



## Re-affirming the Oath!

We are in April '04- the most important month for Homoeopaths the world over- as it is the Month of the birth of OUR Founder, Master Samuel Hahnemann. Every year, there are innumerable Celebrations all over India on this day; many Seminars are held. I am also involved, one way or the other, every year - this year was at IIHP Delhi, where I spoke on Bell's Palsy and *Medorrhinum*.

Why is this so important to do year after year? Because it is very easy to get lost in taking short cuts and forgetting our main goal. We need to pledge ourselves again to the Hippocrates and the Hahnemannian Oath of serving the sick to the best of our ability and in the best Homoeopathic way. And one of the better ways, to remain in the main stream, is to attend, and if possible, present, scientific papers in our own field.

Dr VISHPALA PARTHASARATHY

Seminars and Journal likes ours, form a major part of the Continuing Medical Education for us Homoeopaths. Knowing that not all can attend every Seminar, it has been a major focus of *NJH* to give detailed reports of all good seminars. So every organizer of good Seminars should make it a point to appoint a serious learner with the task of writing a report at the end of the seminar for publishing in Journals like *NJH*.

Most often, we get reports from the Secretary of the association. The secretary is probably the most harried person in a seminar. Everything, right from figuring out if the LCD is working to checking water is on the table for speakers, he is constantly busy. So he may not give a report of the scientific part of the discussions. Of course, he knows all the dignitaries and their messages and the aim of the organization. What we get is a very comprehensive report on inaugural ceremony, people active on and behind the stage, what each dignitary said (which is generally same every where like – Homoeopathy should be made more acceptable, we homoeopaths have to reach it at grass root level, some promises of starting a Homoeopathic college or increasing seats in existing ones). This, though interesting and definitely politically correct, it does not form the meat and juice of Homeopathic learning. So we always have to send these reports back to the organizer for further details. Many a times they do not come back, because they were not witness to the scientific part of the seminar and hence nothing to add.

We ourselves put great effort in reporting and detailing papers of the SSMS. This time all the papers have come in, but we will miss Dr Kumar Dhawale's! Of course *NJH* JIT (just in time) will take some adjusting even for authors and readers!



In 2004 we completed 10 thought provoking seminars, each focusing on ONE important aspect of practice. Each one has helped us to go away with an understanding which has stood us in good stead in practice.

For the 10<sup>th</sup> Sarla Sonawala Memorial Seminar held in Mumbai on Feb 1, we had Irritable Bowel Syndrome and Colitis as the theme. Why? Because 10-20% of the general population suffers from IBS and in a gastroenterologist practice close to 60% are Irritable Bowel Syndrome. Incidence of Ulcerative Colitis also is on the rise. Even though pathophysiology of both is absolutely dissimilar, stress forms the mainstay of causation in both the conditions. A clear understanding of this, from all aspects, can help us clarify many concepts and help a practical and scientific approach to this problem for patients.

This is our second issue of the year and we have continued to maintain the On-time schedule. We have got a lot of congratulatory letters from the *NJH* family on this and we know and promise that now the train will never derail.

The issue has come out very well and the studies done therein will go a long way in making absolutely clear the problem of IBS. The most important fact which we must imbibe is that managing a case of Irritable Bowel Syndrome involves much more than history taking and finding the similitum. It requires understanding the patient, his dilemmas, his reactions, his fears. While treating him we must shatter the myths that he may be harboring and guide him properly about what he SHOULD eat and what he SHOULD NOT. (Did you know that dietary restrictions differ depending on the presenting symptoms of IBS – constipation or diarrhoea? The General article by Dr C H Asrani is, as always lucid, clear and easy to read and apply in practice. Dr Manu Kothari as usual has added a dash of humour and hit the bull's eye while describing how the medical profession makes big money from such almost life long disorders. The sentence I liked best was that CocaCola views as his main enemy, not Pepsi, but the Indian habit of drinking water. This proves it is a good habit and should definitely be inculcated in our young. Parents please take note.

Cases presented prove beyond doubt the long term efficacy of Homoeopathy in IBS. Dr Adil Chimthanawala has beautifully presented 3 cases with diverse symptomatology treated with the same remedy. Dr Rasal gives us a glimpse into a new remedy *Aegle-fofia*. To add icing to the cake there is a write up on Counselling of an IBS case and Dr Ajit Kulkarni's really amazing result in a given up case is a crowning glory for Homoeopathy. KUDOS to the way he has guided to the remedy selection by differentiating from other remedies.

There is a lot to read and learn, I am keeping this editorial brief and quick. Happy reading and communicating... Finally... a Big Thank you for the support to MLD Trust's Hariharn Nite Which was a big success!

