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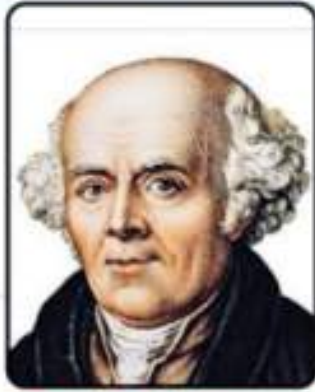
**Smt. K. B. Abad Homoeopathic Medical College
Shri. R. P. Chordiya Hospital And Bhamashah Shri. V. D. Mehta,
Dev-vijay P. G. Institute of Homoeopathy & Research Centre**



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Founder of SNJB



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Smt. Kanchanbai B. Abad



Late Shri. R. P. Chordiya

VISION

To Promote Homoeopathy a Holistic Medical Science to beget Healthy Society.



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To nurture young aspirants into cultured, ethical ideal Homoeopathic Physicians by imparting quality Medical Education, serving the society, Nation and Humanity.

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Contents

1. Individualized Homoeopathic Management of Mood Disorder Using Serotonin Hydrochloride : A Case Report with Repertorial Analysis
- Dr. Arpana Pareek 03
2. Homoeopathic Management of Carpal Tunnel Syndrome with Spigelia – A Case Report
- Dr. Shitalkumar Sonawane 05
3. Homoeopathic Management of Lumbar Spondylosis : A Case Report
- Dr. Aayusi Thakkar
- Dr. N. V. Dhawankar 07
4. "Therapeutic Efficacy of Calendula officinalis in the Management of Alkali-Induced Chemical Burn : A Case Report"
- Dr. Aditi Nitin Jain
- Dr. Minakshi Potdar 11
5. Role of Constitutional Homeopathic Remedy in the Management of Acne Vulgaris: A Case Report
- Dr. Rahul Kothari
- Dr. Sandeep Pareek 13
6. Hypothyroidism and its homoeopathic management - A case report
- Dr. Jyoti Yelve
- Dr. Arpana Pareek 15

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Editorial

The latest issue of the Journal reflects our institution's ongoing commitment to academic excellence, clinical research, and the advancement of evidence-based homoeopathic practice.

This issue brings together valuable contributions from our postgraduate students, faculty members, and esteemed academicians from various institutions. Their dedication to scientific inquiry and clinical documentation has enriched this journal with a diverse collection of articles and case studies that highlight the practical applications and effectiveness of homoeopathy in contemporary healthcare.

The primary objective of this journal is to promote homoeopathy through systematic research, scholarly writing, and evidence-based case documentation. By encouraging clinicians and researchers to record and publish their experiences, we aim to create awareness, provide reliable references for future studies, and strengthen the scientific foundation of homoeopathic medicine.

In this edition, readers will find insightful discussions on the homoeopathic management of Mood Disorders, Carpal Tunnel Syndrome, Spondylosis, Electrical Burn Injuries, Acne, and Hypothyroidism. These articles present carefully documented cases, therapeutic approaches, and treatment outcomes, demonstrating the scope of homoeopathy in managing a wide range of acute and chronic conditions. The clinical results and observations shared by the authors contribute valuable evidence supporting the efficacy and holistic nature of homoeopathic treatment.

I sincerely appreciate the efforts of all contributors, reviewers, editors, and members of the publication committee whose hard work has made this issue possible. I hope this journal inspires further research, critical thinking, and clinical excellence among students, practitioners, and researchers.

Let us continue our collective endeavor to advance homoeopathy through scientific documentation, ethical practice, and lifelong learning.



Prof. Dr. A. O. Dahad
Principal, Editor



Dr. Mrs. S. S. Thorat
Managing Editor
HOD Dept. of
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Individualized Homoeopathic Management of Mood Disorder Using Serotonin Hydrochloride: A Case Report with Repertorial Analysis



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Abstract:

Background :

Mood disorders significantly impair quality of life and are often linked to neurotransmitter imbalance, especially serotonin. Homoeopathy offers individualized treatment based on totality of symptoms.

Summary :

A 30-year-old female presented with persistent sadness, anxiety, irritability, and disturbed sleep for 2 months. After detailed case-taking and repertorization, *Serotonin Hydrochloride* was prescribed.

Intervention : *Serotonin Hydrochloride* 30C followed by placebo, along with lifestyle advice.

Outcome :

Significant improvement was observed within 6 weeks in mood, sleep, and overall functioning.

Conclusion :

This case highlights the potential role of *Serotonin Hydrochloride* in managing mood disorders based on homoeopathic principles.

Introduction :

Mood disorders are among the leading causes of disability worldwide. Conventional treatment focuses on neurotransmitter modulation, particularly serotonin. Homoeopathy, based on individualization and totality of symptoms, provides a holistic alternative.

Serotonin Hydrochloride, prepared from serotonin, is indicated in emotional disturbances such as depression, anxiety, irritability, and sleep disorders. This case explores its clinical utility.

Case Presentation:

Patient Details:

- Age: 30 years
- Gender: Female
- Occupation: Homemaker

Chief Complaints:

- Persistent sadness
- Fatigue

- Anxiety with irritability
- Disturbed sleep
- Loss of interest

History of Present Illness:

Symptoms began after emotional stress and gradually worsened, affecting daily activities.

Mental Generals:

- Fear of future
- Irritability
- Desire for solitude
- Emotional sensitivity

Physical Generals:

- Reduced appetite
- Disturbed sleep

Case Analysis & Repertorization :

Case was analyzed using Complete Repertory based on totality of symptoms.

Repertorization Table :

Sr. No.	Rubric (Complete Repertory)	Marks	Remedies Considered
1	Mind - Sadness	3	Nat mur, Ignatia, Sepia, Serotonin
2	Mind - Anxiety	3	Arsenicum, Calc carb, Serotonin
3	Mind - Irritability	2	Nux vomica, Chamomilla, Serotonin
4	Mind - Desire for solitude	2	Sepia, Nat mur, Serotonin
5	Sleep - Disturbed	2	Coffea, Arsenicum, Serotonin
6	Mind - Fear of future	2	Calc carb, Arsenicum, Serotonin

Repertorial Result :

Remedy	Total Score
<i>Serotonin Hydrochloride</i>	14
Natrum muriaticum	10
Sepia	9
Arsenicum album	8

Serotonin Hydrochloride covered maximum totality and was selected.

Diagnosis:

Mood Disorder (Mild to Moderate Depressive Episode)

Intervention :

- *Serotonin Hydrochloride* 30C – once daily for 7 days
- Placebo for follow-up
- Lifestyle advice (sleep hygiene, emotional support)

Results (Follow-Up):

Duration	Changes Observed
2 weeks	Sleep improved, anxiety reduced
4 weeks	Mood better, less irritability
6 weeks	Significant overall improvement

Discussion:

This case demonstrates the effectiveness of individualized homoeopathic treatment. The remedy selection was based on :

- Totality of mental and physical symptoms
- Repertorial analysis
- Individualization principle

Serotonin Hydrochloride showed strong similarity with the patient's emotional state, particularly sadness, anxiety, and sleep disturbance.

Homoeopathy works at a dynamic level, stimulating the body's self-regulatory mechanism rather than merely correcting biochemical imbalance.

Conclusion :

This case report suggests that *Serotonin Hydrochloride* can be an effective homoeopathic remedy in managing mood disorders when prescribed on the basis of totality. Larger studies are needed to validate these findings.

Patient Perspective :

The patient reported :

"I feel calmer, happier, and able to sleep peacefully. My daily routine has improved."

Informed Consent :

Obtained from the patient.

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"An allopath comes and treats cholera patients and gives them his medicines. The Homeopath comes and gives his medicines and cures perhaps more than the allopath does because the Homoeopath does not disturb the patients but allows the nature to deal with them."

- Swami Vivekananda

Homoeopathic Management of Carpal Tunnel Syndrome with *Spigelia* – A Case Report



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Abstract:

Background:

Carpal Tunnel Syndrome is a common entrapment neuropathy caused by compression of the median nerve at the wrist, leading to pain, numbness, and tingling in the hand and fingers. Homoeopathy offers individualized treatment based on symptom similarity. **Case**

Presentation :

A 42-year-old female presented to the OPD with complaints of pain in the left forearm, palm, and fingers for 6 months. The pain was gradual in onset, persistent, and interfered with daily activities. Associated symptoms included tingling and occasional numbness in the affected hand.

Intervention :

After detailed case taking and repertorization, the homoeopathic remedy *Spigelia* was prescribed based on characteristic symptoms such as neuralgic pain radiating along the nerve pathway.

Outcome :

The patient showed gradual improvement in pain intensity, reduction in tingling sensation, and better functional ability over follow-up visits. No surgical intervention was required.

Conclusion : This case highlights the potential role of individualized homoeopathic treatment in managing Carpal Tunnel Syndrome. *Spigelia* proved effective in relieving neuralgic symptoms and improving quality of life.

Keywords:

Forearm, fingers, deep acting individualized homoeopathic remedy, homoeopathy.

Introduction

Case report - A 42 years lady came in OPD with complaints of pain in forearm, fingers and palm of left side since 6 months.

Present history- Pain in left shoulder to fingers since 6 months

Burning pain, formication

Numbness of fingers

< sleep during < holding things in hand

Pain in right knee < rising from seat.

Right hand formication for 15 days

Headache one-sided left temporal extending to neck left side.

Onset-Gradual, decline - gradual

< crowdy places

< acidic food

Physicals Generals

Appearance –

Weight-

Appetite –good

Desire –rice / sweets++/ eggs.

Aversion –

Intolerance –beans, methi < acidity

Thirst – thirstless

Tongue-moist, clean

Stool – satisfactory,

Urine-normal

Sleep – sleepless from headache upto 1 am thoughts from.

Position on alternate sides.

Perspiration – scanty.

Skin- melasma on face

Menstrual history

Menarche 14 years age, regular cycle 26/ 3 days

Moderate flow, no smell, dark brown colour.

Leucorrhoea absent.

Obstetric history - G2 P2 L2

Past history-

Chronic migraine for 10 years MRI brain normal.

Covid vaccine taken.

Ear itching on and off since 25 years.

Family history-

Father – DM

Mother- Hypothyroidism.

Mind-

Patient is talkative. Hurried talk.
Now, married since 22 years.
She lives in joint family.
Family includes of mother-in-law, father-in-law, brother-in-law, sister-in-law, husband.
She has one daughter and a son.
Family relation good.
Cleanliness desire, constantly working.
Hobbies work, cleanliness.
Responsibility of 3 villages as police patil.
Death of brother from accident 15- 16 years back since then migraine started.
Anxiety as son do not want to do job, he wants to do business, constant thoughts about his future.

Thermals

	Summer	Winter
Sweater	x	wants
Covering	wants	double
Fan	wants	x
Bath	Warm water	Warm water

Chilly patient

General examination

BP- 120/80 mmHg Pulse -85/ min
RR-14/min Weight-
Conjunctiva - pink Tongue - moist clean

Systemic examination

RS AF=BE
CVS- S1S2 normal
CNS NAD
P/A soft, non tender

Local examination

Inspection: slight Muscle wasting
Palpation; tenderness
Sensation: Present, Numbness
Movement: Painful

Final diagnosis: Carpal Tunnel Syndrome

Remedy	Potency	Other Details
Spigelia	30	b.i.d., 7 days
Sac Lac	4	globules b.i.d.

Repertorial result: Spigelia 11/5, NM 11/4, NV10/4, Sepia 9/4

Final Prescription: Spigelia 30 b.i.d., 7 days, Sac Lac 4 globules b.i.d..

Advice: Avoid heavy weight lifting by hands

Follow ups: Criteria

- a. Pain in hand b. Gripping power
- c. Muscle wasting d. Numbness

Date	a	b	c	d	Prescription
28/02/2024	>	=	=	>	Spigelia 30 b.i.d., SL 4 pills TDS 2 weeks
19/03/2024	>	=	=	>	Spigelia 30 OD SL 4 pills TDS 2 weeks
10/04/2024	>	better	>	>	SL 4 pills TDS 4 weeks
23/05/2024	absent	better	>	No numbness	SL 4 pills TDS 4 weeks
27/06/2024	absent	improved	>	No numbness	SL 4 pills TDS 4 weeks

Discussion:

The present case provides the result of constitutional remedy on Carpal Tunnel Syndrome; constitutional remedy is selected after taking the case and considering the pt as whole. Constitutional remedy give cure to patient mentally as well as physically and able to cure the disease.

Conclusion: Patient came with the complaints of pain in left hand with numbness. She was under conventional treatment for 3 to 4 months but the condition did not improve and she was advised surgery, then she came to my OPD and Homoeopathic medicine Spigelia was chosen on the basis of totality of symptoms. Considering the pathological changes 30 potency was selected. And she is now relieved of her symptoms and condition is improved.

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Homoeopathic Management of Lumbar Spondylosis : A Case Report

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Abstract-

Introduction-

Lumbar spondylosis is a degenerative disorder of the lumbar spine involving intervertebral discs, vertebral bodies, and facet joints, commonly seen in middle-aged and elderly individuals. Lumbar spondylosis is highly prevalent, with radiological changes seen in about **40–60% of individuals over 40 years** and up to **80–90% of those above 60–65 years**, while symptomatic low back pain affects around **10–20% of adults globally**. It presents clinically with chronic low back pain, stiffness, and sometimes radicular symptoms due to nerve compression. The condition is largely associated with aging, mechanical stress, and lifestyle factors.

According to the ICD-11 classification, it is included under degenerative conditions of the spine (Code: FA80), characterized by disc degeneration, osteophyte formation, and facet joint changes. Diagnosis is based on clinical features supported by radiological findings. This case demonstrates the typical presentation and management approach of lumbar spondylosis.

In short case -

A 55-year-old male presented with low back pain radiating to the right leg for 3 months, aggravated by movement and relieved by pressure and heat. X-ray confirmed lumbar spondylosis. Based on mental and physical symptoms, *Causticum* was prescribed.

Result -

The patient showed 70–80% improvement in pain during follow-up without analgesics, highlighting the role of individualized homoeopathic treatment.

Conclusion -

This case highlights that individualized homoeopathic treatment based on totality of symptoms can effectively relieve pain and improve function in lumbar spondylosis. The

use of *Causticum* showed significant improvement without analgesics, suggesting its supportive role in managing chronic degenerative conditions.

Review of literature

LOWER BACK PAIN -5

Low back pain affects approximately 60–85% of adults during some point in their lives. Fortunately, for the large majority of individuals, symptoms are mild and transient, with 90% subsiding within 6 weeks¹.

The **World Health Organization (WHO)** identifies low back pain as the **leading cause of years lived with disability globally**, highlighting its growing public health importance¹.

In conventional (allopathic) medicine, management of lower back pain includes the use of analgesics, non-steroidal anti-inflammatory drugs (NSAIDs), muscle relaxants, physiotherapy, and surgical interventions in severe cases. Although these measures provide symptomatic relief, they are often associated with limitations such as adverse drug effects, recurrence, and lack of long-term resolution. Chronic cases frequently require prolonged medication, which may further add to patient burden.

According to Ayurveda, lower back pain can be correlated with **Katishoola**, primarily caused by vitiation of **Vata dosha**. Treatment involves Panchakarma procedures, herbal medications, and lifestyle modifications. While effective in many cases, these approaches may require longer duration of treatment and may not always emphasize individualized symptom totality.

Homoeopathy provides a holistic system of medicine based on the principle of "*Similia Similibus Curentur*." It focuses on individualization, considering the totality of symptoms including mental, emotional, and physical aspects of the patient. Homoeopathic

remedies aim to stimulate the body's self-healing mechanism, offering a gentle, safe, and cost-effective alternative, particularly in chronic and recurrent cases.

The selection of this topic is justified by the **high global burden of lower back pain**, the **limitations of conventional and traditional treatment modalities**, and the need for an **individualized, holistic approach**. This case aims to demonstrate the effectiveness of homeopathic management in lower back pain through detailed case-taking and remedy selection based on totality of symptoms.

Local pain is caused by processes that compress or irritate sensory nerve endings. They are usually due to fractures, tears or stretching of pain sensitive structures.

Local pain which does not vary with changes in position suggests spine tumour or infection.

Pain referred to spine may arise from abdominal or pelvic viscera.

Pain of spine origin may be referred to buttocks and legs.

Back pain at rest should raise the suspicion for underlying spine tumour, fracture, infection.

Leg pain initiated by ambulation or standing and relieved by sitting or supine position suggests spinal stenosis.

Causes of lower backache- spondylo-listhesis, spinal stenosis, vertebral fracture, ankylosing spondylitis, vertebral osteomyelitis, spinal epidural abscess²

LUMBAR SPONDYLOSIS¹

Lumbar spondylosis is a degenerative condition of the lumbar spine characterized by progressive changes in the intervertebral discs, vertebral bodies, and facet joints. It commonly occurs with advancing age due to disc dehydration, loss of disc height, and formation of osteophytes, leading to narrowing of intervertebral spaces and possible nerve root compression. Clinically, patients present with lower back pain, stiffness, and in some cases radicular symptoms such as pain radiating to the lower limbs (sciatica). The pain is typically aggravated by movement and relieved by rest. Diagnosis is mainly clinical, supported by radiological findings such as reduced disc

space and osteophyte formation on X-ray.

Case study

Mr. X of age 55 years came with chief complaint of lower back pain since 3 months. There is H/O riding scooter everyday since last 4 months.

The following were the presenting complaints in detail-

Drawing pain in lower back since 3 months

Pain radiating to lower back to right hip to right lower extremity (lateral side) till ankle joint.

Onset-sudden-while picking the pillow from the floor

Duration-continuous

Progress-increasing

The pain is aggravated on walking, suddenly sitting/standing

And the pain is ameliorated by massaging with oil, hot fomentation, pressure

List of medicines taken-

1. Tab. Aceclofenac 100 mg + Paracetamol 325 mg

1 tablet × 5-7 days

2. Tab. Pantoprazole 40 mg

1 tablet OD before breakfast × 7 days

3. Tab. Thiocolchicoside 4 mg

1 tablet BD after food × 5 days

Past medical history

Trigger finger 1 year back

Family history

Mother-cancer of salivary gland

Father-hypertension

Physical generals

Likes, dislikes-Nothing specific

Thirst-1-2L/day

Appetite-adequate

Urine-normal

Stools-satisfactory

Perspiration-on exertion (excessive)

Sleep-refreshing but has to sleep at 10:00 pm or else he cannot sleep after 10:00 pm.

Sleep disturbed by slightest noise. Doesn't sleep if any family member is out of home.

Thermals - Ambithermal towards chilly

Mental generals

-Had very friendly nature in childhood but after the responsibility of family, the patient has become quite reserved and is much concerned about the family members-gets worried if any family member is late to come home.

- Fastidious-very punctual with respect to time-worried if he doesn't reach on time; wants things to be on its place and if it's not in place then he gets angry and shouts in anger.

- Fault finding-gets angry at trifles. Disposed to quarrel.

- Self reliant-tries his way best to avoid obligation from others.

- Anger-violent-throws/hits someone in anger.

- Has his own principles and sticks to it and is moralistic.

- Irritable at trifles-like noise of children playing or if even his things are not placed properly. Irritable from slightest noise and prefers to be alone.

- Impatient-wants things to be done immediately and doesn't like repetition.

- Cannot tolerate injustice-will take a stand even for someone else.

Physical examination-

Temp-afebrile

Pulse-72 bpm

RR-12/min

BP-120/90 mmHg

No pallor/no

cyanosis/icterus/lymphadenopathy

RS-Ae Be clear

CVS-S1S2 heard

CNS-S1S2 heard

CNS-conscious, well oriented

P/A-soft, nontender

On observation-lumbar lordosis due to spasm
SLR-positive at 40 degree in right leg; positive at 30 degree in left leg
Lost of trust after being betrayed by his brother-his brother took signature in the affidavit. Since then unable to trust anybody.

Differential diagnosis -

Lumbar spondylosis; coccydynia, spondylolisthesis, ankylosing spondylitis, vertebral osteomyelitis, spinal epidural abscess

Investigations -

X ray lumbar spine (AP/Lat) -loss of lumbar lordosis due to spasm; L4 - L5 disc space reduced.

Final diagnosis -

Lumbar spondylosis

Analysis -

1. Fastidious
2. Fault finding
3. Violent anger
4. Irritability on trifles
5. Impatient
6. Anxiety for trifles
7. Backache -drawing
8. Backache aggravated by suddenly sitting/standing
9. Backache better by pressure

Hahnemannian classification- Chronic, dynamic natural miasmatic disease with fully developed symptoms

Evaluation-

1. Mind-censorious
2. Mind-fastidious
3. Mind-anger-violent
4. Mind-impatience
5. Mind-anxiety-trifles about
6. Mind-irritability-trifles from
7. Back-pain-drawing
8. Back pain-pressure amelioration

1 MIND - ANGER - violent	⊗		
2 MIND - ANXIETY - trifles, about	⊗		
3 MIND - CENSORIOUS	⊗		
4 MIND - FASTIDIOUS	⊗		
5 MIND - IMPATIENCE	⊗		
6 MIND - IRRITABILITY - trifles, from	⊗		
BACK			
7 BACK - PAIN - drawing pain	⊗		
8 BACK - PAIN - pressure - amel.	⊗		
Remedies	ISym	IDeg	Symptoms
nat-m.	8	14	1, 2, 3, 4, 5, 6, 7, 8
nux-v.	7	18	1, 2, 3, 4, 5, 6, 7
ars.	7	15	1, 2, 3, 4, 5, 6, 7
sep.	7	13	1, 2, 3, 4, 5, 6, 8
graph.	7	12	1, 2, 3, 4, 5, 6, 7
sulph.	7	12	1, 2, 3, 4, 5, 6, 7
caust.	7	11	1, 2, 3, 4, 5, 6, 7, 8

Probable remedies - Nux vom; Caust

Final remedy - Causticum

Reasons-Family oriented-worried about family; anxiety about trifles; quarrelsome; cannot support injustice.

Prognosis - Good

Prescription - Causticum 200 od x 1 day

SL 30 tds x 14 days

Auxiliary measures -

Physiotherapy once the pain is better

Diet and regimen -

Hot fomentation; exercise daily once the patient better

Follow up -

After 15 days the pain in back was 70% better hence one dose of Causticum 200 once a day for 1 day and sac lac 200 three times a day for 15 days and again after the 15 days, the patient was called and the pain in back was 80 % better hence sac lac was continued for further more days.

Prognosis - Good

Conclusion-

Constitutional medicines work wonders if it is given on the basis of law of similars.

The results of the case have re-established the strength if homoeopathic principles and its philosophy of gentle cure in just 1 visit in the minimal dose. Thus, the case has proved the holistic concept of homoeopathy along with individualisation.

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■■■

Mahatma Gandhi had a few things to say about Homeopathy :-

“Homeopathy is the latest and refined method of treating patients economically and non-violently. Government must encourage and patronize it in our country. Late Dr. Hahnemann was a man of superior intellectual power and means of saving of human life having a unique medical nerve. I bow before his skill and the Herculean and humanitarian labour he did. His memory wakes us again and you are to follow him, but the opponents hate the existence of the principles and practice of homeopathy which in reality cures a larger percentage of cases than any other method of treatment and it is beyond all doubt safer and more economical and the most complete medical science.”

- 30 August 1936

“Therapeutic Efficacy of *Calendula officinalis* in the Management of Alkali-Induced Chemical Burn : A Case Report”

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Abstract -

Chemical burns caused by alkali substances are known to produce deep tissue damage and delayed healing. Conventional management primarily focuses on wound care and prevention of infection. Homoeopathy offers an individualized approach to enhance healing and reduce complications. This case report demonstrates the therapeutic efficacy of *Calendula officinalis* in the management of an alkali-induced second-degree burn. Significant improvement in pain, redness, and wound healing was observed without complications, suggesting its role as an effective remedy in such conditions.

Keywords -

Calendula officinalis, Chemical burn, Alkali burn, Homoeopathy, Wound healing.

Introduction -

Chemical burns caused by alkali agents result in liquefactive necrosis, leading to deeper penetration and extensive tissue damage. These burns often present with redness, blistering, pain, and delayed healing. In homoeopathy, *Calendula officinalis* is well known for its remarkable action on injured tissues, promoting rapid healing and preventing suppuration. It is considered one of the best remedies for open wounds, lacerations, and burns.

This case highlights the role of *Calendula officinalis* in managing an alkali-induced burn effectively.

Case Presentation -

A 21-year-old male patient presented with burns over the left forearm extending up to the elbow and scapular region following accidental exposure to a caustic soda substance.

Chief Complaints

- Burn over left forearm and scapular region
- Redness and blister formation
- Pain and raw surface

History of Present Illness -

The burn occurred due to accidental exposure to an alkali substance (caustic soda). The affected area showed:

- Redness
- Blister formation
- Loss of epidermis
- Raw, exposed surface

The burn was diagnosed as a second-degree chemical burn.

Past History -

No significant past illness.

Family History -

Non-contributory.

General Symptoms -

- Appetite: Decreased
- Thirst: Increased
- Perspiration: Normal
- Sleep: Sound
- Thermal reaction: Hot

Local Examination -

Burn Surface Area Assessment :

The total burn surface area (TBSA) was approximately 7% of the body surface.

The assessment was done using the Rule of Nines, a standard method for estimating burn extent in adults.

- Burn over left forearm and scapular region
- Redness with blister formation
- Loss of epidermis
- Raw, sensitive surface
- Pain aggravated by open air





Clinical Diagnosis -

Second-degree alkali-induced chemical burn.

Case Analysis -

The case was analysed based on the following totality:

- Burn with raw, exposed surface
- Redness and blistering
- Pain and sensitivity
- Injury due to chemical agent
- Open wound with risk of infection

Selection of Remedy -

Based on the totality and pathological condition, *Calendula officinalis* was selected due to:

- Its affinity for injured tissues
- Promotion of granulation and healing
- Prevention of suppuration
- Relief in pain and soreness

Prescription

Mother Tincture of *Calendula officinalis* 10 drops TDS for 10 days.

Calendula officinalis ointment externally once a day.

Follow Up -

Follow-up	Observation
2/3/2026	Reduction in pain and irritation Mother Tincture 10 Drops TDS. <i>Calendula</i> Ointment
9/3/2026	Decrease in redness and healing of blisters <i>Calendula officinalis</i> Mother Tincture 10 drops TDS
16/3/2026	Formation of healthy granulation tissue <i>Calendula</i> ointment
24/3/2026	Complete healing without infection or complications

Result

The patient showed marked improvement with:

- Rapid wound healing
- Reduction in pain and inflammation
- No secondary infection
- Minimal scarring

Discussion

Alkali burns are more severe than acid burns due to deeper tissue penetration. Conventional treatment mainly focuses on symptomatic management and infection control.

Calendula officinalis has been extensively described in homoeopathic literature for :

- Promoting rapid healing
- Reducing inflammation
- Preventing suppuration

The present case supports its clinical utility in acute burn management. The remedy acted effectively at both local and systemic levels.

Conclusion

This case demonstrates that *Calendula officinalis* can be an effective therapeutic option in managing alkali-induced chemical burns. It promotes rapid healing, reduces complications, and improves patient outcomes.

Further clinical studies are recommended to validate these findings.

Declaration of Patient Consent

The patient's identity has been kept confidential, and consent was obtained for publication.

Conflict of Interest

None declared.

References

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Role of Constitutional Homeopathic Remedy in the Management of Acne Vulgaris: A Case Report

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PG Part - II Materia Medica

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Abstract :

Acne vulgaris is one of the most common dermatological disorders affecting adolescents and young adults. It is characterized by comedones, papules, pustules, nodules, and sometimes scarring, mainly affecting the face, chest, and back. Conventional treatment often provides symptomatic relief but may be associated with recurrence and adverse effects. Homeopathy offers a holistic and individualized approach by prescribing medicines based on the totality of symptoms. This case report highlights the effectiveness of a constitutional homeopathic remedy in the management of acne vulgaris in a 20-year-old female patient. After detailed case taking and repertorial analysis, Sepia was prescribed as the constitutional remedy. Marked improvement in acne lesions was observed during follow-up without any adverse effects, demonstrating the potential role of individualized homeopathy in acne management.

Introduction:

Acne vulgaris is a disorder of hair-bearing skin in which hair follicles develop obstructing horny plugs (comedones) as a result of which inflammation later develops around the obstructed follicles, causing tissue destruction and scar formation. The pathogenesis involves increased sebum production, follicular hyperkeratinization, microbial colonization, and inflammation. Homeopathy treats the patient holistically by considering mental, physical, and local symptoms. Sepia is a well known constitutional remedy frequently indicated in females with hormonal disturbances and characteristic mental symptoms.

Keywords :

Acne Vulgaris Homeopathy Sepia, Constitutional Treatment

Case Report -

Patient Profile :

Age : 20 years

Gender : Female Occupation : student

Date of Consultation : 27 September 2025

Chief Complaint :

Multiple acne eruptions on face since 6 months Painful pustules and papules on cheeks and forehead, Oily face with occasional itching.

Onset & History :

The patient developed small pimples on the face 6 months ago. Initially they appeared occasionally but gradually increased in number. Lesions were mainly present on cheeks, forehead, and chin.

Modalities :

agg. < washing with cold water ,cold weather Before menses ,After eating oily food ,During stress

Past History -

No major illness

No history of tuberculosis, diabetes, or hypertension

Family History :

Mother had acne during youth.

Menstrual History :

Menarche : 13 years

Cycle: 30-35 days

Flow : Moderate

Complaints : Acne increases before menses

Mental Generals :

Irritable before menses

Indifference toward family members Prefers to be alone

Easily offended

Lack of interest in pleasures

Physical Generals :

Appetite : Normal Thirst : Moderate

Desire : Sour food Aversion : Milk

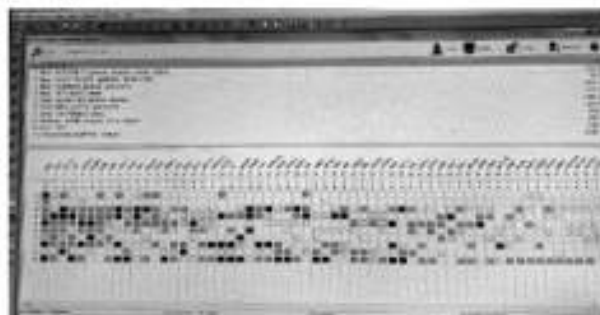
Sleep : Disturbed Stool & Urine : Normal

Local Examination :

Multiple papules and pustules on cheeks and forehead

Oily face No nodules or cysts

Diagnosis :



Rubrics selected :

Mind-IRRITABILITY-Menses-before
Mind-INDIFFERENCE-family
Mind-COMPANY-aversion to
Mind-OFFENDED, easily
Food-SOUR-DESIRE
Food-MILK-aversion Sleep-DISTURBED
Diseases-ACNE-acne vulgaris Face-OILY
PERSONAL CHAPTER-CHILL

Repertorization :

RADAR Software 10.5 were used.

Top Remedies Output :

- Sepia • Calcarea Carb.
- Natrum Mur. • Arsenic Alb.

Remedy Selection :

Final Remedy :

Sepia 200C Single does Followed by Sac. Lac.30 for 15 days

Remedy Selection Justification :

Sepia is indicated in females with hormonal disturbances and acne before menses.

Mental state : Irritability, indifference to family, desire to be alone.

Physical generals : Desire for sour food, chilly patient.

Skin: Acne with oily skin and pigmentation.

Date	Observation	Prescription
27 SEPT 2025	Case taken Sepia 200C, Single dose given	Sepia 200C, 1 dose Sac. Lac. 30 for 15 days
11 OCT 2025	Reduction in inflammation Few new eruptions	Sac. Lac. 30 for 1 month
12 NOV 2025	Acne reduced by 50% Painful pustules decreased	Sac. Lac. 30 for 2 months
12 JAN 2026	Acne almost cleared Skin texture improved No new eruptions	No remedy needed Case closed

Among the Calc. Carb., Nat. Mur., Ars. Alb.

SEPIA show highest degree of similimum

Advice :

Avoid oily food Maintain face hygiene
Adequate hydration

- Follow-ups (with chart) :

Discussion :

Homeopathy aims at treating the patient as a whole rather than focusing solely on the disease. In this case, the remedy **Sepia** was selected based on the constitutional features such as irritability before menses, indifference toward family, desire for sour food, and aggravation of acne before menstruation.

The individualized homeopathic treatment showed significant improvement without adverse effects.

Conclusion :

This case demonstrates that **constitutional homeopathic treatment can effectively manage acne vulgaris** by addressing the underlying susceptibility of the patient. Individualized remedy selection based on totality of symptoms plays a crucial role in successful treatment.

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Hypothyroidism and its homoeopathic management - A case report

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PG Part II

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HOD & Prof., Dept. of Repertory

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Abstract

Introduction :

Hypothyroidism is a hypo-metabolic state caused by inadequate secretion of thyroid hormones or, rarely, due to resistance of peripheral tissues to their effects. It is a common endocrine disorder, often underdiagnosed because of its non-specific and variable clinical presentation. The condition may range from a subclinical form, where serum thyroid hormone levels are normal with mildly elevated thyroid-stimulating hormone (TSH), to overt hypothyroidism characterized by significant metabolic slowing and systemic involvement. Clinically, hypothyroidism presents with a wide spectrum of symptoms such as fatigue, weight gain, muscular weakness, cold intolerance, constipation, dry skin, hair fall, and cognitive disturbances. In females, it is an important cause of menstrual irregularities, infertility, and reproductive dysfunction, as thyroid hormones play a crucial role in regulating hormonal balance.

Globally, hypothyroidism is one of the most common endocrine disorders, with a higher prevalence among women compared to men. In India, it affects approximately 10% of the adult population, making it a significant public health concern. The condition may arise due to various factors including autoimmune disorders, genetic predisposition, iodine deficiency, surgery, radiotherapy, or other systemic diseases.

In conventional medicine, levothyroxine replacement therapy is the standard treatment and is usually required lifelong. However, variability in patient response and dissatisfaction with treatment outcomes have led to exploration of alternative approaches. Understanding the diverse clinical presentation and individualized nature of hypothyroidism is essential for effective management.

In short case

A 9-year-old female patient presented with complaint of increased TSH-9.7 with hair fall, dryness of skin, with increased weight gain since one year and slight swelling over neck region, aggravated by cold weather ameliorated by no any. TFT reports confirmed subclinical hypothyroidism. based on mental and physical symptoms, calcarea phosphorica was prescribed.

RESULT

The patient showed 70-80% during improvement in TFT result during follow up without analgesics, highlighting the role of individualized homoeopathic treatment.

Conclusion 4

This case highlights that individualized homoeopathic treatment based on the totality of symptoms can effectively alleviate symptoms and improve subclinical hypothyroidism. The use of calcarea phosphorica showed significant improvement allopathic medication, indicating its supportive role in managing subclinical hypothyroidism

CASE STUDY

Chief Complaints

9-year-old female patient came with complaint of increased TSH Level 9.7 on date 4 June 2025 with slight Swelling Over Neck region since one year

History of chief complaint :-

Patient was apparently well but gradually developed Swelling over Neck region → Loss of interest in studies with difficulty in concentration & decreased activity.

Headache after Studies, Dryness over skin and increased TSH level

Onset - gradual **Duration** - since one year

Modalities – aggravation cold weather

Past History of - No history of major illness like Typhoid, malaria, Jaundice, fracture, fall, Injury, Accident, Vaccination, Dog bite

Blood group - O positive

Family History- All Family members are apparently healthy

Personal history -

Appetite Sometimes increased sometimes poor

Desire - Sweet, Spinach. **Aversion** - NA

Thirst : 2-3 lit/ day **Thermally** - Chilly

perspiration - profuse on face neck. Head

region. No Staining No odour, Cold Sweating

urine - 4-6 times I day clear.

stool- sometimes constipated, Otherwise clear

Sleep Disturbed

Dreams - Dream of school **Habit** - No any

Mind / Life space -

The patient's mother reports that over the past 1 year to 1.5-year, noticeable changes have been observed in her daughter's behaviour and performance.

The class Teacher has raised concern that the child is not completing homework on time, takes excessive time to perform school activities and shows poor concentration in class.

Despite these difficulties, the child has strong inclination towards creative activities like dancing and drawing and she is actively learning Kathak, which she enjoys.

On further inquiry it was revealed that approximately 1.5 years ago , parents underwent a divorce, following which significant behavioural changes were noted ; since then the child has become emotionally dissatisfied often showing disinterest or refusal when given task. (even for routine activities)

Child remains generally communicative, Talkative, socially interactive & mixing well with girls of her age group.

- Otherwise she is caring, Sympathetic

Physical general Examination :

Build - Average **weight** - 37 kg

pallor - absent **icterus** - absent

cyanosis - absent

Lymphadenopathy & me any moist

Temp. - Afebrile **Bp** - 110/80 mm of hg

PR - 86/min **RR**- 20/min

Systemic- Examination

RS -AEBE Clear

CVS - S1 ,S2normally heard

CNS - conscious and oriented

GIT - Soft, not-Tender

Local examination

Inspection -Sight Swelling over Neck region

palpation - soft to touch. not tender

Differential diagnosis

Early overt hypothyroidism, Hashimoto's Thyroiditis, Non-thyroidal illness syndrome (Euthyroid sick syndrome), Drug-induced hypothyroidism, Iodine deficiency disorder, Iodine excess state, Subacute Thyroiditis, Transient hypothyroidism.

Investigation

Thyroid function test - DATE 4 JUNE 2025

T3 - 196.7 T4 - 7.98

TSH - 9.7 IU/ML

Final diagnosis -

Subclinical hypothyroidism

Analysis and evaluation of symptoms

Forsaken feeling

Feeling of isolation from divorce of parents

Grief Dissatisfaction.

Aversion to work Lack of concentration

Mixes easily Talkative

She loves dancing, dancing & drawing

Desire - Sweet, Spinach

Dryness. skin.

Totality of symptoms

MIND - AILMENTS FROM - grief

MIND - AMUSEMENT - desire for

MIND - COMPANY - desire for

MIND -CONCENTRATION -difficult

MIND - DISCONTENTED

MIND - FORSEKAN FEELING

MIND - GRIEF

MIND - LAZINESS

MIND - TALKATIVE

SKIN - DRY

FOOD AND DRINKS -SPINACH -desire for

1 MIND - AILMENTS FROM - grief	X
2 MIND - AMUSEMENT - desire for	X
3 MIND - COMPANY - desire for	X
4 MIND - CONCENTRATION -	X
difficult	
5 MIND - DISCONTENTED	X
6 MIND - FORSEKAN feeling	X
7 MIND - GRIEF	X
8 MIND - LAZINESS	X
9 MIND - TALKATIVE	X
10 SKIN - DRY	X
11 GENERALS - FOOD and DRINKS - a	X
desire	
Remedies	10mg 20mg 30mg 40mg 50mg 60mg 70mg 80mg 90mg 100mg
atoms	10 20 30 40 50 60 70 80 90 100
phos	10 20 30 40 50 60 70 80 90 100

Probable remedies

Natrum mur, Phos, Calcaria phos

Final remedy

Calcaria phosphorica

Reasons – patient thermally chilly, grief over parental divorce, discontented feeling, aversion to work, lack of concentration, artistic shade of patient.

Prognosis – Good

Prescription – calcaria phos 200odx4 pills x 3 days

SL 30 x 4 pills x TDSx1 month

Diet and regimen

Lifestyle modification

Limit excess caffeine

Maintain healthy body weight

Stress management by yoga, meditation

Iodine rich food, selenium rich food, zinc rich food, protein intake

Follow up

After 1 month of follow-up patient got symptomatically and mentally feeling better up to 60%

Hence SL 30 4 pills TDS for one month given

Follow up date	Symptoms	Medicine potency
21 Aug. 2025	Swelling reduced 70%, Mentally feels completely better TSH- 4.93 IU/ML	SL30 X 4 pills XTDS X5 MONTHS
14 JAN 2026	Swelling reduced completely TSH- 3.47IU/ML	SL30 X 4 PILLS XBD X2 MONTHS
19 April 2026	TSH- 3.23IU/ML, now patient is healthy	SL 30 X4 PILLS X ODX 1 DAY

Conclusion

Constitutional medicines work wonders if it is given on the basis of law of similars.

The results of the case have re-established the strength if homoeopathic principles and its philosophy of gentle cure in just 1 visit in the minimal dose. Thus, the case has proved the holistic concept of homoeopathy along with individualisation.

References

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Age/Gender	17y 1M (Male)	Reporting Date	26/8/2025 07:45
Referral By	Dr. GPTA (A)	Prescribing Lab	Vaidic Healthcare Services
Client Name	XXX Pathology Services	Sample ID	000503
Sample Type	Serum		

Test Description	Value	Reference Range	Unit
Thyroid Function Test (TFT)			
T3 (Triiodothyronine)	36.7	75–130	ng/dL
T4 (Thyroxine)	1.50	0.5–1.5	ng/dL
TSH	4.7	0.27–4.2	uIU/mL

Age/Gender	17y 1M (Male)	Reporting Date	Aug 21, 2025 08:37 pm
Referral By	Dr. TRLV (MD)	Prescribing Lab	Vaidic Healthcare Services
Client Name	XXX Pathology Services	Sample ID	0012021
Sample Type	Serum		

Test Description	Value	Reference Range	Unit
Thyroid Function Test (TFT)			
T3 (Triiodothyronine)	89.3	75–130	ng/dL
T4 (Thyroxine)	6.0	0.5–1.5	ng/dL
TSH	4.0	0.27–4.2	uIU/mL

Age/Gender	15Y 2M 0 F	Sample Coll. Date	16/04/2025 10:20AM
Referral By	Dr. PLS (A) 2025	Sample Rec. Date	16/04/2025 11:20AM
Ref. Lab/Shop		Report Date	16/04/2025 02:47PM
Client Code/Name	AP00400001/PATHOLOGY PLANE		

DEPARTMENT OF JAMAIC BIOCHEMISTRY-I				
Test Name	Result	Unit	Ref. Range	Method
Thyroid Profile-I (T3, T4, TSH)				
Sample Type: Serum				
T3 (Triiodothyronine)	180.8	ng/dL	88–235	RIA
T4 (Thyroxine)	6.88	ng/dL	5.08–13.8	RIA
TSH (2nd Gen. Ultra-sensitive)	3.47	uIU/mL	0.00–5.04	RIA

Age/Gender	15Y 1M 0 F	Sample Coll. Date	16/04/2025 10:40AM
Referral By	Dr. PLS (A) 2025	Sample Rec. Date	16/04/2025 02:38PM
Ref. Lab/Shop		Report Date	16/04/2025 02:38PM
Client Code/Name	AP00400001/PATHOLOGY PLANE		

DEPARTMENT OF JAMAIC BIOCHEMISTRY-I				
Test Name	Result	Unit	Ref. Range	Method
Thyroid Profile-I (T3, T4, TSH)				
Sample Type: Serum				
T3 (Triiodothyronine)	154.3	ng/dL	88–235	RIA
T4 (Thyroxine)	6.8	ng/dL	5.08–13.8	RIA
TSH (2nd Gen. Ultra-sensitive)	3.23	uIU/mL	0.00–5.04	RIA



News bulletin

Activities Conducted In The Institute



Department of pathology and practice of medicine organised "Quiz competition" for 2nd BHMS students on 5th Jan 2026



Chandwad, Maharashtra, India
Shri's Medical College & Hospital, Chandwad, Maharashtra
Department of repertory organized seminar on the topic "Recent advances in cancer with insight of researches at Mukta cancer centre Nashik" by Dr. Mukul Gharote on 16th Jan 2026.



White Coat Ceremony "From Aspirants to Healers – The Journey Begins." organized by the 1st BHMS Representative Academic Committee on 27th Jan 2026.



Chandwad, Maharashtra, India
Kalluval House, Sch, Sreenagar Peth, Chandwad, Maharashtra 422101, India
Department of Community Medicine organised field visit to infectious disease unit of "Leprosy and Tuberculosis" at sub District Hospital Chandwad for 3rd BHMS on 27th Jan 2026.



Chandwad, Maharashtra, India
Rajrang Collection Chandwad 422104, Rajrang Collection Maharashtra 422104, India
Lat 20.332958° Long 74.340122°
Department of Community Medicine organised field visit to PHC subcentre for 3rd BHMS to understand the role of Asha Worker, on 27th Jan 2026.



NSS UNIT Organised "NSS camp" at Tisgaon from 9th Feb to 14th Feb 2026



"Student Support and Progression Committee organized Shiv Jayanti Utsav on 7th March 2026; 4th BHMS students captivated the audience with a powerful enactment."



"Department of Community Medicine organized a field visit to a milk pasteurization unit and an industrial visit to Dairy Power Ltd. at Saykheda for 4th BHMS students on 7th March 2026."



"A Yoga Workshop was conducted for 1st BHMS students on 7th March 2026 by the Academic Committee, under the expert guidance of A. B. Yevla and Shital Patil." 2026



Seminar on "X Ray imaging – Principles, techniques & clinical application" By Alumni Dr. Nidhi Raka on 13th March 2026



Alumni Dr. Nidhi Raka, donated her book – "A Day With ECG & Its Tools" on 13th March 2026



Department of Organon of Medicine organised seminar on the topic "The Psychology Of Illness & Recovery By Homoeopathic Management" by Dr. Prashant Sonawane, Homoeo-psychiatrist, Nashik. on 14th March 2026.



HSET/ MET Unit organised Expert lecture on "AI tools for educators" by, Prof. Dr. Mahesh Sanghavi & Vice-Principal, SNJB's Late Sau. Kantabai Bhavarlalji Jain college of engineering on 18th March 2026.

Camp Organized by Hospital



Inauguration of Free health check up and medical services camp at Namokar Teerth for Guru Maraj, Devotees & visitors at the Hands of Shri. Devidasji Sancheti from 1st Feb to 19th Feb 2026.



NSS unit and Shri R. P. Chordiya Hospital organised Free health check- up and Homoeopathic Treatment camp at Ganur on 22nd Feb 2026.



"On the occasion of Women's Day, Empowering Women's Health: Cervical Cancer Screening & Gynaecology Camp held on 29th March 2026 with expert guidance from Dr. Ranjit Mehta, Dr. Abhishek Kothule, and Dr. Roshani Bedmutha in association with Manawata Curi Hospital."

Glimpse of Annual Social Gathering



Traditional Day Celebration on 22nd Jan 2026



Kalasangam

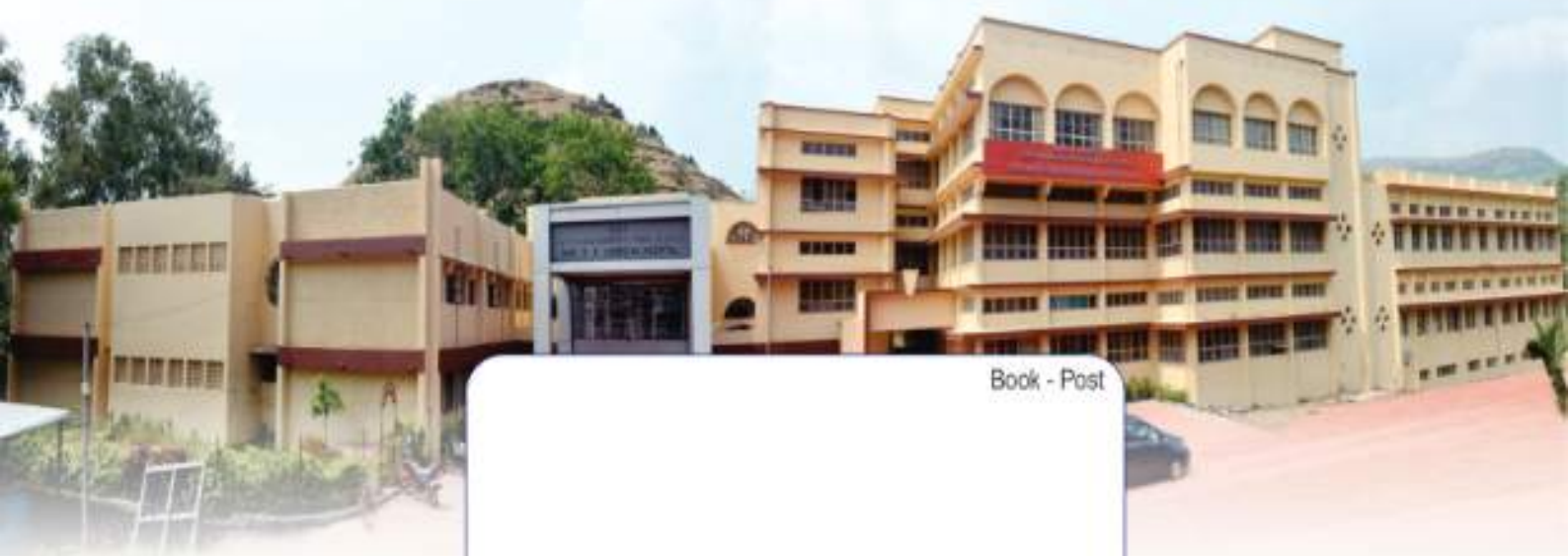
Inauguration of sports day at the hands of gathering in charge Dr. Chhajed sir.



Institutes Run by the **SNJB (Jain Gurukul)**



Sr. No.	Name of the Education Branch	Year Est.	Tel. No. (02556)
01.	Shri. Neminath Jain Primary School	1928	253373
02.	Shri. Neminath Jain Secondary School	1928	252124
03.	Karmveer Keshavlalji Harkchandji Abad Arts & Shri. Motilalji Girdharlalji Lodha Commerce (Senior) & Science College	1970	252125
04.	Shri. Neminath Jain Higher Secondary School (Sci. Std. 11 th & 12 th)	1975-76	252124
05.	Shriman Pemrajji Dalichandji Surana Arts & Commerce (Junior) College	1976	252125
06.	Smt. Sagunbai Kadulaji Tatiya Adarsha Balvikas Mandir	1981	253373
07.	Shriman Hiralalji Hastimalji (Jain Brothers, Jalgaon) Polytechnic	1983	252127
08.	Shriman Deepchandji Fakrichandji Lodha Pharmacy College (D. Pharm)	1985	252529
09.	Shriman Pramila Bai Danmalji Nahar (Premdan) Minimum Competency Vocational Course	1988	252124
10.	Smt. Kanchanbai Babulalji Abad Homoeopathic Medical College & Shriman Ratanlalji Premrajji Chordiya Hospital	1989	252544 252054
11.	SNJB's Late Shri. Dhanrajji Mishrilalji Bhansali English Medium School	1996	253314
12.	Shriman Sureshdada Jain College of Pharmacy (B. Pharmacy)	1999	252529
13.	SNJB's Late Sau. Kantabai Bhavarlalji Jain College of Engineering	2004	253750
14.	SNJB's Sau. Leelabai Dalubhau Jain (Jalgaon) D. T. Ed. College	2007	253987
15.	SNJB's Bhamashah Shri. Vijaykumarji Devrajji Mehata Dev- Vijay Post Graduate Institute of Homoeopathy & Research Center (M. D. Homo.)	2007	253282 252041
16.	SNJB's Smt. Sushilabai Mishrimalji Lunkad College of M. Pharmacy and Research Center	2008	253179
17.	SNJB's Ayurved & Multispeciality Hospital	2021	299070
18.	SNJB's Law College	2022	252150



Book - Post