

HOMOEOPATHIC LEARNINGS

March 2018



Similia Similibus Curetur

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QUARTERLY MEDICAL BULLETIN

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Warm greetings to one and all. This time they are really really... Warm in the truest sense. The atmosphere around us is growing hotter by the day and I am not just talking about the weather. The political atmosphere is creating the heat whereas the events are not helping to cool the atmosphere either. The events such as leaking of the question papers and the subsequent announcement of re-examination is one such case in point. These are times of stress for the student community. Exams have almost attained the stature of war nowadays and it is the competitive nature of life that is to be blamed. It is the responsibility of the parents and the teachers to change the situation. It has to be conveyed that academic examinations are just a part and parcel of our life which presents such testing situations almost on a daily basis later on. These tests matter more as these have a more lasting effect on our life than these academic exams. Hence I take this opportunity to wish all students, appearing for their university exams, the best of luck. Working hard and with sincerity increases the probability of success in all our endeavours in life.

High Blood Cholesterol - Homeopathy

Dr Gaurav Sharma

Assistant Professor Department of Materia Medica



Cholesterol is a fatty substance found in the blood, cells, and tissues of the organism. It is produced by the liver and found throughout the body. The body uses cholesterol to make vitamin D and certain hormones such as cortisone, and estrogen.

There are two types of cholesterol: Low-density lipoproteins (LDL) and high-density lipoproteins (HDL).

Low-density lipoprotein is known as the "bad" cholesterol, it causes the formation of plaque deposits in the walls of the arteries.

High-density lipoprotein is the "good" cholesterol, it removes LDL cholesterol from the bloodstream.

Cholesterol metabolism originates from two sources: Exogenous (made by the liver) and endogenous (found in food).

High blood cholesterol is the excessive level of cholesterol in the blood. When there is a higher than normal amount of cholesterol in the bloodstream, it can cause a condition, known as [atherosclerosis](#), where deposits of fatty material pile-up in the inside wall of an artery and restricts the flow of blood in that portion of the blood vessel. A blockage in the blood vessel that supplies blood to the heart will lead to a **heart attack**. If the obstruction occurs in the blood vessel that supplies blood to the brain, it will lead to a stroke.

Low-density lipoproteins made by the liver may be caused by obesity, diabetes, smoking, high consumption of alcohol, and genetic predisposition.

Familial hypercholesterolemia is an inherited disorder in which the person has high levels of bad cholesterol (LDL). This leads to atherosclerosis and coronary artery disease at a very early age.

Research shows that cholesterol levels tend to rise in men 40 yrs and older, and in women after menopause.

High blood cholesterol increases the risk of atherosclerosis, heart attacks, and strokes.

Homeopathy in Practice

Cholesterol and blood can be compared to water and oil, they don't mix. For cholesterol to move throughout the bloodstream, it has to unit to proteins to form lipoproteins.

Excessive cholesterol levels in the blood can clog the arteries and trigger a heart attack or a stroke.

The homeopathic goal is to lower high cholesterol to desired levels to prevent coronary heart disease.

Diet modification is recommended.

High Blood Cholesterol Healing Diet

Eat a well-balanced, high-fiber diet based on whole grains, legumes, fruits, and vegetables.

Eat more fish and less meat.

Increase soluble fiber intake, it improves lipid production.

Avoid foods high in saturated fats such as margarine, fermented cheese, whole milk, vegetable shortening, poultry skin, lamb, sauces, fried food, and ice cream.

Avoid cholesterol-rich foods such as egg yolk, seafood, anchovies, sardines, and baked goods made with eggs.

Choose good fats such as monounsaturated, polyunsaturated, and omega-3 essential fatty acids.

Garlic helps reduce high cholesterol. In the morning take a tiny piece of garlic and crush it with the knife. Follow with a glass of water (swallowing instead of chewing avoids garlic breath). The allicin in garlic also helps lowers high blood pressure and prevents blood clotting.

Have a glass of red wine at dinner, it increases HDL production.

Drink eight to ten glasses of water, per day.

Engage in 30 minutes of physical activity.

Stop smoking.

Leading Remedies in Homeopathy for High Blood Cholesterol

Curcuma drains the liver and cholesterol deposits.

Fel tauri is an effective remedy in the treatment of high blood cholesterol. It treats a sluggish liver. It eliminates fat.

Nux vomica removes liver toxicity. It treats indigestion caused by alcohol or food abuse. The patient awakes at 3 a.m.

Chelidonium treats hepatic disorders. Recommended for fatty liver degeneration.

Berberis is an excellent stimulant and drainer for the kidneys. The patient leads a

sedentary lifestyle and has a big appetite.

Veratum album treats hypercholesterolemia.

Cholesterinum stops the degeneration of arterial walls. It treats an enlarged liver and gallstone colic.

Arsenicum album is indicated for insomnia after a big meal. The person wakes up between 3 and 5 a.m., feels drowsy during the day.

Uranium nitricum treats high cholesterol with diabetes.

Psorinum is a constitutional remedy. It detoxifies toxins in a weak individual who eliminates toxins poorly.

Chrysanthemum Leucanthemum —Chrysanthemum reduce cholesterol levels in blood also it eliminates digestive troubles resulting from overeating..

Allium Sativum - Allium Sativum is an excellent remedy for controlling high cholesterol level in blood .The high blood pressure due to cholesterol deposits in the arteries can also be wonderfully treated with the help of AlliumSativum. The patients in whom high cholesterol is the result of excessive eating of meat can benefit by this Homeopathic remedy. The patients requiring AlliumSativum usually have an increased appetite, especially a cravingfor meat. They also suffer from acidity symptoms like burning in stomach and acid burping or belching.

Beating Summer with the Help of Desi Drinks

Dr. Kiran Gangapure
Associate Professor
Department of Physiology & Biochemistry



Smouldering summer heat can leave you feeling Fatigued, dehydrated and thirsty. You become

Lethargic. So for chilling or cooling off everyone is dependable on summer drinks.

Lemonades, mint tisane, watermelon aqua fresco, cranberry & ginger tea, iced tea, mojito are few popular drinks worldwide but there are a few drinks ,” Apna Desi Drinks” which are becoming global nowadays.

1. Aam Panna: Made with Mangoes –King of summer. This fruit is rich in antioxidants, vitamin C, A and contains more fibre water. It prevents dehydration and heat stroke.

It is prepared by using pulp of cooked raw mango. Add Jaggery instead of sugar & put some Cardamom for seasoning. Jaggery which is rich in Iron & glucose prevents microcytic Anaemia. Cardamom reduces heat from your body

This drink boosts up your Immunity also.

2. Buttermilk/ Lassi: It is made up from Curd & can be flavoured with Mint(pudina) & ginger, a chilly or pepper. It is a digestive & soothing drink. It prevents dehydration & acidity. It makes pH alkaline. Pudina and Ginger adds antioxidant benefits.

It is a good Pro-Biotic one can consume regularly particularly after meals.

3. Barley Water: Rich in fiber, zinc, copper, phosphorus & Selenium.it

prevents constipation, Gall stones and also has an anticancerous effect.

4. Lemonade or Nimbu Paani or Shikanji: Most popular drink easily available on streets. It is cheapest & very effective. Lemon is a rich source of vitamin c , riboflavin, calcium, phosphorus & magnesium. It is the best alkaline water. It reduces acidic pH to alkaline.

It helps in digestion, reduction of weight, formation of cells, RBCs & collagen. It prevents scurvy & boosts Immunity.

5. Jaljeera: It is sweet, spicy actually a mouth watering drink. It contains cumin, tamarind, black pepper, and mint. It is good for digestion and prevents heat stroke and also has antioxidant benefits.
6. Other popular or locally available juices or sharbat like watermelon, fruit punch, amla juice , rice water, sattu sharbat, dhania and Cummins water, saounf(warayali) water are also good for digestion and prevents heat stroke.

Now a days variety of smoothies are very popular which are made from fresh fruits & vegetables. If you add following to it – will work as a weight loss diet

1. Cucumber- Rich in fibre wate. Helps in weight loss.
2. Cinnamon powder- Burns the fat faster & reduces water retention.
3. Spinach – Satiates you for long time rich in fiber.
4. Chia Seeds – Increase satiety and prevents hunger pangs.
5. Beet Root- Rich in antioxidants, low in calories , boosts muscle power & a rich source of Iron.
6. Ginger – Super food, stimulates metabolism, maintains blood sugar level.
7. Oats – Rich in fibre, prevents craving for binge eating.
8. Coconut water & Water – last but not the least Coconut water is a super food rich in minerals, contents are similar to plasma. It is a good source of Amino acids & fatty acids. Help in reduction of weight, & prevents dehydration. WATER gives life, flushes out toxins. Keeps Body hydrated. Drink ample amount of water and stay hydrated & stay fresh.

ROLE OF DIET AND REGIMEN IN DISEASE PREVENTION



Dr Rahul Gangapure
Prof. & H.O.D Department of Community Medicine

It's undeniable that a well-balanced diet goes hand in hand with a healthy lifestyle. What you choose to eat, and what you choose not to eat, are factors in warding off many leading chronic illnesses and diseases. Food choices make a huge impact on how you feel today, tomorrow and what the future holds in terms of promoting and maintaining good health. The right diet can help fight conditions and illnesses like heart disease, diabetes, osteoporosis, cancer and obesity among many others.

Obesity: The scary truth is that obesity is becoming very prevalent in adolescents. Dietary habits that are established in childhood more often than not carry over into adulthood. This is why it's critical to instill good diet and nutrition practices in today's youth. Making sure children have the correct amount of nutrients and foods from major food groups is key to preventing obesity.

Heart Disease: Keeping blood pressure, cholesterol and weight under control are main components to preventing heart disease. Healthy eating habits are a way to keep these numbers balanced. Focusing a diet on whole grains, fruits, veggies, and proteins, as well as limiting sodium and foods that are high in calories are good rules of thumb.

Diabetes: The best way to prevent type 2 diabetes is to eat a low-fat, well-balanced diet. Other diet tips include decreasing fat consumption to less than 30 percent of calories and saturated fat consumption to less than 10 percent of calories. Adding high-fiber foods to a diet regimen is also important to preventing this lifelong condition.

Cancer: Obesity increases the odds of developing cancer, and luckily there are many foods that can aide in prevention. Leafy greens, cruciferous vegetables, berries, whole grains and even green and black tea all help protect against various types of cancer. While no single food is a sure way to prevent cancer, the appropriate combination of vitamins and minerals along with a well-balanced diet can provide solid protection.

Osteoporosis: A diet lacking vitamin D and calcium can contribute to osteoporosis. In order to keep bones healthy and strong, a diet containing specific types of foods is recommended. This includes low fat versions of foods that are high in calcium, and those fortified with vitamin D. Calcium fortified products, like orange juice, cereals and soy-based foods are a good way to increase calcium in a diet.

The crucial role of physical activity as part of nutrition and health is also well acknowledged. Physical activity is a key determinant of energy expenditure, and thus fundamental to energy balance and weight control. The beneficial effects of physical activity on the metabolic syndrome are mediated by mechanisms beyond controlling excess body weight.

Physical inactivity is already a major global health risk and is prevalent in both industrialized and developing countries, particularly among the urban poor in crowded mega cities. Measures and policies required to promote healthier food consumption patterns and facilitate a physically active life share common grounds and are mutually interactive in determining healthier behaviours.

Healthy diets and physical activity are key to good nutrition and necessary for a long and healthy life. Eating nutrient dense foods and balancing energy intake with the necessary physical activity to maintain a healthy weight is essential at all stages of life. Unbalanced consumption of foods high in energy (sugar, starch and/or fat) and low in essential nutrients contributes to energy excess, overweight and obesity. The amount of the energy consumed in relation to physical activity and the quality of food are key determinants of nutrition related chronic disease.

Not all fats are the same, it pays to know the difference. The scientific complexities of these issues should not obscure the simple messages required to orient and guide consumers. People should eat less high-calorie foods, especially foods high in saturated or trans fats and sugar, be physically active, prefer unsaturated fat and use less salt; enjoy fruits,

vegetables and legumes; and select foods of plant and marine origin. This consumption pattern is not only healthier but more favourable to the environment and sustainable development.

To achieve best results in preventing nutrition-related chronic diseases, strategies and policies should fully recognize the essential role of both diet and physical activity in determining good nutrition and optimal health. Policies and programmes must address the need for change at the individual level as well as the modifications in society and the environment to make healthier choices accessible and preferable.

In communities, districts and nations in which widespread, integrated interventions have taken place, dramatic decreases in Non-Communicable Disease-related death and disability have occurred. Successes have come about where people have acknowledged that the unnecessary premature deaths that occur in their community are largely preventable and have empowered themselves and their civic representatives to create health-supporting environments.

This has been achieved most successfully by establishing a working relationship between communities and governments; through enabling legislation and local initiatives affecting schools and the workplace; involving food producers and processing industry. Beyond the rhetoric, this epidemic can be halted – the demand for action must come from those affected. The solution is in our hands.

STRESS AND ITS MANAGEMENT

Dr. Jigisha Panchal (BHMS, NDDY)

Lecturer

Practice Of Medicine Department



WHAT IS STRESS?

Stress is a conscious or unconscious psychological feeling or physical situation which comes as a result of physical or/and mental pressure to adaptive capacities of an individual.

Stress is sometimes helpful to recognise the challenges. Holding stress and forgetting to handle the challenge, only adds on to the problems.

WHAT CAUSES STRESS?

Stress can be caused by various physical, emotional, or environmental factors. Essentially it is failure of individual to adapt to one or more of such factors when it becomes pathological to cause disorders at mental or physical level.

NEURO-CHEMICAL BASIS OF STRESS:

The process of physiological stress response starts from the moment the body realizes the presence of stressor, followed by the sending signals to the brain, and to the specific sympathetic and hormonal responses to eliminate, reduce and cope with the stress.

Adrenaline levels rises in the serum, which leads to arousal of the sympathetic nervous system and reduced activity in the parasympathetic nervous system. In turn responses to causes decrease in digestion, increase in sweating, increased pulse and blood pressure.

Under stressful conditions, serum cortisol provides the body with glucose by tapping into protein stores via gluconeogenesis in the liver. This energy can help an individual flight or flee a stressor. Elevated cortisol levels over the long term consistently produces adverse reactions on the body, right from rising blood sugar levels, high blood pressure, osteoporosis, skin changes, weakness, mood swings, irritability, or depression.

Researchers have identified various neuro-chemical pathways associated to stress. Some of them are used to target the line of treatment in modern medicine.

STRESS INDUCED MEDICAL DISORDERS:

- Acute stress disorder
- Panic Anxiety
- Depression

- Post-traumatic stress disorder
- Stress ulcers
- Hypertension
- Diabetes Mellitus
- Ischemic Heart Diseases
- Cerebro-Vascular Stroke
- Obesity
- Asthma
- Alzheimer's disease
- Personality disorders
- Headache
- Premature aging
- Premature death

HOW TO DEAL WITH STRESS?

No individual can be said to be stress free. As long as there is life, stress will be an integral part of living. **Making conscious attempt to recognise and take necessary steps to handle it** is the strategy to treat or/and prevent the wide range of disorders it can bring to humanity.

Physical stress- is essentially and primarily experienced because of the lack of good physical health. And when it comes to physical health, what becomes essential is conscious attempt to improvise on food habits, sleep patterns, and exercise. They are mentioned as life style modifications, in all standard literature.

Mental / Emotional stress- Human psychology explains about types of personalities and various dimensions to the stress disorders. Many of the physical ailments are thought to be prone to being made worse by mental factors and are referred as **Psycho-somatic disorders**. So the root cause of such diseases is lack of individual consciousness to manage his/her mind. However, conscious attempt to recognize the problem at individual level and if required taking the help of therapist may help to manage as well as prevent this aspect of disorders.

Environmental triggers which precipitate stress, are sometimes referred as Environmental or Social stress.

GENERAL GUIDELINES FOR MANAGEMENT OF STRESS:

- Exercise is one of the best ways to relax your body and mind.
- Relax your muscles. When you are stressed, your muscles get tense. 'Savasana ', performed regularly twice a day is gold standard and easy way to manage both physical and mental stress. Adequate sleep also helps to release stress instantly, and also helps to break the compulsive thinking pattern.
- Deep Breathing is an instant stress reliever.
- Eat well. Healthy food habits are not just known to give a good physical health, but also have power to change mood patterns and helps to manage stress.
- Slow down/ Take a break.
- Make time for hobbies/ to do what gives you happiness.
- Listen to music. Music has got great power to instantly change your mood.
- Talk your problems. Share your problems with someone whom you trust or take the help of your therapist. Sharing your problems releases your burden and breaks down tendency to brood over and over, which might otherwise worsen your stress.
- Go easy to yourself. Accept the fact, no one can be perfect. You also can't control everything in your life.
- Substance abuse does not help to relieve stress. Chronic stress is a well known substance abuse risk factor. Researchers believe that stress causes brain changes with the potential to lead to addiction. Alcohol, Smoking, Drug use, and even compulsive habits to over eat. More over the wide range of physical problems associated with them are well known.
- Laugh often and stay happy. Happiness is an antidote to stress.

- Most importantly figure out what is exactly causing you a problem. Identify and work on it.
- Last but not the least, there is nothing wrong in taking medical help for good mental health, it does not mean you are mentally ill. Please step forward.

STRESS AND HOMOEOPATHY:

Homoeopathic science offers excellent treatment for STRESS AND RELATED DISORDERS. Homoeopathically selected Constitutional remedy for any given case will surely play wonderful results in treating variety of such disorders.

LET'S PLEDGE TO RECOGNISE AND MAKE CONSCIOUS EFFORTS TO MANAGE STRESS, TO KEEP US HEALTHY; AND PEOPLE AROUND US HEALTHY.

DEHYDRATION

Ms Rathwa Himanshi

2nd BHMS (New Course)



How to tell if you are Dehydrated ?

1. Mild

- Feeling thirsty
- Moodiness
- Headache
- More sweating
- Dry Mouth
- Difficulty concentrating

2. Moderate

- Headache Worsens
- Lightheadedness
- Darker Urine Colour
- Increased Heart Rate
- Rapid breathing
- Blood Pressure dips

3. Sever

- High Fever(Over 101° F)
- Confusion/ Delirium
- Seizures
- Fainting/ Loss of Consciousness.

!!!! Keep yourself Well Hydrated this Summer !!!!

ALCOHOL IMPACTING METABOLISM

Ms Vadi Jeel
3rd BHMS (New Course)



Alcoholic beverages have been around since the Stone Age, and whether it was for ritualistic and religious purposes, or simply for getting mindless drunk, wine has flowed uninhibited in all corners of the world.

Alcoholism is different from alcohol consumption, in that the latter, if done in moderation, may not be as harmful to the body as the habit of excessive or addictive drinking. The harm comes to both the physical and mental well being of the addict and while the effects on mental health are no less important, much of the distress alcoholism causes on physical aspect of health are linked with its impacts on metabolism and are elucidated with this excerpt.

Alcohol and Metabolism - Understanding Biochemistry

Metabolism can be defined as the sum of all chemical reactions involving biomolecules that take place in living organisms and are necessary for their survival. Normal functioning of metabolic activities in the body is necessary for the organism to function and these activities can be affected by extraneous factors, one of which is alcohol consumption.

Alcohol has only empty calories- it has no nutritional benefits of its own and actually classifies as a drug and a depressant. Because it is not stored in the body, alcohol has to be metabolized right after it is consumed and this activity is prioritized over other metabolic process .

Currently, alcohol is responsible for the death of one Indian every 96 minutes with 3.3 million people dying worldwide from its use.

Alcohol Abuse - Disrupting Metabolism

While most nutrients are metabolized through hormonal control, alcohol puts a major burden on its elimination via oxidation on the liver as it does not requires hormones to control its metabolism. alcohol is a toxic substance its consumption impacts metabolic substances like glucose , fatty acids , keton bodies , amino acids with detrimental effects mainfold .

Poor Nutritional Status

Alcoholics usually have poor dietary habits and therefore run a risk of suffering from malnutrition. Alcohol also interferes with the absorption of the nutrients that are obtained through food, affecting their utilization, storage and digestion. Deficiency that arises out of this is further exacerbated when nutrients required for maintaining a healthy intestinal lining start running low in the body - leading to a self perpetuating cycle of deficiencies.

Low Blood Glucose

With macromolecules like carbohydrates; alcohol gets in the way of transport and metabolism leading to low blood sugar levels i.e. hypoglycemia; which deprives the brain and other body tissues of energy. It also prevents breakdown of glucose reserves, creating an imbalance in demand and supply of glucose in the body , forcing it to look for other sources of energy to metabolize . This can be a potentially dangerous situation for those who have not consumed healthy meals a few hours before drinking. Conversely, in diabetics who are well-fed, chronic alcohol use results in excessive glucose levels and also aggravates diabetes related complications like nerve damage and eye disease.

Affecting Liver Health- Disrupts Lipid Metabolism

Chronic alcohol consumption causes decreased fatty acid oxidation due to progressive alteration of mitochondria and promotes the accumulation of fats in the liver by interfering

with tricarboxylic acid (TCA) cycle that is necessary for metabolism of fatty acids. These fatty acids are then converted to different forms of lipids; all of which deposit in the liver. When these lipids begin to retain in serum in higher quantities, hyperlipemia occurs. As the liver damage progresses, the hyperlipemia wanes and fat deposition increases in liver, causing lipid steatosis or fatty liver.

Effects on Thyroid Function

Chronic alcohol consumption suppresses thyroid function directly due to cellular toxicity and indirectly by blunting Thyrotropin releasing hormone response, while decreasing the levels of peripheral thyroid hormones.

Risk of Cardiovascular Diseases

Chronic or habitual alcohol consumption causes hypertension, thus increasing the risk of Myocardial Infarction, Arterial Fibrillation and Congestive Cardiac Failure.

Indications of Alcohol Induced Damage

Excessive alcohol consumption affects nearly every system of the body and this can be felt via:-

- Slurred speech
- Sleeping difficulty
- Pain in pancreas
- Reduced coordination during movement
- Shifty eyes, blackout moments and hallucinations.
- Weakened immune system
- Infertility and sexual dysfunction
- Heart disorders like palpitations and arrhythmic heart beat.

PSYCHOSOMATIC DISEASE AND HOMOEOPATHY **Parekh Nandini**



Psychosomatic means mind and body. A Psychosomatic disorder is a disease which involves both mind and body. Some physical diseases are thought to be particularly prone to be made worse by mental factors such as STRESS and ANXIETY. Your current mental state can affect how bad a physical disease is at any given time.

To an extent, most diseases are psychosomatic - involving both mind and body. A rigorous analysis of medical literature shows that there are numerous aspects in which stress is linked to Diabetes.

There is a mental aspect to every physical disease. How we react to disease vary greatly from person to person. ex, Rash of psoriasis may not bother some people very much. However, the rash covering the same parts of the body in someone else may make them feel depressed and more ill.

There can be physical effects from mental illness. ex, with some mental illness you may not eat, or take care of yourself very well, which can cause physical problems.

Modern medical science can not find out exact cause for psychosomatic disorders. studies reveal that the physical disorders associated with mental stress are due to the hyperactivity of the nerve impulses sent from the brain to the secretion of ADRENALINE in to the blood, leading to a state of anxiousness. This condition can be triggered by various life factor as follows - Genetics, Irregular biological condition, Stress, Family circumstances, Exacerbation.

Three general categories of psychosomatic illness.

1. A Person has both mental and physical illness, whose symptoms and management complicate each other.
2. A Person who experiences mental issues due to the mental condition and its treatment.
3. A Person with mental illness experiences one or more physical symptoms, even if he does not have any associated medical condition.

MIND = BODY

Mind says Body does.

"Psyosomatic diseases are also known as pain disorder or body dysmorphic disorder where a patient suffers physical symptom with no specific physiological cause."

The physicans of orthodox school are now discovering the psychosomatic disease. After cutting a man in two and having isolated his psyche and mind from his soma, they have stuck the two pieces together again to consider him at last as a biological whole.

The Homoeopathic school has always ever since Hahnemann in 1796, considered the patient as a living entity and unity and has treated him as such while always giving preference to the mental and subjective symptoms so, greatly discarded by the ordinary school.

One of the Philosopher says: "We do not for a moment deny the influence of the physical on the spiritual, but the psychological power of the spirit on the body is just astonishing and even greater. It can give birth to ailments it can kill and it can revive."

In The Sixth edition of organon of medicine, Hahnemann shows us the influence and the repercussions of the psychic on the Imagination, it is possible to produce a derangement of the vital principal which, if it is sufficiently marked, can give rise to the severest illness, novertheless, this also can be cured by similar contrasuggestion."

Here in the case of psychosomatic disease i can see that theory of "Law of Attraction" proves correctly. This law says what we imagine we receive. Psychosomatic diseases are most often result of our bad imagination. Homoeopathy gives very good results to these cases. but with this we should divert our mind towards positiveness. In this era it is next to impossible to live life without stress but with the help of meditation we cope up this situation.

HOMOEOPATHY

Juhi H Panchasara
1st BHMS (New Course)



I got across one letter,
 Which many of people utter,
 But I couldn't recognize Homoeopathy,
 Was it just a flatter?

Doesn't provide disease a shield,
 To the curest print it yield
 It's the whole science itself,
 Not only just it's field.

No it wasn't so
 A thousands of No,
 It's an art of Healing,
 To the home of cure it go.

Goes to the level deep,
 To your inner soul it peep,
 "Similia Similibus Currenter" the base,
 And pillar of dormant curative power it keep.

EVENTS : - JAN TO MARCH 2018

1.The students of 4th BHMS of SMMHMC visited Infectious Diseases Hospital, in two batches, on 3rd and 5th January 2018, to observe the procedures of Isolation in Patients Suffering from various Infectious Diseases as a part of Curriculum of Community Medicine.



2.The students of 4th BHMS of SMMHMC visited Baroda Dairy.9th January 2018, to observe the process of Pasteurization of Milk as a part of Curriculum of Community Medicine.



3.Students of 4th BHMS of SMMHMC visited the Water Purification Plant at Nimeta , along with the staff, .19th January 2018 ,to observe the process of Purification of Water .



4. 2nd Yr BHMS Students Celebrated Day's Like "Black Day", "Blue Day" and "Twin Day", "Sari Day", "Professional Day", "Turban-goggles Day", "Group Day" On 18,19,20,22 ,23,24,25, January 2018 Repectively.



5. Republic Day Celebration on 26th January 2018



6. 2nd Feb 2018 President SMMHMC, receiving the "INDIA BOOK OF RECORDS Certificate " from Dr Rajesh Shah, Chairman, Health Committee, VMSS , for participation of Medical Officers and Interns of SMMHMC IN The Swine Flu Prevention Camp organised by the BJP Doctor's Cell of Baroda where a record 1,85,130 people were administered Homoeopathic Preventive Doses against Swine Flu. This camp was organised on 17th September 2017 on occasion of 68th Birthday of Hon. Prime Minister Shri Narendra Modi.



7..Holi Celebration 28th Feb 2018



8.. On 16th March 2018 2nd Yr BHMS (new Course)students and Dr Sweta Jaiswal of FMT Department visited Forensic Science Laboratory Ahmedabad..



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