being, especially in those with a history of urinary issues.
- **Supporting Kidney Function:** The remedy's ability to enhance urine flow and decrease uric acid levels can help support kidney function, ensuring that these vital organs operate efficiently.

• Breastfeeding and Lactation Issues:

1. Stimulating Milk Production

One of the primary benefits of *Urtica urens* for nursing mothers is its ability to stimulate milk production. This effect can be crucial for mothers who experience insufficient milk supply, which

may lead to frustration and concern about their baby's nutrition. *Urtica urens* works through several mechanisms:

- **Promoting Lactation:** *Urtica urens* is believed to enhance the hormonal balance related to lactation, particularly by influencing prolactin levels. Prolactin is the hormone responsible for milk production, and by supporting its secretion, *Urtica urens* can help increase milk supply.
- **Encouraging Effective Letdown:** In addition to increasing milk production, *Urtica urens* can facilitate the letdown reflex, which is the release of milk from the breast. This can help mothers who struggle with milk flow during breastfeeding, ensuring that their infants receive adequate nourishment.

2. Easing Discomfort and Pain (Mastitis)

Nursing mothers can sometimes experience **painful swelling of the breasts**, known as mastitis, which may result from blocked milk ducts or bacterial infection. *Urtica urens* can help alleviate the discomfort associated with this condition in several ways:

- **Reducing Inflammation:** *Urtica urens* has anti-inflammatory properties that help decrease swelling and redness in the breast tissue. This is essential for relieving the pain associated with mastitis, allowing mothers to breastfeed more comfortably.
- **Soothing Pain:** The remedy is effective in managing the sharp, throbbing pain that often accompanies mastitis. By addressing both the inflammatory response and the pain signals, *Urtica urens* helps mothers find relief.
- **Promoting Overall Breast Health:** *Urtica urens* also supports overall breast health by enhancing circulation in the area, which can aid in the resolution of any blockages and promote healing.

3. Additional Benefits for Nursing Mothers

Beyond its specific roles in stimulating milk flow and easing discomfort, *Urtica urens* offers other benefits that can enhance the overall experience

of breastfeeding:

- **Improving Maternal Well-being:** The relief from discomfort and the assurance of adequate milk supply can significantly improve a mother's emotional and psychological well-being, fostering a more positive breastfeeding experience.
- **Supporting Nutritional Health:** By promoting effective lactation, *Urtica urens* ensures that nursing mothers can provide their infants with essential nutrients, thereby supporting their baby's growth and development.

• Eczema and Chronic Skin Conditions:

1. Managing Eczema Flare-Ups

Eczema flare-ups can be triggered by various factors, including allergens, irritants, and environmental changes. *Urtica urens* plays a key role in managing these flare-ups by:

- **Reducing Itching:** One of the most distressing symptoms of eczema is intense itching. *Urtica urens* has antihistaminic properties that help alleviate this itching, providing immediate relief and preventing the urge to scratch. This is essential for breaking the cycle of irritation and inflammation that scratching can exacerbate.
- **Soothing Redness and Inflammation:** *Urtica urens* possesses anti-inflammatory properties that help decrease redness and swelling associated with eczema flare-ups. By calming the inflammatory response in the skin, the remedy contributes to a reduction in the severity of symptoms during an outbreak.

2. Providing Long-Term Relief

For individuals suffering from chronic eczema, finding a solution that offers long-term relief is essential. *Urtica urens* helps achieve this through several mechanisms:

- **Balancing Skin Function:** By promoting overall skin health, *Urtica urens* helps to restore balance to the skin's natural barrier. This is crucial for reducing the frequency and severity of flare-ups. A well-functioning skin barrier

retains moisture and protects against irritants and allergens.

- **Modulating Immune Response:** *Urtica urens* may help in modulating the immune system's response, making it less reactive to allergens and irritants that can trigger eczema flare-ups. This can lead to fewer occurrences of skin irritation and reduced chronic inflammation.

3. Hydration and Moisture Retention

A significant aspect of managing eczema is maintaining skin hydration. *Urtica urens* can indirectly support hydration by:

- **Encouraging Circulation:** By enhancing blood circulation to the skin, *Urtica urens* helps deliver essential nutrients and oxygen, which can aid in the healing process and improve the overall condition of the skin.
- **Reducing Dryness:** With consistent use, *Urtica urens* can help to decrease the dryness associated with eczema, making the skin less prone to cracking and irritation.

4. Preventing Secondary Infections

Chronic eczema can lead to breaks in the skin, increasing the risk of secondary infections. *Urtica urens* can help mitigate this risk by:

- **Supporting Skin Integrity:** By reducing inflammation and promoting healing, *Urtica urens* helps maintain the integrity of the skin, making it less susceptible to infections that can complicate eczema.

CONCLUSION

Urtica urens emerges as a multifaceted remedy with a vast scope of applications in homeopathy, demonstrating its efficacy in treating a wide array of conditions. From managing chronic skin ailments like eczema and providing relief for allergic reactions such as hives to addressing urinary problems and supporting lactation in nursing mothers, *Urtica urens* offers holistic benefits that enhance overall well-being.

Its potent anti-inflammatory, antihistaminic, and diuretic properties make it a valuable tool for

practitioners and patients alike. By effectively alleviating symptoms and promoting long-term health, *Urtica urens* exemplifies the principles of homeopathy, focusing on treating the root causes of ailments rather than merely suppressing symptoms.

The growing body of research and clinical anecdotes further underscores its therapeutic potential, highlighting the need for continued exploration of its benefits. As more healthcare professionals recognize the significance of *Urtica urens*, it is poised to play an essential role in integrative health approaches, offering safe and natural relief for various conditions.

Incorporating *Urtica urens* into homeopathic practice not only enriches treatment options but also empowers individuals to take charge of their health through natural remedies. Its vast scope and enduring relevance in homeopathy reflect the timeless wisdom of using nature's offerings to foster healing and restore balance in the body.

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The Vast Scope Of Urtica Urens In Homoeopathy

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Keywords:

Urtica Urens, Homoeopathy, Allergic reactions, Rheumatism, Gastrointestinal disorders, Menstrual irregularities, Respiratory problems

Abstract

Urtica Urens, derived from the stinging nettle plant, is a versatile homoeopathic remedy with a broad spectrum of applications. Traditionally used to treat various health conditions. Urtica Urens has shown efficacy in managing allergic reactions and skin issues (urticaria, eczema), rheumatic and arthritic conditions, gastrointestinal disorders, menstrual irregularities and fertility issues, respiratory problems. Homoeopathic potentization of Urtica Urens enhances its bioavailability, allowing for deeper therapeutic action.

Introduction

Urtica Urens



A bushy, upright annual to 75cm, with distinctly toothed leaves and clusters of small, greenish white flowers in summer. Leaves are covered in tiny hairs that can irritate the skin, though young leaves are edible when cooked.²

- **Other common names** - small nettle, Dwarf nettle³
- **Botanical details**
- **Meaning-** Urtica- sting, Urens- Acrid, Stinging, Burning
- **Family-** Urticaceae
- **Native-** UK
- **Foliage-** Deciduous
- **Habit-** Clump Forming
- **Inflorescence-** Axillary, branched, and usually shorter than the petiole
- **Height-** Can grow up to 60 cm high
- **Leaves-** Covered in tiny hairs that can irritate the skin, but young leaves are edible when cooked
- **Flowers-** Small, usually unisexual, and mostly green^{1,3,8}
- **Potentially harmful-** Skin irritant. Wear gloves and other protective equipment.^{1,3}

Genus- A genus of annual or perennial flowering plants with arrow-shaped serrated green foliage and small clusters of greenish-brown flowers. Many species have stinging hairs on the leaves. The foliage can be used for making tea and for medicinal purpose and the plants provide valuable food and shelter for wildlife.⁷

Parts Used In Homoeopathic Preparation

In homoeopathic preparations, the whole plant of



Urtica Urens is used but the primary parts utilized are Leaves, stems, roots. The most commonly used parts are leaves. The leaves contain histamine, serotonin, acetylcholine, flavonoids and alkaloids.

These constituents contribute to the plants therapeutic properties including anti-inflammatory, anti-histaminic, anti-spasmodic, diuretic and hemostatic. The whole flowering plant, including the root, is steeped in alcohol.⁵

Homoeopathic Remedy: Its Use, Indications

Urtica Urens is prepared from the plant *Urtica Dioica* commonly called 'stinging nettle' (bichhubutti). It belongs to the family Urticaceae. This homoeopathic remedy is prepared from a fresh plant when in flower through the process of potentization. It is a process of preparing homoeopathic medicines that extracts and arouses medicinal properties from crude substance.²

This is a remedy for agalactia, lithiasis and also for profuse discharges from mucus surfaces. It even antidotes ill-effects of eating shellfish. Usually in this drug symptoms return same time every year.⁴

It is an excellent remedy in treating complaints of urticaria/hives, gout, burns/scalds and kidney stones.²

Constitution



Urtica urens is often prescribed for individuals who have a sensitive and irritable nature. These individuals may be prone to sudden and extreme reactions, both emotionally and physically.

They may experience heightened sensitivity to touch, with even slight pressure causing discomfort. This remedy is recommended to persons who suffer from joint pains due to high uric acid levels (gout). Overall, *Urtica urens* constitutional types are characterized by

their sensitivity, reactivity, and tendency towards skin issues, allergies, joint pain, and urinary problems.¹²

Clinical conditions

This remedy is indicated in the following clinical conditions : hives (urticaria), allergic reactions, burns, scalds, sunburn, bee stings, herpes labialis, prickly heat, gout, deltoid pain, kidney stones.

Drug action

This medicine mainly works on the skin and the joints. Other than this, its action is noted in the urinary organs, female genitals and breast.

Characteristics of Urtica Urens

*Rheumatism associated with urticaria-like eruptions.*¹ *Urtica Urens* is often indicated for individuals who experience intense burning sensations, both externally and internally like nettle rash. They may have a tendency to become irritable and restless. *Urtica Urens* individuals often have a high energy level and a sense of urgency.⁹

Scope Of Urtica Urens In Homeopathy

1. SKIN (Hives, Burns, Scalds, Sunburn, Herpes, Prickly Heat)

Urtica Urens treats skin problems very well. This medicine is extensively used in the treatment of urticaria also known as hives. Itching, swelling all over fingers and hands, resembling "bold hives", lumps and red spots on hands and fever blisters on lips, itching. Heat in skin of face, arms, shoulders, and chest, with formication, numbness and itching, lips, nose, and ears swollen, lids so oedematous that they could scarcely be opened, after a while upper part of body as far as navel oedematous and pale, transparent blisters filled with serum and looking like sudamina, becoming confluent and making the skin look wrinkled, lids closed, forming transparent, here and there bluish shining swellings as large as hen's eggs disappeared on sixth day with desquamation.(Intense burning in skin after sleep.)¹³

Along with itching and burning, there is



formication (sensation of insects crawling on or under the skin). In cases where hives are formed from eating shellfish, it is well indicated medicine. It is predominately indicated in conditions where urticaria is accompanied by joint pains. It is also indicated when urticaria gets worse every year in the same season.¹

Urtica Urens is a powerful medicine for treating cases of burns and scalds. It is mainly prescribed in cases of first-degree burns (burns that affect the first layer of the skin). Its use is recommended in the form of external application as well for internal use. Urtica Urens is a capital choice for sunburn (red, swollen, inflamed and painful skin that arises from overexposure to UV rays from the sun). In such cases, this medicine helps to allay intense burning and itching on the skin.²

This medicine can handle wonderfully in cases of prickly heat (skin rash arising from sweat getting trapped under the skin). It can be given in cases of herpes of lips (herpes labialis) caused by herpes simplex virus (HSV). A burning sensation on the skin is followed by painful blisters (fluid-filled bumps). In these cases, it can be used when there is marked itching and heat sensation. Lastly, its use is also considered in cases of bee stings. External application of Urtica Urens on the particular point of bee sting is known to give quick relief.²



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Key Indicating Features

- Hives with raised red wheals with violent itching, burning and formication
- Hives from eating shellfish
- Urticaria occurring along with or alternating with joint pains
- First-degree burns affecting the first layer of skin

- Sunburn with intense burning and itching on skin
- Herpes of lips with marked itching and heat sensation
- Bee stings

“As soon as she lay down again, eruption and itching disappeared entirely and reappeared immediately after rising again.”^{1,2}

2. JOINT AND LIMBS (Gout, Deltoid pain)

Fig.1 Gout



• **Gout** can be tackled magnificently with this medicine. Gout refers to pain, swelling, redness and inflammation of joints from increased uric acid levels in the blood. This medicine works equally in both acute and chronic cases of

gout especially of wrists and ankles. Along with this, it is useful in treating stiffness and soreness on the inner side of the left knee.⁶

- **Deltoid muscle on the shoulder:** Its use is indicated in cases of pain in deltoid muscle (muscles that help us move our arms). It gets worse on rotating the affected arm inwards. Mostly pain occurs in right sided deltoid and it is continuous type.
- **Blisters:** This medicine is well indicated in cases of blisters on the skin of hands and fingers which are raised and red with itching.²

Key Indicating Features

- Gout pains in ankles and wrist
- Pain in deltoid muscle, worse on rotating arm inwards
- Red, itchy blisters on skin of hands and fingers²

3. URINARY (Kidney Stones, Strangury, Bleeding)

Urtica Urens acts well on the urinary organs. Here, it is effective in treating **bladder and kidney stones**. This medicine can be given when there is

strangury means painful, frequent urination, with scanty urine expelled slowly with straining. Lastly, it is indicated for bleeding from urinary bladder.²

Key Indicating Features

- Bladder and kidney stones
- Painful, frequent urination with scanty urine expelled slowly with straining²
- The co-relation between gout and elevated serum uric acid suggests that subjects suffering from gout can be relieved of the symptoms by controlling the serum uric acid levels and homeopathy does a great role in treating gout and thus enhance the quality of life of the patients.¹¹

4. FEMALE (Pruritis Vulvae, Breast Swelling, Diminished Breast Milk)

For females, it is recommended to treat Pruritis vulvae (itching of external genitals including mons pubis, labia majora, labia minora, and clitoris). Along with itching, stinging sensation and swelling can be present in vulva. This medicine acts well on breast. It proves very effective in complaints of swollen breasts with stinging, burning pain. It is also useful for cases of diminished breast milk in females after child birth, arrests flow of milk after weaning.²

Key Indicating Features

- Itching in vulva along with stinging and swelling
- Swelling of breast with stinging, burning
- Diminished breast milk in females after child birth²

Modalities

- Aggravating factors: Complaints get worse from touch, yearly, from cool moist air¹
- Ameliorating factors: Complaints get better from lying down¹

Relationship with Other Remedies

- Urtica Urens can be compared with medicines

like Apis Mellifica, Natrum Mur and Astacus in case of urticaria.

- Its comparison can be done with medicine like Ricinus Communis in cases of diminished milk secretion in females after childbirth.²

Dosage

Its use is recommended in mother tincture form and low potencies. This medicine can be repeated frequently depending on case analysis. In case of bee stings and burns, external application of this medicine is also suggested.²

CONCLUSION

Homoeopathic remedies are prescribed based on homoeopathic principles and after a detailed case taking. Urtica Urens offers a promising therapeutic profile in homoeopathy, warranting further research and clinical application. It is a valuable remedy with a wide range of therapeutic applications, offering a natural and holistic approach to healthcare.

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Unveiling the Therapeutic Benefits of Holy Basil: Pharmacological and Clinical Perspectives

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Keywords

Tulsi, *Ocimum sanctum*, bioactive components, pharmacological actions, traditional medicine

Abstract

This article explores the medicinal properties and applications of Tulsi (*Ocimum sanctum* L.), a significant herb in traditional medicine systems, particularly Ayurveda. Tulsi's bioactive components, such as eugenol, ursolic acid, β -caryophyllene, linalool, and 1,8-cineole, have demonstrated various pharmacological actions. These include antimicrobial, antiviral, antifungal, antiprotozoal, antimalarial, anthelmintic, mosquito repellent, antidiarrheal, anticataract, anti-inflammatory, neuroprotective, cardioprotective, immunomodulatory, cytoprotective, anticancer, antiasthmatic, and antistress effects. This article also highlights Tulsi's potential in managing diseases such as asthma, diabetes, hypertension, and other health issues.

Introduction

Plants play a pivotal role as the foundation for many medications. A significant portion of pharmaceuticals currently in use originate from botanical sources. For instance, morphine is derived from the poppy plant, *Papaver somniferum*; Ashwagandha comes from *Withania somnifera*; Ephedrine is obtained from *Ephedra vulgaris*; Atropine is extracted from *Atropa belladonna*; and Reserpine is sourced from *Rouphia serpentina*. These medicinal plants are treasure troves of

secondary metabolites, which are the precursors for drug development, and they are also abundant in essential oils that have medicinal value. The key benefits of using medicinal plants for health issues include their inherent safety, cost-effectiveness, efficacy, and widespread accessibility.^{[1][2]} In traditional medicine systems, Indian medicinal plants have been successfully used to manage various disease conditions such as bronchial asthma, chronic fever, cold, cough, malaria, dysentery, convulsions, diabetes, diarrhea, arthritis, emetic syndrome, skin diseases, insect bites, and more. They are also utilized in treating gastric, hepatic, cardiovascular, and immunological disorders^[3].

In Ayurveda, Tulsi (*Ocimum sanctum* L.) is well documented for its therapeutic potential. It is described as one of the Dashemani Shwasaharni (antiasthmatic) and anti-kaphic (Kaphaghna) drugs.^[4] India is the largest producer of this medicinal herb, and it is called the botanical garden of the world. More than 70 % of the Indian population rely on the traditional mode of treatment^[5]

Habitat

It is an annual delicate herb that is extensively cultivated in warm regions and the tropical climate of the country. These plants are native to the Indian subcontinent and are found throughout the Southeast Asian tropics. Basil is typically cultivated over an area of approximately 25,000 hectares, resulting in an annual production of about 250-300 tons of oil. The herb spans the entire Indian subcontinent, reaching elevations up to 1,800

meters in the Himalayas and in the Andaman and Nicobar Islands. Additionally, it is commonly planted in kitchen gardens and as an indoor plant due to its sacred status in Hindu philosophy. Tulsi is significant in commercial production because of the valuable aroma chemicals extracted from its essential oil.

Different spices

Basilicum Group *Ocimum canum* Sims, *Ocimum basilicum* L., *Ocimum Americanum* L. Sanctum Group *Ocimum sanctum*, *Ocimum Gratissimum* L., *Ocimum viridae* Wild.^[6]

Pharmacological properties

Numerous scientific studies, including in vitro, animal, and human experiments, have explored the medicinal properties of Tulsi. These studies demonstrate that Tulsi possesses a wide range of pharmacological actions, such as antimicrobial, antiviral, antifungal, antiprotozoal, antimalarial, anthelmintic, mosquito repellent, antidiarrheal, anticataract, anti-inflammatory, neuroprotective, cardioprotective, immunomodulatory, cytoprotective, anticancer, antiasthmatic, and antistress effects.^[7]

Tulsi can relieve migraine pain. Holy basil helps to kill the bacteria and infections, useful in treating skin infections. It is a good ingredient for treating fever. It is one of the most important ingredients in the formulations prepared in ayurvedic medicines. The anti-inflammatory properties of Tulsi help to promote eye health by preventing viral, bacterial, and fungal infections. It soothes eye inflammation and reduces stress.^[9]

Ocimum Sanctum can cure mouth ulcers and is a natural mouth freshener and an oral disinfectant. Holy Basil destroys the bacteria that cause dental cavities, plaque, tartar, and bad breath, while protecting the teeth. It contains compounds like camphene, eugenol, and cineole which cures viral, bacterial, and fungal infections of the respiratory system. It cures bronchitis and tuberculosis.^[9]

Homoeopathic *Ocimum Sanctum* mother tincture

Fever with bone pain:

It is an excellent remedy used for influenza and fevers that are associated with cough and diarrhea. There is pain all over the body. Also pain in the bones. Followed by soreness of muscles with a severe headache.^[10]

Cough:

Conditions Treated: Diarrhea, fever with cold, cough, bronchitis.

Description: Especially effective for asthma patients who sit bent forward, supporting their head with hands while elbows rest on the knees. They cannot lie quietly in bed and experience chest pain when coughing or sneezing.

Tonsillitis:

Symptoms: Pain and sensitivity in the throat, difficulty swallowing, pain in the throat when coughing, great hoarseness.

Additional Effects: Altered voice, ulceration, and mucus in the throat.

Forgetfulness and Lack of Focus:

Mental State:

The patient is forgetful, often forgetting to perform usual duties and making mistakes in every task.

Physical Symptoms:

Very sensitive, dislikes lying in bed, lacks concentration, feels very weak and drowsy, often falls asleep while answering.

Headache:

Pain Description: Throbbing pain with a heavy sensation in the head, feeling as if nails are being driven through the head.

Relief :Pain improves with pressure, cold water, fanning, and covering the head.

Aggravation: Pain worsens with walking.

Teary Eyes:

Symptoms: Sensitivity in the eyes, continuous flowing of tears, sensation of mist before the eyes.

Ear Symptoms:

Conditions Treated: Pain in the ears due to nasal complaints, offensive discharge from the ears. Additional Symptoms: Noise in the ears, loud sounds are painful.

Oral Symptoms:

Taste: Bitter and putrid.
Conditions Treated: Mouth ulcers.
Physical Description: Red tongue, dry and blackened lips as if burnt, bad smell from the mouth.
Pain Description: Pain in teeth, worse at night, on touch, and from cold.

Abdominal Symptoms:

Conditions Treated: Abdominal distension, feeling of heaviness.
Stool: Frequent passage.
Pain Description: Pain in the stomach.

Diarrhea:

Stool Description: Very copious, offensive, watery, full of mucus, sometimes containing blood.

Bedwetting:

Conditions Treated: Involuntary urination in children, burning sensation while passing urine.
Symptoms: Frequent urination in children.^[11]

The leaves of Tulsi contain bioactive components such as eugenol, ursolic acid, β -caryophyllene, linalool, and 1,8-cineole. These compounds have demonstrated various health benefits in scientific studies. In animal model experiments, these bioactive components have been shown to lower blood sugar levels. Additionally, Tulsi has been effective in normalizing blood sugar, blood pressure, and lipid profiles in these studies, indicating its potential for managing diabetes, hypertension, and cholesterol levels.^[12]

CONCLUSION

Tulsi (*Ocimum sanctum* L.) is a highly valued medicinal herb with a wide range of pharmacological actions and therapeutic potentials. Its bioactive components contribute to its effectiveness in managing numerous health conditions, including diabetes, hypertension, asthma, and various infections. As a cornerstone of traditional medicine, Tulsi's safety, efficacy, and accessibility make it a vital component in contemporary and alternative medical practices.

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Urtica Urens – The Clinical Utility

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Keywords

Urtica Urens, homeopathic medicine, clinical symptoms, rubrics.

Abstract

Nettles, belonging to the genus *Urtica* in the family *Urticaceae*, have long been valued for their use as food preservatives for humans and animals. In addition, they have a rich history of use in traditional medicine for centuries. In some conventional methods, nettles are used to wrap food, especially cheeses, or added to fermented foods, leveraging their antimicrobial properties to extend shelf life. Nettles contain phenolic compounds and antioxidants that can act as natural preservatives. These compounds help prevent fat oxidation in foods, which can cause spoilage.¹

Introduction

The name "*Urtica*" comes from the Latin word "*uro*," meaning to burn, or "*urere*," meaning to sting, which refers to the stinging hairs found on the plant native to Europe. *Urtica urens* has also been introduced to other regions, such as Uttarakhand, India, and is typically found in shady, moist environments. *Urtica urens* has been reported to have several beneficial properties- the leaves exhibit antioxidant, antimicrobial, anti-inflammatory, and antibacterial activities. The aerial parts of the plant are noted for their chemoprotective and anxiolytic effects, helping to protect against chemical damage and reduce anxiety. Additionally, the leaves have shown potential in alleviating

arthritis symptoms.² A complete set of active compounds, including tannins, glycosides, proteins, alkaloids, flavonoids, and coumarins, is found in both aqueous and alcoholic extracts. However, these compounds are absent in chloroform and ether extracts, except for phenols, flavonoids, and coumarins, which are still present.³

In homeopathy, the whole plant is used for preparation. The tincture is prepared from fresh plants. The main 4 centres of action of *Urtica urens* are

- Skin- edema, inflammation, urticaria,
- Mucous membrane – gastrointestinal inflammations
- Glandular system -increased secretion of milk
- Vasomotor – stimulated.⁴

SKIN: Physiologically, whether taken internally or applied externally, *Urtica urens* cause inflammation similar to nettle rash, leading to swelling and, at times, urinary suppression.⁴ Nettle rash- Intense itching and burning of the skin, as if it were scorched, raised, red blotches with sharp, fine stinging sensations. The skin appears pale and requires constant rubbing. This condition often accompanies or precedes rheumatism. Eruption and itching disappear as soon as the person lies down and reappears immediately after rising.⁶ Itchy swellings on the fingers and hands, similar to large hives; lumps and red spots form on the hands, along with fever blisters on the lips, all causing persistent itching.⁵ *Urtica* is also highly effective in treating burns and scalds, provided the tissues aren't severely damaged.

GLANDULAR SYSTEM: *Urtica* also has a specific action on the breasts. In a given case from "A Dictionary of Practical Materia Medica," - A woman who had not had children for three and a half years and had not nursed any of her children experienced significant breast swelling, initially discharging serum, followed by a copious flow of milk after consuming a pint of hot infusion of the herb.⁶ Clinically, it is useful for reduced milk secretion after childbirth, and breast swelling accompanied by stinging and burning pains, and it can also help arrest milk flow after weaning.⁸ In females, there is Pruritus vulvae with great itching, stinging, and edema of the parts. Leucorrhoea, discharge very acrid and excoriating. In males, the itching and swelling of the scrotum kept him awake at night and bothered him nearly all day, with persistent stinging and itching.⁶

GASTROINTESTINAL: Chronic disease of the large intestine characterized by large secretion of mucous.⁹ Stools; small, painful, mucus mixed with white matter like the boiled white of an egg. Intense itching of the anus; from pinworms. Vomiting, from suppression of urticaria.⁸ Dysentery accompanied or preceded by nettle rash; during and after the passage of stool, a sensation of rawness and burning in the anus. At 10 a.m., soreness in the abdomen while lying down, and pressing on it produced a sound as if the bowels were filled with water.

GOUT: Dr. Burnett' says that " *in acute gout, it cuts short the attack safely, viz., by ridding the economy of the disease product, its actual suffering-producing material.* He identified it as a powerful agent for splenic issues and its ability to expel gravel and alleviate gout.⁷ urine causing itching. Uric acid toxemia.⁸ Another important feature was noted that *Urtica* has a very severe deltoid rheumatism, persistent pain in the right deltoid that worsened with inward arm rotation, making it difficult to put on a coat.

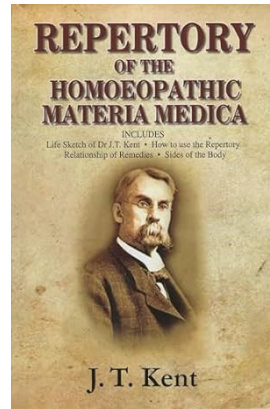
Gerarde also mentions its antidotal action against snake bites. It is a specific remedy for bee stings, and applying the tincture, even to sensitive areas like the face or eyelids, provides instant relief.⁷

Rubrics

Various rubrics that include symptoms associated with urticaria, lactation issues, rheumatism, skin conditions, and affinities for different bodily systems highlight the broad scope of *Urtica Urens* in homeopathic prescribing. This remedy effectively addresses diverse clinical presentations, making it a valuable option for practitioners.

Rubrics from Kent Repertory ¹¹

1st grade



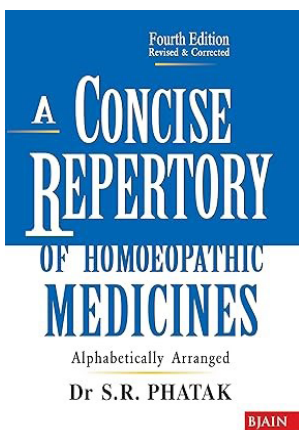
- Genitalia male, itching, scrotum
- Chest, milk, disappearing
- Extremities, itching, upper limbs, nettles, as from
- Extremities, itching, fingers
- Skin, burning, nettles, as from
- Skin, eruptions, urticaria, rheumatism, during
- Skin, eruptions, urticaria, warmth, and exercise (agg.)
- Skin, stings of insects
- Skin, itching, warm, on becoming

2nd grade

- Face, eruptions, urticaria
- Stomach, vomiting, urticaria, from suppression of
- Abdomen, spleen, complaints of
- Rectum, itching, ascarids, from
- Genitalia female, itching, burning
- Genitalia female, swollen, oedematous
- Chest, hæmorrhage, exertion, after
- Chest, milk, non-pregnant women

- Chest, milk, suppressed
- Extremities, arthritic nodosities, finger joints
- Extremities, pain, upper arm, deltoid region, right
- Extremities, numbness, shoulder
- Skin, eruptions, urticaria, exercise, violent, after
- Generalities, food, fish, shell, agg

PHATAK REPERTORY RUBRICS ¹⁰



- Bees stinging agg:
- Deltoid, Arms Rotating inwards agg: (single medicine)
- Discharges, urinous odour
- Fever Pulsations, with: (single medicine)
- Fever sweat vertigo with (single medicine)
- Food, fish Shell agg:
- Gout: Acute
- Haemoptysis, Exertion, violent, after (single medicine)
- Lactation Milk Absent, scanty- parturition, after (single medicine)
- Milk present virgins, non-pregnant women
- Pulsation, throbbing fever
- Spleen, stitching, Headache, with
- Snow air agg.
- Stools, white gray ashy
- Stools, Egg white, like boiled
- Urine hot Itching, causing
- Urticaria, pinworm with (single medicine)
- Urticaria, Ascarides, with (single medicine)

- Urticaria, Alternating, with Rheumatism (single medicine)
- Urticaria, Yearly, same season
- Urticaria, Exercise, warmth of

CONCLUSION

Urtica urens is highly regarded in homeopathy for its therapeutic benefits, particularly in treating gout, uric acid diathesis, and joint pain. It is also effective for conditions such as urticaria (hives), allergic reactions, itching, insect bites, and burns, promoting lactation, and addressing splenic issues. Overall, *Urtica urens* demonstrates significant clinical utility across various conditions, making it a versatile remedy in homeopathic medicine.

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Utility of Homoeopathic Medicine Urtica Urens in Gout

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Keywords

Urtica Urens, Gout, Homoeopathy

Abstract

Urtica Urens commonly known as Stinging Nettle (*Urtica dioica*), is an annual plant that belongs to the Urticaceae family. It was proved by Dr. Burnett. They are widely found in Europe, North America, North Africa, and some regions of Asia. The word "Urtica" is derived from "uro" which means to burn, or The Latin "Urere" which means to sting. The word "Urtica" originated mainly due to the presence of urticant hair. The Stinging Nettle was well known from the ancient period. The Greeks knew very well about the clinical effects of the herb. The Dioscorides described it as a diuretic, antitussive, tonic, digestive, and wound healing aid. Stinging Nettle has a strong history and has been used as an herbal treatment for over 2000 years. The Stinging nettle's seeds, leaves, and roots are only a few medicinally useful aspects. The main chemical components of Stinging Nettle are tannins, flavonoids, fatty acids, polysaccharides, volatile substances, isolectins, sterols, terpenes, protein, vitamins, and minerals.

Gout is the most common kind of inflammatory arthritis disease that causes pain and swelling in joints. It is due to the accumulation of monosodium urate monohydrate crystals in and around synovial joints.

To treat uric acid-related conditions like gout and uric acid diathesis, Homeopathy frequently employs *Stinging Nettle*.

Homeopathic remedy Stinging Nettle for people suffering from gout demonstrated the effectiveness of Stinging Nettle in treating gout by reducing serum uric acid levels. The homeopathic treatment is highly individualized, and the selection of remedies depends on the specific symptoms and constitution of the individual.

Introduction^{1,2,3}

Urtica Urens commonly known as Stinging Nettle (*Urtica dioica*), is an annual plant that belongs to the Urticaceae family. It was proved by Dr. Burnett. They are widely found in Europe, North America, North Africa, and some regions of Asia. The word "Urtica" is derived from "uro" which means to burn, or The Latin "Urere" which means to sting. The word "Urtica" originated mainly due to the presence of urticant hair. The Stinging Nettle's seeds, leaves, and roots are only a few medicinally useful aspects. Tannins, flavonoids, volatile substances, fatty acids, polysaccharides, iso-lectins, steroids, terpenes, proteins, vitamins, and minerals are among the main chemical components of stinging nettle. Stinging Nettle is a unique plant with various medicinal uses. Besides its medical application, it was also used in textile industries before the introduction of cotton. In the 19th century, Europe cultivated Stinging Nettle

until the 2nd world war. During the world battle an alternative for cotton was taken up as the fibre nettle. In Homeopathy, Stinging Nettle is widely used to treat uric acid-related problems such as gout, uric acid diathesis, joint pain, lithiasis, urticaria, allergy, itching, insect bites, and burns. It is also used to increase milk secretion and spleen affection in females.

Fig -Urtica urens (stinging Nettle)



History^{1,3}

The Stinging Nettle was well known from the ancient period. The Greeks very well knew about the clinical effects of the herb. The Dioscorides narrated it as a diuretic, anti-tussive, tonic, digestive, and wound healing aid. He was the first person to describe the plant in his book. Some used it in styptic and cough while some used the herb as a material in contradiction of lung diseases like tuberculosis and insomnia. Greek physicians such as Dioscorides in the 1st century C.E. and Galen testified the shoot has laxative and diuretic properties. They stated that it was beneficial for asthma, and pleurisy, and helped in treating spleen-associated ailment. The nettle herb is used in German Homeopathy to cure urticaria, herpes, eczema, and joint pain. Germany has licensed the nettle herb as a reference for herbal tea as an antidiuretic drug. Africa- Africans used in the treatment of nose bleeding, burns, extreme menstruation, cramps, and hemorrhage. India, the Indian Ayurvedic Pharmacopoeia has listed nettle's use in uterine hemorrhage, infantile, nose bleeding, cutaneous eruptions, and psychogenic eczema. North America, Stinging Nettle is also recognized as Aboriginal medicine. They used it as an anti-rheumatic drug. It is used as a muscle-relieving agent during childbirth. United States- The USA uses the nettle herb in various dietary

supplements. The herb extract was given to women during pregnancy and lactation. They are also used as a herbal tonic for the remedies of allergic conditions like hay fever and other allergies. The Stinging nettle was used as a clotting agent during the Civil War.

Nomenclature²

Kingdom-Plantae	Division- Magnoliophyta
Sub-division- Spermatophyta	Class: Magnoliopsida
Order-Urticales	Family- Urticaceae
Genus-Urtica	Species-dioica
English name-Stinging nettle	Vernacular-Sisun

Phytochemical constituents^{1,3}

Stinging Nettle has a strong history and has been used as an herbal treatment for over 2000 years. The Stinging nettle's seeds, leaves, and roots are only a few medicinally useful aspects. The main chemical components of Stinging Nettle are tannins, flavonoids, fatty acids, polysaccharides, volatile substances, isolectins, sterols, terpenes, protein, vitamins, and minerals. Due to its balanced protein composition and comparatively high mineral and vitamin content, nettle is growing in popularity. Provitamin A and vitamin C are abundant in it. The protein comprising around 30% of the body's dry mass contains numerous amino acids, crucial to human health. Minerals make up around 20% of the dry mass. Along with other elements and minerals, the root of the stinging nettle contains calcium, manganese, copper, magnesium, and zinc. Myricetin, kaempferol-3-O-rutinoside (rutin), quercetin, and Isorhamnetin are some of the flavonoids present in roots. Its root contains lignans, pinoreosin, o'laricresinol, neoolivil, dehydrodiconiferyl alcohol, Secoisolaricresinol, and 3, 4- divanillyltetrahydrofuran. The Urtica dioica root includes Urtica dioica agglutinin (UDA), a single-chain polypeptide with 89 amino acids and a significant amount of tryptophan, glycine, and cysteine. Phytosterols such as stigmasterol, campesterol, stigmasterol-4-en-3on, hecogenin, and sitosterol are present in the root. A broad range of active compounds can be present in the stinging nettle's leaves. Nettle leaves contain a variety of components, including flavonoids, phenolic compounds, organic

acids, vitamins, and minerals, in addition to tannins, volatile chemicals, fatty acids, polysaccharides, isolectins, sterols, terpenes, and proteins. Stinging nettle shoots contain more common naturally occurring elements like Calcium, potassium, magnesium, phosphorus, iron, zinc, manganese, copper, and nickel. The common vitamins present in shoot sections are ascorbic acid (vitamin C), riboflavin (vitamin B2), pantothenic acid (vitamin B5), folic acid (vitamin B9), vitamin K (phyloquinone), and vitamin A. The shoot contains flavonoids including isorhamnetin-3-O-glucoside, kaempferol-3-O-rutinoside, and quercetin-3-O-rutinoside (rutin). The shoot of Stinging nettle contained carvacrol, naphthalene, carvone (E)-anethol, hexahydrofarnesyl acetone (E)-geranyl acetone (E)-ionone, and phytol. Leaves, roots, and seeds of stinging nettles have many biological activities. Stinging nettle seeds have both saturated and unsaturated fatty acids, carotenoids (lutein and violaxanthin), and beta carotene.

Gout⁴

Gout is the most common kind of inflammatory arthritis disease that causes pain and swelling in joints. It is due to the accumulation of monosodium urate monohydrate crystals in and around synovial joints. About one-third of the body’s uric acid pool is derived from dietary sources and two-thirds from endogenous purine metabolism. The concentration of uric acid in body fluids depends on the balance between endogenous synthesis and elimination by the kidneys-2/3 and gut-1/3.- Regulation of purine nucleotide synthesis and degradation by a network of enzyme pathways. Still, Xanthine oxidase (enzyme) plays a pivotal role in catalyzing the conversion of hypoxanthine to xanthine and xanthine to uric acid.

Epidemiology⁵

The occurrence of gout is approximately 1-2%, with a greater than 5:1 male preponderance. Gout has become gradually more common over recent years in affluent societies due to the increased prevalence of obesity and metabolic syndrome, of which hypouricemia is an integral component. The risk of starting gout increases with age and with serum uric acid levels. These are normally spread in the general population and hyperuricemia is

defined as SUA of more than two standard deviations above the mean for the population. SUA levels are higher in men, increase with age, and are positively associated with body weight. As though hyperuricemia is a strong risk factor for gout, only a minority of hypouricemic individuals develop gout.

Clinical Features⁵

The classical presentation is with acute monoarthritis, which affects the first joint in over 50% of cases. Other common sites are the ankle, midfoot, knee, and small joints of hands, wrist, and elbow. The large proximal joints and axial skeleton are rarely involved. Typical features include:

- Rapid onset, reaching maximum severity in 2-6 hours, and often waking the patient in the early morning.
- Extreme pain, often described as the ‘worst pain ever’.
- Very great tenderness, such that the patient is unable to wear a sock or to let bedding rest on the joint.
- Marked swelling in the affected part with overlying red, shiny skin.
- Complete resolution with self-limiting over 5-14 days.

During the attack, the joint shows signs of marked synovitis, swelling, and edema. There may coexist with fever, malaise, and even delirium, especially if a large joint such as the knee is involved.

Types of Gout:⁵

Acute Gout	Chronic Gout	Tophaceous Gout
It is characterized by sudden, intense pain and swelling, typically affecting one joint at a time, most commonly the big toe.	It Occurs when acute gout attacks become frequent, leading to persistent symptoms and potential joint damage.	It is a severe form of chronic gout where urate crystals form nodules (tophi) under the skin and in various tissues.

Utility Of Urtica Urens in Gout^{6,7,8}

To treat uric acid-related conditions like gout and uric acid diathesis, Homeopathy frequently

employs *URTICA URENS*. In its leaves anti-inflammatory, anti-arthritic, anti-bacterial, anti-oxidant, and anti-microbial properties have been demonstrated. Also, they have anxiolytic qualities (aerial part).

Stinging Nettle is a remedy of a very ancient lineage. This remedy was mentioned in the writings of Dioscorides, who extolled it very highly as a great cleansing agent. In our time Dr. Burnett has taken it up and given it a very extensive proving.

Dr. Burnett may be said to have reborn Stinging Nettle as a treatment that relieves or cures a disease. -The history of how he came to utilize it. Gout is one of the most fascinating passages of his works. As an application for a fit of the gout, the discovery is his own and the result of therapeutic acumen.

According to John Henry Clarke

Rheumatic pain in arms and ankles which is aggravated in right arm.

Pain in the right deltoid, aggravated at 9 p.m., could not put on his coat alone. Cramp-like pain in right deltoid in the evening; aggravated rotating arm inward, with soreness to touch, with rheumatic feeling in left arm; next day the pain in right arm aggravated by lying on it and on moving it, a characteristic stitch darted pain through the arm, extending over the front of humerus. At times pain in the left arm, muscles of the right arm feel sore as if bruised, cannot raise or stretch the right arm on account of pain, afterward rheumatic stiffness and pain in the right wrist, and later rheumatic pain in the left arm, wrist, and fingers. Elevated, raised red, itching blisters on the skin of hands and fingers. (Nodous joints of fingers. - R. T. C.)

Stiff soreness on the inside of the left knee. Rheumatic pain in both ankles.

According to Dr. William Boericke

Pain in the deltoid, ankles, and wrist joints in case of acute gout. Gout and uric acid diathesis

According to Dr. S K Dubey

Dr. Burnett used Stinging Nettle in acute gout associated with fever.

CONCLUSION

Homeopathic remedy Stinging Nettle for people suffering from gout, clearly demonstrated the effectiveness of Stinging Nettle in treating gout by reducing serum uric acid levels. Thus, the correlation between gout and elevated serum uric acid suggests that subjects suffering from gout can be relieved of the symptoms by controlling the serum uric acid levels, and Homeopathy plays a great role in treating gout and thus enhances the quality of life of patients. The current scenario isn't alarming, as gout has a global prevalence of only 1-2%. However-lifestyle changes and dietary habits need to be looked upon with caution to prevent this condition from climbing up our current list of common lifestyle disorders. A healthy diet and daily exercise can do wonders to our health, and to avoid gout. The homeopathic treatment is highly individualized, and the selection of remedies depends on the specific symptoms and constitution of the individual.

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Homoeopathy as Preventive Therapy in Non-Communicable Diseases

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Keywords

Non-communicable diseases (NCDs), Homoeopathy, Preventive therapy, Lifestyle disorders, Holistic approach, Risk reduction, Patient-centered care, Integrative healthcare.

Abstract

Non-communicable diseases (NCDs), including cardiovascular diseases, diabetes, chronic respiratory conditions, and cancers, have become the leading causes of morbidity and mortality worldwide, placing an immense burden on healthcare systems. These conditions, often driven by lifestyle factors, environmental exposures, and genetic predispositions, require preventive strategies for effective long-term management. Homoeopathy, with its holistic and individualized therapeutic approach, offers a promising complementary pathway for NCD prevention. Rooted in the principle of "let likes be cured by likes," homoeopathy aims to stimulate the body's natural defense mechanisms, thereby addressing underlying susceptibilities and preventing disease progression.

By considering the mental, emotional, and physical aspects of health, homoeopathic remedies can be tailored to each individual's constitution, focusing on early intervention before the full manifestation of disease. Moreover, the integration of homoeopathy with conventional medicine,

particularly in managing risk factors, may enhance overall patient outcomes, promoting a more sustainable healthcare model. This article explores the role of homoeopathy as preventive therapy for NCDs, and examining its principles, for broader adoption in global healthcare systems.

Introduction

Overview of Non-Communicable Diseases (NCDs)

Non-communicable diseases (NCDs) have emerged as a significant global health crisis, accounting for approximately 71% of all deaths worldwide. Conditions such as cardiovascular diseases, diabetes, chronic respiratory disorders, and various types of cancer are the leading contributors to morbidity and mortality rates in both developed and developing nations. The rise of NCDs can be attributed to various factors, including urbanization, lifestyle changes, and an aging population. For instance, cardiovascular diseases are linked to dietary habits high in saturated fats and sugars, sedentary lifestyles, and increasing stress levels. Diabetes prevalence has surged due to rising obesity rates and decreased physical activity. Chronic respiratory conditions, often exacerbated by environmental pollution and smoking, are another growing concern, while the incidence of cancer continues to increase, driven by factors such as genetics, environmental exposures, and

unhealthy lifestyles.

The impact of NCDs extends beyond individual health, creating a considerable economic burden on healthcare systems and society as a whole. Treatment costs for these diseases can be exorbitant, diverting resources from other critical health areas and imposing a strain on both public and private health systems. Moreover, the long-term management of NCDs often requires continuous medical care, leading to increased healthcare expenditure, lost productivity, and a diminished quality of life for affected individuals.

Need for Preventive Approaches

Given the chronic nature of NCDs, prevention is paramount. Unlike communicable diseases, which can often be addressed through vaccination and immediate medical intervention, NCDs develop over extended periods and are influenced by various modifiable risk factors. Prevention strategies must therefore focus on lifestyle modifications, early detection, and individualized care. Key lifestyle factors contributing to the rise in NCDs include poor diet, physical inactivity, smoking, and excessive alcohol consumption. Additionally, genetics plays a role, as family history can predispose individuals to certain conditions, while stress—whether physical, emotional, or environmental—can exacerbate these predispositions.

Recognizing the interplay between these factors highlights the importance of a proactive approach to health. Initiatives aimed at promoting healthier lifestyles, regular screening, and education about risk factors can significantly reduce the incidence of NCDs. The emphasis on prevention not only improves individual health outcomes but also alleviates the burden on healthcare systems, ultimately leading to a healthier society.

Role of Homoeopathy in Preventive Healthcare

Homoeopathy offers a unique perspective on preventive healthcare, emphasizing the importance of individualized treatment. Rather than merely addressing symptoms as they arise, homeopathy seeks to understand and treat the underlying causes of health issues. By focusing on the

whole person—considering physical, emotional, and mental states—homeopathy aims to restore balance and enhance the body's inherent healing abilities. This holistic approach is particularly beneficial in preventing the progression of NCDs.

Homoeopathic remedies are tailored to each individual's specific constitution and health history, allowing for a more targeted intervention. For instance, individuals at risk for cardiovascular diseases may benefit from remedies that support cardiovascular health and promote overall well-being, thereby addressing risk factors before they develop into more severe conditions. Moreover, homoeopathy can aid in managing stress and improving emotional health, which are crucial components in the prevention of NCDs.

Homoeopathic Principles Relevant to Prevention

Law of Similars

The foundational principle of homeopathy, known as the Law of Similars, posits that a substance that causes symptoms in a healthy individual can be used to treat similar symptoms in a sick person. This principle is often summarized as "let like be cured by likes." Homoeopathy operates on the premise that when a remedy is administered in a highly diluted form, it can stimulate the body's vital force to initiate a healing response. This process enhances the body's natural defense mechanisms, encouraging it to restore balance and promote healing.

For example, if a person exhibits symptoms of hay fever, a homoeopathic remedy derived from the pollen of a plant that would cause such symptoms in a healthy person may be utilized to alleviate their discomfort. By invoking the body's inherent healing capabilities, homoeopathy aims to address the root cause of ailments, rather than merely masking symptoms. In the context of prevention, the Law of Similars can be particularly beneficial, as it allows for early intervention in individuals at risk of developing specific health issues. By using remedies that resonate with potential symptoms, homoeopathy can preemptively stimulate the body's defenses, fortifying it against the onset of diseases.

Individualization

A core tenet of homeopathy is individualization. Each patient is viewed as a unique entity, and treatment is customized to reflect their specific constitution, lifestyle, and susceptibility to diseases. This individualized approach contrasts sharply with the one-size-fits-all model often seen in conventional medicine. In homeopathy, practitioners conduct comprehensive assessments that include physical, emotional, and psychological evaluations, which helps in identifying the most suitable remedy for each person.

For instance, two individuals with the same diagnosis of hypertension may present different symptoms and underlying issues. One may experience anxiety and stress, while the other may have lifestyle-related factors such as diet and inactivity contributing to their condition. A homoeopathic practitioner would select remedies that not only target the physical symptoms but also address the emotional and lifestyle components affecting each individual. By tailoring treatment to the unique needs of each patient, homoeopathy seeks to enhance their overall health and prevent the progression of disease, particularly in those at risk for NCDs.

Holistic Treatment

Homoeopathy is fundamentally a holistic system of medicine, which means it considers the patient as a whole rather than focusing solely on isolated symptoms. This holistic perspective encompasses the physical, mental, and emotional states of the individual, recognizing that these elements are interconnected and influence one another.

In the context of NCD prevention, this holistic approach is particularly advantageous. For example, chronic stress has been identified as a significant risk factor for many NCDs, including cardiovascular disease and diabetes. Homoeopathic treatment not only addresses physical symptoms—such as high blood pressure or fluctuating blood sugar levels—but also aims to alleviate stress, anxiety, and emotional imbalances through remedies that support mental health.

Homoeopathy also emphasizes the importance of lifestyle factors, encouraging patients to adopt

healthier habits and make informed choices regarding diet, exercise, and stress management. This integrated approach helps create a more resilient individual capable of resisting the onset of diseases. By treating the whole person, homoeopathy fosters an environment conducive to long-term health and well-being, ultimately preventing the emergence of NCDs.

Prevention of Specific NCDs through Homoeopathy

Homoeopathy, with its individualized and holistic approach, offers potential in preventing NCDs by managing predisposing factors, enhancing immune resistance, and addressing early signs of imbalance in the body. This section elaborates on the preventive role of homoeopathic remedies for some key NCDs.

Cardiovascular Diseases

Cardiovascular diseases (CVDs) encompass conditions like hypertension, atherosclerosis, and heart failure. Managing these risk factors early can significantly reduce the incidence of major cardiovascular events. Homoeopathic remedies such as *Crataegus*, *Aurum metallicum*, and *Nux vomica* are known for their role in managing cardiovascular risks:

- **Crataegus** is a well-known heart tonic that improves myocardial function and strengthens the heart. It helps regulate blood pressure and addresses congestive heart failure.
- **Aurum metallicum** is useful for individuals suffering from high blood pressure, arteriosclerosis, and stress-induced cardiovascular disorders, particularly in patients prone to depression and feelings of worthlessness.
- **Nux vomica** is indicated in cases of stress-induced hypertension, particularly in individuals with a high-stress lifestyle, irritability, and excessive indulgence in stimulants like caffeine or alcohol.

By addressing emotional and physical stressors along with physiological risk factors, these remedies play a role in the prevention of cardiovascular diseases.

Diabetes Mellitus

Diabetes mellitus, particularly type 2 diabetes, often progresses from a pre-diabetic state marked by insulin resistance. Preventive strategies aimed at managing early metabolic disturbances can delay or prevent the onset of full-blown diabetes. Homoeopathic remedies such as Phosphoric acid, *Syzygium jambolanum*, and *Lycopodium* can be helpful in managing these pre-diabetic stages:

- **Phosphoric acid** is used in cases where there is mental and physical exhaustion, along with early signs of diabetes, including weight loss, frequent urination, and excessive thirst.
- ***Syzygium jambolanum*** has a direct action on lowering blood sugar levels and can be useful in cases of insulin resistance and glucose metabolism disorders, making it an effective preventive measure for diabetic tendencies.
- ***Lycopodium*** is indicated in cases of digestive and liver disturbances that contribute to blood sugar imbalances. It is especially beneficial in individuals who are prone to bloating, indigestion, and sugar cravings.

Through individualized prescriptions, these remedies can help manage pre-diabetic conditions, reducing the progression to diabetes mellitus.

Respiratory Diseases (e.g., COPD, Asthma)

Chronic respiratory diseases such as chronic obstructive pulmonary disease (COPD) and asthma are prevalent NCDs that cause significant morbidity. Homoeopathy offers remedies that not only address acute episodes but also prevent the chronic progression of these conditions. Remedies like *Antimonium tart*, *Bryonia*, and *Arsenicum album* can play a preventive role in respiratory diseases:

- ***Antimonium tart*** is particularly useful in cases of chronic respiratory conditions characterized by excessive mucus production and a weak cough reflex, helping prevent the exacerbation of symptoms.
- ***Bryonia*** addresses dry, painful coughs that worsen with movement, along with pleuritic chest pain. It is effective in preventing

complications from acute bronchitis and pneumonia that could lead to chronic respiratory issues.

- ***Arsenicum album*** is beneficial for asthmatic conditions triggered by anxiety or exposure to cold environments. It is particularly helpful in preventing frequent asthma attacks and managing chronic bronchitis.

Preventive homoeopathic management in chronic respiratory diseases can reduce the frequency and severity of exacerbations, enhancing the patient's quality of life.

Cancer Prevention

While cancer prevention is a complex and multifaceted challenge, homoeopathy offers a supportive role in individuals with a family history of cancer or those exposed to predisposing risk factors. Remedies such as *Carcinosin* and *Thuja* are known to help in cancer prevention by enhancing the body's immune response and correcting miasmatic influences:

- ***Carcinosin*** is indicated for individuals with a hereditary predisposition to cancer. It is particularly useful in patients with a strong family history of malignancy or those who have a history of recurring infections or emotional suppression, which may contribute to immune weakness.
- ***Thuja*** is used to address the ill-effects of vaccinations and other toxins that may disturb the body's vital force, potentially leading to abnormal cell growth. It is also indicated in cases of benign growths and pre-cancerous conditions.

By strengthening immune resistance and addressing miasmatic influences, these remedies provide a preventive approach to cancer development in high-risk individuals.

Integration with Conventional Medicine:

Complementary Role

Homoeopathy can play a valuable role in complementing conventional preventive medicine, particularly in the management of non-communicable

diseases (NCDs). The holistic nature of homoeopathy aligns with the goal of prevention by addressing both the physical and emotional aspects of a patient's health. As a safe, non-invasive option, homoeopathic remedies can be used alongside conventional preventive strategies, such as lifestyle modifications like diet, exercise, and smoking cessation, without the risk of adverse drug interactions. Homoeopathy focuses on stimulating the body's own healing mechanisms, which, when combined with conventional approaches, can create a more comprehensive and patient-centered preventive care plan.

In the case of NCDs, such as diabetes, cardiovascular diseases, and hypertension, homoeopathic treatment could serve as an adjunct to manage early symptoms, reduce susceptibility, and potentially delay the progression of the disease. The emphasis on individualized treatment in homoeopathy further enhances its compatibility with conventional preventive measures, allowing for more personalized care that considers the unique constitution of each patient. This integrative approach not only targets the disease but also strengthens the patient's resilience, creating a robust preventive framework.

Patient Compliance and Holistic Care

One of the challenges in managing NCDs is ensuring patient compliance with long-term preventive strategies, which often involve lifestyle changes and medication adherence. Integrating homoeopathy with conventional care may improve patient compliance by offering a more holistic approach that addresses not only the physical symptoms

but also the emotional and psychological aspects of the patient's well-being. This can be particularly beneficial in cases where patients feel overwhelmed by the long-term commitment required for lifestyle changes or medication regimens.

By incorporating homoeopathic treatment into routine health checks, doctors can provide more personalized care, which can help patients feel more involved and empowered in their treatment plan. When patients experience improvements in their overall health and well-being through holistic approaches, they are more likely to remain compliant with the prescribed preventive measures. Additionally, homoeopathy's focus on the whole person and its non-invasive, gentle nature can help reduce the dependency on medication, making it an attractive option for those looking for natural, long-term solutions to managing NCD risk factors.

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Skin Is A Mirror Of Your Health- A Review Of Verruca Vulgaris On Holistic Approach

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Keywords

Warts, Human Papilloma virus, Homoeopathy

Abstract

Warts are benign, non-cancerous skin growths that can appear on different body areas and take on a variety of shapes. Viruses are the source of them. The majority of people will at some point in their lives get a wart; they are quite prevalent and infectious.¹ It is a third most common skin condition seen in clinical settings, which is said to affect 2–20% of elementary school students and adults even more frequently.² The majority of warts are benign and disappear on their own in a matter of weeks or months. But some individuals feel ashamed of them, and they can be ugly and annoying.¹ They can be spread by direct or indirect touch, and they can cause minor to severe pain when performing tasks, as well as cosmetic problems and itching.³ Warts can be smooth, cauliflower-like, numerous, or single,⁴ and the Conventional treatment like Electrocoagulation, cryosurgery, curettage, trichloroacetic acid, silver nitrate, podophyllin, urea, formalin soaks, vitamin A acid application, calcium hydroxide solution soaks, bleomycin local injection, and hypnosis are the methods of treating warts.⁵ Warts can disappear more quickly with a variety of therapies, although they are not always effective.¹ Therefore, the hunt for a safe, affordable medication that promotes good health organically stops

here.⁴ Homoeopathy is a personalized medicine that determines the minimum depending on the patient's entire set of symptoms, including their physical and mental makeup in addition to specific symptoms connected to their disease.⁶ Since there are very few symptoms depending on the location, morphology, and sensation of the warts, homeopathic treatment for warts is primarily constitutional.⁷

Introduction

Benign lesions called warts can develop on the skin and mucosa. It is also called Verrucae Vulgaris. The human papillomavirus (HPV), of which there are over 100 varieties, is the cause of warts. HPV can appear anywhere.⁸ Many varieties of warts, including common, plantar, flat, filiform, mosaic, and genital warts, are caused by different HPV strains.⁹ The papilloma virus belongs to the papova family of double-stranded deoxyribonucleic acid (dsDNA) viruses, which are unique to certain hosts and tissues. They cause cell growth by infecting the skin's and mucous membranes' squamous epithelia. The virus enters the epithelium through the basal layer, but it replicates only in fully differentiated cells found in the stratum granulosum and upper stratum spinosum. HPV may remain inactive after the original infection and reactivate at a later time, causing the lesion to reoccur.¹⁰ Both direct and indirect contact can spread warts. The risk of acquiring warts

increases in response to events that compromise the natural epithelial barrier. The course of treatment could be challenging. Within a few years, warts frequently disappear on their own. Malignancies have been linked to certain high-risk HPV subtypes, such as types 6, 11, 16, 18, 31, and 35. Immunocompromised individuals and those with genital warts are typically the ones that experience malignant transformation. The carcinogenic potential of HPV types 5, 8, 20, and 47 can result in epidermodysplasia verruciformis.⁸ Medical interventions cause harm. The first strategy involves regular wart paring for several months and salicylic acid or salicylic/lactic acid combos. The following stage is generally cryotherapy, which is done every two to four weeks. But be careful—overly aggressive cryotherapy can cause scarring, nail dystrophy, and even tendon rupture—especially on the hands. Warts on the periungual and subungual areas can be troublesome; electrocauterization and nail trimming may be helpful. For resistant warts, a number of other treatments have been employed, including as intralesional bleomycin or interferon injections, systemic retinoids, and contact sensitization with substances like diphencyprone. Photo-dynamic therapy and imiquimod may also be helpful, especially for patients with immunosuppressed status who have numerous warts.¹¹ Homoeopathy is a personalized medicine that determines the minimum depending on the patient's entire set of symptoms, including their physical and mental makeup in addition to specific symptoms connected to their disease.³ Instead than relying exclusively on contemporary medicine, homeopathy takes a holistic approach, taking into account the patient's overall health as well as individualization when choosing the medication without the need for outside assistance.⁹

A Comprehensive Analysis of Homoeopathy in the characteristics of warts

Sl.no	Title and Author	Name of the Journal and year of publications	Methodology	Discussion
1	Homoeopathy in the treatment of warts (Ramji Gupta, Mbbs, Dvd, Md*, O. P. Bhardwaj, R. K. Manchanda, Dhms, Bhms)	British Homoeopathic Journal (April 1991)	Clinical case study	Ninety percent of warts were cleared with various homeopathic medications. It was 95% in cases of verruca vulgaris, 95% in situations of verruca plantaris, and 75% in cases of verruca plana. ⁵

Methodology

• **Search techniques**

The literature for this review is based on published material-such as library catalogues-and electronic databases-such as PubMed and HomBRex. In order to locate further relevant studies, we also perused the reference lists of the papers. For this literature review, the search phrases "Homoeopathy, "Warts" the skin disorder," and their MeSH variations in PubMed and HomBrex were used. The search strategy covered all pre-clinical studies with descriptions that were published up until 2023.

• **Study Selections**

Controlled observational studies, randomized and non-randomized controlled trials involving any kind of homoeopathy for warts were included in the selection process.

• **Data extraction**

Microsoft Excel files that were standardized were used to extract data. Three reviewers (G.L., T.S., and K.R.) took out the data and independently verified the information twice. Three writers separately collected information on the drugs, dosage, positive control, duration of the trial, outcome, and in-vivo experiment results. Disagreements among the writers were resolved by consent.

• **Inclusion/Exclusion Criteria**

Controlled studies (randomized, non-randomized, or observational) using any kind of homoeopathy in individuals with chronic and persistent Warts that were published without regard to language between 1991, and 2023.

2	Homoeopathic Management of Warts (Piyush Mahendra Oza)	Indian J Drugs Dermatol (2016)	Randomized double-blind placebo-controlled trial	This study shows us that the best treatments require individualization and the usage of well selected therapies. ¹²
3	Case studies for treatment of warts with Homoeopathy (Md. Ismail Shaikh*)	Indian Journal of Research in Homoeopathy (2016)	Clinical case study	Homoeopathic medications were chosen based on individualization, and they were effective in treating warts by removing or dissolving the lesions and relieving the patients' accompanying symptoms. The choice of these relies on the patient's overall health and any general symptoms in addition to the warts. ¹³
4	Four cases of warts treated by individualized. Homoeopathic medicine - a clinical case study. (Bikash Biswas ¹ , Poulamy Singha Roy ² , Sanjukta Mandal ² , Puja Roy ³)	Journal of Integrated Standardized Homoeopathy (2022)	Clinical case study/ Observational Study	Homoeopathic treatment for warts is primarily constitutional. Personalized homeopathic medication was prescribed for each instance based on the whole set of symptoms and re-orientation. ⁷
5	Treatment of Warts through Homoeopathy protocol A single Case Report (Rajesh Kumawat, 1Neeta Sharma, 2 Yashasvi Shaktvapiya, 3 Diksha Agrahari 4)	INTERNATIONAL JOURNAL OF AYUSH CASE REPORTS (IJA CARE) (2022)	Clinical case study	Based on individualization, homoeopathic drugs were selected, and they worked well to cure warts by eliminating or dissolving the lesions and easing the accompanying symptoms in the patients. ¹⁴
6	Homoeopathy in warts: An evidence based case study (Dr. Sucharitha P)	International Journal of Homoeopathic Sciences (2023)	Clinical case study	When choosing a medication without the need for outside assistance, homoeopathy takes the patient's overall health into account as well as their individualization. ⁹
7	Effectiveness of individualized homoeopathic intervention in warts – A case series (P. Dastagiri ¹ , S. G. S Chakravarthy ¹ , Renu Mittal ²)	Indian Journal of Research in Homoeopathy (2023)	Clinical case study	Here, individualized homoeopathic medicine is described without any negative side effects. Throughout the length of treatment, no external applications were recommended in these cases. ³
8	Case Series of Warts and Its Individualized Homoeopathic Treatment (Dr. Mousumi Das ¹ , Dr. Ananya Paramanya ²)	International Journal of Health Sciences and Research (2023)	Clinical case study	These case studies demonstrate the efficacy of individualized homoeopathic treatments and their ability to treat warts well. ⁴

Results

The articles listed above demonstrate how they are handled the case of warts and based on the individualization. These review studies helped me arrive at the conclusion that warts might be effectively cured by removing or dissolving the lesions and reducing the patients' concomitant symptoms and the most successful is choosing homoeopathic medications according to individualizations. To assess the reliability of the results, it would take into account variables like study design, sample

size, blinding, randomization, and the statistical significance of the findings.

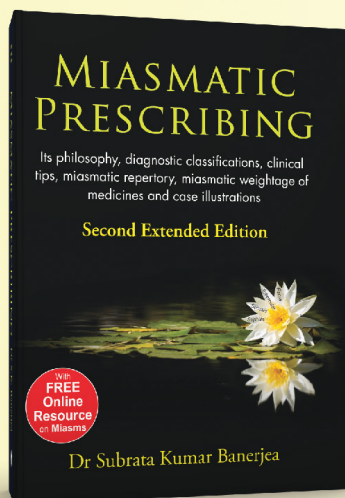
DISCUSSION & CONCLUSION

The normal Homoeopathic therapy for warts is a comprehensive one, addressing any underlying imbalances in the body's vitality in addition to removing the warts that are already present. This emphasis on general health and wellbeing can help with long-term wart management and prevention. Excellent sources of evidence-based

knowledge about the effectiveness, safety, and mechanisms of action of homoeopathic remedies for this prevalent dermatological ailment for physicians, researchers, and patients. In the warts articles listed above typically they conduct a thorough analysis of published research and clinical trials to offer a thorough summary of the data proving homoeopathy is an effective treatment for warts. A comprehensive evaluation would evaluate the standard and results of clinical trials and investigations looking into homoeopathic remedies for warts.

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Miracle of *Urtica urens* in case of Burn : A Case Report

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Keywords

Burn, Homoeopathy, *Urtica urens*

Abstract

Burn injuries are one of the difficult cases that are experienced in clinical practice everyday. We present the case of a 18 yr old girl who was burnt by the silencer of the bike. She experienced intense burning at the site of impact and was not able to touch the site on account of pain. *Urtica urens* mother tincture (Q) was prescribed to her internally as well as externally. The patient came up with significant improvement in the first 3 weeks.

Introduction

A burn is an injury to the skin or other organic tissues that results from coagulative necrosis and is mainly brought on by heat, radiation, electricity, or chemical contact. It is categorized according to the depth of the burn:

- First degree – Involving only the epidermis
- Second degree – Involving varying thickness of dermis.
- Third degree – Involving epidermis, dermis, and subcutaneous tissue
- Fourth degree – Involving fascia, muscles, or bones.^[1-3]

Pathophysiology

- **Zone of coagulation:** Where no live cells are left is in the middle of the wound.
- **Zone of stasis:** This area surrounding the wound represents a high-risk area consisting of both viable and nonviable cells with vasoconstriction and ischemia. This zone may convert to necrosis with hypoperfusion, desiccation, edema, and infection.
- **Zone of hyperemia:** Living cells make up the area surrounding a burn injury, and mediators of local inflammation produce vasodilation. Tissue in this zone usually heals completely unless there is a major hypoperfusion or infection complicating things.

Clinical evaluation

- **Extent of burns:** Regardless of the depth of the lesion, one of the most reliable measures of mortality is the amount of body surface area involved. The most widely used techniques are the Lund and Browder chart and the Wallace rule of nine. The Lund and Browder chart is a more precise method since it accounts for the differences in adult and child body proportions.
- **Burn depth:** This is determined by the severity of the burns, the length of contact, and the causative agent's temperature.

The significance of homeopathy in treating burns

Homeopathic medicines are effective immunomodulators which act through an effective host response. In the case of burns, there is rapid inflammatory and metabolic response. At cellular levels, there is a production of many cell signaling molecules such as cytokines and other inflammatory mediators through the activation of the complement pathway. Since homeopathic medicines act through an effective host response, they curtail the inflammation of injury, thereby promoting healing efficiently.^[4]

Case overview

A 18 years old female patient reported in outpatient department (OPD) at Lal bahadur shastri homoeopathic medical college and hospital shantipuram phaphamau Pryagraj on date- 12/06/2024 with complaint of intense burning at the site of impact and was not able to touch the site on account of pain. She feels better when cold water is pouring on the affected area , her condition got worse by draft of air, at night during sleep and especially in winters. No other major complaints were reported by the patient.

Course of treatment

The patient had been diagnosed with partial thickness burn with 1.5% area according to the appearance, sign & symptoms as per Wallace rule of nine.

Intervention

Urtica urens Q 10 drops in 10 ml aqua were given orally to patient thrice in a day (TDS). Also Urtica urens Q 15 drops diluted with 5 ml aqua were advised to apply externally at the site of burn 5times daily.

Follow-up and outcomes

The patient was monitored for 5 weeks before a full recovery ensues. The follow-up is summarized in Table 1

Figure A- status of the patient. First visit on 12.6.24

Figure B-Improvement status of the patient. second visit on 19.6.24

Figure C- Improvement status of patient on third visit on 26.6.24



Table 1: Patients follow-up

S. No.	Date	Brief Notes	Prescription
1	12.06.2024	<ul style="list-style-type: none"> Severe pain and burning sensation 	<ul style="list-style-type: none"> Urtica urens Q 10 drops in 10 ml aqua TDS Urtica urens Q 15 drops diluted with 5 ml aqua externally
2	19.06.2024	<ul style="list-style-type: none"> Pain and burning reduced Size of burn area reduced 	<ul style="list-style-type: none"> Urtica urens Q 10 drops in 10 ml aqua TDS Urtica urens Q 15 drops diluted with 5 ml aqua externally
3	26.06.2024	<ul style="list-style-type: none"> Pain and burning reduced Size of burn area reduced 	<ul style="list-style-type: none"> Urtica urens Q 10 drops in 10 ml aqua TDS Urtica urens Q 15 drops diluted with 5 ml aqua externally
4	10.07.2024	<ul style="list-style-type: none"> Pain and burning reduced Size of burn area reduced 	<ul style="list-style-type: none"> Urtica urens Q 10 drops in 10 ml aqua TDS Urtica urens Q 15 drops diluted with 5 ml aqua externally
5	24.07.2024	<ul style="list-style-type: none"> Original skin appear No sign of burn 	<ul style="list-style-type: none"> Urtica urens Q 10 drops in 10 ml aqua TDS Urtica urens Q 15 drops diluted with 5 ml aqua externally

Discussion

A 18 yr old girl presented with an accidental burn injury by the silencer of bike on the leg. Area involved by the wound was evaluated and

calculated by Wallace rule of nine and there after treatment is carried out further.

Dr Samuel Hahnemann in aphorism 196 stated, "it might, indeed, seem as though the cure of such disease would be hastened by employing the medicinal substance which is known to be truly homoeopathic to the totality of the symptoms, not only internally, but also externally, because the action of a medicine applied to the seat of the local affection might effect a more rapid change in it."

Urtica urens Q was administered both internally as well as externally. Acc to Dr Stuart close book genius of homoeopathy it was selected as mother tincture according to the chapter on posology.

CONCLUSION

This case study demonstrates the effectiveness of homoeopathic medications in treating local

ailments when administered both orally and topically.

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Adverse Drug Reaction to *Rhus Toxicodendron*: A Case Report

PEER REVIEWED

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Keywords

Individualized Homoeopathy, Adverse Drug Reaction, Infantile Atopic Dermatitis, *Rhus toxicodendron*

Abstract

Adverse drug reactions are a significant public health concern due to widespread drug usage and over-the-counter purchases, necessitating Pharmacovigilance studies to understand treatment outcomes and prevent life-threatening conditions. A case reported was a 3-month-old girl diagnosed with infantile atopic dermatitis presented with reddish maculopapular eruptions, but after receiving *Rhus toxicodendron* medication, there was severe aggravation of her complaints. Regarding *Rhus toxicodendron*, no definitive report on previously reported ADRs was found. The homeopathic medicine *Sulphur*, 6C was prescribed on the basis of totality of symptoms, Materia Medica and miasm. Infantile atopic dermatitis was reduced considerably within 10 days, and it disappeared completely in 1 month 27 days and no recurrence was observed for another 5 months as well. ADRs are crucial to public health, and medical professionals must be educated to report any adverse reactions. Further research and documentation are urgently needed to advance the global acceptance of Homoeopathic drugs.

Introduction

The main aim of the Pharmacovigilance programme is to identify the unknown adverse reactions of the medicines⁽¹⁾. By definition it is stated as science and activities relating to the detection, assessment, understanding and prevention of adverse effects or any other drug related problem⁽²⁾. A drug or medicine is any substance in a pharmaceutical product which is used to modify or explore physiological systems or pathological states for the benefit of the recipient. The drug reaction or adverse drug reaction is the response to the medicine used in humans or animals⁽³⁾. According to the literature in western countries, the incidence of ADRs is estimated to be 2.4-6.5%, with only 6-10% of all ADRs are reported⁽⁴⁾. Adverse drug reaction (ADR) comes under the umbrella of Pharmacovigilance defined as any noxious and unintended effect of a drug or combination of two or more drugs which occurs at doses normally used in humans for the prophylaxis, diagnosis or therapy of disease or for the modification of physiological function. It is estimated that ADRs represent the fourth leading cause of death in the United States and Canada behind heart disease, cancer and stroke. Further, it is estimated that ADRs are the sixth leading cause of death worldwide⁽⁵⁾. Thus the programme was initiated to collect, analyze and to establish an evidence-based clinical safety profile for documentation and to

keep track of adverse drug reactions (ADRs) from the Ministry of AYUSH, Government of India, for ASU and H drugs.

Case report

Presenting complaint

A 3 months old Indian, female child presented in the OPD of Mahesh Bhattacharyya Homoeopathic Medical and Hospital, on February 21, 2024, with OPD number 138639 for the complaint of dry, reddish maculopapular eruptions all over the body and scalp since 10 days (**Figures 2-3**). At first the eruptions were present only over the back and both forearms with mild itching. She was under treatment of a homoeopathic physician where she was prescribed the homoeopathic medicine *Rhus toxicodendron 30C/5doses* on February 12, 2024. After taking the medicine her skin eruptions were aggravated and spread all over the body and scalp with excessive itching from February 16, 2024 onwards. There is probable chance of Adverse drug reaction (ADR) as per the ADR Probability Scale as shown in **Table 1**.

Table 1 Showing ADR Probability Scale

	Questions	Yes	No	Don't Know
1	Are there previous conclusive reports on the reactions?	+1	✓ 0	0
2	Did the ADR appear after the suspected drug was administered?	✓ +2	-1	0
3	Did the ADR improve when the drug was discontinued a specific antagonist was administered?	+1	✓ 0	0
4	Did the adverse reaction reappear when the drug was re-administered?	+2	-1	✓ 0
5	Are there alternatives causes that could solely have caused the ADR?	-1	✓ +2	0
6	Was the drug detected in the blood (or other fluids) in a concentration known to be toxic?	+1	0	✓ 0
7	Was the reaction more severe when the dose was increased or less severe when the dose was decreased?	+1	0	✓ 0

8	Did the patient have a similar reaction to the same or similar drugs in any previous exposure?	+1	0	✓ 0
9	Was the adverse event confirmed by objective evidence?	+1	✓ 0	0
Total Score		4		
The ADR Probability Scale lies between this range (1-4 = Possible) Score: > 9 = Certain; 5-8 = Probable; 1-4 = Possible; 0 = Unlikely				

Family history

On further enquiry it was found that her mother had gastric problem and her father had hypertension. The patient had one brother, and he had recurrent cough and cold. Her grandfather died, who also suffered from hypertension like her father. Her grandfather also had psoriasis in whole body. Her grandmother was alive and suffering from diabetes and rheumatism.

Mental generals

On enquiry, it was found that the patient was crying and became irritable due to itching. She was cross and irritable and had a weeping tendency.

Physical generals

She had good appetite, cravings for sweets and moderate thirst. Her mother told that at the time of defecation she cries a lot although the stool was soft in consistency and there was redness around the anus. She had poor sleep and restlessness. She was basically a 'hot patient', her palms and soles were hot to touch.

Physical Examination

On careful examination, it was found that, there was excessive itching all over the body and scalp. The itching was aggravated by covering and warmth and ameliorated by gentle rubbing and in open air.

Diagnosis

The patient was provisionally diagnosed with infantile atopic dermatitis ICD-10 code: L20.83. Diagnosis was made on the basis of clinical symptoms, signs and physical examination of the

patient.

Analysis and evaluation of symptoms

The Analysis and evaluation of symptoms are given in Table 2⁽⁶⁾

Table 2 Showing Analysis and evaluation of symptoms with miasmatic analysis

Sl. No.	Symptoms type	Symptoms	Evaluation of Symptoms	Miasmatic Analysis
1	Mental general	Cross & irritable	++	Sycosis
2	Mental general	Weeping tendency	+	Psora
3	Physical general	Craving for sweet	++	Psora
4	Physical general	Redness around the anus	++	Psora
5	Physical general	Hot sensation of the whole body	+	Psora
6	Physical general	Palms & soles are hot to touch	+	Psora
7	Particular symptom	Dry, reddish skin eruption over whole body & scalp	+++	Psora
8	Particular symptom	Itching aggravated by covering	++	Psora

9	Particular symptom	Itching aggravated by warmth	++	Psora
10	Particular symptom	Itching ameliorated by gentle rubbing	+	Psora
11	Particular symptom	Itching ameliorated in open air	+	Psora

Prescription

The patient was prescribed 2 doses of *Sulphur 6C* once daily in the morning with empty stomach on February 21, 2024 along with placebo two times daily for 5 days after taking the meal.

Selection of Remedy with Justification

After reportorial analysis with the help of Homopath Firefly by Mind Technologies (7) (Figure 1), it was observed that *Sulphur* was covering the maximum number of rubrics (10 out of 11) with highest marks (26). Other remedies covering the totality were *Lycopodium clavatum* (18/8), *Calcarea carbonica* (16/8), *Phosphorus* (15/7) and *Mercurius solubilis* (14/8). On consulting Materia Medica^{(8),(9)}, Sulphur was selected on the basis of the mental and physical symptoms as well as thermal relation of the patient.

The screenshot shows the 'Repertorisation' interface with filters applied: Sort by Totality, Symptoms: 11, Remedies: 199. The table below represents the data shown in the interface:

Remedy Name	Sulph	Lyc	Calc	Phos	Merc	Nux-v	Puls	Petr	Sep	Arg-n	Bry
Totality	26	18	16	15	14	12	11	10	10	10	10
Symptoms Covered	10	8	8	7	8	7	5	7	6	5	5
Kingdom	Minerals	Plants	Minerals	Minerals	Minerals	Plants	Plants	Minerals	Animals	Minerals	Plants
[Kent] [Skin]Eruptions:Itching:Warmth :Agg: (12)	2	2			3		2				
[Kent] [Skin]Itching:Scratching :Amel: (94)	2		3	3	1	1			2		2
[Kent] [Head]Itching of scalp:Forehead:Air,in open amel: (1)											
[Kent] [Stomach]Desires:Sweets: (36)	3	3	2		1	1		1	2	3	2
[Kent] [Rectum]Redness of anus: (8)	3							2			
[Kent] [Generalities]Heat:Sensation of: (86)	3	3	2	2	2	2	3			2	1
[Kent] [Mind]Lamenting, bemoaning, wailing etc. (compare Weeping): (75)	2	3	2	1	1	2	2	1	1	1	2
[Kent] [Mind]Contrary (see Obstinate, Irritable): (48)	2	1	1	1	2	2	2	1		3	
[Kent] [Extremities]Heat:Hand:Palm: (66)	3	2	2	3	1	2		2	2	1	3
[Kent] [Extremities]Heat:Foot:Sole: (53)	3	3	2	2		2	2	2	2		
[Kent] [Skin]Eruptions:Red: (54)	3	1	2	3	3			1	1		

Selection of Potency with Justification

It was based on the susceptibility of the patient (10), (11).

Follow up

A follow-up was conducted after one week and then at the interval of two weeks. In the

follow-up visits that followed, a placebo was administered in the light of patient's progressive improvement (**Figures 4-7**). All symptoms were completely resolved after 1 month and 27 days of treatment (total treatment period February 21, 2024 to April 17, 2024). **Table 3** provides a comprehensive timeline of the treatment, while **Table 4** presents an examination of MON-ARCH.

Table 3 Showing Follow-up visits of the case

Date of visit	Symptoms	Medicine with doses, repetition	Justification
28/02/2024	<ul style="list-style-type: none"> There was mild improvement in the itching. Reddish maculopapular eruptions mildly improved. Her cross and irritable temperament were mildly improved. Her crying during passing stool was mildly improved. 	Placebo 30/ 1 drachm /BD for 7 days	7 days after analysing the case history, found mild improvement and no new symptoms arose.
06/03/2024	<ul style="list-style-type: none"> The itching was much improved. Reddish maculopapular eruptions mildly improved. Her cross and irritable temperament were much improved. Her crying during passing stool was much improved. 	Placebo 30/ 1 drachm /BD for 14 days	7 days after analysing the case history, found much improvement and no new symptoms seen. Again Placebo 30 was prescribed and called after 14 days.
20/03/2024	<ul style="list-style-type: none"> The itching was better. Reddish maculopapular eruptions were much improved. Her cross and irritable temperament were better. Crying during passing stool was better and redness around the anus was better. (Figures 4 - 5) 	Placebo 200/ 1 drachm /BD for 14 days	14 days after analysing the case history, found better, redness around the anus much improved and no new symptoms seen. Again prescribed Placebo 200 and called after 14 days.
03/04/2024	<ul style="list-style-type: none"> The itching over the body and scalp was much better. Reddish maculopapular eruptions were much better. Her cross and irritable temperament were much better. There was no crying during passing stool and redness around the anus was much better. 	Placebo 200/ 1 drachm /BD for 14 days	After 14 days by analysing the case history, she was found much better, with no new symptoms arising. Again prescribed her Placebo 200 and called her again after 14 days.
17/04/2024	<ul style="list-style-type: none"> The itching over the body and scalp was almost disappeared. Reddish maculopapular eruptions were disappeared. Her cross and irritable temperament were much better. There was no crying during passing stool and redness around the anus almost disappeared. (Figures 6 - 7) 	Placebo 200/ 1 drachm /BD for 14 days	14 days after analysing her case history, found that all symptoms were better, no visible eruptions were seen over the body and scalp. Total treatment period 21/02/2024 to 17/04/2024. Only one medicine was given during this period of treatment, and this covered all the symptoms.

Figure 2-3: Infantile atopic dermatitis before treatment (dated February 21, 2024).



Figure 6-7: Infantile atopic dermatitis during follow-up (dated April 17, 2024).



Figure 4-5: Infantile atopic dermatitis during follow-up (dated March 20, 2024).



Table 4 Showing MONARCH score of the case

Items	Yes	No	Not Sure
1. Was there an improvement in the main symptom or condition, for which the homoeopathic medicine was prescribed?	+2		
2. Did the clinical improvement occur within a plausible time frame relative to the drug intake?	+1		
3. Was there a homoeopathic aggravation of symptoms? (need to define in glossary)		0	
4. Did the effect encompass more than the main symptom or condition, i.e., were other symptoms, not related to the main presenting complaint, improved or changed?	+1		
5. Did overall well-being improve? (suggest using a validated scale or mention about changes in physical, emotional and behavioral elements)	+1		
6. (a) Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease?		0	
6. (b) Direction of cure: Did at least one of the following aspects apply to the order of improvement of symptoms: <ul style="list-style-type: none"> • From organs of more importance to those of less importance? • From deeper to more superficial aspects of the individual? • From the top downward? 		0	
7. Did "old symptoms" (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during course of improvement?		0	
8. Are there alternate causes (other than the medicine) that – with a high probability – could have caused the improvement? (consider known course of disease, other forms of treatment and other clinically relevant interventions)		+1	
9. Was the health improvement confirmed by any objective evidence? (e.g., investigations, clinical examination, etc.)	+2		
10. Did repeat dosing, if conducted, create similar clinical improvement?		0	
Total Score - 8			

Discussion

Pharmacovigilance is of prime importance in the present situation in order to ensure safety of the drugs, reduce side effects, maximize patient benefit, and enrich Homoeopathy. By preventing ADRs, we can maintain patient safety, develop a treatment plan that minimizes potential side effects, identify the patient subgroup most likely to experience an adverse effect, and modify the treatment choice accordingly⁽¹²⁾. Therefore it is our primary responsibility to report ADRs that can benefit mankind.

In this case report, at first, the patient had the eruptions only over the back and both forearms with mild itching. After taking the homoeopathic medication *Rhus toxicodendron 30C* once daily for 5 days (from 12/02/2024 to 16/02/2024) under medical supervision patient developed dry, reddish maculopapular eruptions over the whole body and scalp and excessive itching all over the body. As the patient had not taken any other medication in the mean time, it is evident that this reaction

was purely from the application of homoeopathic medicine *Rhus toxicodendron 30C* and not because of other oral medications. There were no other previous ADRs or any other conclusive reports on the same being reported. It is important to determine whether the reaction was due to any undesired method followed during the manufacturing of this particular batch product or from the default during the authentication of drugs collected initially, and if there are any other impacts present, then those have to be ruled out. Thus, it is important to document the reaction and forward it for further evaluation to the concerned centers.

CONCLUSION

Keeping in view of the exponential expansion and use of Homoeopathy, Homoeopathic practice should be under strict vigilance to ensure public safety and to promote the healthy development of the Homoeopathic system. That is why Pharmacovigilance in Homoeopathy is as essential as for any other system of therapeutics; it will make

this system more scientifically validated and safe for consumption. In recent times, malpractices and misleading advertisements in respect of homoeopathic drugs and practices have increased, and that leads to an adverse drug reaction (ADR), which is a great cause of concern. So there is a need to educate all the medical professionals and encourage them to analyse and report any adverse drug reaction or adverse effects that occur in a patient. Thereby, the reporting culture among the homoeopaths will be improved. ADR, after proper verification, can enrich our Materia medica as ADR may give new indications for that homoeopathic medicine. Therefore, the Homoeopathic system of medicine, under the preview of the initiative - Pharmacovigilance of ASU&H drugs by the Ministry of AYUSH, Govt. of India, will help to establish a database support for safety use of homoeopathic drugs, safeguard the image of Homoeopathy by preventing the unwanted ADRs and misleading advertisements, and increase the credibility of Homoeopathy among the scientific community.

Compliance with ethical standards

Disclosure of conflict of interest

None declared.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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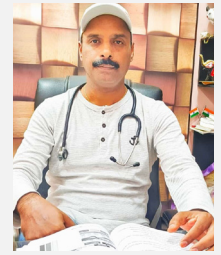
Utility Of *Urtica Urens* In Homoeopathic Practice And Its Scope In Treating Urticaria – A Case Report

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Keywords

Angioedema, Erythema, Nettle-rash, Hives, Mastocytosis, Histamine, IgE.

Abstract

Urticaria is an itchy rash associated with localized swelling (angioedema) on the skin that usually lasts for a few hours to days before fading away. It is also known as hives.

Urticaria also called nettle-rash or hives or wheals in a common language, simply means itching with rash. Medically, urticaria may be defined as skin eruption, which is allergic in origin and is characterized by profound itching, red, circular or irregularly shaped eruptions on any part of the body. Urticaria is an allergic skin disorder. Characteristically the skin eruptions are erythematous, raised above the skin level, with intense itching and usually worsened by itching and with slight local warmth.

Introduction

Urticaria, commonly referred to as hives, is the most frequent dermatologic disorder seen in the epidermis. It appears as raised, well-circumscribed areas of erythema and edema involving the dermis and epidermis that are very pruritic. Urticaria may be acute (lasting less than 6 weeks) or chronic (lasting more than 6 weeks). A large

variety of urticaria variants exist, including acute immunoglobulin E (IgE)-mediated urticaria, chemical-induced urticaria (non-IgE-mediated), urticarial vasculitis, autoimmune urticaria, cholinergic urticaria, cold urticaria, and many others. Acute IgE-mediated urticaria is the most benign form of anaphylaxis. It usually occurs independently, but it may be accompanied by the more serious clinical manifestations of anaphylaxis, angioedema, and anaphylactic shock. The etiology of both acute and chronic urticaria are numerous. The etiologic agent is more likely to be identified in acute urticaria (40-60%) than in chronic urticaria (10-20%). The lesions of IgE-mediated urticaria usually last less than 24 hours and are often migratory, leaving no residual skin abnormalities. The lesions of urticarial vasculitis usually last longer than 24 hours, are both painful and pruritic, and often leave purpuric and hyperpigmented lesions.

Homoeopathy is very effective in treating all types of a urticaria. In Urticaria immune power gets disturbed and can show exaggerated reaction to allergen. It activates the antibodies and produce histamines to cause rash and itching.

Homoeopathic constitutional dose strengthens the weakened immunity of the patient so that the body gains the capacity to overcome the disease on its own. It controls exaggerated reaction of immune power to allergens. Thus, ultimately decrease the activation of mast cells and the

production of histamines. consequently, gradually all symptoms of Urticaria subside. Homoeopathic medicine can reduce the hereditary effect which is known to cause or aggravate Urticaria. It reduces the sensitivity of body to particular allergens by improving immunity. Homoeopathic medicine is primarily effective on mind. Stress is main cause of it; however, its effects on the body and mind can be dealt with by Homoeopathy, and in most cases similitimum *Urtica Urens* is prescribed.

Causes

- The cause of acute generalized urticaria often is undetermined (some sources report that the cause is undetermined in more than 60% of cases). Known causes include the following:
- Infections (e.g., Pharyngitis, GI infections, Genitourinary infections, Respiratory infections, Fungal infections [e.g., Dermatophytosis], Malaria, Amebiasis, Hepatitis, Mononucleosis, Coxsackievirus, Mycoplasma infections, [e.g., Scabies], HIV, Parasitic infections [e.g., Ascariasis, Strongyloidiasis, Schistosomiasis, Trichinosis])
- Foods (particularly shellfish, fish, eggs, cheese, chocolate, nuts, berries, tomatoes)
- Drugs (e.g., penicillin's, sulfonamides, salicylates, NSAIDs, codeine, antihistamines)
- Environmental factors (e.g., pollens, chemicals, plants, dander's, dust, mold)
- Exposure to latex
- Exposure to undue skin pressure, cold, or heat
- Emotional stress
- Exercise
- Pregnancy (i.e, pruritic urticarial papules and plaques of pregnancy [PUPPP])
- ▶ Chronic urticaria can be related to all of the above as well as to the following:
 - Autoimmune disorders (SLE, Rheumatoid arthritis, Polymyositis, Thyroid autoimmunity, and other Connective tissue diseases);

probably up to 50% of chronic urticaria is autoimmune.

- Chronic medical illness, such as Hyperthyroidism, Amyloidosis, Polycythemia vera, Malignant neoplasms, and Lymphoma
- Cold urticaria, cryoglobulinemia, cryofibrinogenemia, or syphilis
- Mastocytosis
- Muckle-Wells syndrome
- Familial cold autoinflammatory syndrome
- ▶ The etiology of chronic urticaria is undetermined in at least 80-90% of patients.
- ▶ Urticaria pigmentosa is a familial dermatologic disorder characterized by hyperpigmented (yellow, tan, or brown) papules or plaques that may be associated with lymphoproliferative disorders. These lesions are composed of mast cells. When the skin overlying an individual lesion of urticaria pigmentosa is stroked, a linear wheal is formed; this characteristic and diagnostic sign is known as the Darier sign.
- ▶ Recurrent urticaria can be related to the following:
 - Sun exposure (solar urticaria, occurring only on skin exposed to the sun), Exercise (cholinergic urticaria). Emotional or physical stress, Water (aquagenic urticaria)

Pathophysiology

Urticaria results from the release of histamine, bradykinin, leukotriene C4, prostaglandin D2, and other vasoactive substances from mast cells and basophils in the dermis. These substances cause extravasation of fluid into the dermis, leading to the urticarial lesion. The intense pruritus of urticaria is a result of histamine released into the dermis. Histamine is the ligand for 2 membrane-bound receptors, the H1 and H2 receptors that are present on many cell types. The activation of the H1 histamine receptors on endothelial and smooth muscle cells leads to increased capillary permeability. The activation of the H2 histamine receptors leads to arteriolar and venule vasodilation.

Urticarial disease is thought to be caused by the release of histamine and other mediators of inflammation (cytokines) from cells in the skin. This process can be the result of an allergic or non-allergic reaction, differing in the eliciting mechanism of histamine release.

Allergic Urticaria

Histamine and other pro-inflammatory substances are released from mast cells in the skin and tissues, in response to the binding of allergen-bound IgE antibodies to high affinity cell surface receptors. Basophils and other inflammatory cells are also seen to release histamine and other mediators, and are thought to play an important role, especially in chronic urticarial diseases.

Non-Allergic Urticaria

Mechanisms other than allergen-antibody interactions are known to cause histamine release from mast cells. Many drugs, for example morphine, can induce direct histamine release, not involving any immunoglobulin molecule. Also, a diverse group of signaling substances called neuropeptides have been found to be involved in emotionally induced urticaria. Dominantly inherited cutaneous and neurocutaneous porphyrias (porphyria cutanea tarda, hereditary coproporphyria, variegate porphyria and erythropoietic protoporphyria) have been associated with solar urticaria. The occurrence of drug-induced solar urticaria may be associated with porphyrias. This may be caused by IgG binding not IgE.

Symptoms

In chronic cases, the itchiness may cause sleepless nights and lead to depression. The rash is very itchy and consists of a number of raised pale bumpy wheels surrounded by red skin. Ordinary urticaria tends to move about or migrate all over the skin surface. The condition tends to settle and then relapse again at times of viral illness, stress and after taking medication that contains aspirin. This chronic pattern may recur for many years. Tissue swelling, called angioedema, may occur with urticaria. This affects the lax tissues around the eyelids, lips, neck and groin. Occasionally, an inherited deficiency of the C1 esterase inhibitor

enzyme leads to marked swelling without urticaria. This rare condition is called hereditary angioedema.

If urticaria doesn't disappear after a few weeks, or doesn't respond to antihistamine medication, and is accompanied by any other health problem, Blood tests may be able to identify an allergy or underlying immune disease.

Differential Diagnosis

The rash that develops from poison ivy, poison oak, and poison sumac contact is commonly mistaken for urticaria. This rash is caused by contact with urushiol and results in a form of contact dermatitis called Urushiol-induced contact dermatitis. Urushiol is spread by contact, but can be washed off with a strong grease/oil dissolving detergent and cool water.

Related Conditions

Angioedema is not related to urticaria. In angioedema, the swelling occurs in a lower layer of the dermis than it does in urticaria, as well as in the subcutis. This swelling can occur around the mouth, in the throat, in the abdomen, or in other locations. Urticaria and angioedema sometimes occur together in response to an allergen and is a concern in severe cases as angioedema of the throat (laryngialoedema) can be fatal.

Treatment and management

Urticarias can be very difficult to treat. There are no guaranteed treatments or means of controlling attacks, and some sub-populations are treatment resistant, with medications spontaneously losing their effectiveness and requiring new medications to control attacks. It can be difficult to determine appropriate medications Homeopathically needed and as the condition is intermittent and out-breaks typically clear up without any treatment.

Most treatment plans for urticaria involve being aware of one's triggers, but this can be difficult since there are several different forms of urticaria and people often exhibit more than one type. Also, since symptoms are often idiopathic (unknown reason) there might not be any clear

trigger. If one's triggers can be identified then outbreaks can often be managed by limiting one's exposure to these situations.

History

Information regarding history of previous urticaria and duration of rash and itching is useful for categorizing urticaria as acute, recurrent, or chronic to select the Homoeopathic similimum.

- For chronic or recurrent urticaria, important considerations include previous causative factors and the effectiveness of various treatments.
- Ask about precipitants, such as heat, cold, pressure, exercise, sunlight, emotional stress, or chronic medical conditions (e.g. hyperthyroidism, systemic lupus erythematosus [SLE] rheumatoid arthritis, polymyositis, amyloidosis, polycythemia vera, carcinoma, lymphoma).
- Ask about other medical conditions that can cause pruritus (usually without rash), such as diabetes mellitus, chronic renal insufficiency, primary biliary cirrhosis, or other non-urticarial dermatologic disorders (e.g. eczema, contact dermatitis).
- Ask about family and personal medical history of angioedema, which is urticaria of the deeper tissues and can be life threatening if it involves the larynx and vocal cords.
- Vasodilation and exudation of plasma into deeper tissues than is seen in simple urticaria
- Swelling that is generally nonpitting and non-pruritic and usually occurs on the mucosal surfaces of the respiratory tract (lips, tongue, uvula, soft palate, and larynx) and GI tract (swelling of the intestine leading to severe abdominal pain)
- Hoarseness, the earliest sign of laryngeal edema (Ask the patient if he or she has had a voice change.)
- For acute urticaria, ask about possible precipitants, such as the following:
 - ▶ Recent illness (e.g. fever, sore throat, cough,

rhinorrhea, vomiting, diarrhea, headache)

- ▶ Medication use including penicillin's, cephalosporins, sulfas, diuretics, aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), iodides, bromides, quinidine, chloroquine, vancomycin, isoniazid, anti-epileptic agents, and other agents.
- ▶ Intravenous radiocontrast media
- ▶ Travel (amebiasis, ascariasis, strongyloidiasis, trichinosis, malaria). Foods (e.g. shellfish, fish, eggs, cheese, chocolate, nuts, berries, tomatoes)
- ▶ New perfumes, hair dyes, detergents, lotions, creams, or clothes. Exposure to new pets (dander), dust, mold, chemicals, or plants
- ▶ Pregnancy (usually occurs in last trimester and typically resolves spontaneously soon after delivery).
- ▶ Contact with nickel (e.g. jewelry, jeans stud buttons), rubber (e.g. gloves, elastic bands), latex, industrial chemicals, and nail polish. Sun or cold, exposure exercise.

Prognosis

- Acute urticaria usually resolves with only symptomatic treatment. If a known triggering factor is present, the urticaria should resolve with appropriate avoidance. If a patient continues to be exposed to a known trigger, the condition may become chronic.
- The prognosis of patients with chronic urticaria is highly variable. Episodes can last for days, weeks, months, or even years at a time. Some patients may only have one episode and never have urticaria again. Others have recurrences after months or years. Recurrences are more likely to occur during periods of stress and illness. As many as 20% of patients with chronic urticaria have symptoms for more than 10 years. In many of these patients, the condition can become quite debilitating and psychologically distressing.
- The prognosis in acute urticaria is excellent,

with most cases resolving within 1-4 days by Homeopathically.

- The prognosis in chronic urticaria is more guarded and depends upon the comorbid disease causing the urticaria as well as the response to therapy.

Scope of Urtica Urens In Homoeopathic Management of Urticaria

Urtica Urens has vast scope in treating the Urticaria and many skin complaints and diseases. It has the following symptoms for the selection of similimum for the patients. Itching blotches, Urticaria, burning heat, with formication; violent itching. Consequences of suppressed nettle rash. Rheumatism alternates with nettle rash. Burn confined to skin. Urticaria nodosa. Erythema with burning and stinging. Angioneurotic oedema. Also develops vesicles and bullae. In nettle rash it suits in acute cases, for the consequences of suppressed hives Apis is useful and compares with ARSENIC and SULPHUR. Worse from snow air, water, cool moist air and touch. Antidotes ill effects of eating shellfish. Symptoms return at the same time every year. Rheumatism associated with Urticaria like eruptions.

In Case Of Urticaria Sensitivity Of Patient To Certain Conditions And The Indicated Remedies –

1. Allergy to food - Pulsatilla 30
2. Indigestion - Ant Crud 30
3. Winter & cold - Dulc 30, Plus 30
4. Emotion - Anacardium 30,200, Ars. Alb.30,
5. Sun heat itching - Nat carb 30, Phos 200
6. Burning itch - Led 200, Thy. 30
7. Itch - Agarius 30, Petro 30
8. Honeybee insect bite - Graphitis 30, 200
9. Mosquito bite - Dulca 30

CASE REPORT

Preliminary Data

- Name - Mr. XYZ

- Age - 48 yrs.
- Sex - Male
- Religion - Muslim
- Address - Malgaon, Maharashtra
- Occupation - Police
- Marital status - Married
- D. O. I. - 07/02/2024

Chief Complaints

- » Rash all over body with burning heat, in the last 3 months

H/O Chief Complaints

Rash all over body with burning heat in the last 3 months

- » Gradual onset
- » Red swelling all over body
- » < Masur Dal, Palak, Meat, Flower, Brinjal
- » < Evening, Summer

PAST HISTORY

- » Herpes Zoster before 2 -3 yrs.
- » H/O boil (recurrent) associated with urticaria rash

Family History

- » No any major illness in family

PERSONAL HISTORY

- Thermally - Hot patient++
- Diet - Mixed
- Appetite - Good
- Desire - Meat, milk
- Aversion - Sweet, salt
- Thirst - Large quantity of water
- Perspiration - Moderate
- Bowel - Unsatisfactory in the last 2 days

- Urine - 5-6/0-1, D/N
- Sleep - Sound
- Dreams - Not specific
- Habits - Tobacco chewing
- Constitution - Tall, well built
- MIND - Quite disposition

GENERAL PHYSICAL EXAMINATION

- Built - Average
- Nourishment - Well
- Eyes - Conjunctiva –Pink
- Sclera –White
- Head - No deformity
- Ear - No discharge
- Nose - No discharge
- Tongue - Pink
- Nails - Pink
- Pallor - Absent
- Oedema - on skin rash region
- Cyanosis - Absent
- Clubbing - Absent
- Lymphadenopathy - Absent

VITAL DATA

- Temperature - 98° F
- Pulse Rate - 80 beats/min.
- Respiratory Rate - 18 cycles/min.
- B.P. - 130/90 mm of Hg

SYSTEMATIC EXAMINATION- NAD

DIFFERENTIAL DISEASE DIAGNOSIS

- » Chronic Urticaria
- » Dermatitis
- » Scabies

Investigation – CBC, ESR,

Final Diagnosis - Chronic Urticaria

ANALYSIS OF SYMPTOMS

Mental Generals

- » Quite disposition

Physical Generals

- » Desire meat, milk
- » Aversion sweet, salt

Particulars

- » < Evening, summer

EVALUATION OF SYMPTOMS

Mental General

- » Quite disposition

Physical General

- » Desire meat, milk
- » Aversion sweet, salt

Particular

- » < Evening, summer

DIFFERENTIAL REMEDIAL DIAGNOSIS

- » Hepar sulph
- » Urtica Urens
- » Phosphorus
- » Sulphur
- » Kali carb

FINAL REMEDY INDICATION

- » Urtica Urens
- » Rash all over body with burning heat.
- » < evening summer
- » Itching all over body

PRESCRIPTION

Rx

Urtica Urens 200

single dose

PL

4 – 4 – 4 x 7 days

Follows up after 7 days

Date	Follows up	Prescription
14/02/2024	<ul style="list-style-type: none"> Rash all over body 60% decreased Itching decreased 80% B/B Satisfactory Sleep – Sound 	Rx PL 4 – 4 – 4 x 7 days
21/02/2024	<ul style="list-style-type: none"> No Rash No Itching B/B Satisfactory Sleep – Sound 	Rx PL 4 – 4 – 4 x 7 days
28/02/2024	<ul style="list-style-type: none"> No new complaints Patient feels better 	Rx PL 4 – 4 – 4 x 7 days

CONCLUSION

Urticaria refers to an area of focal dermal oedema secondary to a transient increase in capillary permeability and Urtica Urens has vast scope in treatment of urticaria when it is used as indicated similimum.

Recently, an autoimmune pathogenesis for one of most common forms of urticaria, chronic idiopathic urticaria has been identified. A directed

history is still the best way to elicit any causes or precipitants of urticaria. A record of possible allergens, including drugs should be determined. The physical urticarias can be identified by appropriate questions and subsequently medically observed challenge.

Homoeopathy is often considered for treating urticaria (hives) by targeting the underlying immune response. The theory is that urticaria arises when the immune system reacts excessively to allergens, leading to the release of histamines and resulting in rashes and itching.

Homoeopathic remedies aim to strengthen the immune system, allowing the body to better manage allergic reactions. By enhancing the body's resilience, these treatments may help reduce the activation of mast cells and histamine production, leading to a gradual alleviation of urticaria symptoms.

Additionally, homoeopathy may address hereditary factors and overall sensitivity to allergens. It is also thought to positively impact mental well-being, as stress can exacerbate symptoms. In many cases, a remedy like **Urtica Urens** is recommended to help balance both mind and body responses.

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“Urtica Urens”: A Homoeopathic Approach For Treating Allergic Reactions With A Case Report

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Keywords

Urticaria, itching, burning, edema, Homoeopathy

Abstract

Urtica urens L. (Family Urticaceae), known as annual nettle, dwarf nettle, small nettle, dog nettle or burning nettle, is used in the treatment of arthritis, uric acid diseases, benign prostatic hyperplasia and burn. In Homoeopathy, the whole plant is used for the treatment of gout, uric acid diathesis, joint pain, lithiasis, urticaria and agalactia and burns.

This article develops into the diverse scope of *Urtica urens*, highlighting its efficacy in treating a range of ailments.

Furthermore, it reviews clinical studies and anecdotal evidence supporting its use in both acute and chronic conditions.

The findings suggest that with proper understanding and application, *Urtica urens* can serve as a powerful remedy, offering relief and healing for a diverse array of health issues.

Introduction

URTICA URENS

- **Common Name:** Stinging nettle, Dwarf nettle
- **Family:** Urticaceae
- **Source:** Vegetable kingdom

- **Prover:** Introduced by Fiard and proved by Coxe
- **Distribution:** most of Europe except the British Isles, northern Asia, north and north-west Africa.¹
- **Habitat:** Moist, disturbed soil.¹
- **Alkaloid:** Phytochemicals, p-Hydroxybenzoic acid, Protocatechuic acid, Vanillic acid, Caffeic acid, Ferulic acid, 5-O-Caffeoylquinic acid.¹
- **Parts used:** leaves and stems, and sometimes the roots

This homoeopathic remedy is prepared from a fresh plant when in flower via potentization. It is a process of preparing homeopathic medicines that extracts and arouses medicinal properties from crude substance.²

Drug Action

This medicine mainly works on the skin and the joints. Other than this, its action is noted in the urinary organs, female genitals and breast.²

Pathogenesis

The leaves of the plants have stinging hairs, causing irritation to the skin.

This action is neutralized by heat so the cooked leaves are perfectly safe and nutritious

Older leaves develop gritty particles called

cystoliths which act as an irritant to the kidneys.

History

Urtica has long since been used as a remedy for anemia, rheumatism (when applied locally), and for provoking increased urine and expelling stones from the kidneys.³

Uses

Traditionally been used as a tonic and blood purifier. The whole plant is antiasthmatic, anti-dandruff, astringent, depurative, diuretic, galactagogue, haemostatic, hypoglycaemic and a stimulating tonic

It is a superb medicine to manage complaints of urticaria/hives, gout, burns/scalds and kidney stones.

Constitution

Urtica Urens is recommended to persons who suffer from joint pains due to high uric acid levels (gout).³

Key Features

- Afraid to go to sleep, due to intense burning after sleep with continued fever.³
- Angioneurotic edema. Urticaria. Itching blotches with central white spot and red areola with burning and stinging pains.³
- Rheumatism associated with urticaria-like eruptions. Neuritis.⁴
- Antidotes ill-effects of eating shellfish.⁴
- Gout and uric acid diathesis.⁴
- Hemorrhage from various organs.⁵
- III effects of burns; bee-stings; suppressed milk; urticaria.⁵
- Symptoms return at the same time every year.⁵
- Urinous odor of the body.⁷

Ailments: Burns, bee stings, eating shellfish, suppressed milk, suppressed nettle rash³

HEAD

- Vertigo, headache with spleen pains.⁴
- Fullness in head, sensation of rush of blood and dullness; all day, with giddiness⁵

EYES

- Pain in right eye.⁵
- Pain in eyeballs as from a blow, with feeling as if sand were in eyes.⁵

RESPIRATORY

- Throat - Burning in throat; with frequent hawking of frothy mucus; causing cough with scanty expectoration.⁵
- Haemoptysis; after violent exertion.⁷

ABDOMEN

- Diarrhea characterized by large secretion of mucus.⁴
- Nausea, with burning in throat.⁵
- When lying, and on pressure a sound as if bowels were full of water.⁵

STOOL

- Dysenteric stool, a greenish-brown slime, with urging and tenesmus, afterwards constipation, then small stool with straining, later dysentery, small painful stool.⁵
- Stool mixed with white matter like boiled white of eggs, at times a little blood.⁵
- Ascarides with great rectal irritation.⁵
- A small hemorrhoid, with raw burning in anus during and after stool.⁵

URINARY ORGANS

- Suppression of urine.⁵
- Strangury; gravel disease of bladder and kidneys.⁵

MALE

- Itching of scrotum, keeps him awake.⁴

FEMALE

- Diminished secretion of milk. Arrests flow of milk after weaning. Excessive swelling of breasts.⁴
- Acid and excoriating leucorrhoea.⁴
- Pruritus vulvae, with stinging, itching, and edema.⁴

EXTREMITIES

- Pain in acute gout deltoid; pain in ankles, wrists.⁴
- Rheumatic pain in arms and ankles, more right side.⁵
- Acute gout, foot was red and swollen and intensely painful, and recurrent gouty attacks.⁶

SKIN

- Itching blotches.⁴
- Urticaria, burning heat, with formication; violent itching.⁴
- Rheumatism alternates with nettle-rash.⁴
- Urticaria nodosa (Bov).⁴
- Erythema, with burning and stinging.⁴
- Burns and scalds (1st degree).⁴
- Chicken-pox (Dulc).⁴
- Angioneurotic edema.⁴
- Itching swellings all over fingers and hands, resembling bold hives.⁴
- Urticaria, "with burning, itching, numbness, swelling, edema and vesication. Face, arms, chest and shoulders were affected-the whole upper part of the body down to the navel. The itching was so intense that the vesicles were scratched off, and exuded a large amount of serum."⁶

FEVER

- General heat in bed with soreness over abdomen.
- Fever of gout. Tropical fever.⁴

MODALITIES

Aggravation: snow-air; water, cool moist air, touch, lying on arm, annually, after sleep

Amelioration: Lying down.

RELATIONSHIP

Compare: Medusa; Nat mur; Lac can; Ricin (diminished mammary secretion); Bombyx; Rhus; Apis; Chloral; Astac; Puls (urticaria); Boletus luridus and Anacard (urticaria tuberosa); Lycop and Hedeoma (uric acid conditions); Formica.⁴

Case Report

A female patient aged 40yrs presented with following complaints on 04-08-2024:

PRESENTING COMPLAINTS

- A rash appeared on face and neck since
- Sudden onset of the symptoms. Rash appears mainly after eating brinjal, mutton, eggs. Violent itching.

PAST HISTORY

No relevant past history

PHYSICAL GENERALS

Appetite – moderate; Thirst- Normal; Desires – sweets; Aversions- n/s, Intolerance-brinjal,mutton,eggs; Urine- clear; Stool- regular, satisfactory; Perspiration- only on exertion,generalized, Sleep- refreshed; Thermals - Ambithermal

PHYSICAL EXAMINATION

- BP-120/80mmHg;Resp rate-18 breaths/min; Pulse rate-76bpm;

- Ht-155cm; Wt-60kgs
- No pallor, No clubbing, No cyanosis, No lymphadenopathy, No icterus

MENSTRUAL HISTORY: Regular, 27-30 days cycle, 4-5 days flow, no clots

TOTALITY OF SYMPTOMS

- Rash on face and neck
- Ailment- brinjal, mutton, eggs
- Violent itching

Rx: Urtica urens 200,1 dose

SL 1 week

FOLLOW UP



Before Treatment (Photos 1 & 2)

11-08-2024: Rashes reduced by 30%; SL 1week (Photo 3)

- 18-08-2024: Rashes reduced by 50%; SL 10 days (Photo 4)
- 28-08-2024: Rashes reduced by 75% (Photo 5)

CONCLUSION

Urtica urens exhibits a remarkable breadth of therapeutic potential within homeopathy, demonstrating significant clinical importance. Its anti-inflammatory and antihistamine properties make it an effective treatment for various skin conditions such as urticaria, burns, and insect bites, as well as for rheumatic pain, gout, and allergic reactions.

Conflict Of Interest: Authors declare no conflict of interest

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Acute Folliculitis Treated with Individualized Homoeopathic Medicine: An Evidence-Based Case Report

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Abstract

Folliculitis is a condition that causes inflammation and infection of the hair follicle the most commonly affected areas are the scalp, face, neck, and buttocks where hair growth is dense. Folliculitis can be caused by various factors such as bacteria fungi viruses or irritation from shaving or chemicals.

Case summary:

A 10-year-old male child presented with complaints of itching and pustular eruptions in the scalp with dandruff for 2 weeks. The case was diagnosed as acute folliculitis based on the clinical presentation of the symptoms. Considering the totality of the symptoms, repertorization and consultation with materia medica the patient was treated with individualized homoeopathic medicine *Phosphorus 200* in a single dose and followed up for 30 days, initially after 15 days the treatment effectively alleviated the patient's lesions, inflammation and pustules resolved completely and only some crust remained visible. Over the next 15 days, there was a complete resolution of the patient's symptoms. This case shows the positive effects of individualized homoeopathic medication in the case of acute folliculitis. Furthermore, to establish the efficacy and safety of homoeopathy for acute folliculitis, future research should prioritize conducting long-term trials with substantial sample sizes.

Keywords

Folliculitis, Individualization, *Phosphorus*, Homoeopathy, Case Report.

Introduction

Skin is the largest organ of the integumentary system of the body, it is the outermost layer and acts as a protective covering of underlying structures like muscles, bone, ligaments and plays an important role in the defence mechanism. The skin is covered with a lot of hair follicles due to the presence of hair, skin is of two types hairy and glabrous (hairless) skin.¹ Skin plays an important role in our immunity to protect from harmful pathogens² and prevent water loss.³ Folliculitis is a condition that causes inflammation and infection of the hair follicles. The most common areas affected by folliculitis are the scalp, face, neck, and buttocks, where hair growth is dense. Folliculitis can be caused by various factors, such as bacteria, fungi, viruses, or irritation from shaving or chemicals.⁴ Folliculitis can be either superficial or deep, depending on how much of the hair follicle is involved. Superficial folliculitis (ostiofolliculitis) only affects the upper part of the hair follicle, while deep folliculitis (such as furuncle, carbuncle, etc.) affects the entire hair follicle and can cause more severe inflammation and pus formation. Deep folliculitis often occurs when superficial folliculitis progresses to perifollicular inflammation

and follicular rupture (perifolliculitis), leading to an abscess⁵. Folliculitis is a common, generally benign, skin condition in which the hair follicle becomes infected/inflamed and forms a pustule or erythematous papule of overlying hair-covered skin. While this is a non-life-threatening condition and in most cases is self-limited, it can present challenges for immunocompromised patients and in some cases progress to more severe diseases.⁶ The location and pattern of the inflammation can help to identify the cause and type of folliculitis. Folliculitis can appear as small red bumps, blisters, or pus-filled spots on the skin, depending on how severe and acute it is. Sometimes, it can also cause scaling or scarring of the skin.⁷ The potential conditions to consider in the differential diagnosis of acute folliculitis include Acne necrotica, Acne vulgaris, folliculitis barbae, Follicular mucinosis, Folliculitis sclerotisans nuchae, Folliculitis decalvans capillitia.⁸ In conventional system of medicine, folliculitis is treated with systemic antimicrobial agents, antibiotics, antifungal drugs, or anti-parasitic treatments to combat the underlying infection.⁹ In Homoeopathy, an individualized and holistic concept of medicine aims to harmonise the disordered economy. It deals with the person who is sick and not the nosological disease term. It is based on the principle that the remedy, which produces similar symptoms in a healthy individual, is the necessary antidote to overcome the sickness, restore the will and understanding into order, and cure the patient. The treatment approach considers the patient in their psycho-physical-social axis that includes individual physical make-up, moral and intellectual character, mode of living and habits. Due to the minute dose and high potentization, homoeopathic medicines are thought to be safe and do not provoke any serious adverse reactions.¹⁰

Case Report

A 10-year-old male patient came to the outpatient department of MHMCH, Abu Road, complaining of itching and pustular eruption in the scalp with dandruff for 2 weeks. Itching is worse by scratching and after hard scratching bleeding occurs in that area. The patient's mother also complains about the falling of hair with much white dandruff. The eruption is small and filled with

yellowish-white pus. Due to itching, the patient is very irritable and can't concentrate on his school and other activities like playing. Sleep is also disturbed. The patient is thermally chilly and loss of appetite with a craving for sour food like lemon juice and pickles. He does not like cow milk and if he takes it always suffers from loose motion.

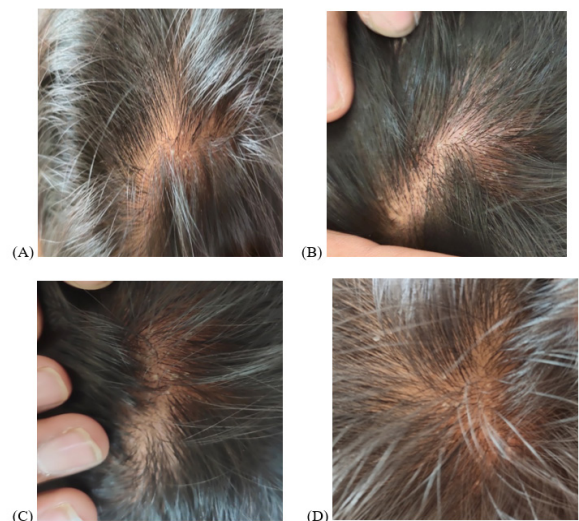
History of presenting complaint

The patient was well before two weeks. He had complained of itching and yellowish-white pus-filled eruption on his scalp.

Past History- He suffered from typhoid 2 years back now he is fine.

(1st visit)

Figure:1



Analysis of symptoms

Mental Generals	Physical Generals	Particulars
<ul style="list-style-type: none"> The patient is very irritable. He can't concentrate on his school and other activities like playing, etc. 	<ul style="list-style-type: none"> The patient is thermally chilly. He has a loss of appetite. Craving for sour food like lemon juice and pickles. He does not like cow milk and always suffers from loose motion if he takes it. 	<ul style="list-style-type: none"> The eruption is small and filled with yellowish-white pus. Itching is worse by scratching and after hard scratching bleeding occurs in that area. Falling of hair with much white dandruff.

Sr.no	Remedies & their relative values
1	Phosphorus-22/9
2	Silicea- 19/8
3	Sulphur-18/8
4	Sepia-17/8
5	Calcarea Carb- 16/7

Totality of symptoms:

1. The patient is very irritable.
2. He can't concentrate on school and other activities like playing.
3. He has a loss of appetite.
4. Craving for sour food like lemon juice and pickles.
5. He does not like cow milk and always suffers from loose motion if he takes it.
6. The patient is thermally chilly.
7. Itching is worse by scratching and after hard scratching bleeding occurs in that area.
8. Falling of hair with much white dandruff.
9. The eruption is small and filled with yellowish-white pus.

Diagnosis

Acute folliculitis (figure-1) (ICD-10, Code-H10.019)¹¹

Reportorial analysis:

Considering the totality of symptoms, repertorization was done by Synthesis repertory using RADAR software.¹² Repertorization chart is given in Figure 1

Reportorial totality:

Figure: 2 Reportorial Sheet as per RADAR 10.

Remedy	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1. MIND - IRRITABILITY (242) 1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2. MIND - CONCENTRATION - difficult (162) 1	3	3	2	3	3	3	2	3	1	3	2	3	2	2	1	1	2	2	2	1	1	2	2	2	2	2	2	2	2	
3. STOMACH - APPETITE - diminished (112) 1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
4. STOMACH - DIGESTION - slow/acidic (77) 1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
5. STOMACH - AVERSION to - milk (20) 1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
6. GENERAL - HEAT - redness of (108) 1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
7. HEAD - ERUPTION - pustules (17) 1	2	3	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	1	2	1	
8. HEAD - HAIR - falling (94) 1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
9. HEAD - ITCHING of scalp - scratching - agg (4) 1	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
10. HEAD - DANDRUFF - white (9) 1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	

Prescription

Phosphorus 200/1dose (in the morning on an empty stomach) followed by Placebo 30/BD for 15 days.

General Management (including diet, lifestyle & other Auxiliary measures)-

- Don't apply any lotion, or ointment containing allopathic medicine.
- Do not wear a cap.
- wash your head with clean water.
- Don't scratch with any instruments.

Follow-ups

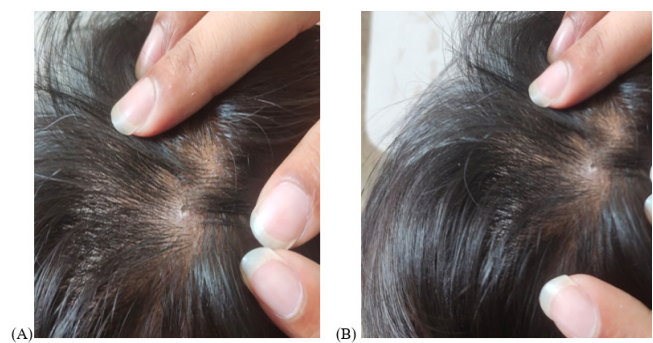
Follow-up: 1

The treatment effectively alleviated the patient's symptoms of itching and hair loss. The skin lesions, such as inflammation and pustules, resolved completely, and only some crusts remained visible, as seen in Figure 3.

Prescription

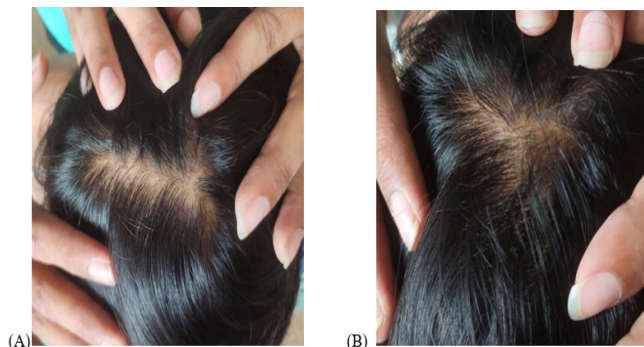
Placebo-30/TDS for 15 days

Figure: 3 (2nd Visit)



Follow-up: 2

The treatment resulted in a complete resolution of the patient's lesions. The patient also reported improvement in other symptoms such as hair loss, scalp flaking, itching. (Figure 4). The patient expressed satisfaction with the treatment outcome.

Figure: 4 (3rd Visit)

Discussion:

The case was diagnosed as acute folliculitis based on the history of complaints and clinical examination. Analysis and evaluation of the case were done, the totality of the symptoms was constructed and repertorization was done using synthesis repertory and top five remedies i.e. *Phosphorus*, *Silicea*, *Sulphur*, *Sepia*, and *Calcarea Carb* were procured. The remedy that emerged as the most fitting choice was *Phosphorus* as it fetched the highest marks on repertorization covering 9 symptoms out of 10 and further verified with materia medica. The administration of a single dose of *Phosphorus* 200, followed by placebo, proved remarkably effective in alleviating the patient's symptoms of itching and hair loss. The skin lesions, such as inflammation and pustules, resolved completely, and only some crusts remained visible, and after 15 days there was complete resolution of the patient's lesions. Furthermore, the patient experienced considerable relief from associated symptoms, including scalp flaking and itching, indicating a complete amelioration of the symptoms. Encouragingly, the patient expressed profound satisfaction with the treatment outcome, underscoring the efficacy and patient-centered approach of the homoeopathic treatment.

The present case report is evidence-based and shows the successful treatment of acute folliculitis with constitutional homoeopathic medicine. This case has emphasized the significance of a holistic approach in the intervention wherein the individuality of a patient is considered for simillimum selection, not just disease manifestations. This case report can help practitioners augment their expertise in handling patients with acute folliculitis. Homoeopathy offers a better scope for treating

acute folliculitis, as it considers the whole person and the individual symptoms. However, its limitation lies in the condition being self-limiting and benign, also no investigations were done for further evaluation of the prognosis and recurrence. Also, more research is needed to establish the proper effects of homoeopathic remedies on the system. Future studies should conduct long-term trials with large sample sizes to verify the efficacy and safety of homoeopathy for acute folliculitis.

CONCLUSION

This case report underscores the effects of individualized homoeopathic medicine in successfully managing acute folliculitis, highlighting the importance of a holistic approach that considers the individuality of each patient. By focusing on the person as a whole and addressing individual symptoms, homoeopathy offers a promising avenue for the treatment of acute folliculitis. This report serves as a valuable resource for practitioners seeking to enhance their understanding and expertise in treating patients with this condition, emphasizing the potential benefits of incorporating homoeopathy into comprehensive treatment approaches. While this case contributes valuable empirical evidence, further research with long-term trials and larger sample sizes is essential to fully establish the efficacy and safety of homoeopathic remedies in the management of acute folliculitis.

Acknowledgment

With a profound sense of gratitude, the author expresses their sincere respect to patient who actively participated in this study & for keeping patience throughout the follow-ups.

Conflict of Interest

The authors declare that they have no competing interest.

Declaration of patient consent

The authors certify that they have obtained patient consent and patient has given his consent for his photographs and any other information to be reported in the homoeopathic journal.

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Author’s contributions:

Dr Hanuman Ram – Concept and study design, data acquisition, drafting, data interpretation, revising manuscript.

Dr Mayura Faldessai - Drafting and revising manuscript.

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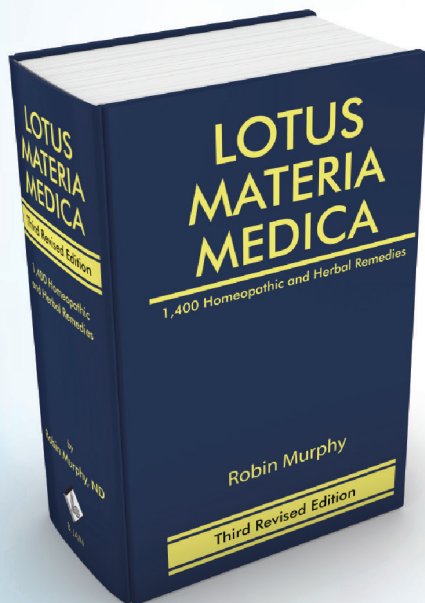
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A Case Report on Condyloma Acuminata Treated with Homoeopathy

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Keynotes

Condylomata, AGWs (Anogenital Warts), HPV (Human Papilloma Virus), Medorrhinum, Homoeopathy

Abstract

This is a case of a 5 year old female child who presented with the complaint of abnormal growth around the anal region since 6 months. Systematic case taking followed by repertorisation of the totality of symptoms was done by Synthesis Repertory using RADAR software in order to choose the individualised remedy where *Medorrhinum*, *Staphysagria*, *Lycopodium*, *Rhus tox* and *Thuja* were shortlisted. The patient responded well to the individualised homoeopathic treatment.

Introduction

Condylomata acuminata (singular: condyloma acuminatum) refers to anogenital warts caused by human papillomavirus (HPV). The most common strains of HPV that cause anogenital warts are 6 and 11. HPV is a double-stranded DNA virus primarily spread through sexual contact. Age, lifestyle, and sexual practices all play a role in one's susceptibility to developing condyloma

acuminata.[1][2] There are several topical treatment options available, including podophyllo-toxin solutions and creams, imiquimod cream, and sinecatechins ointment. Cryotherapy, trichloroacetic acid solution, and several surgical modalities are also available treatments. There is a chance for condyloma acuminata to recur after topical treatments. Surgical excision is the only available treatment with clearance rates close to 100 percent. Patients should receive counsel on treatment options, the importance of follow-up appointments, and safe sex practices.

Etiology

Condyloma acuminata results from HPV infection. There have been over 100 types of HPV identified, with 40 strains known to affect the anogenital area. HPV strains 6 and 11 are the most prevalent strains that cause condyloma acuminata. Other strains of HPV are known to cause plantar warts, in which the lesions are on the hands and feet. Infection with several strains of HPV also causes cellular dysplasia leading to certain cancers, namely cervical cancer in females and penile or rectal cancer in males [3]. HPV types 16 and 18 are high-risk subtypes for developing a malignancy. Research has solidly established their role in

the development of cervical, anogenital, and oral carcinomas. HPV types 31, 33, 35, 39, 45, 51, 52, 56, 58, 59, 66, 68, 73, and 82 may also be present in mucosal cancer. Non-melanoma skin cancers correlate with HPV types 1, 5, 8, 9, 17, 20, 23, and 38. Bowen's disease has correlations with HPV types 16, 18, 31, 32, and 34. Epidermodysplasia verruciformis has been linked to HPV types 5, 8, 9, 12, 14, 15, 17, 19-25, 36-38, 46, 47, 49, and 50. HPV types 6 and 11 present a low risk for developing malignancy and cause 90 percent of anogenital warts. Cutaneous warts are associated with HPV types 1, 2, 3, 4, 27, and 57.[4]

Condyloma acuminata are usually asymptomatic, although they may occasionally cause bleeding, pruritus, and pain. Patients will generally present concern about the appearance of the lesions, as they often cause psychological and psychosexual distress. Condyloma acuminata may also be found incidentally during routine female gynecological examinations. The appearance of the lesion depends on the type of HPV and the site of infection.[5] While condyloma acuminata generally occur in the anogenital region, lesions may also be present in the oral cavity. Simultaneous lesions in the anogenital region suggest sexual transmission, but fomites may also be the source of condyloma acuminata present in the oral cavity.

Case History

Personal data

- Name: X
- Age: 5 years
- Address: Chamoli, Uttarakhand
- Date: 04/03/2022

Presenting Complaint:

Patient presented with the complaint of abnormal outgrowth over anal region since 6 months. On examination, multiple small, soft, skin-coloured wart-like are found in which one is filiform shaped and the other one is pedunculated.

Family History: She had a family history of gonorrhoea

Physical generals

- Appetite: Good
- Thirst: Thirsty
- Desire: Sweets
- Aversion: Nothing Specific
- Intolerance: Nothing Specific
- Bowel: Satisfactory, regular, soft stool
- Bladder: Clear, Profuse, Non-offensive
- Sleep: Refreshing
- Perspiration: Profuse
- RHC: Hot

Mental generals

Child always want to be carried and she has great love towards her pet dog.

Provisional Diagnosis

Condylomata acuminata [6]

Totality of symptoms

1. Always want to be carried
2. Love toward pet animal
3. Desire for sweets
4. Filiform wart
5. Pedunculated wart
6. Family history of gonorrhoea

Rubrics Selected:[7]

1. Skin – excrescences – condylomata
2. Skin – warts- filiform
3. Skin – warts – pedunculated
4. Generals – family history of – gonorrhoea
5. Generals – food and drinks- sweets – desire
6. Mind – animals – love for animals – pet;

her- children; in

7. Mind – carried – desire to be carried

Repertorial analysis [7]

After analysis and evaluation of the case the characteristics symptoms were used to form the totality “filiform and pedunculated wart” were important particulars in this case, “desire for sweets” was important physical general and “desire to be carried, love for pet animal” were important mental generals in this case.

The selection of remedy was based on repertorisation from RADAR 10 software using Synthesis treasure edition, 2009 by Frederick Schroyens [7] with repertorial result showing top five remedies as *Medorrhinum*[8](12/7), *Staphysagria*(8/5), *Lycopodium* (9/4), *Rhus tox* (7/4) and *Thuja* (7/4).

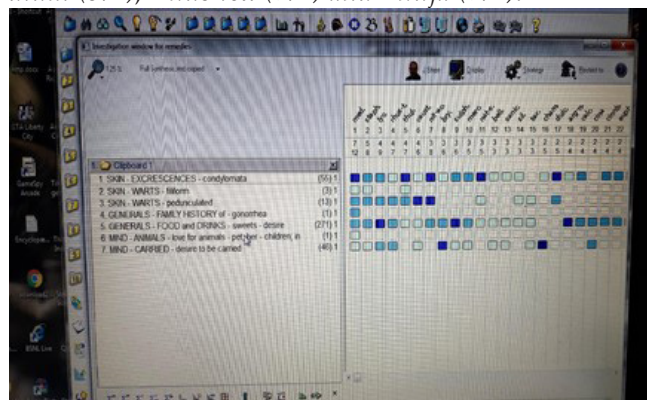


Fig. 1: Repertorial Analysis Sheet [7]

Prescription

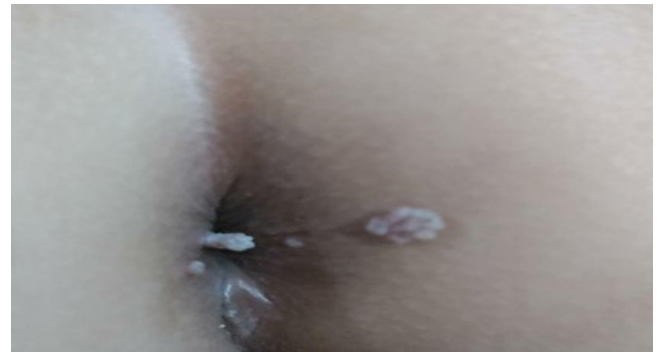
Medorrhinum[8] 30 / 4 dose

Follow up

Date	Symptoms	Medicine
04/03/2022	Patients' 1st visit	<i>Medorrhinum</i> [8] 30/4 dose
18/03/2022	Slight reduction in size of wart	Placebo
02/04/2022	No improvement	Placebo
20/04/2022	Size reduced	Placebo
15/05/2022	One of the warts is of pin-point size now	Placebo
18/06/2022	Only one wart remaining	<i>Medorrhinum</i> 30/4 dose
06/07/2022	No wart remaining	Placebo

Before treatment

Fig. 2 : Patient before treatment



After treatment

Fig.3: Patient after treatment



CONCLUSION AND DISCUSSION

Homoeopathic medicine selected on the basis of homoeopathic principles proved to be very effective in this case of condylomata acuminata [6] and shown remarkable results in the treatment. *Medorrhinum* was selected on the basis of mental generals and particulars and keeping in mind the knowledge of Materia Medica and homoeopathic philosophy. Treatment was continued for 3 months. Medicine was given in very few doses which appeared very effective in treatment of the case.

The potency selection was done on the basis of susceptibility of the patient as stated by Dr Close [9]

1. The greater the characteristic symptoms of the drug in the case, the greater the susceptibility to the remedy and the higher the potency required.

2. Age: Medium and higher potency for children.
3. Higher potencies for sensitive, intelligent persons.
4. Higher potencies for person of intellectual or sedentary occupation and those exposed to excitement or to the continual influence of drugs.
5. In terminal condition even, the crude drugs may be required.

He also writes "Different potencies act differently in different cases and individuals at different times under different conditions. All may be needed. No one potency, high or low, will meet the requirement of all cases at all times".

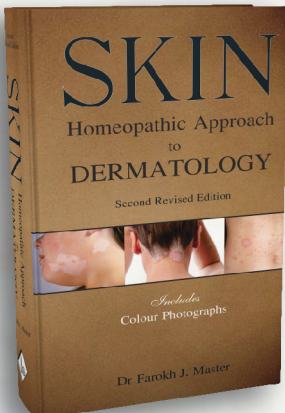
Potency was selected on the basis of susceptibility of the patient and organic condition of the disease, the susceptibility of the patient was low so 30 potency was selected.


This case of Condylomata acuminata re-established the strength of homoeopathy and proves the homoeopathic principles and philosophy as stated by Dr Hahnemann. It also elicited that homoeopathy can cure such type of case in very few

doses in a very short period of time without any aggravation and side effects.

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“Homoeopathy in Schizophrenia”: A Comprehensive Review

Dr Pratima Bharti

PG Scholar, Pediatrics, Bakson Homoeopathic Medical College & Hospital, Greater Noida, Uttar Pradesh

PEER REVIEWED

Keywords

Schizophrenia, DSM-5-TR, Homoeopathy, Mental disorder

Abstract

Schizophrenia disorder is characterized by disturbances in thinking, perception behavior, and personality disorganization. three main categories: *psychotic, negative, and cognitive*. The prevalence rate is 200 cases per for schizophrenia, Onset occurs most often during late adolescence The diagnosis is based on the *Diagnostic and Statistical Manual of Mental Disorders, (DSM-5-TR), or International Classification of Diseases, (ICD-10)* criteria. Homoeopathy have a beneficial in the prognosis of schizophrenia cases when given on basis of Homoeopathy principles, it also helps to *reduce conventional medication dependency and safe and free from harsh side effect*. **Objective:** To assess the impact of Homoeopathic treatment on cognitive, emotional, and social behavior in patients with Schizophrenia. **Conclusion:** Homeopathic Management of Schizophrenia is based on the prognosis of the signs and symptoms, Homeopathy is a holistic approach that proves to be the most significant, valuable system of medicine to cure mental diseases immensely.

Introduction

The term Schizophrenia was introduced by the *Swiss psychiatrist Eugene Bleuler*. In ICD-10, Schizophrenia and other psychotic disorders are classified under F20- F29 The World Health Organization's global burden of disease estimates of

2011 indicate that schizophrenia is the 17th leading cause of years lived with disability as compared to being 19th in the year 2000, rate is 1 in 222 people (0.45%) among adults. Schizophrenia is a severe mental illness characterized by significant impairments in the way reality is perceived and changes in behavior related to hallucination, and delusion, well the most common is an auditory hallucination but in some patients, visual, tactile, olfactory, and gustatory hallucination may also present. Commonly occurs in younger men than women, and the age of onset is 15- 35 years. Behavioral changes may develop rapidly over days to weeks or gradually over months. Recognition is easier if the behaviors are marked and develop suddenly ^[3].

1. **Psychotic symptoms** include changes in the way a person thinks, acts, and experiences the world.
 - **Hallucinations:** When a person sees, hears, smells, tastes, or feels things that are not there. Hearing voices is common for people with schizophrenia.
 - **Delusions:** When a person has strong beliefs that are not true and may seem irrational to others. For example, individuals experiencing delusions may believe that people on the radio and television are sending special messages that require a certain response, or they may believe that they are in danger or that others are trying to hurt them.
 - **Thought disorder:** People with thought disorders may have trouble organizing their

thoughts and speech. Sometimes a person will stop talking in the middle of a thought, jump from topic to topic, or make up words that have no meaning.

2. **Cognitive symptoms** include problems in attention, concentration, and memory.
3. **Negative symptoms** include loss of motivation, loss of interest or enjoyment in daily activities, withdrawal from social life, difficulty showing emotions, and difficulty functioning normally ^[1,3].

Risk factors

- Family History
- Pregnancy-related Maternal issue like malnutrition, stress, exposure to toxins during fetal life, gestational diabetes, and pre-eclampsia increases the risk of Schizophrenia in babies.
- Infections and autoimmune.
- Prolonged use of psychotropic drugs like cannabis.

Etiology

- **Genetic factors**- family studies explain approximately 80% of the risk for Schizophrenia.
- **Neurobiological Factors**- Imbalances in brain neurotransmitters, such as dopamine and glutamate.
- **Environment factor**- may include living in poverty, stressful or dangerous surroundings, and exposure to viruses or nutritional problems before birth.

Diagnostic criteria for schizophrenia: Two systems used in Diagnosing Schizophrenia are DSM-5-TR and ICD-10.

1. **DSM-5-TR:** According to the DSM-5-TR, published by the American Psychiatric Association: Two (or more) of the following, each present for a significant portion of time for 1 month (or less if successfully treated). At least one of these must be (1), (2), or (3):
 - Delusions

- Hallucinations
- Disorganized speech
- Grossly disorganized or catatonic behavior
- Negative symptoms

2. **ICD-10** The patient must exhibit at least one of the following for a period greater than or equal to 1 month:

- Delusion thought echo and broadcasting, insertion or withdrawal of thoughts rapidly.
- Delusions of control, influence, or passivity, perceptions.
- Hallucinatory voices giving a running commentary on the patient or discussing the patient among themselves.
- Persistent delusions that are implausible.

Or at least 2 of the following symptoms must be observed for a period greater than or equal to 1 month:

- Persistent hallucinations when accompanied by fleeting or half-formed delusions.
- Breaks or interpolations in thought resulting in incoherence, irrelevant speech, or neologisms
- Catatonic behavior
- Negative symptoms
- Significant and consistent transformation in the overall quality of behavior manifesting as loss of interest and social withdrawal [3]

Differential diagnosis

- **Major depressive or bipolar disorder with psychotic features:** hallucinations or delusions occur only during major depressive or manic episodes, depending on the severity of mood disturbances.
- **Delusional disorder:** Distinguished by the absence of other characteristic schizophrenia symptoms like pronounced hallucinations or

disorganized speech.

- **Schizotypal personality disorder:** Characterized by subthreshold schizophrenia symptoms in conjunction with persistent personality traits.
- **Obsessive-compulsive and body dysmorphic disorder:** it involves intense preoccupations with obsessions, compulsions, or body-focused concerns
- **Post-traumatic stress disorder:** it includes hallucinatory flashbacks and hypervigilance that reach paranoia but is diagnosed based on experiencing a traumatic event.

Prognosis

- **Good prognosis:** Female, Late age of onset, Acute onset, Good premorbid social and work histories, predominantly positive symptoms, Good social support, Married, had Early initiation of treatment
- **Bad prognosis:** Male gender, Early age of onset, Chronic onset, Bad premorbid social and work histories, Bad social support, Single, divorced, widowed, had Late initiation of treatment.

Few points for a better prognosis

- Help them get treatment and encourage them to stay in treatment.
- Beliefs or hallucinations seem very real to them.
- Be respectful, supportive, and kind

Complication: Suicide is the most common cause of premature death in schizophrenia.

Homeopathic View on Mental Disease ^[12]

According to Dr. Samuel Hahnemann who took not only the physical but mental symptoms also taking into consideration, Psora being the inherent fundamental miasm, the disease aspect in a latent manner finds a favorable step to be bound and to emit the ferociousness in the circumstances in which the living organism is exposed and

which are expressed either through the mental plane or physical plane and vice versa. Because all these dyscrasias constitute the true picture of mental disease beginning.

Mental diseases are classified based on the theory of chronic miasms as follows:

- Due to continued worry, vexation, anxiety, wrongs, and frequent occurrences of fear and fright.
- Sudden outbursts of insanity or mania precipitated by exciting factors such as fright, vexation, mental shocks.
- Corporeal causes of psychological factors such as faults in education, corrupt morals, superstitions, ignorance.

Morbific miasmatic background ^[9]

- **Psora** – Mental delusion of all kinds. Delirium and action are often disgusting, and they have more foolish fancies than they would have in true delirium. Restlessness in thought, feeling and will lead to restlessness in action. Sensitive to noise, light touch, jar.
- **Sycosis**- Excessive thoughts, and fears are manifested outwardly, Restless mentally manifest in physical form. The reasoning powers are slow, and they constantly condemn. Difficulty grasping recent thoughts and events. Suspiciousness, jealousy, quarrelsome, cruel. Tendency to harm others, animals.
- **Syphilitic**- Desire to escape, to get away from self. All quickness of thought is gone and there is a gradual incapacity for understanding things. The feeling of self-condandation and utter worthlessness.

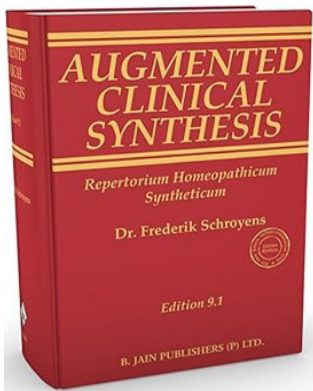
Discussion

Antipsychotics are the main line of treatment, which help to reduce psychotic symptoms which less intense in nature. Medications that treat psychosis include phenothiazine, clozapine, haloperidol, and olanzapine. Other management also includes psychoeducation, family interventions, and Cognitive-behavioral therapy, on the other hand, Homoeopathy has a beneficial role in the

management of cases through stimulating self-healing by triggering the body's natural healing processes, symptoms improving like anxiety, hallucination, cognitive function, by using adjunctive therapy. Homoeopathy have a beneficial in the prognosis of schizophrenia cases when given on basis of Homoeopathy principles, it also helps to *reduce conventional medication dependency and safe and free from harsh side effect.*

Rubrics

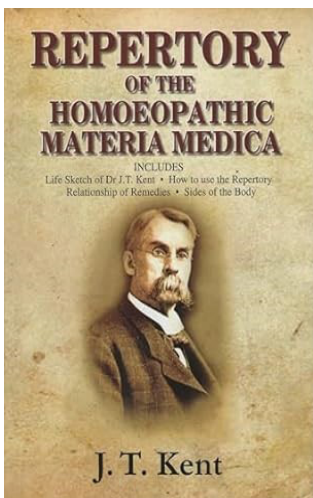
Synthesis repertory^[10]:



- Mind- APPROACHED by person -; being – aversion to - **Ant- c, cham**
- Mind- DELIRIUM – absurd things, does – **bell, secale cor**
- Mind- DELIRIUM – loquacious – **Actea, hyos. Lachesis**

- Mind – ESCAPE, attempts to – **bell, hyos**
- Mind – INSANITY – **arsenic, Bella, hyos**
- Mind – IMPULSE; morbid- run away – **calcar- ea carb**
- Mind – MANIA –laughing and gaiety; with – **crocus**

Kent's repertory^[8]:



- Mind-DELUSION – separated from world –**ancar**
- Mind- DELUSION - voices – hearing – voice command to crime – **Lachesis**
- Mind –RESTLESS-NESS – alternate with delirium – **nat-mur**
- Mind – VIOLENT – alternate with laughing – **stram**

Homeopathic Management ^[11]

- **Arsenic Album:** intermingled with fear, impulse with suicidal inclination, sudden freak, and mania. Anxiety, restlessness, and fear of the worst outcomes. Delusions of various kinds of insanity; in the more active form. Loathing life, and wants to die, but does not commit suicide.
- **Belladonna:** Sudden onset of intense symptoms, including hallucinations and delirium. Violence runs all through the mental symptoms. Wild, and full of imagination, sees ghosts and spirits. Horrible dreams; screams during sleep. Sensitive to light, to noise, to touch, to jar.
- **Hyoscyamus Niger:** Suspicion runs through sickness; it runs through mania in insanity, suspicion of everybody refusing to take. Imagined that his all-close ones turned against him make a conspiracy.
- **Lachesis mutans:** Great loquacity. Restless and uneasy; does not wish to attend to business; wants to be off somewhere all the time. Jealous Suspicious; nightly delusion of fire.
- **Stramonium** - changeable disposition: alternating anticipation of death and rage; laugh aloud and groaning. Attack of rage with beating and striking person. Loquacious delirium and mania. Delusion about his identity.
- **Aurum Met** – Intense sadness, and hopelessness along with predominating suicidal thoughts. There is a desire to die, and such people constantly talk of self-destruction and suicide

CONCLUSION

Homeopathic treatment of schizophrenia is based on the prognosis of the signs and symptoms, if homeopaths can diagnose its earlier manifestation priorly the change of reverse is a possible course of disease without deteriorating the health of the patient. Homeopathy is a holistic approach that proves to be the most significant, valuable system of medicine to cure mental diseases immensely. Homeopathy management can help effectively in

managing schizophrenia and relapses can be prevented.

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IMMERSE INTO THE RICHNESS OF CLASSICAL HOMEOPATHIC LITERATURE



Volume
— I & XII —



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Case Study Of Paediatric Glaucoma And The Effects Of Homoeopathic Medicine

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Introduction

Pediatric Glaucoma is a rare congenital ocular disorder affecting 1 in 10,000 to 18,000 live births. Classified according to (A)The age of onset (1) True congenital Glaucoma.(2)Infantile Glaucoma.(Juvenile Glaucoma Buphthalmos, Hydrophthalmos. (B)The Location of Dysgenesis and Prematurity of vessels, Poor Uveoscleral absorption, (1)Trabeculodysgenesis.(2)Irisdotrabeculodysgenesis.(3) Corneotrabeculodysgenesis.The main pathophysiology is the defect in the trabecular meshwork developmental and the anterior chamber angle,Megalo cornea. Aetiological factors are most considered in the case of Buphthalmos or Hydrophthalmos. Congenital abnormality at angle of the anterior chamber causing obstruction to the drainage of aqueous humor, over secretion of columnar epithelial cells, Iris Bombay, failure of mesodermal cleavage which normally leads opening of the angle, Absence of canal of Schlemm.

Pediatric glaucoma, often referred to as congenital or juvenile glaucoma, is a rare yet debilitating condition that affects children and leads to an increase in intraocular pressure (IOP). Left untreated, elevated IOP causes progressive damage to the optic nerve, resulting in permanent vision impairment or blindness. Unlike adult-onset glaucoma, which typically develops over time and is easier to manage, pediatric glaucoma presents unique challenges due to its early onset, often severe presentation, and the difficulty in diagnosing and treating the condition in children. Pediatric glaucoma accounts for approximately 2-5% of all glaucoma cases but is responsible for a

disproportionate amount of blindness in pediatric populations.

The underlying causes of pediatric glaucoma can be divided into two categories: primary and secondary. Primary congenital glaucoma (PCG) arises from developmental anomalies in the anterior chamber of the eye, typically due to defective formation of the trabecular meshwork, which impairs aqueous humor drainage and leads to increased intraocular pressure. Juvenile glaucoma, though less common, is often inherited and presents later in childhood. Secondary pediatric glaucoma may occur due to trauma, inflammation, or following ocular or systemic diseases such as Sturge-Weber syndrome or neurofibromatosis.

- The optic nerve head can morphologically be differentiated into the optic disc with the lamina cribrosa as its basis, and the parapapillary region with zones alpha (irregular pigmentation due to irregularities of the retinal pigment epithelium (RPE) and peripheral location), beta zone (complete RPE loss while Bruch's ..
- For an assessment of the optic disc, there is "the 3 Cs" rule- the cup, colour and contour. The borders of the optic disc should be clear and well defined.
- The normal cup-to-disc ratio is less than 0.5. A large cup-to-disc ratio may imply glaucoma or other pathology. However, cupping by itself is not indicative of glaucoma. Rather, it is an increase in cupping as the patient ages that is an indicator for glaucoma.
- The normal cup to disc ratio (the diameter of

the cup divided by the diameter of the whole nerve head or disc) is about 1/3 or 0.3. There is some normal variation here, with some people having almost no cup (thus having 1/10 or 0.1), and others having 4/5ths or 0.8 as a cup to disc ratio.

- The intraocular pressure (IOP) refers to the pressure exerted by intraocular fluids on the coats of the eyeball.
- The normal IOP varies between 10 and 21 mm of Hg

Epidemiology

On the basis of the available data, we estimate that there are approximately 11.2 million persons aged 40 years and older with glaucoma in India. Primary open angle glaucoma is estimated to affect 6.48 million persons. The estimated number with primary angle-closure glaucoma is 2.54 million.

The management of pediatric glaucoma has traditionally relied on surgical interventions as the primary means of controlling intraocular pressure. Procedures such as trabeculotomy, trabeculectomy, and goniotomy are frequently performed in infants and young children to improve aqueous drainage and protect optic nerve function. However, surgery can carry significant risks and complications, including infection, scarring, and the need for multiple procedures over time. Medical treatments, including topical IOP-lowering drugs (e.g., beta-blockers, prostaglandin analogs), are also used, but their effectiveness in children is often limited due to the difficulty in adherence, the need for long-term administration, and potential side effects such as respiratory or systemic issues.

Given these challenges, there is growing interest in exploring alternative or complementary therapies for pediatric glaucoma. Homeopathy, a centuries-old system of alternative medicine, offers a unique approach based on the principle of “like cures like.” Homeopathic remedies are prepared through a process of serial dilution and succussion (vigorous shaking), which practitioners believe stimulates the body’s self-regulatory mechanisms. Although homeopathy is widely used for various pediatric conditions, including respiratory infections, allergies, and developmental

disorders, its application in treating chronic diseases like glaucoma is less well understood.

This study seeks to investigate whether homeopathic medicine could serve as an adjunct or alternative to conventional treatment for pediatric glaucoma. While conventional therapies remain the gold standard, many parents seek non-invasive treatments that may provide relief from symptoms and improve overall health. Homeopathy, with its emphasis on holistic treatment and minimal side effects, offers potential in this regard. However, due to the lack of robust scientific evidence, more studies are required to evaluate its efficacy and safety in managing pediatric glaucoma.

ICD CODE OF PEDITRIC GLAUCOMA

ICD-10 Codes for Glaucoma

- H40 Glaucoma
 - H40.00 Preglaucoma, unspecified
 - H40.01 Open angle with borderline findings, low risk
 - H40.02 Open angle with borderline findings, high risk
 - H40.03 Anatomical narrow angle
 - H40.04 Steroid responder
 - H40.05 Ocular hypertension
 - H40.06 Primary angle closure without glaucoma damage
 - H40.10 Unspecified open-angle glaucoma
 - H40.11 Primary open-angle glaucoma
 - H40.12 Low-tension glaucoma
 - H40.13 Pigmentary glaucoma
 - H40.14 Capsular glaucoma with pseudoexfoliation of lens
 - H40.15 Residual stage of open-angle glaucoma
 - H40.20 Unspecified primary angle-closure glaucoma
 - H40.21 Acute angle-closure glaucoma

H40.22 Chronic angle-closure glaucoma

H40.23 Intermittent angle-closure glaucoma

H40.24 Residual stage of angle-closure glaucoma

H40.81 Glaucoma with increased episcleral venous pressure

H40.82 Hypersecretion glaucoma

H40.83 Aqueous misdirection

H40.89 Other specified glaucoma

Objective:

The objective of this study is to assess the therapeutic effect of homeopathic remedies on pediatric glaucoma patients in terms of reducing intraocular pressure, stabilizing optic nerve health, and improving overall visual function. The specific objectives are:

1. To evaluate the degree of intraocular pressure reduction in pediatric glaucoma patients undergoing homeopathic treatment.
2. To assess changes in optic nerve health, as indicated by optic nerve head and retinal nerve fiber layer (RNFL) thickness.
3. To monitor improvements in visual acuity in children receiving homeopathic care.
4. To document any changes in the quality of life as reported by patients and caregivers.
5. To compare the outcomes of homeopathic treatments with those observed in conventional glaucoma management.

Methodology

The patient were divided into 2 groups (1) Homoeopathic medicine and (2) Homoeopathic with conventional medicine. All were examined for routine ophthalmic check with special attention to the following: (1) Fixation for detecting exotropia, nystagmus. (2) Sclera for bluish discoloration. (3) Cornea for size more than 12mm, striation indicating breaks and tears, edema. (4) A deep AC. (5) Iris for atrophy, Iridodesis. (6) Disc for glaucomatous cupping.

Study Design

This was a prospective, observational open label conducted over a 6 month period at a Sat Kaival eye hospital . Twenty patients with confirmed diagnoses of pediatric glaucoma were recruited for the study. These patients were followed for a period of 6 months, during which they received individualized homeopathic treatments in addition to any conventional care they had been receiving. The study protocol was reviewed and approved by the hospital's ethical review board, and informed consent was obtained from all caregivers.



Patient Selection

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> Children aged 6 months to 15 years with a confirmed diagnosis of primary congenital or juvenile glaucoma. Patients who had undergone prior glaucoma surgery or were on conventional medical therapy but had not achieved satisfactory IOP control (defined as IOP \geq 21 mmHg). Patients with documented progression of optic nerve damage or visual impairment despite conventional treatment. Patients whose caregivers sought homeopathic treatment as an adjunct or alternative to ongoing conventional therapy. 	<ul style="list-style-type: none"> Patients with secondary glaucoma caused by trauma, inflammation, or systemic conditions such as retinopathy of prematurity. Patients who had undergone glaucoma surgery within the previous six months or were scheduled for surgery during the study period. Patients with systemic conditions (e.g., diabetes, severe asthma) that could confound the study results. Patients whose caregivers refused or were unable to comply with follow-up visits.

Intervention

Homeopathic treatment was administered by a certified homeopathic physician who followed classical homeopathic principles. A detailed case history was taken for each patient, including physical, mental, and emotional symptoms. Based on this information, a personalized homeopathic remedy was selected for each patient. Common remedies used included:

1. **Physostigma:** Creating a twisted feeling in the eyes. When shifted from side to side, the eyes become sore and painful. Intense discomfort in both orbits. Sharp, searing pain in the eyes. After use, there is a dull ache over or between the eyes. Eyes are sharp; lids are painful and heavy. Aching in the back of the orbit, extending into the brain, exacerbated by reading, which produces nausea. Light sensitivity in the eyes; feeling frail. Accommodation spasm, which can be irregular and produce

astigmatism. Blurred vision, as if a picture was playing in front of the eyes.

2. **Sarothamnus Scopanarius:** Glaucoma that is chronic. Choroiditis. Iritis. Burning and burning sensations, particularly behind the left eye. Moving the eyelids causes pain. When viewing a light source, the brightness of the light and the rainbow colours of the halo appear more vivid.
3. **Cedron:** Cedron is the remedy if the symptoms have a distinct pattern. Red eyes. Burn brightly. Shooting across the left eye. Scalding lachrymation, severe pain in the eyes with radiating pains around the eye. Supraorbital pain on a regular basis. Sex is made worse by ocular pain. The eye is inflamed. Objects are red at twilight and yellow during the day.
4. **Comocladia Dentata:** Right eye is extremely painful, feeling much bigger and protruding than the left. Being near a warm furnace aggravated the situation. The balls of the eyes feel heavy, as if something is resting on top of them, pushing them downward and outward. Motion aggravates the situation. The eyeball hurts a lot.
5. **Aconite:** Eyes burn, feel dry, and are susceptible to light. There was a lot of pain and heat. Pain that is intensely searing and shooting. The ball, particularly the upper portion, is sensitive when moved. Looking down or turning the eyes; the ball appears to be enlarged, as if protruding, causing the lids to tense; appears to be pushed out of the circle. The eyes are puffy. They have the appearance of grit in them. Photophobia. Faces are difficult to discern because vision is as if through a veil. Sparks appear in front of the irises, they flicker. The aconite patient exhibits extreme anxiety, dread, restlessness, and thirst. The initial stage of inflammation or trauma to the eye, conjunctiva, sclera, and lids. The standard treatment for ocular trauma or injuries caused by foreign bodies, wounds, or operations, as well as neuralgia caused by exposure to a cold dry breeze.
6. **Phosphorus:** Glaucoma. Retinal vessel thrombosis and degenerative alterations in retinal

cells. In the elderly, degenerative changes such as pain and curved lines can be seen. Light sensitivity and distortion of vision are symptoms of retinal disease. Black points appear to hover in front of the eyes. The patient improves his vision by shading his eyes with his palm. Eye and brain fatigue even when not using the eyes much.

7. **OSMIUM:** Glaucoma accompanied by shimmering vision. Violent supra- and infra-orbital neuralgia, as well as discomfort and lachrymation. Green hues envelop candlelight. Conjunctivitis. Increased intraocular strain, blurred vision, and photophobia.
8. **Spigelia Anthelmia:** Sensation as if eyes are too big; pressive discomfort when turning them. Pupils enlarged; photophobia; rheumatic ophthalmia. Severe discomfort in and around the eyes that extends deep into the socket. A real neuritis is iliary neuralgia.
9. **Prunus Spinosa:** Prunus Spinosa is an excellent natural remedy for treating sudden discomfort in the right eye caused by Glaucoma. Prunus Spinosa is most effective for right eye discomfort. The pain in the eye is so intense and violent that it causes a bursting feeling in the eyeball.
10. **Belladonna:** It is most effective for severe Glaucoma symptoms. The primary symptom is a sudden increase in vision dimness. The eyes look to be red. This is followed by excruciating pain in the eyes and head. The agony has a very violent personality. Nausea and vomiting are also possible side effects.
11. **Calcarea carbonica** – for children with poor physical development, often indicated in patients with constitutional weakness and slow development.
12. **Silicea** – typically prescribed for chronic conditions where the body struggles to eliminate toxins, believed to support the drainage system of the eye.
13. **Pulsatilla** – used in children with fluctuating symptoms, including intermittent pain and variable IOP, often associated with emotional sensitivity.

14. **Belladonna** – for acute episodes of raised IOP accompanied by inflammation, dilated pupils, or visual disturbances.

Remedies were prescribed in potencies ranging from 30C to 200C, depending on the patient's condition and response to treatment. Follow-up appointments were scheduled every 4-6 weeks, during which the homeopathic prescription was adjusted as needed based on the patient's progress.

Outcome Measures

The primary outcomes of the study were changes in intraocular pressure and optic nerve health. Secondary outcomes included visual acuity, quality of life, and adverse effects.

1. **Intraocular Pressure (IOP):** IOP was measured using Goldmann applanation tonometry at baseline and at each follow-up visit. A clinically significant reduction was defined as a decrease of $\geq 20\%$ from baseline.
2. **Optic Nerve Health:** The health of the optic nerve was assessed using optical coherence tomography (OCT) to measure retinal nerve fiber layer (RNFL) thickness. Progressive thinning of the RNFL is a marker of glaucoma-related optic nerve damage.
3. **Visual Acuity:** Visual acuity was assessed using age-appropriate methods, such as the Snellen chart for older children or visual fixation behavior for infants.
4. **Adverse Effects:** Any adverse reactions to homeopathic treatments were documented, including aggravation of symptoms or new symptoms.

Statistical Analysis

Data were analyzed using SPSS software (version 25.0). Paired t-tests were employed to compare baseline and post-treatment IOP and RNFL thickness. Wilcoxon signed-rank tests were used to analyze changes in visual acuity, as these data did not follow a normal distribution. Descriptive statistics were used to summarize quality-of-life scores and adverse events. A p-value of < 0.05 was

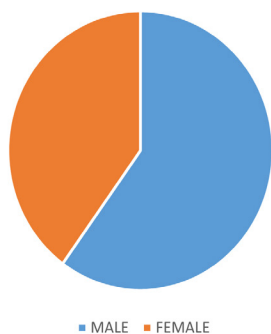
considered statistically significant.

Results

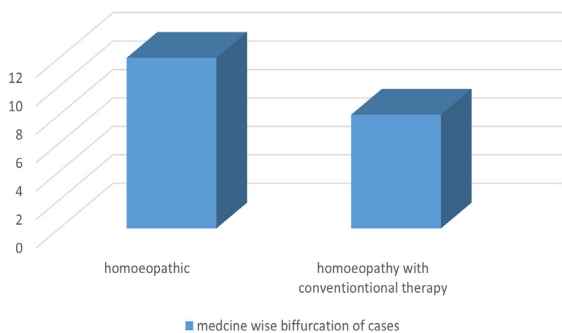
Patient Demographics

The study included 20 pediatric glaucoma patients, of which 12 (60%) were male and 8 (40%) were female. The mean age of patients was 11.3 (range: 6 months to 12 years). Twelve patients (60%) were on solely homeopathic medication. The remaining 8 patients (40%) were receiving conventional medical therapy, including beta-blockers or prostaglandin analogs, but were either non-responsive or experienced adverse effects and thereafter taken on homeopathic medication with allopathic treatment continued.

Gender wise demography



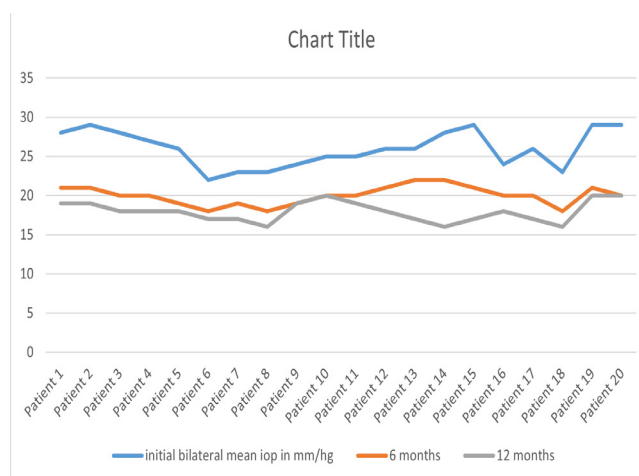
medicine wise bifurcation of cases



Intraocular Pressure

At baseline, the mean bilateral IOP across all patients was 26.0 mmHg (± 3.2 mmHg). After 6 months of homeopathic treatment, the mean IOP had decreased to 20.0 mmHg (± 2.9 mmHg), representing a mean reduction of 24%. At 3 months, IOP decreased further to 19.0 mmHg (± 3.0 mmHg), and by the end of the 12-month study period, the

mean IOP was 18.0 mmHg (± 2.7 mmHg), representing an overall reduction of 31% from baseline. The reduction in IOP was statistically significant ($p < 0.01$).



Discussion

The results of this study suggest that homeopathic medicine may offer a potential complementary therapy for pediatric glaucoma or are on conventional treatment regimens. The reduction in IOP observed in this cohort, along with the stabilization of optic nerve health and maintenance of visual acuity, indicates that homeopathic remedies could play a supportive role in managing the disease.

Homeopathy's individualized approach, focusing on the patient's overall constitution and specific symptoms, may help modulate physiological responses, potentially reducing intraocular pressure and improving eye health. However, it is essential to note that the underlying mechanisms through which homeopathic treatments exert these effects remain poorly understood and warrant further investigation.

The absence of significant adverse events in this study aligns with the general safety profile of homeopathic remedies, which are typically well-tolerated due to their highly diluted nature. However, the lack of a control group and the small sample size limit the generalizability of these findings. Additionally, the long-term efficacy of homeopathic treatments beyond the 12-month study period remains unclear.

Despite these limitations, this study adds to the

growing body of anecdotal and observational evidence suggesting that homeopathy may have a role in the management of pediatric glaucoma. Future research should focus on larger, randomized controlled trials to validate these findings and explore the potential mechanisms underlying homeopathic interventions

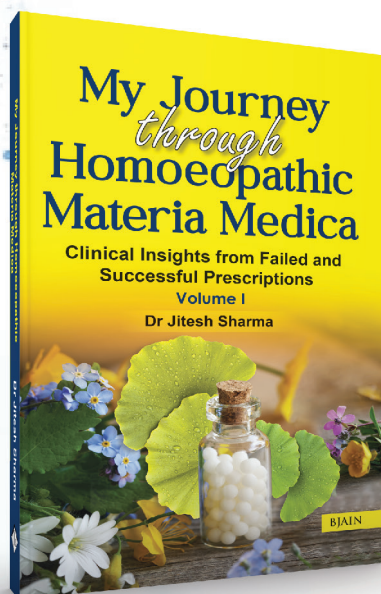
CONCLUSION

The above trail conclusively proves that Homoeopathic medicine extremely works to retard the progress of Glaucoma. Homoeopathic medicine will improve the visual field pathway and field of the peripheral vision along with the intra ocular pressure status. It also includes the stability of intraocular pressure and the other symptoms like mental irritability, Headache, dizziness,

lachrymation and most probably vision abnormality.

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Readers' Perspective

My Journey through



Dr Abhishek Joshi

Homoeopathic Materia Medica

Best are those books; which explain the case solving methods and thinking process of a physician rather than just showing clinical hints (which may or may not work). Such is one book by Dr Jitesh Sharma; who through his varied learning experiences has developed his own kaleidoscopic view towards looking at a case. It is highly appreciated that he came ahead and shared his experience to encourage fellow homeopaths.

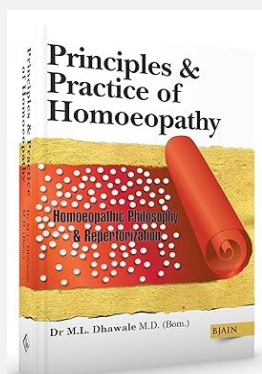


“Principles & Practice of Homoeopathy– Homoeopathic Philosophy and Repertorization by Dr. M L Dhawale”

Dr. Kishan Kumar Brij

PG Student (MD Part 2nd), Dept of Homeopathic Pharmacy, Bakson Homeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh (U.P.)

My Perspective on This Book - Overview of the Book



- **Foundation for Learners:** This book is designed to help students understand the basics of homoeopathy.
- **Author:** Written by Dr. M. L. Dhawale, a well-known homoeopathic doctor from the past.

- **Approach:** The book uses a structured and organised method to explain homoeopathic principles.

Book Structure

- **Three Volumes:** The book is divided into three volumes:
 - ▶ **Volume 1:** Homoeopathic Philosophy and Repertorization
 - ▶ **Volume 2:** Homoeopathic Materia Medica
 - ▶ **Volume 3:** Management in Homoeopathic Practice

Volume 1: Homoeopathic Philosophy and Repertorization

- **Simplification:** The vast and often complex philosophy of homoeopathy is broken down into simpler terms.

- **Case Analysis:** Traditional methods of analysing and classifying cases are explained, making it easier for students to learn.

Volume 2: Materia Medica

- **Detailed Study:** Focuses on understanding various homoeopathic remedies in depth.
- **Illustrated Information:** Remedies are explained with illustrations from multiple sources, making it easier to grasp their uses.
- Guides students to study homoeopathic medicine and therapeutics intelligently.
- Uses remedial portraits derived from various sources, like:
 - ▶ Physiological roles
 - ▶ Acute and chronic poisoning data
 - ▶ Study of proving's
 - ▶ Sphere of action, including location, sensation, modalities, and concomitants
 - ▶ Generals and particulars of the remedy
 - ▶ Clinical conditions

Volume 3: Management: Practical Application

- Focuses on the practical management of homoeopathic practice.
 - ▶ **Integration:** Teach students how to integrate the knowledge of Materia Medica

into their practice.

- ▶ Continues to develop the student's understanding of therapeutic application and practice management in homoeopathy.
- ▶ Medica into their practice.

Illustrated Remedial Portrait

- **Multiple Sources:** Information for each remedy is derived from various studies and observations.
- The remedies are illustrated using information from various sources:
 - ▶ Physiological roles
 - ▶ Data from acute and chronic poisoning
 - ▶ Study of provings (testing remedies on healthy individuals)
 - ▶ Predominant sphere of action (where and how the remedy works in the body)
 - ▶ Location, sensation, modalities, and concomitants (conditions that accompany the main symptoms)
 - ▶ General and specific details of the remedy
 - ▶ Clinical conditions
- **Detailed Descriptions:** Remedies are described in detail, including their physiological roles and effects.
- **Clinical Conditions:** Explains how remedies can be used for different clinical conditions, enhancing practical knowledge.

User-Friendly Presentation

The information is presented in a way that makes learning easier.

Key Features of the Book

- **Easy Language:** Technical jargon is avoided to make the content easy to understand for an intelligent layperson.
- **Susceptibility and Immunity:** A chapter on

susceptibility connects various viewpoints and links them to the concept of immunity.

- **Recommended Reading:** A classified list of additional reading material is provided for further study.
- **Illustrated Doctrines:** Homoeopathic principles and their applications are explained through well-documented cases.
- **Revised Edition:** The international edition has been enlarged and revised to minimise technical difficulties in understanding Materia Medica, including a section on how to study it effectively.

History and Updates on the Book

- **First Edition (1967):**
 - ▶ **Original Clarity:** The first edition was known for its clear explanation of basic homoeopathy concepts and principles.
 - ▶ **Masterpiece:** It was considered a masterpiece for its clarity and educational value.
- **Subsequent Editions:**
 - ▶ **Format Changes:** Over the years, the format and presentation of the book have changed.
 - ▶ **Consistent Vision:** Despite these changes, the author's original vision and goals have remained the same.
- **Fourth Edition:**
 - ▶ **First International Edition:** This is the first edition made for an international audience.
 - ▶ **Completely Updated and Revised:** This edition has been thoroughly updated with new information.

New Additions in the Fourth Edition

- **Study of Homoeopathic Therapeutics:**
 - ▶ **New Topics Included:** The book now includes information on the treatment of:

- Angina Pectoris
 - Myocardial Ischaemia
 - Haemorrhoids
- **How to Study Homoeopathic Materia Medica:**
 - ▶ **New References Added:** The book provides new guidelines on studying Materia Medica, specifically with:
 - Phosphorus
 - Mercury

Summary

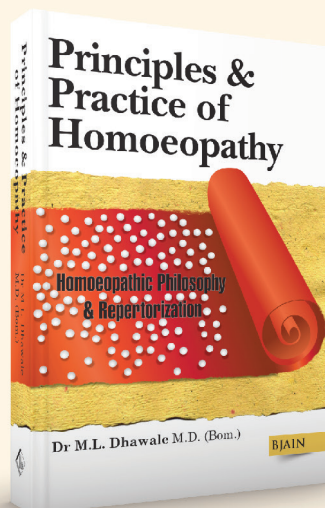
- The book provides a comprehensive foundation in homoeopathy.
- It is structured to be learner-friendly and educationally effective.
- The revised edition makes learning easier by minimising technical complexity and adding

useful study guides.

CONCLUSION

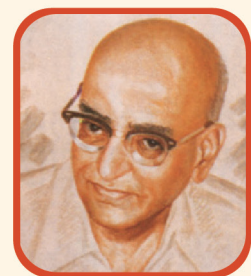
This book serves as a comprehensive guide for students of homoeopathy, offering a structured approach to learning the principles, remedies, and management of homoeopathic practice. Its user-friendly language, detailed illustrations, and practical advice make it an invaluable resource for both beginners and advanced learners. The inclusion of real-life cases and a focus on integrating traditional homoeopathic doctrines with modern concepts such as immunity provide a well-rounded understanding of the field. Whether you're just starting out or looking to deepen your knowledge, this book is designed to support your journey in homoeopathy.

I am delighted to recommend "Foundation for Learners," a comprehensive guide to homoeopathy written by the esteemed Dr. M. L. Dhawale. This meticulously crafted work is an invaluable resource for both students and practitioners eager to delve into the world of homoeopathy.



Principles & Practice of Homoeopathy

HOMOEOPATHIC PHILOSOPHY & REPERTORIZATION



Dr M L Dhawale

"Inclusion of the chapter on Susceptibility which integrates the various points of view prevalent to date and then makes a bold connection with the concept of immunity.

In order to facilitate further study, a classified List of Recommended Reading Material has been appended

Homeopathic doctrines and their application are illustrated through the presentation of well documented cases.

This enlarged and revised international edition has minimised the technical difficulty of perceiving the Homeopathic Materia Medica with the section on 'how to study homoeopathic materia medica'"



“Miasmatic Prescribing by Dr. Subrata Kumar Banerjea” 2nd Extended Edition

Dr. Rajiv Rui Viegas Peres

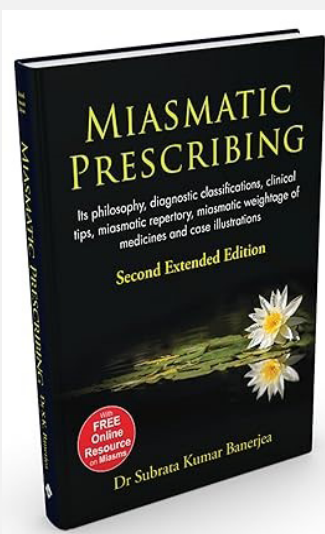
M.D(Hom)

Associate Professor, Department of Organon of Medicine, Aarohant Homoeopathic Medical College & Research Institute, Gandhinagar, Gujarat. Swarnim University.

My Perspective on the Book

This book on “Miasmatic Prescribing by Dr. Subrata Kumar Banerjea” Second Extended Edition published by B.Jain Publishers authored by Dr. Subrata, who is an international teacher of homoeopathy belonging to the fourth-generation homoeopath from Bengal in whose family, miasmatic diagnosis was always incorporated into their plan of treatment. This is a welcome contribution to the aspiring students and practitioners of homoeopathy.

The book addresses the fundamentally complex issue of the important principles of miasmatic



prescribing. The author has divided the book into nine parts. The first part deals with the terminologies, nature of miasms along with the evolved philosophical, clinical and practical utility of miasms. The second part clarifies the miasmatic classification of symptoms with simultaneous comparison of different miasmatic

states that are displayed in a highly organised way starting with the mental symptoms, then from head to foot, numerous tips are given for truly and accurately perceiving the miasmatic diagnosis. The third part is a very unique feature

of this book in which the author provides a miasmatic diagnosis of clinical conditions pertaining to various systems of the body. The fourth part is dealing with miasmatic ancestral tips in certain diseases. The fifth part is an extensive miasmatic repertory, a much-awaited concept that will enable students and practitioners alike for quick referencing of their choice of symptoms. The sixth part is about miasmatic weightage of medicines that is highly beneficial to verify the miasmatic coverage of the drugs from materia medica before finalising a chronic prescription, the thermal modality of every drug has also been mentioned that gives the prescriber a firm footing. This section is of immense value in day-to-day practice. The seventh part deals with two classical approaches that may be adopted based on whether the case was drug-dependent or a clear unsuppressed case. These strategies are essential aspects of achieving and maintaining the similimum. The eighth part includes six pathological cases illustrated with years of follow ups, further to simplify the practical utility of applying this miasmatic approach at bedside along with references from standard authorities. It is systematically clarified how miasmatic cues are hugely beneficial in selection of right similimum. For exam purposes, the ninth part is highly useful to students, providing miasmatic identification in a schematic and diagrammatic format. The content of this book represents an organised body of knowledge, which has grown from the rich experience of the author and his predecessors. The author has analysed and presented his life work for the benefit of the profession. The ancestral tips pertaining to a variety

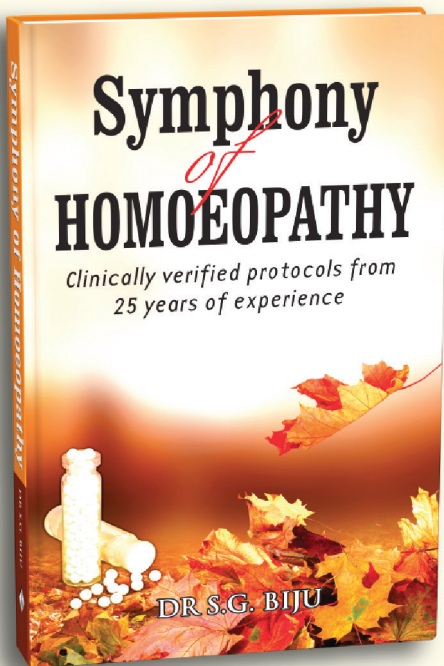
of clinical conditions encountered on a daily basis enriches the readers with the miasmatic dimensions and expressions of the four miasms making this book up to date with modern advancements. This book is a model for writing books on subjects of such urgently needed guidance on the

importance as miasms, the author has carefully and elaborately painted the degrees of miasmatic symptoms with their classification. More such books must be published for undergraduate and postgraduate courses in order to minimise failures in homeopathy.



Readers' Perspective

Symphony of Homeopathy by Dr S. G. Biju



Dr sagar tiwari

The book covers various aspects of homeopathy- clinical understanding of miasms , case taking, follow up etc.

The author also shares his own protocols for treating various diseases (hairfall, diabetes, thyroid, arthritis, asthma, etc).

He gives rare and clinically verified remedies for each disease with dosage, frequency, and duration of the treatment for each case.

The book is a valuable resource for the youngsters who face difficulty in finding an exact similimum in homeopathy.

The book provides a clear and scientific approach to homeopathy, which helps young homeopaths to gain confidence and competence in their practice.

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