

Homoeopathic Workshop at Sangamner

Compiled by

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Editor: This report is given in detail, to help students, all India.

Sai Swami Medical Foundation and Research Center's 'The Divine School of Homoeopathy', Sangamner, arranged a workshop at Sangamner in Ahmednagar district. It was a courageous attempt made by Dr Prasad Rasal and Dr Prashant Gangwal to give training to students between 26th to 30th Oct 2006.

Total 85 delegates from Maharashtra, attended the Workshop. Dr Mukund Naik, MBBS who has devoted his life to Siddha Samadhi Yoga and his team Mrs Vrishali Naik and Mr Avinash Sutar conducted enjoyable and most Energetic Yoga Session from 6am to 7am. Followed by two Workshop Sessions plus Question-Answer Session.

TEACHERS AND SPEAKERS FOR WORKSHOP

1. Dr Prasad Rasal MD (Org) from Sangamner.
2. Dr Prashant Gangwal MD (MM) from Shrirampur.
3. Dr Rajendra Shrimali MD (Rep) from Kopergaon.
4. Dr Kavita Kasat MD (MM) from Satara.

METHODOLOGY OF A PRACTICAL SESSION

The 85 Students were divided into 16 groups; the senior most was the Group Leader. Each group given a Topic for short Thesis to be submitted on last day. Each group had to take a case in one session and in 2nd session had to work on the thesis. On day 1 the group leader took the case and others observed Patient and Case Taking Methodology. In consecutive session others took cases under his guidance.

After a Case was taken it was studied from multidimensional Homoeopathic aspects by different Homoeopaths. Each group did 10 cases in five days.

SEMINAR SESSIONS

Dr PRASAD RASAL

DAY 1: Importance of Workshop vs Seminars. In Seminar, all delegates only **listen** to experience of speaker passively without participating. Workshop: Actual participation and Live Case, actual problems faced and handled under supervision ie Live Experience- just like Learning to Swim in water vs watching it on TV. He briefed on his Case Taking Methodology.

SOME IMPORTANT INSTRUCTIONS GIVEN BY HIM

- Before commencing a Case, brief the Patient about Case Taking Method and its importance. This will make patient co-operate and give required details.
- Develop good Communication Skill: In first visit itself; win his confidence and become familiar. He should feel that we are really interested in him and his illness. This is called Rapport building.
- If the Patient has not replied then do not ask the next question. Pause provoke the patient to reply.
- Gestures of the patient are helpful as confirmation of his answers. Eg A liar never looks eye-to-eye. Penetrating eyes are confirmatory for snake remedies etc.

- In Emergency, first examine the vital parameters and observe the presenting characteristics for prescription.
- Do not ask Leading questions
- Maintain the Patient-doctor relationship. During follow up, often ask about their family members or friends who are also under your treatment. This creates a good rapport.

HOMOEOPATHIC THERAPEUTICS

The exam appearing students were guided to, 'How to write homoeopathic therapeutics?' as well as clinical aspect which should include following points

- Constitution of the remedy
- Ailments from/ Causative modalities
- Condition for which the remedy is asked including Location, Sensation, Modalities and Concomitants
- General Characteristics of the remedy
- General Modalities of the remedy
- Characteristic Mentals of the remedy
- Miasmatic background of the remedy

CONSTITUTIONS, elaborated details of Grauvogel's Constitutions.

1. Hydrogenoid Constitution = Sycotic Miasm

- Intermittent Fever
- Vaccinosis
- Gout – Sycotic
- Too great proportion of water or by hygroscopic blood
- Remedies with greater percentage of combination of O with C and H, consequently produces more heat and diminishes influence of the water
- < Cold, Cooling Food and Drinks eg Sour Milk, Hard Eggs, Cucumber, Mushrooms. Living near water, esp standing water
- < By anything, which increases atoms of water in the organism, < baths, < mineral bath,

< simple water bath, < fishes. < Cold/ Damp weather, < rains

- Periodicity
- Irregular and paroxysmal course
 - Brain – Nervous system rich in water content
 - Nervous affections, which are exacerbated by electric disturbances

REMEDIES: *Amm-mur; Alumen; Antimony; Apis; Aranea; Arn; Ars; Borax; Brom; Calc-carb; Carbo-veg; Chlorine; Conium; Iodum; Ipec; Mag-carb; Mag-phos; Nat-acet; Nat-carb; Nat-nit; Nat-sulph; Nitric-acid; Nux-vom; Puls; Sil; Spigelia; Thuja.*

2. OXYGENOID CONSTITUTION – SYPHILITIC MIASM

- Tends to have an excess of oxygen and consequently exaggerates and breaks down hydro-carbons, nitrogenous and albuminous tissues and bones.
- Syphilis – Mercury
- Inherited or acquired.
- Grave character as Grauvogel's says
- **THEORY:** In this oxygen predominates or rather the proteid matters are struck with instability with a morbid facility of division. Oxidation is rapid though often incomplete. Consumption of tissue arrives more rapidly than the normal conditions of life. Hydro-carbons and albuminoids rapidly burn up and leave the tissues defenseless against the burning power of oxygen.
- Oxygenoids are thin and weigh less than Carbo-nitrogenoids of equal volume. This provokes the using up of proteid materials and the cellular framework. Scrofula, rickets, infantile atrophy and various states called "anemia" result from this.
- Oxygenoids feel better in an atmosphere saturated with nitrogen and carbon, in the midst of resinous, fatty vapors

- They refuse easily oxidisable, animal foods and seek for fats and hydrocarbons, which oxidize slowly
- Worse dry humidity, before storms. Better when it begins to rain or snow and the electric equilibrium is restored.
- Worse in foggy weather, air mists rise from the forests. In brief, electric disturbances <, and electric equilibrium relieves oxygenoids.
- Excessive elimination of urea and phosphates
- Plethora: Much oxygen fixed on the Hb
- Animal heat, strong after meals and feeble in the intervals
- Vigorous appetite, which persists astonishingly during illness
- Abstinence, on the contrary, is badly tolerated. > by rest and food.
- < by cold, sea air, low attitudes
- Commonly called nervous individuals characterized by great physical and mental activity.

REMEDIES: *Kali-iod* since it absorbs all the ozone; *Ferrum*; *Carbons* and compounds rich in carbon such as *Graph*, *Petr*, *Benzin*, *Hydro-acid*, *Citric-acid*, *Laurocerasus*, *Nit-acid*, *Ars*, *China*, *China-sulph*, *Chromium*, *Kali-bich*.

3. CARBONITROGENOID CONSTITUTION

PSORIC MIASM

- Characterized by insufficient oxygenation, the diseases it produces are called diseases of retarded nutrition. This makes for increased liability to disease and perverted nutrition
- After a period of obesity, thinness follows
- Albuminoids are decomposed like the hydrocarbons. There is a pseudo-albuminuria, phosphaturia, acetonemia, rickets and os-

teomalacia

- Great frequency of respirations with shallowness; short breath, Frequent pulse.
- Constipation or diarrhoea, flatulence, urinary troubles
- Gouty pains in the head, gouty swellings
- Vertigo, ataxia, dullness of the head, somnolence, yawning, hypochondriasis, irritability, and extraordinary impatience
- Copious uric acid and oxalates in urine
- Epistaxis and hemorrhoids
- Pruritus
- Precocious baldness with perspiration of the head
- Cerebral fatigue
- Unhealthy skin, fetid and acid perspiration, boils, eczema, urticaria

CAUSES OF AGGRAVATION

- Everything which hinders oxidation
- Everything which increases hydrocarbons and albuminoids
- Everything which diminishes the alkalinity of the humors
- < Rest; Non-ionized mists; Chagrin
- < Irritation of cerebro-spinal or sympathetic nervous system; Respiratory insufficiency
- < Sexual excesses; Over feeding; Confined air
- < Loss of blood or blood letting, which diminishes the number of blood globules and consequently oxidation
- < Excess of sodium salts, like sea salts, which hinders cellular osmosis and diminishes the quantity of water in the tissues

REMEDIES: Lacks ozone and is rich in carbon and nitrogen, hence finds its chief remedy in ozone and ozonated water. *Cupr*, *Phos*, *Sul*, *Camph*, *Hep*, *Acon*, *Merc*, *Aur*, *Arg*, *Plum*, *Plat*, *RT*, *Dulc*, *Lyc*, *Bov*, *Digit*, *Hyos*, *Apis*, *Lob-inf* etc.

SENSATIONS: As most patients answer in their mother tongue, ie Marathi, it is difficult to find exact sensations in Materia Medica/Repertory. He tried to make it easier by giving meanings of common words described by patient.

- Aching: *Rag Lagane*
- Agonizing: Tremendous pains.
- Biting: *Chawalya sarakha.*
- Boring: Drilling; *Chidra padnyasarakha; Kantalvana.*
- Burning: *Jal Jal hone.*
- Bursting: *Futlya sarakha.*
- Clawing: *Orbadlya sarakha*
- Colicky: Spasmodic.
- Contractive: *Akunchan.*
- Constricting: *Avallalya sarakha.*
- Cramping: *Vaat yene.*
- Crushing: *Chiradlya sarakha.*
- Cutting: *Kapalya sarakha.*
- Darting: Sudden, shooting moves suddenly and fast.
- Digging: *Khodlya sarakha.*
- Drawing: *Khechlya sarakha, odhalya sarakha.*
- Dragging: *Khechlya sarakha, odhalya sarakha.*
- Dull: Mild. Slow, Continuous.
- Excoriated: Pains as if after burns.
- Gnawing: *Chalane, Causing Grief.*
- Grinding: *Kutane.*
- Gripping: Spasm in abdomen; *Murada.*
- Grumbling: Continuous pain irritates Patient.
- Jerking: *Dhakka.*
- Lacerating: *Ghasara; Fatalya sarakha.*
- Lameness: Paralyzed Pain.
- Lancinating: Sharp Cutting Pain; Tremendous Pain.
- Pinching: *Chimta Kadhane; Chavane.*
- Plug Peg or Wedge as from: Obstruction/

Blocked Sensation

- Pressure: *Dab Yene.*
- Pulsating: *Udane.*
- Rawness: Rough.
- Rasping: Coarse; *Kanasane Ghaslyasarakha.*
- Scraping: *Ghaslyasarakha.*
- Shooting: *Goli Ghatlyasarakha.*
- Smarting: As if severe pain of wounds.
- Sore Bruised: Continuous pain; *Aang Dukhane.*
- Spasmodic: *Vaat Yene; Avalun Yene.*
- Stabbing: *Bhosaklyasarakha.*
- Sticking: *Ghatta Basawane; Chiktalyasarakha.*
- Stinging: As if a sting of Honey bee.
- Stitching: *Tochalyasarakha.*
- Stunning: A very strong Jerk.
- Tearing: *Chirlyasarakha; Fadalyasarakha.*
- Tenderness: Pain on Pressure.
- Throbbing: *Thanak; Dhaddhad; Thasthas.*
- Tightening: *Avallyasarakha.*
- Tormenting: A Tremendous pain causing Trouble.
- Torn: *Fatlyasarakha.*
- Twinging: Sharp Pricking pains.
- Twisting: *Pil Padlyasarakha.*
- Ulcerative: As if of a wound.

CLINICAL HINTS

1. **Sycotic Constitution:** Short palm, neck and stature, pot bellied; excessive hair; pedunculated warts on neck or axilla, Tumor; Expressionless face; Big nose; Curly hairs; flabby tongue with imprints of teeth; Answers in question. Eg Politician, Sumo Wrestlers etc

2. **Syphilitic Constitution:** Lean, Thin, Emaciated, Pale face, Sunken eyes, Frontal bossing, Long nose or Depressed nose, Knobby tip of nose, Gaps in Teeth, Carries of teeth - Usually Crown is affected, Flabby tongue with central

furrow/ fissure, Profuse perspiration; Destructive tendency at Physical and Mental level; any type of deformity, Congenital or Acquired Eg Cleft Palate, or Kyphoscoliosis; these people are Extremist - Can be Very Good Or Very Bad by Nature; Highly intellectual Or Idiotic; Usually affecting deeper organs ex Bones, CNS, Vascular System, Mind. Eg Indira Gandhi, Raja Shivaji, Lindsey Davenport etc

3. *Nux-vom* can be repeated frequently in Acid Peptic Disorder gives great relief to Patient.

4. *Lachesis* patient have penetrating eyes showing SUSPICIOUSNESS, lots of hair on body with Revengeful attitude.

5. In Acute Asthma, *Ars-alb* and *Blatta-orient* Q are frequently useful as a Palliative.

6. In Chikungunya epidemic *Ruta*, *Rhus-tox*, *Bry*, *Sul*, *Gel*, *Eup-per*, *Guaiacum* are useful.

7. Complementary of Acute Remedy can be the indicated Constitutional remedy for the case. Eg *Bell* And *Calc-carb*; *Nux-vom* And *Sepia*

8. Breast tumor after injury *Con* is best remedy.

9. For PID always think of Antisycotics.

10. *Lachesis* and *Platina* usually come with lots of Jewelry over body.

11. Time modalities are most important in Acutes. Eg In *Cedron*, Chill at 4.00 am; *Natrum-mur* Fever at 9.00 to 11.00 am.

Dr PRASHANT GANGWAL: First Basic Materia Medica.

1. Source Books of HMM: MM Pura; Hering Guiding symptoms; Allen's Encyclopedia.

2. Sources of HMM: Plant Kingdom Eg *Lycopodium*, Animal Kingdom Eg *Lachesis*, Mineral Kingdom Eg *Aurum-met*, Sarcodes Eg *Lac-can*, Nosodes Eg *Tuberculinum*, Imponderabilia Eg *X-ray*, Synthetic Sources Eg *Penicillamine*.

3. Sources of Proving: Healthy Human, On Plants, Accidental Proving, Toxicological Proving,

Empirical proving, Chemical Proving, Doctrine of Signature.

4. Problems in Study of Materia Medica: Clerkship, Language of HMM, Imaginary Data, Only listening of Symptom, Boredom, Scattered Data, Fixed data, Clinic-pathological co-relations, Updating Materia Medica, Remedy Relationship, Practical Training, Teachers Role.

He also guided regarding the thesis, which every group has to be submit: It should be oriented clinically, Drug/Family oriented, Repertorial Approaches should be mentioned, Reference of Organon should be given.

TEMPERAMENT: Elaborated different temperaments.

Sanguine Temperament: Extrovert. Inquisitive, Talker, Cheerful. Optimistic. Plays with any thing, Highly Energetic. Life of party, Humors, Vivacious, Cheerful. Popular Person, Not Worried of Future. Eg *Phosphorus*

Choleric Temperament: Adventurous, powerful, Aggressive. Confident, Born leader. Strong willed, Dynamic, Active. Independent, Self sufficient, Must correct, wrongs. Compulsive need for work. Action oriented. They are like 'Horse'. Eg *Arsenic-album*

Melancholic Temperament: Introvert, Pessimistic, Thinker, Serious People. Dedicated, Organization. Brain with beauty. Creative, Conscientious, Fastidious, faithful. Perfectionist, Persistent, Talented, Sensitive. to emotions of others. Idealistic, Philosophical, Poetic. They are like 'Ant'. Eg *Aurum-met*.

PHLEGMATIC TEMPERAMENT: Introvert, Watcher, Pessimistic, Friendly. Patience, Contended, Peaceful, Passive. Cough. Bold, Calm, Easy Going, All purpose person. Consistent with life. Well Balanced, Low Will. Person Like 'Buffalo'. Eg *Calc-carb*

NERVOUS TEMPERAMENT: Mental and Physical alertness, Rapid pulse. Excitability, Introvert,

Anxious, Pessimistic. Undue stress and lack of confidence. Anxious, Apprehensive, Worried. Want of control, Fearful, Cautious. Want of support. Confused, Dread of everything. While looking at the scene get agitated. And tensed.

CLINICAL HINTS

- In Asthma, advise patient to take night meal early before 7pm, to avoid aggravation.
- When *Arsenic* doesn't work in respiratory affections, think of *Kali-ars*.
- Respiratory Complaint with Eosinophilia, *Kali-ars* is very useful.
- Ranunculaceae family is sensitive to insult.
- In Leucoderma, *Sil*, *ASF*, *Psor*, *Nat-mur*, *Bacillinum*, *Tub* are useful.

3. Dr RAJENDRA SHRIMALI

It was his first talk but he got the maximum claps because of his jesting nature. He spoke about importance of Repertory, it's uses giving importance to uncommon, peculiar symptoms, rare symptoms as they directly guide you to the remedy. So while Case taking always look for PQRS symptoms. As it is less time consuming and gives reliable result. He gave short cases to find out PQRS, rubrics and remedy. This session was most exciting one.

CLINICAL HINTS

- Long ears: Common in *Aurum-met*.
- Always wants good opinions from others: *Palladium* and *Arg-nit*
- GIT complaints > by warm food: *Lyc*
- *Kali-iod* is extremely workaholic like *Aur-met* but works without ambition.
- *Nit-acid* is workaholic with marked hurriedness followed by sudden weakness.

4. Dr KAVITA KASAT: A Lecturer in Homoeopathic Medical College at Satara. Practices since 10 years and working for Mentally

Retarded children. She talked on Homoeopathic Approach in Gynec and Obs.

COMMON DISORDERS WITH COMMON REMEDIES

- Dysmenorrhoea:** *Bell*, *Bov*, *Colo*, *Mag-phos*
Leucorrhoea: *Alum*, *Borax*, *Sabina*, *Kreos*, *Pul*.
Menorrhagia: *Erig*, *Sec-cor*, *Trillium-pendulum*, *Phos*.
Chronic Endometritis: *Bell*, *Lach*, *Puls*, *Bov*, *Ars-alb*, *Kreosotum*
Cervical Erosion: *Vespa-crab*, *Hydrastis*, *Con*, *Sec-cor*
Prolapse of Uterus: *Sepia*, *Lilium-tig*, *Collinsonia*
Ca Cervix: *Conium*, *Iod*, *Condurango*, *Kreosotum*.
Abortion: *Sepia*, *Sabina*, *Cimicifuga*, *Caul*, *Sec-cor*
Lactation: *Nux-vomica*, *Lac-c*, *Lac-d*
Labor: *Gelsemium*, *Caul*, *Cimicifuga*, *Chamomilla*
Cervicitis: *Nit-ac*, *Hep-sul*, *Hydrastis*

CLINICAL HINTS

- *Carcinosin* when used for labor produces very forceful expulsion of fetus.
- *Pulsatilla* almost specific for normal labor.
- *Sabina*- Leucorrhoea with amenorrhoea and jelly like offensive discharges.

5. Dr AMAR RASAL MS DNB (Gen Surgery): A Leading Surgeon of Sangamner presented all common surgical disorders and it's clinical examination with picture photographs. Very Clinically oriented and well appreciated by all students.

QUESTION-ANSWER SESSION: On the last day by all four speakers to clear all doubts regarding the Practical aspects of Homoeopathy.

Dr Prasad Rasal declared a Summer Workshop of 10 days next time.

The film 'LAGE RAHO MUNNABHAI' was shown as a fun conclusion.