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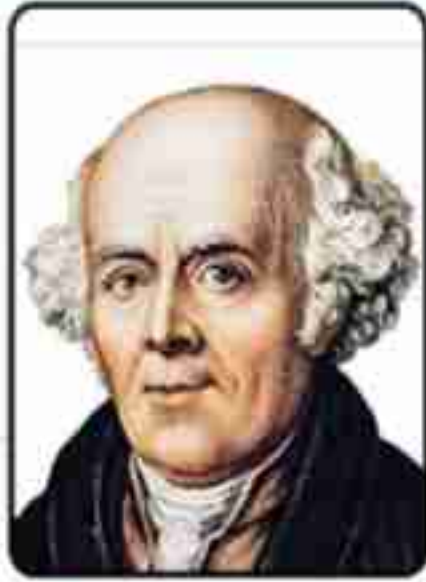
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Founder of Homoeopathy



Dr. Samuel Hahnemann

Founder of SNJB



**Karamveer Keshavlalji H. Abad
(Pujya Kakaji)**

Our Inspiration



Smt. Kanchanbai B. Abad



Late Shri. R. P. Chordiya

VISION

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



MISSION



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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Editorial

Honouring Dr. Samuel Hahnemann's Legacy

Dr. Samuel Hahnemann changed the way we think about healing. Instead of relying on harsh treatments like bleeding or poisons, he believed in gentle cure that focused on each person as a whole. His revolutionary ideas based on principles of Similia similibus curentur, Law of Simplex (Single Remedy) Law of Minimum, Doctrine of Drug Proving, Theory of Chronic Disease, Theory of Vital, Drug dynamization (Potentization). Above all, Dr. Hahnemann emphasized treating the person, not just the disease. He believed in understanding a patient's feelings, lifestyle, and whole life—not just symptoms.

Why His Ideas Still Matter Today

- **Personalized Care:** His focus on individual needs helped shape today's patient-centred and integrative healthcare styles.
- **Prevention and Holism:** He emphasized cleanliness, good habits, and natural healing—ideas that align with modern health ideals.

Dr. Hahnemann's work reminds us that fresh thinking and persistence can shake up medicine. By focusing on kindness, personalized care, and supporting the body's own healing abilities, he left a lasting impact. His ideas continue to guide many who seek scientific & logical healthcare.

Today, Homeopaths should follow the footprints laid by Dr. Hahnemann for,

- Courage to challenge the status quo,
- Dedication to empirical observation,
- Commitment to gentle, individualized healing,
- Integration of science, philosophy and practice.

These enduring values help & keep homoeopathy true to its roots—supporting compassionate, holistic, and patient-centred healing.



Prof. Dr. A. O. Dahad
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Knifeless Surgeries in Acute cases by Homoeopathy based on Observations : A case series study.



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ABSTRACT:

Introduction : Acute surgical conditions often require invasive intervention; however, individualized homoeopathic treatment may offer non-surgical alternatives in selected cases.

Methods : This case series presents two patients with conditions conventionally managed by surgery—carbuncle and septic wound on the leg—who opted for homoeopathic treatment. Remedies were selected based on classical homoeopathic principles, with no concurrent allopathic intervention.

Results : Both patients showed rapid symptomatic improvement and full recovery without surgery. No complications or recurrences were observed during follow-up.

Discussion: These cases highlight the potential of classical homoeopathy in managing acute surgical cases knifelessly. Further studies are warranted to explore its broader applicability.

Introduction : Homoeopathic concept of the surgical diseases is explained in Organon of medicine 6th edition aphorism 185-193. In case of the injuries which are accruing to the body from without i. e. from outside the body are disease where surgery is to be considered for treatment to provide mechanical aid only. The so-called local maladies which appear on single part or more than one part due to internal cause are Pseudo surgical diseases. As stated in the Organon role of homoeopathy in Surgical diseases is confined as supportive treatment to aid the healing process post-surgery but in case of Local maladies or Pseudo-surgical cases it has bigger role to play than just supportive therapy which is Curative one. To prove this point here in this Article presenting Case series study for patient which were suffering with local maladies causes which are injuring from within. Both cases presented here got better in no time and cured of their problems completely when Homoeopathic Simillimum was administered.

Key words :

Pseudo surgical, Surgery, simillimum, homeopathic remedy, Individualization, sound senses, prejudice, fidelity, carbuncle, diabetes mellitus, wound.

CASE - 1 : Case of Patient with Carbuncle
24/2/18

A 65-year-old male businessman from a wealthy family showed me the cleaning and dressing of his infected wound on the dorsal spine, which turned out to be a carbuncle. He came to me as he was told that I am good at dressing wounds. History revealed that he suffered from this infection when he went to Singapore for a fun trip with family, and he thought he was infected due to playing in the swimming pool water. He showed it to a Surgeon in Singapore, and the Surgeon immediately performed the procedure of Incision & Drainage. Which yielded no relief, and the problem was as it was. When he returned to India he went to two more renowned Surgeons. One of them suggested debridement and then grafting at the end. Another Surgeon advised medication and alternate day dressing for 14 days, and if not well, then Surgery. This is why he decided to show to me for dressing. While cleaning and dressing it, I noted that he had no pains when I was pressing it to drain the pus from all the openings of the carbuncle. He seemed careless and heedless. He was a funny fellow. On the first visit, he didn't give me much history but asked me if there was any other way to avoid surgery. On my affirmation, he was ready to take homoeopathy. So, while he was coming daily for dressing on the next visit, he brought his daughter to accompany him. She gave important information that he had known the case of DM for a long time. And when I asked him, he said yes, but my sugar is always in control, slightly above 200. He checks it on a glucometer and takes a tab as per the sugar level if it is more on his own without asking doctors. He told me that he has had one popular swelling around the dorsal vertebra for 7-8 years, and on pressing, it uses a thick, white, semiliquid substance. Even my grandchildren used to play with it and laugh when it used to spring out. But I made one mistake and gave it hot fomentation with the hot water bag and all this spread. And when I went on a cruise and played a lot in the water and from there onwards, all this mess occurred. All his vital parameters were normal. Habits- addiction to betelnuts, betel leaves and tobacco.

Observations :

- The wound had multiple openings, and it was clear that it was carbuncle and it is a very painful condition even to touch. But while doing dressing

and after applying hard pressure to drain the pus from all openings he did not show any signs of pain.

- The patient was careless and even made fun of his small pimple-like eruption, which he did not bother to show to the doctor for any treatment.
- Throughout the interview, he was laughing, making jokes and fun of his sufferings.
- He was constantly blamed for the mistake of hot fomentation and playing in the water as the reason for his current suffering at his own hands.
- He was underestimating the problem of being diabetic and even taking his medicines for DM as per his thinking, not asking doctors. And not even worried about the consequences he may face if he makes any mistake.
- Having an infection like carbuncle around the dorsal spine region is not to be taken lightly, but he seemed not worried.

First prescription was Bell 200 3d/stat & SL TDS/ 7days rubrics considered -

- MIND - LIGHT - aversion to
- MIND - FRIVOLOUS
- MIND - HEEDLESS
- MIND - FEAR - betrayed; of being

Follow up - 28/2/18

He did not show up for follow-up on 26/2/18 but came on 28/2/18, and the problem was the same as it was again filled up with pus, and the swelling was the same. Then case history was reassessed and considered following rubrics for all the observations.



Rx Opium 30 3D/STAT & SL CONTINUE

Follow up in table

| Sr no | Date | Symptoms | Rx |
|-------|---------|--|-----------------------------------|
| 1 | 28/2/18 | same as it was again filled up with pus, and the swelling was the same. History was reassessed. As per Repertorial chart | Opium 30 stat dose, SL TDS & days |
| 2 | 2/3/18 | No complaint at all. Carbuncle size has reduced, and pus formation has also been decreased. | Opium 30 3d/stat SL TDS/7days |
| 3 | 9/3/18 | Carbuncle was healed. His old papule was also healed. | SL tds/ 7 days |



Case 2 – Case of a Diabetic Patient with a Septic Wound on the Leg.

29/9/2024 -

One of my close relatives, a 63-year-old male patient, a farmer by occupation, suffered from a complaint of a suppurative wound on the lower aspect of the right leg on the posterior side for 4-5 days. The patient had this wound for 4-5 days when it was small, but I thought it would heal on its own as it was small-sized, so I did not do anything and scratched it unknowingly initially. But when it started to pain, it was already swollen with dark purplish and yellowish discoloration and filled with pus. He told his family members and his elder daughter-in-law called me immediately. They take my advice many times for their health issues and prefer mostly homocopathy for the family. Although the patient has been known to have diabetes mellitus for 10-12 years, he doesn't follow the dietary regulations and also has a tobacco addiction. He also had suffered TIA 2 years back, having his right side paralyzed at that time. He was on antiplatelet agents and anti-hypertensive as well as anti-diabetic agents.

Observations -

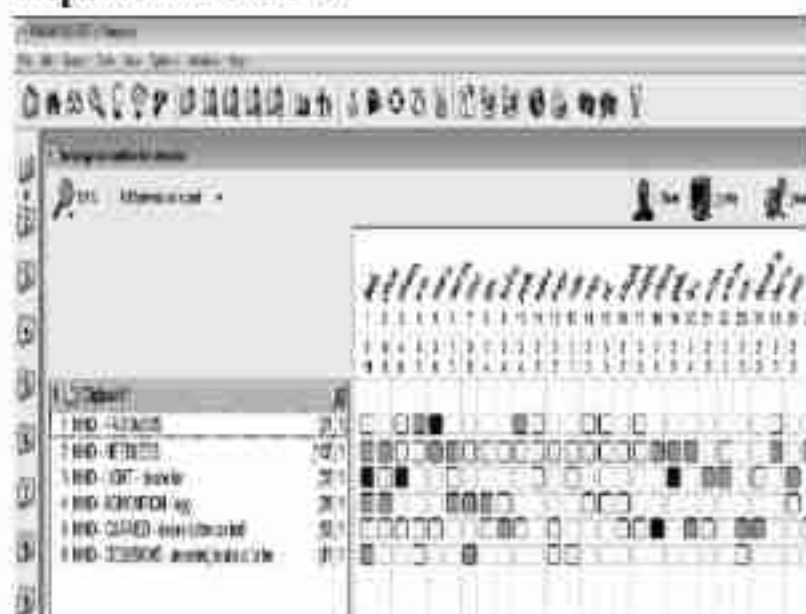
- The patient initially neglected the injury in the initial phase.
- His sugar reports are always staying high, despite that he used to take tea with sugar and rice daily and chew tobacco. When any family member objected or tried to convince him to avoid these things, he would be upset and angry and would immediately start shouting and quarrelling with them.
- He was very reluctant to call me and talk to me as I always ask why he is not following instructions and dietary regulations from time to time, and he has no answer, which is why he avoids talking to me.
- For the treatment sometimes he will forget to take medicine.
- This time, also because of their daughter-in-law, he had to speak to me and tell me what happened.

Analysis: -

- For diabetic patients, even a small eruption must be taken care of and attended immediately. He was very negligent.
- Being irregular in following dietary regulations and medications is also his basic nature.
- He avoids talking to anyone who tries to advise or question him or restrict him for eating sweets or sugar tea and reacts with anger.

- Yet he wanted to be cured of the current issues, so he talked to me.

Repertorial Chart :



Rx

- Belladonna 1M 3 doses/stat & SL TDS/ till the treatment.
- The daughter-in-law law was asked to give follow-up every day for this patient and with photos of the wound every day. This is to make sure the wound is getting cured in the right direction and the patient is taking medicine and wound care sincerely.

Follow up in table :

| Sr no | Date | Symptoms | Rx |
|-------|----------|--|---|
| 1 | 30/9/24 | Pain and swelling were reduced, and the patient was feeling better. | SL continued |
| 2 | 1/10/24 | His wound was opened, and all pus was drained out immediately. Within 2 days, swelling decreased, and a deep pocket formed. RSI - 1/10/24 on glucometer (PP) 166 mg/dl & at night RSI - 123 mg/dl. Carbamide nitro has reduced, and pus formation has also been decreased. | SL continued |
| 3 | 2/10/24 | The patient was feeling much better, with redness around the wound reduced and the wound showing red granulation tissue. | SL continued |
| 4 | 3/10/24 | The wound started giving pain again. | Bell 1M SL/stat & TDS 1 Day SL continued |
| 5 | 10/10/24 | The condition was the same, but healing was not completed. The condition was at status cr. | Bell 1M Single dose/ stat. SL continued |
| 6 | 20/10/24 | The wound was completely healed. During treatment, no external applications were used. No restrictions were given to patient. His sugar reports were asked to be done, but he did not do them. | SL continued till the healing of the wound. |



Discussion :

In today's modern technology era minor surgery has become daycare procedure an easy option for many of the complaints like corns, cysts, small abscesses, boils, infected wounds, diabetic wounds, carbuncles, keloids, hemorrhoid, anal fissure, renal or GB calculi etc. which are actually pseudo-surgical diseases.

What surgery actually does is just removes the outward manifestation of internal derangement and disease remains as it is in the form of body tendencies.

But when patient is treated with homeopathic remedy which is simillimum, he is treated for both his body tendency as well as outcome both without undergoing the knife.

To find simillimum is easy even in these cases even in acute emergency scenario if Homeopath follows guidelines of Dr Hahnemann mentioned in Organon of Medicine 6th edition in the Aphorism 83 –(This *individualizing examination* of a case of disease, for which I shall only give in this place *general directions*, of which the *practitioner will bear in mind only what is applicable for each individual case*, demands of the physiannothing but *freedom from prejudice and sound senses, attention in observing and fidelity in tracing the picture of the disease*).

The two cases presented demonstrate the potential of classical homeopathy in managing acute conditions typically requiring surgical intervention. Both patients experienced complete recovery without complications, suggesting that individualized remedies, when accurately selected, can stimulate the body's healing response even in acute pathologies. While these results are encouraging, they are based on a very limited sample. Therefore, larger studies with controlled settings are needed to validate the effectiveness and safety of homeopathy as a knifeless alternative in acute surgical scenarios. Caution and proper case selection remain essential.

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Effectiveness of Individualized Homoeopathic Medicine in PCOD - A Case study



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ABSTRACT-

Background: Polycystic ovarian syndrome is a hormonal imbalance that occurs when your ovaries create excess of hormones i.e. Androgen. As a result, females with PCOD often have irregular menses, irregular ovulation. PCOD is one of the common causes of female infertility. Females can get PCOD any time after puberty. Most of the patients are diagnosed in 20s or 30s.

Materials and Methods: The case analysis & evaluation was done as per guidelines from Organon of Medicine and was repertorised further using Synthesis repertory from RADAR software. Final selection of remedy was done with Homoeopathic Materia Medica and clinical experience.

Result: The case showed gradual improvement in symptoms and general wellbeing of patient was observed.

Conclusion: Homoeopathy has significant efficacy in treating PCOD.

Keywords: PCOD, Homoeopathy, Individualized, Repertorization.

Introduction:

Polycystic ovarian syndrome is a hormonal imbalance that occurs when your ovaries create excess of hormones. Patients with PCOD have following clinical presentation -

Menstrual- Irregular menstruation, absence of menstruation, heavy menstruation, or spotting.

Weight- Overweight, also other symptoms like infertility, acne, dark patches in skin folds, depression, loss of scalp hair, oily skin, or unwanted hair is common.

Case Presentation:

On 15/8/2024 at noon, Mrs. XYZ age 25-year, housewife, came with husband with following complaints.

Irregular menstruation since 1yr, delayed menses++ and patient was trying to conceive but unable to conceive yet.

Menstrual History :

LMP-1/7/2024

Duration of cycle-45-60 days

Duration of flow-4 to 5 days

Before menses -slight pain in abdomen,

During menses- no complaints

After menses- no complaints

Character of bleeding-scanty, dark blackish to brownish in color, on-offensive

One year back, menses were regular but since one year it is delayed.

Past History : No major illness

Family History: Mother has breast cancer++

Personal History:

Desire - Not specific

Aversion-Not specific

Thermal - Ambithermal

Bowel - Clear

Dreams -Fearful dreams-of misfortune ++

Perspiration - On exertion.

Appetite - Normal

Mental Generals :

Very mild to talk, well dressed lady with mild smile on face. Her husband is very dominating and abusive so she has fear+++and anticipation++ about her husband. She gave history of over strict father because of him she always lived in fear+++, domination++ never expressed her feelings in front of anyone. She provides everything to her husband at proper time because of fear that her husband will abuse her if she doesn't do it properly. She never gives back answer to her husband and accepts everything with smile. She is very fastidious+++ and wants each and everything at proper place. She has interest in drawing and painting also but since marriage she avoids it. Very reserved++, talks limited but with respect and smile on face.

Physical Examination:

R.S.-AEBE CVS-S1, S2 heard

CNS- Conscious& well oriented

GIT-Normal

Investigations :

USG abdomen and pelvis
Right ovary-measures approx.
34*27*25mm(12.8cc)
Left ovary -measures approx.
30*25*24mm(9.7cc)
Bilateral ovaries are enlarged++ in size.
Bilateral ovaries show multiple sub
centimetric follicles arranged at ovarian
periphery with echogenic stromal tissue...
PCOD changes.

Clinical Diagnosis: Poly Cystic Ovarian
Disease

Analysis of Symptoms:

| | | |
|----|--------------------------------|---------------------|
| 1 | Prolong anticipation++ | Mental general |
| 2 | Prolong domination++ | Mental general |
| 3 | Prolong fear+++ | Mental general |
| 4 | Introvert++ | Mental general |
| 5 | Cleanliness desire for+++ | Mental general |
| 6 | Pleasing to everyone++ | Mental general |
| 7 | Fearful dreams of misfortune++ | Physical general |
| 8 | Family history of cancer++ | Physical general |
| 9 | Delayed menses++ | Physical general |
| 10 | Cystic & enlarged ovaries ++ | Physical particular |

Totality of Symptom -

- 1 Prolong anticipation++
- 2 Prolong domination++
- 3 Prolong fear+++
- 4 Introvert++
- 5 Cleanliness desire for+++
- 6 Pleasing to everyone++
- 7 Fearful dreams of misfortune ++
- 8 Family history of cancer++
- 9 Delayed menses++
- 10 Cystic & enlarged ovaries ++

Reportorial totality :



Remedy Differentiation and Final Selection of Medicine:

After careful selection of rubrics, the probable medicines are **care, puls, lyco, graph.**

Remedy differentiation was done on the basis of Homoeopathic Materia Medica so

Carcinocin was final remedy.

Potency Selection and Repetition:

3 doses of 200 potency were selected based on patient's susceptibility and nature of disease.

Final Prescription:

Carcinocin 200 OD 4 Pills For 3 Days

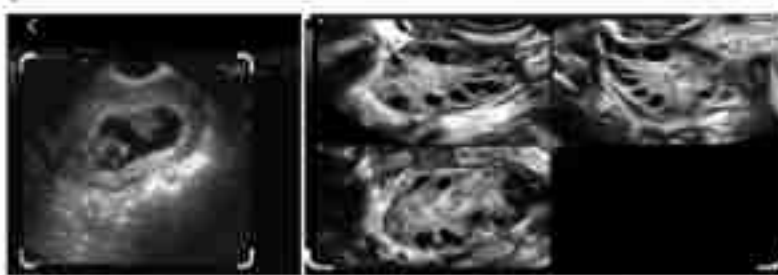
Sac Lac 200 4 Pills BD For 15 Days

Progress Notes:

| | | | |
|---------|---|---------|----------------------------|
| 1/9/24 | Menstruation at 18/8/24, patient felt better mentally | placebo | Favorable follow up |
| 30/9/24 | Menstruation at 28/9/24 | placebo | Favorable follow up |
| 1/11/24 | Period missed, LPT+ve | placebo | Adv USG abdomen and pelvis |

Discussion : In above case we see that Homoeopathic medicines act holistically affecting the mental as well as physical plane of a person. In the above case, the patient had lots of fear, anticipation, prolong domination, because of that she suppressed herself, as we prescribed on the basis of symptom similarity, it resolved the cyst of both ovaries and regulated the hormones and the patient naturally conceived.

Conclusion : A well taken case is half cure if it is followed by appropriate selection of remedy potency and repetition. Homoeopathy has wide scope in treating cases of PCOD and menstrual problems.



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Understanding Limbic System through Homoeopathy.

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Abstract

Limbic system plays vital role in CNS because Emotion, memories and behavior emerge from the coordinated activities of regions connected by the limbic system. Anatomical, neurophy-siological, functional neuroimaging, and neuropsychological evidence is described that anterior limbic and related structures including the orbitofrontal cortex and amygdala are involved in emotion, reward valuation, and reward-related decision-making.

The primary aim of my article is to study Physiology of limbic system and disorders related to it . By prescribing Homoeopathic Constitutional remedy according to law of similia and Modification of daily habit and life style like including yoga and meditation we can cure the disorder related to limbic system.

Depression alone affects over 264 million people worldwide, making it a leading cause of disability. Anxiety disorders, meanwhile, impact nearly 300 million people, often co-occurring with depression. The WHO reports that depression is a leading cause of disability globally, and suicide is the fourth leading cause of death among 15-to-29-year-olds.^[12]

The COVID-19 pandemic has exacerbated this crisis. The isolation, economic uncertainty, and grief caused by the pandemic have led to increased rates of mental health issues, with many individuals experiencing anxiety, depression, and posttraumatic stress disorder (PTSD) for the first time.^[12]

Keywords: Limbic system, Homoeopathy , Emotion; memory.

Introduction :

Limbic lobe is phylogenetically old paleocortex and is called allocortex. limbic system includes limbic lobe and the associated subcortical nuclei.^[21]

Encircling the upper part of the brain stem and the corpus callosum is a ring of

structures on the inner border of the cerebrum and floor of the diencephalon that constitutes the limbic system (limbic = border). Among the components of the limbic system are the following structures .

1. The para hippocampal and cingulate gyri (cingula belt), both gyri of the cerebral hemispheres, plus the hippocampus (seahorse) , a portion of the para hippocampal gyrus that extends into the floor of the lateral ventricle, make up the limbic lobe.
2. The dentate gyrus
3. The amygdala
4. The septal nuclei
5. The olfactory bulbs
6. The mammillary bodies of the hypothalamus
7. The anterior nucleus of the thalamus
8. The fornix, Stria terminalis, stria medullaris, medial forebrain bundle, mamillothalamic tract.^[1]



Diagram of limbic system in CNS

Functions of limbic System

1) Theoretical Function of the Hippocampus in Learning.

In the very lowest animals, this cortex plays cotential roles in determining whether the animal eats a particular food, whether the smell of a particular object suggests danger, and whether the odor is sexually inviting, thus making decisions that are of life-or-death im-portance, critical decision-making neuronal mechanism, determining the importance of the incoming sensory signals. The remainder of the brain began to call on it for the same decision making. Therefore, if the hippo-campus says that a neuronal signal is important, the information

is likely to be committed to memory.

The hippocampus provides the drive that causes translation of short-term memory into long-term memory.^[11]

2) Amygdala :

It receives the neuronal signals from all portions of limbic cortex, neocortex of temporal, parietal, occipital lobes. Because of these multiple connections .It is also called as the window through which the limbic system.^[12]

When the amygdala is stimulated can result in the :

Effects which are mediated through hypothalamus example changes in blood pressure, heart rate, gastrointestinal motility and secretion, defecation, micturition, secretion of various anterior pituitary hormones like gonadotrophins, ACTH.

Increases several types of involuntary movements like tonic movements, circling movements, occasionally clonic rhythmical movements, ejaculation, ovulation and premature labor.^[13]

Effects of Bilateral ablation of the Amygdala-

The Kiver Bucy Syndrome :

(1) Not afraid of anything, (2) has extreme curiosity about everything, (3) for-gets rapidly, (4) has a tendency to place everything in its mouth and sometimes even tries to eat solid objects, and (5) often has a sex drive so strong that it attempts to copulate with immature animals, animals of the wrong sex, or even animals of a different species.

3) Hypothalamus :

Endocrine functions : Regulation of anterior pituitary hormones by Hypothalamopituitary gland axis and Synthesis of hormones secreted from posterior pituitary

Autonomic functions:

- Regulation of cardiovascular functions
- Behavioral effects: Effect of stimulation of hypothalamic nuclei and Effect of hypothalamic lesions and also Reward & Punishment function

- Other vegetative functions : Regulation of feeding ,Body temperature regulation , Body water regulation and Regulation of circadian rhythm

- Stimulation of lateral hypothalamus stimulates the thirst and feeding behavior. It also increases the general level of activity of

- The animal. It can even sometimes lead to the rage and fighting if stimulated extensively.

- Stimulation of ventromedial nucleus not only stimulates the satiety center but also causes tranquility.

- Stimulation of periventricular nuclei usually leads to fear and punishment reactions.

- Stimulating several areas of hypothalamus can result in sexual drive of the animal^[12]

- The hypothalamus, the anterior thalamic nucleus, the cingulate gyrus, the hippocampus and their interconnections, constitute a harmonious mechanism which may elaborate the functions of central emotion as well as participate in the emotional expression.^[13]

Microscopic neuroanatomy of limbic system and basal forebrain on MRI is complex and is a terra incognita for many radiologists, clinicians, and neuroscientists. Interestingly, most of the important structures/at least anatomical regions containing these structures demonstrable on cadaveric and surgical dissections can be identified on clinical MRI, with 3T being much better than 1.5T. This article teaches the practical MRI identification of these structures which will greatly help in evaluating complex ailments like temporal lobe epilepsy, Alzheimer dementia, and other neuropsychiatric disorders.^[14]

| Sr.no | Name of area in limbic sytem | Function |
|-------|------------------------------|--|
| 1 | Cingulate gyrus | Autonomic functions regulating heart rate and blood pressure as well as cognitive, attentional and emotional processing. |
| 2 | Parahippocampal gyrus | Spatial memory |
| 3 | Hippocampus | Long-term memory |
| 4 | Amygdala | Anxiety, aggression, fear conditioning, emotional memory and social cognition. |
| 5 | Hypothalamus | Regulates the autonomic nervous system via hormone production and release. Secondly affects and regulates blood pressure, heart rate, hunger, thirst, sexual arousal and the circadian rhythm sleep/wake cycle |
| 6 | Mammillary body | Memory |
| 7 | Nucleus accumbens | Reward, Addiction |

There are many Psychiatric illnesses associated with limbic system affection as follow.^[7]

1) Mood disorder

Sleep Studies -

Sleep abnormalities are common in mood disorders (e.g. decreased need for sleep in mania; insomnia and frequent awakenings in depression). In depression, the commonly observed abnormalities include decreased REM latency (i.e. the time between falling asleep and the first REM period is decreased), increased duration of the first REM period, and delayed sleep onset.

Brain Imaging - In mood disorders, brain imaging studies (CT scan/MRI scan of brain, PET scan, and SPECT) have yielded inconsistent, yet suggestive findings.

These findings include ventricular dilatation, white matter hyper-intensities, and changes in the blood flow and metabolism in several parts of brain (like prefrontal cortex, anterior cingulate cortex, and caudate).

2) Anxiety Disorder -

Locus ceruleus, limbic system, and prefrontal cortex are some of the areas implicated in the etiology of anxiety disorders. Regional cerebral blood flow (rCBF) is increased in anxiety, though vasoconstriction occurs in severe anxiety.

3) Phobic Disorder

4) Obsessive Compulsive disorder - There is a decrease in a serotonin and GABAergic neurotransmission in the limbic system and excessive dopaminergic and glutamatergic activity in the front striatal pathways.^[13]

Cingulum (gyrus) as a site of lesion, and EEG abnormalities.

5) Sexual Disorders

6) Eating disorders like Anorexia Nervosa

HOMEOPATHIC APPROACH

The abnormal sensation experienced by the patient may depict the emotional state, the intellectual state or the physical state and can be classified as under:

Three Planes: Mental (Emotional), Spiritual (Intellectual) and Physical

(i) Mental: depicting the emotional state (feeling);
(ii) Spiritual: depicting the affection of the Intellect as indicated by:

(a) aberrations of Perception,

(b) aberrations in the Thoughts,

(c) affection of the Memory,

(d) affection of the Will (Conative Function);

(iii) Physical depicting the bodily affections.

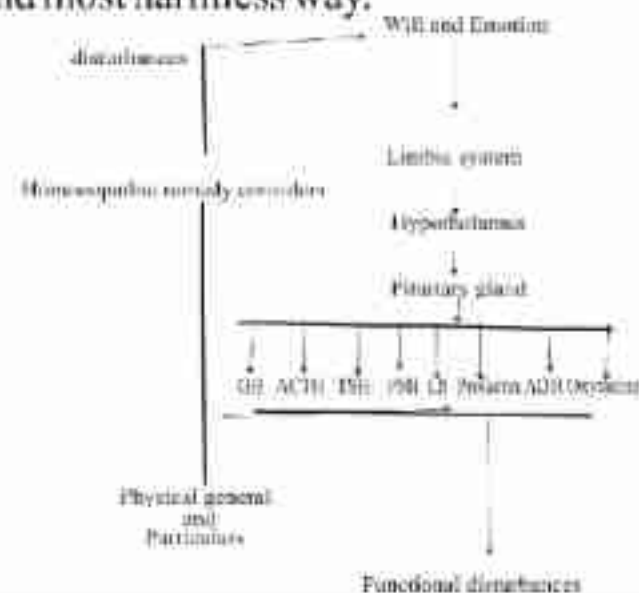
The combination of these two, the will and the understanding, constitute man; Conjoined they make life and activity they manufacture the body and cause all things of the body. With the will and understanding operating in order we have a healthy man.

Man consists in what he thinks and what he loves and there is nothing else in man. If these two grand parts of man, the will and understanding, be separated it means insanity, disorder, death. We see them affecting first man's mind, and proceeding from the mind to the physical economy, to the outermost, to the skin, the hair, the nails.^[10]

"In the healthy condition of man, the spiritual vital force (autocracy), the dynamis that animates the material body (organism), rules with unbounded sway, and retains all the parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher purpose of our existence."^[11]

A Homoeopathic physician, will have to be well-versed in modern concepts of psychopathology and psycho-dynamics as he will have to include the correct interpretation of the basic emotional state in his evolution of the conceptual image of the patient in his illness.

The highest ideal of cure is rapid, gentle, and permanent restoration of the health based on easily comprehensible principles. I.e. the removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way.



HOMEOPATHIC MEDICINE^[8,9]

1) BELLADONNA-

Patient lives in a world of his own, engrossed by specters and visions and oblivious to surrounding realities. While the retina is insensible to actual objects, a host of visual hallucinations throng about him and come to him from within. He is acutely alive and crazed by a flood of subjective visual impressions and fantastic illusions. Hallucinations; sees monsters, hideous faces. Delirium; frightful images; furious; rages, bites, strikes; desire to escape. Loss of consciousness. Disinclined to talk. Perversity, with tears. Acuteness of all senses. Changeableness

We can co-relate Belladonna with disorders of Amygdala Cingulate gyrus, Hypothalamus.

2) HYOSCYAMUS NIGER

Very suspicious. Talkative, obscene, lascivious mania, uncovers body; jealous, foolish. Great hilarity; inclined to laugh at everything. Delirium, with attempt to run away. Low, muttering speech; constant carphologia, deep stupor.

We can co-relate Hyoscymus Nigra. with disorders of Amygdala Cingulate gyrus.

3) CIMICIFUGA RACEMOSA

Mental - Sensation of a cloud enveloping her. Great depression, with dream of impending evil. Fears riding in a closed carriage, of being obliged to jump out. Incessant talking. Visions of rats, mice, etc. Delirium tremens; tries to injure himself. Mania following disappearance of neuralgia.

We can co-relate Cimicifuga Racemosa with disorders of Para hippocampal gyrus.

4) STRAMONIUM

Devout, earnest, beseeching and ceaseless talking. Loquacious, garrulous, laughing, singing, swearing, praying, rhyming. Sees ghosts, hears voices, talks with spirits. Rapid changes from joy to sadness. Violent and lewd. Delusions about his identity; thinks himself tall, double, a part missing. Religious mania. Cannot bear solitude or darkness; must have light and company. Sight of water or anything glittering brings on spasms. Delirium, with desire to escape.

We can co-relate Stramonium with disorders of Amygdala, mammillary body.

5) AURUM METALLICUM

Feeling of self-condemnation and utter worthlessness. Profound despondency, with increased blood pressure, with thorough disgust of life, and thoughts of suicide. Talks of committing suicide. Great fear of death. Peevish and vehement at least contradiction. Anthropophobia. Mental derangements. Constant rapid questioning without waiting for reply. Cannot do things fast enough. Oversensitiveness; (Staph) to noise, excitement, confusion.

We can co-relate Aurum Metallicum with disorders of Amygdala Cingulate gyrus, Hypothalamus.

6) IGNATIA AMARA

Changeable mood; introspective; silently brooding. Melancholic, sad, tearful. Not communicative. Sighing and sobbing. After shocks, grief, disappointment.

We can co-relate Ignatia with disorders of Cingulate gyrus.

7) NATRIUM MURIATICUM

Psychic causes of disease; ill effects of grief, fright, anger, etc. Depressed, particularly in chronic diseases. Consolation aggravates. Irritable; gets into a passion about trifles. Awkward, hasty. Wants to be alone to cry. Tears with laughter.

We can co-relate Natrum Mur with disorders of Cingulate gyrus, Hypothalamus.

8) CANNABIS SATIVA

Sadness and indifference.—The slightest contradiction gives offence.—Disposition to be easily frightened.—Mania, sometimes gay, sometimes serious or furious.—Irresolution and uncertainty, in consequence of too fickle an imagination.—As if in a dream.—Voices, including her own, seem to come from a distance; her own voice seems strange, as if it were somebody else speaking.—Lectophobia.—In writing, many errors are made.—Vanishing of thoughts.—Want of words.—Ideas seem to stand still; he stares in front of him; is absorbed in higher thoughts, but is unconscious of them.^[9]

We can co-relate Cannabis Sativa with disorders of Amygdala Cingulate gyrus, Hypothalamus.

| Sr no | Name of remedy | Co- relate with symptom of part of limbic system |
|-------|---------------------|--|
| 1 | Belladonna | Amygdala Cingulate gyrus, Hypothalamus |
| 2 | Hyoscyamus Niger | Amygdala Cingulate gyrus. |
| 3 | Cimicifuga Racemosa | Parahippocampal gyrus. |
| 4 | Stramonium | Amygdala , mammillary body. |
| 5 | Aurum Metallicum | Amygdala Cingulate gyrus, Hypothalamus. |
| 6 | Ignatia | Cingulate gyrus. |
| 7 | Natrum Mur | Cingulate gyrus, Hypothalamus. |
| 8 | Cannabis Sativa | Amygdala Cingulate gyrus, Hypothalamus. |

Conclusion :

- 1) The mental illness are increasing day by day due to various reasons like changing life style, bad Habit and also eating habit and stress . Due it's bad impact on day to day life activities of person ,person is suffering more.
- 2) Mental illness causes impact on personal life, social life and family life. And it's effect are also seen on human relationships .
- 3) Due to this person feel symptom like lack of confident ,and effect are also seen on pursuing the goal of life.

4) In Homocopathy we consider person as whole, we study person at all level like mental symptom, General physical characteristics, Particular, social relationship, personal life, eating and sleeping habits, it's dream fear, and anxiety etc.

5) By looking at all aspects to gether we trying to find out the cause of illness and remove it.

6) By giving homoeopathic constitutional remedy we cure the illness and give better life to the person.

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To Study The Effectiveness of Carica Papaya In Functional Dyspepsia in Age Group of 20-60 Years: A Case Series



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Abstract :

Background : Functional Dyspepsia refers to group of upper gastrointestinal symptoms that occur commonly in adults. Globally, its prevalence has been noted to vary between 11% - 29.2%. Carica papaya an Indian homeopathic drug is indicated in enlarged liver and spleen with fever, dyspepsia and indigestion as it contains tocopherols, carotenoids, and benzyl isothiocyanate. It contains antioxidant, antibacterial, anticancer activity, anti-fertility agent, anti-inflammatory, antiulcer, antidiabetic, hepatoprotective properties due to the presence of phenolics, flavonoids, and alkaloids as key phytochemicals.

Objective : Primary Objective: To study the role of Carica papaya in Functional Dyspepsia. Secondary Objective: Most common age group. Most frequent ailment.

Material & Method : Study Design: Case Series Setting: Motiwala (National) Homoeopathic Medical College & Hospital, Nashik OPD Duration of Study: 6 Months. Sampling Technique: Convenient Sampling.

Methodology : 45 cases diagnosed with functional dyspepsia were enrolled and prescribed Carica papaya. SFLDQ Score was used to evaluate the cases at baseline and end of study.

Result: Among 45 patients, 42 patients (93%) improved, 2 patients (5%) were dropped out and 1 patient (2%) didn't improve. Highest number of patients were from 20-30 years with 31%, 31-40 years with 7%, 41-50 years with 5% and 51-60 years with 2%. The most common ailments were 27% with dietary factors, 27% with improper habits, 23% with sleeping habits, 18% with lifestyle changes and 5% with NSAIDs consumption.

Conclusion: Carica Papaya was effective in reducing the severity of the symptoms of functional dyspepsia in age group of 20-60 years.

Key Words: Functional Dyspepsia, Carica Papaya, Homoeopathy.

Introduction :

The term dyspepsia is derived from the Greek language and it literally means Bad Digestion^{1&2}. Functional dyspepsia (FD) is one of the most common disorders of upper gastrointestinal tract. Functional dyspepsia is a chronic digestive condition that includes feelings of prolonged indigestion without a clear structural cause^{3&4}. It is synonymously known as Idiopathic, Essential or Non-ulcer dyspepsia. Functional dyspepsia refers to heterogeneous disorders typified by upper abdominal pain without the presence of an ulcer⁵. As principle of homeopathic medicine produces similar symptoms of diseases, hence it works as immunomodulator or immunoregulator to improve condition of person having over sensitized immune system⁶. Homoeopathy treats condition permanently, correcting immune response of body. Carica papaya is very efficacious in patients with weak digestion. It is best adapted in dyspepsia and indigestion with weakness and other concomitant symptoms⁷.

Carica Papaya is also indicated in enlarged liver and spleen with fever, dyspepsia, and indigestion and weakness. Pains in hepatic region, complications of liver, jaundice, conjunctiva yellow, tongue coated white, intolerance of milk, even a small quantity causes indigestion and pain in the hepatic region⁸.

Methodology:

45 cases of Functional Dyspepsia (age 20-60 years) were enrolled, evaluated and prescribed Carica Papaya. Short form Leeds dyspepsia questionnaire (SFLDQ) was used to evaluate the cases at baseline and end of study.

Inclusion Criteria:

Patient of age group 20-60 years and of both sexes.

Any case comprising of one or more of the following symptoms (ROME III Criteria)⁹:

- a) Post-prandial fullness which was an unpleasant sensation like the long
- b) Early satiation, which was a feeling of overfilling of stomach in spite of little food intake.
- c) Epigastric pain.
- d) Epigastric burning which was expressed as sensation of heat.

Exclusion Criteria:

- a) Patients having Organic Gastrointestinal diseases.
- b) Patient having IBS (irritable bowel syndrome).
- c) Severe psychiatric disorders.
- d) Patients with malignancies.
- e) Pregnant and lactating females.
- f) Patients refusing to participate.

Study Instruments / Data Collection Tool :

Short-Form Leads Dyspepsia Questionnaire (SF-LDQ)¹⁰

Statistical Analysis:

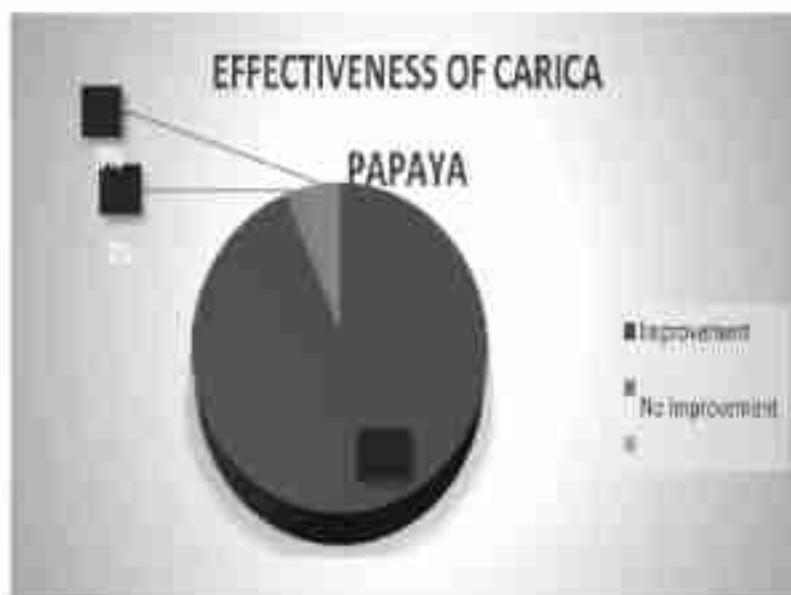
Comparison of Pre & Post Score of SFLDQ Scale

| | Mean | Std. Deviation | Std. Error Mean | Mean diff. | SD of diff. | T value | P value of paired t test |
|------------------|-------|----------------|-----------------|------------|-------------|---------|--------------------------|
| Pre-Score SFLDQ | 18.62 | 3.09 | 0.45 | 9.89 | 0.553 | 17.89 | 0.0001 |
| Post Score SFLDQ | 8.73 | 3.49 | 0.52 | | | | |

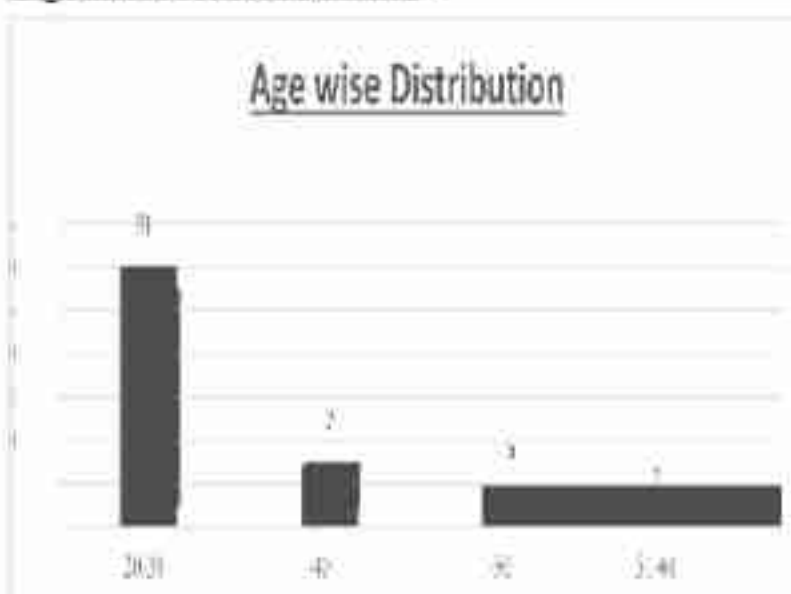
Result :

45 patients were enrolled in our study, out of which 42 (93%) patients who were regular in their follow-ups showed improvement in symptoms, 2 patients (5%) were dropped out due to irregular follow up and 1 patient (2%) was not improved with the treatment. The most affected age group by functional dyspepsia were among 20-30 years with 31% frequency, 31-40 years with 7% frequency, among 41-50 with 5% frequency and among 51-60 with 2% frequency. The most common distribution of ailments found in 45 patients were observed as 27% were affected due to dietary factors, 27% again we're affected due to improper habits, 23% due to Sleeping Habits, 18% due to lifestyle and 5% due to frequent intake of NSAIDs.

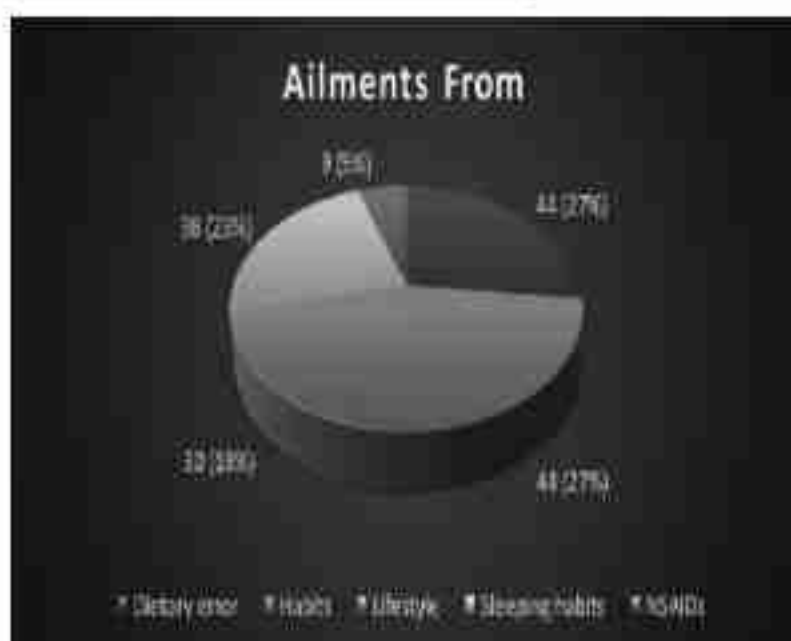
Effectiveness of Carica Papaya:



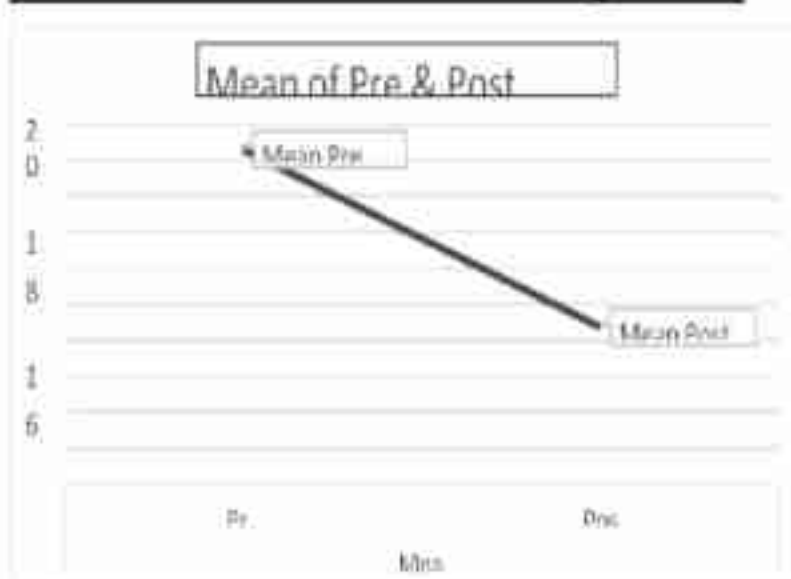
Age Wise Distribution :



Distribution of Ailments:



Mean of Pre & Post SFLDQ Score:



Discussion:

Functional (non-ulcer)¹¹ dyspepsia is highly prevalent disorder. However, unfortunately, there is no permanent cure for the majority of patients because of many reasons such as worries, bad food habits, poor lifestyle, impure and contaminated food stuffs¹² and many more and the available treatment relieves symptoms in only a proportion of patient¹³. Free radical causes many chronic health problems. Antioxidants can help us by preventing the formation of free radicals. Research is going on to find new sources of antioxidants of natural origin which are safe and economically viable. According to a study hexane fraction of *Carica Papaya* male flower shows a good antioxidant activity¹⁴. The activation of the brain-gut axis includes the release of catecholamines mediated by the autonomic nervous system and stress hormones by the hypothalamus-pituitary-adrenal axis to activate the gastrointestinal response^{15,16}.

We have studied the effectiveness of *Carica Papaya* in the age group 20-60 years from the study setting at M(N)HMC OPD. For this dissertation work we used several tools such as Boericke's *Materia Medica*, Murphy's repertory, Harrison's *Manual of medicine*, Davidson's principles and practice of medicine.

We studied 45 patients for the duration of 6 months. Out of 45 patients who were enrolled in our study, 42 patients (93%) who were regular in their follow-ups showed improvement in symptoms, 2 patients (5%) were dropped out due to irregular follow up and 1 patient (2%) was not improved with the treatment. There was marked significant difference seen in the mean of the score before and after i.e., 18.62 to 8.73 respectively (Fig.no.4). The two tailed p value is less than 0.0001. By the conventional criteria, this difference is considered to be highly statistically significant.

The most common distribution of causation (Fig.no.3) found in 45 patients were observed as 27% were affected due to dietary factors, 27% again we're affected due to improper habits, 23% due to Sleeping Habits, 18% due to lifestyle and 5% due to frequent intake of NSAIDs.

The age wise distribution (Fig.no.2) which was mostly affected due to functional dyspepsia were among 20-30 years with 31% frequency as majority of the cases collected were from this age group, among 31-40 years with 7% frequency, among 41-50 with 5% frequency and among 51-60 with 2% frequency. The objective was to find out the effectiveness of *Carica Papaya* in functional dyspepsia by reducing severity of symptoms in the age group of 20-60 years which was compellingly fulfilled with this study.

Furthermore, research is required to study the effectiveness of other such rarely used remedies in day-to-day practice and to avoid frequent usage of antacids.

Conclusion: *Carica Papaya* an Indian Homoeopathic Medicine when prescribed for functional dyspepsia was effective in reducing the severity of the symptoms in age group of 20-60 years.

Declaration of patient's consent: The authors certify that; they have obtained all appropriate patient consent forms.

Further Research: Many more Indigenous drugs should be proved to know their hidden clinical utility.

Conflict of interest: The author declares no conflict of interest.

Acknowledgment: The author takes pleasure to thank college staff, for helping to conduct the research.

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Homeopathy and Mental Health in Children



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Abstract :

Homeopathy is a holistic medical science that plays a significant role in maintaining the balance between mental and physical health. According to homeopathic principles, diseases often originate at the mental level before manifesting physically. This article reviews common mental health issues in children, their causes, and how homeopathy can provide effective and side-effect-free solutions.

1. Introduction :

Children's mental health is a crucial aspect of their overall development. Emotional disturbances, anxiety, and behavioral disorders are becoming increasingly common in today's competitive world. Homeopathy, with its individualized approach, addresses these issues effectively by considering a child's emotional and psychological makeup.

2. Common Mental Health Issues in Children :

Children may exhibit various psychological and behavioral symptoms, including: Hyperactivity and restlessness (Attention Deficit Hyperactivity Disorder - ADHD) Compulsive behaviors (Excessive handwashing, fixation on cleanliness) Nail-biting, teeth grinding, and sleep walking Nightmares and sudden fearfulness Chronic anxiety, low self-confidence, and social withdrawal Irritability, self-talk, or depressive thoughts If left unaddressed, these symptoms can develop into serious mental health disorders in the future.

3. Emotional Triggers and Psychological Impact

Several external and internal factors influence a child's mental well-being, including:

3.1 Family and Social Environment :

- Frequent parental conflicts or divorce
- Excessive parental control and academic pressure
- Unrealistic expectations and harsh punishments
- Lack of emotional support and communication

3.2 Modern Lifestyle Factors :

- Addiction to digital devices, video games, and social media
- Lack of outdoor activities and social interaction
- Exposure to stressful school environments
- These factors can lead to emotional instability, anxiety, insecurity, and even aggressive behavior in children.

4. Role of Homeopathy in Children's Mental Health

Homeopathy provides a unique approach to mental health by treating emotional imbalances at their root. The remedies are prescribed based on a child's personality, emotional state, and physical constitution, ensuring a deep and lasting impact without side effects.

4.1 Homeopathy for Emotional Well-being -

- Enhances emotional stability and self-confidence
- Reduces stress, anxiety, and excessive fear
- Helps with concentration and hyperactivity disorders
- Supports children with sleep disorders and phobias

4.2 Popular Homeopathic Remedies for Mental Health Issues

- Chamomilla – For irritability, stubbornness, and excessive crying
- Stramonium – For night terrors and fearfulness
- Calcarea Phosphorica – For lack of confidence and anxiety in studies
- Baryta Carbonica – For delayed mental and emotional development
- Tuberculinum – For hyperactive and restless children

5. Managing Stress and Ensuring Mental Well-being

In today's fast-paced world, stress is a major challenge for children. Academic pressure, peer competition, and social influences can negatively impact their mental health. Parents can take the following steps to support their child's well-being:

- Encourage open communication – Allow children to express their feelings freely.
- Provide emotional security – Show understanding and avoid excessive criticism.
- Limit screen time – Encourage outdoor activities and physical exercise.
- Seek homeopathic treatment – Address early signs of anxiety and behavioral issues through gentle homeopathic care.

6. Conclusion -

Homeopathy offers a safe and effective approach to managing children's mental health challenges. By addressing emotional imbalances holistically, it enhances psychological resilience, emotional stability, and overall well-being. Early intervention with homeopathy can prevent future complications and promote a healthier childhood.

News bulletin

Activities Conducted In The Institute



Seminar on the topic "Conversion of Technological Disruptors into enablers for Universal Health Care," by Prof. (Dr.) Aatish Mundada, SSDJ College of Pharmacy on 5th April 2025



Celebration of "270 Birth Anniversary of Dr. CFS Hahnemann" on 10th April 2025.



Department of HMM organised a seminar on the topic "Study of Materia medica" by Prof. Dr. Samir Padte, dept. of HM, AKHMC, Alephata, on 17th April 2025.



SSP Committee organised a seminar on the topic "Language and communication skills" by Prof. Dr. Neeraja Prasad, polytechnic college, Chandwad, on 17th April 2025.



"Annual Prize Distribution Ceremony" at the Hands of Dr. Ramanlalji Surana, Physician, Deola & Dr. C harudatta Shinde, Civil Surgeon, Nashik, on 26th April, 2025.



"Graduation ceremony" of batch 2019 on 26th April, 2025.



SSP Committee organised a Seminar on the topic "Preparedness of competitive examination & career counselling" by Mr. Rahul Tile, Mr. Anmol Mahale & Mrs. Jayashree Salunke, Swadhyay academy, Nashik on 26th April 2025.



"Teacher's training – on CBDC curriculum" by HSET committee on 6th & 7th May 2025.



SSP Committee organised a Seminar on the topic "Human values" by Prof. Dr. R. G. Tathed, Principal, KBJ College of Engineering, Chandwad on 28th April, 2025.



Dr. Yugam Thakkar, PG student, secured 1st prize instate level E- Poster competition, organised by DS HMC Pune on 3rd April 2025.

Camp Organized by Hospital



Awareness camp about promotion of health & repair of illness using physiotherapy & yoga on 5th April 2025.



Health check up camp on 8th April 2025

Faculty Invited as Resource Person



Dr. Mukesh Parewal, HOD, Dept. of Physiology & Dr. Mrs. Swapna Thorat, HOD, Dept. of FMT invited as resource person "Training of teacher – Workshop for understanding and implementation of CBDc" at GPHMC, Miraj on 13th May 2025.



Dr. Mrs. A. S. Pareek, HOD, Prof. Dept. of Repertory & Dr. Mukesh Parewal, HOD, Dept. of Physiology invited as resource person for "Training of teacher – Workshop for understanding and implementation of CBDc" at Govt. HMC, Jalgaon, on 14th May 2025



Dr. Mrs. A. S. Pareek, HOD, Prof. Dept. of Repertory invited as resource person for "HSET basic workshop" at MUHS, Nashik on 16th May 2025.

Faculty Achievement



Dr. Mrs. A. S. Pareek, HOD, Prof. Dept. of Repertory honoured with "Ayush Ratna Award 2025" at the Hands of Dr. R. K. Mishra Jalgaon, at Global Ayuh Summit Lonawala. On 25th May 2025.



Dr. S. N. Pareek, Prof. Dept. of HMM honoured with "Ayush Ratna Award 2025" at the Hands of Dr. R. K. Mishra Jalgaon, at Global Ayuh Summit Lonawala. On 25th May 2025.



Signed "MOU with CCRH" in National conference, held at MMCE Centre, Gandinagar, on the occasion of World Homoeopathy Day 2025 on 11th April 2025.



IQAC & PG committee organised an interdisciplinary CME on "AUTISM" awareness and approaches by Dr. Rushikesh Kute, MBBS, DCH, DNB, Paediatrician, DR. Manoj Patel, MD (HOM), Dr. Mahesh Talekar, MD (AYURVEDA), Dr. Tnavir Shaikh, MD (HOM), Smt. Mansi Hire, clinical psychologist on 12th April 2025

Our jewel



Miss. Aishwarya Nikam
Topper in 1st BHMS
Summer 2025



Miss. Snehal Munjal
Topper in 1st BHMS
Summer 2025



Miss. Ansari Bushra
Topper in 3rd BHMS
Summer 2025





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 Keshavalji Harkchandji Abad Arts & Shri. Motilalji Giridharlalji 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 Pemraji 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 Premraji Chordiya Hospital | 1989 | 252544 252054 |
| 11. | SNJB's Late Shri. Dhanraji 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 Devraji 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