



## Synopsis of other Journals

### BRITISH HOMOEOPATHIC JOURNAL Vol 93 No V1

**E PAROU:** Writes about interesting but little known facts about *Trifolium* pretence. Modern studies confirm the anti-tumoral, anti-inflammatory and oestrogenic effects of *Trifolium* due to the isoflavones present in its leaves. Author and her colleague took 20 granules once a week for 6 weeks and both of them had early menses with decrease of breast tension. The same effect was noticed with a single dose. Based on this subjective experience, the author used this medicine in cases of hyperoestrogenia and lower potency was used in low estrogen with family history of cancer. She has given seven cases of breast cancer where *Trifolium* immensely benefited the patients in reducing the tumour size, also normal mammography reports, increased energy levels, optimistic attitude and no relapse. In a case of amenorrhea of 3 months with anovulatory cycle, hirsutism and cystic breasts, the reports showed low levels of oestrogens and progesterone with high levels of testosterone. Constitutional *Nat-mur* and *Trifolium 200 c* infrequently given helped to bring the oestrogen levels to normal with regular menses. She suggests a new rubric: mind refuge in disease for this remedy and further scientific research.

P Rosenvaum has presented a case of *Elaps* in a case of Adenocarcinoma of rectum in a 70 yrs old woman. Post surgery she presented with anxiety especially on leaving the house owing to discomfort and embarrassment, fear of snakes even on TV and other complications after surgery. Her key symptoms taken into account were dreams of falling, desire/aversion of oranges and dreams of snakes. *Elaps 31K 1* drop daily was gradually increased to 90k 1 drop daily. Follow up of 1 year showing improvement in all the symptoms except for

pain in coccyx. The interesting feature of the case was vertically elongated pupils seldom seen in humans. It is characteristic of coral snakes.

**OTHER TOPICS OF INTEREST** include study of toxicology of black widow spider, pitfalls of case research and patient practitioner remedy.

### HOMOEOPATHY TODAY – JAN 2004.

Main articles in this issue are on stress. Rest includes insomnia and facts about flue vaccine.

**CINDI PAPSO:** She deals with stress of a chronic illness - Crohn's disease in 32 years old David who was a happy go lucky person. The disease hit him 10 yrs ago; he had to plan his life activities around the? nearest. His case was repertorised on the symptoms of Rectum- open anus and Hemorrhage tendency. *Phosphorus* was his remedy. *Phos 30 C* every 3-4 weeks cured him within nine months. Later David had hamstring injury for which he wanted Hom Rx but the author instead of interfering with the action of the medicine, resorted to FEldenkrius method. This is a popular method in Germany. It uses movement and its awareness, to change behavioural pattern. It is assumed that when we organize ourselves better physically, we would have more space available in the brain for creative and intellectual activities. It helps in reducing tension and stress.

**STEPHEN MESSER:** He treated Judy who was a nervous wreck due to a series of events like death, divorce, accidents and loss of job. She was completely terrorized and looked horrible. *Phosphoric-acid* helped a bit but she was still consumed with self doubts and sheer terror-felt she may never recover, and may die. Many times she repeated 'my blood runs cold'. *Aconite* covers the rubric 'Generalities, cold feeling in the blood vessels'. This feeling with fear of death helped to prescribe *Aconite* in 10M potency and on the very next day she was 50% better and following day had no need to see the therapist.



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**MARY ASPINWAL:** In her article 'To job or not to job' discusses pros and cons of flue vaccine. Survey shows that the vaccine is not effective. The vaccine sells since flue is scary. No flue vaccine contains the mutated Fujian strain that is causing severe flue. She warns: Do not fall for wrong advice for vaccinating children under 2 yrs and adults above 50. Homoeopathy is very effective. She also gives a case of post vaccination blues where a woman of 35 yrs developed severe chest pain, fear of cancer and anxiety. She also had mouth ulcers, post nasal drip and was chilly. Silicea helped her to recover.

#### **ADVENT OF HOMOEOPATHY: Oct-Dec 2003**

The theme of this issue is constitution. Dr L M Khan explains constitution covers both the psyche and the soma of the person. Temperament of a person is cast at the very beginning of life. Thus constitution and temperament have a very close meaning. Personality of a person projects his/ her traits. They may be a mask, since personality prescribing will always lead to failure. Diathesis is inborn state of disease tendency and disposition is one's usual mood or temperament.

Dr Kasim Chimthanwala gives an insight on constitution according to Girauvigi's classification of carbognitrogenoid Hydrogenoid and Oxygenoid types. Knerr's classification of 17 different types like Asthenia, Bilious; concern Catarrhal along with psoric, sycotic, syphilitic and Tubercle are explained. Understanding of constitution can help us in perceiving, selecting a correct similimum, to advise proper diet and prognosis.

Other articles include interview of Dr Shekh Azar of Pakistan, cases of aplastic anemia, diabetes and hypertension treated on constitutional basis.

Dr O P Setia discusses Parkinson's disease, medicines like *Agaricus*, *RT*, *Gelsemium*, *Arg-nit*, *Cocculus*, *Merc*, *Zinc* and *Plumbum*. In useful tips, he says, Diet rich in Vit E, of Vit E tab, lots of fluid or helpful. Tobacco less harmful method like pipe of agar and caffeine prevent or delay the occurrence of Parkinson.

#### **AUDE SAPERE: Jan - Feb 2004**

This bi monthly journal gives an in depth understanding

of *Arsenic* personality and various cases treated with the same medicine. The key features that emerged from all cases are all types of fears, fastidiousness, restlessness and desires more than what he needs.

Dr Sanjay Sehgal treated a case of septicemia who wanted relief immediately. The rubrics were rest can not rest when things are not in the proper place and carried desire to be carried fast. *Arsenic-alb 6* gave pramp relief. The very next day ESR level came down, Hb increased and the surgeon preferred to wait for 2 weeks for the surgery which was eventually cancelled.

Dr Yogesh Sehgal treated a case of an doctor who had a back injury after a fall. He was angry, abusive and restless. The rubrics chosen were cruelty, rest, until things are not in proper place, impatience and irritability, pain during. *Arsenic 30* gave prompt relief in 3 hours where other measures had failed. The cases were treated according to Dr Sehgal's revolutionary method. Dr RP Malhotra treated a terminal case of Ca mouth who had tremendous fear of death and chemotherapy. *Ars-alb 1M* single dose relieved the patient. He could sleep well, eat little, lived a month longer than expected and died peacefully.

#### **HOMOEOPATHIC MEDICAL PANORAMA: Oct-Dec'03**

This journal has many general articles on single drugs, small doses, and challenge to mass vaccination and others. The case reports include vasculitis and multiple myeloma.

In a systematically presented case, Dr Santosh has given account of a patient who was a known case of vasculitis since 3 years and was treated with steroids. All his symptoms started after he was beaten by his tuition teacher. His constitutional totality was irritable, < insults; anxious about health, introvert and weepy. *Nat-mur 200* as constitutional and *Hypericum 30* SOS cured him completely and steroids could be gradually tapered off.

Dr Abdul Gafoor has given a detailed general article on multiple myeloma (a malignant disorder arising from plasma cells by selective proliferation of single abnormal cell, secreting only same type of immunoglobulin. Diagnostic criteria is based on a) Monoclonal Fgcm of



light chain in blood or urine b) infiltration of marrow with malignant plasma cells or c) osteolytic bone lesion.) He treated a case of 39 yrs male who had chronic pain in sacral region with difficulty in walking. There was generalized pain and severe pain in hips. O/E there was wasting, restricted movements and tenderness. He had severe osteoporosis of spine with fracture of T3 T7 and L2. His bone marrow FNABC was suggestive of multiple myeloma. Based on the general rubrics – uncovering desire for, sweets aversion, warm drinks desire, softening of bones, pain canorous affections, sleeplessness and perspiration from, the medicines emerged were 'Calc, Lyco, Merc, Sul and Phos' Phos 0/6 for 3 weeks, Tub as intercurrent and other acutes like *Bryonia*, *Arnica* and *Capsicum* helped him immensely. He could be transferred from IPD to OPD.

**CCRH QUARTERLY BULLETIN: Vol 24 (3&4), Vol 25 (1&2) And Vol 25 (3&4) year 2003**

These 3 volumes published by Central Council For Research in Homoeopathy give extensive research reports-provings on human beings, animal experimentation and pharmacognostic studies of lesser known and now medicines in Homoeopathic materia medica.

In Vol 24, Editorial: selection of healthy provers, the duration of proving, recording of symptoms, drugs in each potency and the physical and clinical examination after proving.

**DRUGS PROVED:** *Ars, Brom, Kali-sulph, Euphortia, Oscimum-can, Oxytropis, Rauwalfia-serpentina, Ricinus, Staphylococcin and Tribulus-terrestris.*

Vol 25 (1&2) has studies of *Boerhavia-diffusa, Casalpinia-gonducella, Caricapapaya, Hydroctyle, Jaborandi, nyctanthos, Saraca-indica, Sarsaparilla, Terminatia-chefula and Viscum-album.* The editor says, There are many drugs in Hom. which are based on traditional use and no systematic studies are carried out. Thus clinical varification of such drugs is of great help.

These 10 drugs were sufficiently verified on a good number of patients who were able to relieve the symptoms mentioned under each drug.

**Vol 25 (3&4) Dr K P SINGH:** Scope of Animal Experimentation. There are many scientists activity involved in understanding the mechanism of action of Hom medicines. There is no definite explanation but the hypotheses are: Stimulates the vital force, Vaccine like effects, stimulates immune system and produces antibodies.

In 1996, MALIEKEL reported that *Kali-mur, Phytolacca and Carcinocin* could reduce tumour formation in mice. In 1980 Chaudhary showed that *Kali-phos, Calc-phos & Ferrum-phos* in 30 X were effective in curing artificially induced fibro sarcoma in swiss mice. Toxicity studies, effects on CVS, CNS, fertility effects of Hom medicines on albino mice and rats, albino rabbits and frog have shown varying effects. Drugs like *Baryta-carb30 and Bar-mur 30, Gossipium and Digitalis* were found toxic causing mortality in mice and rabbits. While *Baryta-carb 200, Crataegus, Ficus* and some others were found to be non-toxic. *Azadirachta, Berberis, Cannabis-sativa and Can-ind* were found to increase spontaneous motor activity or opposite effect. **DIGITALIS** 6ml infusion in frog caused complete stoppage of heart for 10 min and 4ml mother tincture infusion in rats produced immediate fall of blood pressure from 88.6 to 53 mm of Hg. Hom medicine also showed hypoglycemic effects, curative effects in aspirin induced ulcers, antifertility effects, reduction in alcohol mortality and wound healing in animals.

**Dr ANAND and Dr VICHITRA** give two case reports of *Gallic-acid* where symptoms of cough haemoptysis showed a definite cure backed by pathological tests-ESR, throat swabs and X' rays. Their article gives in-depth understanding of proving of *Gallic-acid*, clinical use and understanding of the symptoms narrated in the materia medica. In another article, the authors also report the efficacy of *Nycatanthes* in fever.

Dr J P Singh reports a research study of Hom in urticaria, exfoliative dermatitis and ring worm. *Calatropis, Hydrocotyle and Hygrophylla* were useful in these conditions. 6<sup>th</sup> Potency helped and exfoliative dermatitis.

Also given are the studies of *Ulex, Mirabilis and Anthrakokali.*



**QUINQUINA HOM QUARTERLY: Vol 9. No 2**

This issue begins with a **HOMAGE** to the honorary Editor Dr Kannan Punnakara. (*NJH* also conveys its heartfelt condolences to the chief editor Dr Rajiv Punnakara). The Homoeopathic fraternity has a lot to learn from this great Homoeopath, who established a Hom clinic in Karnataka, built a temple that became a holy place for the locals, treated patients successfully and refused to go to an allopathic hospital even on his deathbed!

**Dr VARGHESE** writes about **VACCINATION** at length and deconstructs the myth surrounding vaccinations. He describes AIDS as another giant hoax of modern medicine and says that there is an utter lack of Dynamic understanding of the process of Health. He strongly recommends the use of Hom in place of vaccines, to accept Hom for what it is and a patient's right to the choice of treatment.

**Dr JOE LEWIS** deals extensively with 'Medical Education Today'. He rightly writes: medical courses cannot produce a physician, it can only provide the elementary knowledge of medical science, the current training process turns the students in to cold, distant persons, futility of departmentalize diseases especially for insurance and billing purpose; commercial outlook and absence of true healers.

The author also writes that Germany has the best department of herbal medicine and there is increasing need of alternative systems of medicine. He also discusses the reforms required in Hom educational system to produce 'real' homoeopaths.

Other articles include 'Technique of Prescribing and occultism in Homoeopathy'.

**IHK NEWS : Vol XVII Feb 2004**

Most part of this journal is in Malayalam. In the Editorial 'The king is Naked', Dr Biju dares to point finger at the multinational pharmaceutical who try to push vaccines, trials and research down the throat of poor countries. Multinationals are the kings and few have the guts to call them naked. He cites the examples of SARS and Bird Flu. The hype created by the media only helped to spread fear and misunderstanding. In AIDS, there is no medi-

cine, yet expensive trials are undertaken at the cost of poor patients and more patients die due to these medicines than the disease. He appeals to Homoeopaths to be committed to the changes, happening in the medical field and reveal the truth.

**HOMOEOPATHY TODAY: Mar '04 Vol 24, No 3**

This 'Happy Healthy Babies' issue has tips for new parents—from toilet training to teething to colics. There are interesting case reports of these conditions and healing without tears.

**AMY ROTHENBERG** describes colic as 'paroxysma fussing of Infancy' and suggests *Chamomilla*, *Pulsatilla*, *Nux-vom*, *Lyco*, *Colocynth*, *Mag-phos* and *Ignatia* for the same. She also suggests diet advice for the nursing moms—avoid broccoli, cauliflower, onion, garlic.

**DIANE FULLER** explains *Chamomilla*—its use in angry, hypersensitive kids in pain. It is summarized as an 'ugly' remedy suitable for a terrible temper.

We can understand the differentiation of *Cina* and *Chamomilla* further in **NANCY GAHLES** case of a 'total fusspot'. In this case, the differences between *Cina* and *Chamomilla*, two frequently indicated remedies in children: This child had a fearful and angry look. He was just 7 weeks yet described as a 'total fuss pot' by the mother. It was difficult to sooth him once he started crying. The mother was very anxious during pregnancy because this was a surprise pregnancy. She also had lot of fears and guilt because she tried to get him out. The guilt increased when he was born premature. Initially *Chamomilla* was given to the baby but taking mother's history into account, 'anxiety of conscience, as if guilty of crime' was the main rubric that indicated *Cina*, which brought about a complete transformation. Not getting enough attention, cross, irritable: these are common to both *Cina* and *Cham*.

**OTHER JOURNALS AND PERIODICALS RECEIVED:**

Vital Informer Jan 2004

SDHA chronicle

Homoeopathic forum – Jan 2004

Medisynth Times- Dec 2003

Health Flab – July-Sept 2003 and Jan-Mar 2004

