

# Dr Sarla Sonawala Gynaecology and Obstetrics Workshop Nov 2007, Nagpur

**ABSTRACT:** The NAH has started a yearly workshop on Gynaecology named after the erstwhile founderr of National Journal of Homoeopathy, late Dr Sarla Sonawala

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The Dept of Homoeopathic Gynaecology and Obstetrics of The National Academy of Homoeopathy, India, organized a 3 - Day Crash Course on Homoeopathic Gynaecology and Obstetrics in the memory of "Late Dr Sarla Sonawala" of Mumbai, at Shaad Homoeopathic Hospital Complex and Research Centre, Nagpur from 21<sup>st</sup> - 23<sup>rd</sup> November 2007. 30 young enthusiastic Homoeopaths participated. The session was inaugurated by Prof Dr Nalini Kurve. She delivered her oration on "ANC by Homoeopaths." Rich tributes were paid to Late Dr Sarlaben Sonawala by Dr Sagira Chimthanawala - the director of the workshop. Soon thereafter Dr Kasim Chimthanawala spoke on Homoeopathic Case taking procedure in a Gynecological and Obstetrics case. It was then the turn of Dr Deshmukh, Radiologist who outlined the details of how to read the USG of an ANC patient and the X-Rays of other gynecological cases. She even demonstrated a rare third trimester X-ray film, of the earlier days when USG wasn't available.

Dr Sagira Chimthanawala conducted a marathon session with her deliberation on Disorders of Pregnancy with their Homoeopathic management. She even demonstrated the different ANC exercises to be done for an easy labor. Further-more the enthusiastic participants got a fair chance to see the free application of homoeopathy during the conduction of live labor cases at the hospital in cases of cervical dilatation, increase uterine contraction, post labor pains and in the healing of episiotomy stitches. The students were given practical dem-

onstration of the various sutures and were guided individually to perform the stitch by themselves. The second day started early with Dr Aadil Chimthanawala dealing with the details of Clinical Examination and Physician's observation in a female patient. The participants were actually made to examine various patients of PID, Ovarian cysts, cervical erosion, Copper-T insertion, ANC, twins, etc in the IPD. Dr Sagira later deliberated on Uterine Fibroids, its Homoeopathic Management which was followed by a live cured case of multiple uterine fibroids with Ovarian Cyst of a 41 years spinster with profuse irregular menses and right inguinal pain, cured with *Lachesis*. It was followed by the miasmatic approach to ovarian cysts by Dr Dipti Dey and another live case of recurrent Ovarian Chocolate cyst cured by *Staphysagria*. A step-by-step video on a LSCS procedure was demonstrated. Dr Gattani demonstrated the "Mechanism of Labor" on a mannequin, complimented with Dr Sagira's experiences on its therapeutics. followed by an extensive session of case-discussion. The enthusiastic participants examined patients of PCOD, IHD and ASD in Pregnancy, cervical/ uterine malignancies. After dinner a movie "Conception to Birth" was presented.

DAY 2: Demonstration of Tube-testing procedure, Tubectomy and a Dilatation and Curettage. Dr Kasim deliberated on "Materia Medica of Female types." The drugs presented by him were dealt with as a person with basic characteristics and patient with altered symptomatology. A brief re-

view of Miasmatic evolution of female diseases was also deliberated. Dr Kavita Rathi (Amravati) gave a lucid lecture on PCOD and its homoeopathic management. She highlighted 2 cases of PCOD cured by *Oophirinum* and a case of Infertility with weeping disposition, leucorrhoea and genital warts cured by *Medorrhinum*. Another live case of a 28 years aged female with a history of recurrent abortions and when investigated gave positive results for endometrial Tuberculosis was presented by Dr Sagira. The patient also had Bechet's Syndrome (a rare immuno deficient syndrome which also causes recurrent abortions). She was treated with a constitutional dose of *Natrum-mur* and conceived in the 3rd month of treatment and is ANC 32 weeks at present.

A noted Breast Surgeon highlighted Breast Disorders with the latest investigatory procedures. A case of breast abscess in a nursing mother characterized by pain radiating from nipple to whole body and treated with *Phytolaca* was presented. Post lunch, Dr Bhoyar spoke on Male and Female Infertility followed by a case of Primary Infertility, who conceived and delivered twin girls after 11 years of marriage treated by *Tarentula-h*. The day concluded with certificate presentation to all participants. A Jungle safari early in the cold November morning was the final topping of the successful workshop.

Thanks Sarlaben for all the Blessings!  
We do need them for all such ventures!

## Free Homoeopathic Health Camp, Nepal

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*Ed: Nepal is a small place and Homoeopathy is not wide-spread. To appreciate these efforts we put this news item in the NJH*

Five days Homoeopathic Free Health Camp was organized by **Nepal Hom Med College** from 19 to 23 November 2007 at Gosala, Old Airport, Biratnagar from 1 pm to 5 pm.

### PURPOSE OF THE CAMP

1. To create awareness about Homoeopathy and to spread it amongst the masses.
2. To prove that Homoeopathy is also developed in all sector of Medicine to treat the sick people.
3. To survey the prevalence of the diseases.
4. To prevent communicable disease.

On behalf of Nepal Homoeopathic Medical College Dr Dipankar Ghosh, Dr C S Choudhury, Dr V N Shah, Dr Kunal Bhattacharya, Dr Sukhendu Sarkar, Dr Santanu Ghosh, Dr Bappaditya Biswas, Dr (Ms) Atreyee Roor, Dr Raj Kumar participated in the camp and rendered their services to the sick

people. There was also Dispenser Sri Satrugan Gurung, Sri Umakant Roy and the Registration Staff Sri Yashodhar Kamat, Sri Surendra Roy and the students of Nepal Hom Med College who rendered their service. 266 sick people received holistic method of Hom consultation and free medicine. The Doctors guided the patients about the advantages of Homoeopathic Medicine, the latest science for cure and restoration of Health. Also gave clinical teaching to the students.

The prevalence of the diseases mostly seen are Vit A deficiency in children, Gastrointestinal disorder: Peptic ulcer syndrome, Respiratory: COPD, Skin diseases, Infectious diseases: Tuberculosis, Leprosy, Cardiovascular: Congestive Cardiac Failure and other valvular diseases, ENT: CSOM and Acute diseases: Cough and cold.

It was interesting to see that the people are interested in Homoeopathic treatment and also want to gain more knowledge about Homoeopathy.



## Synopsis of other Journals

Editor: As of December 2007, Dr Rama Hariharan of Chennai takes over writing of synopsis of other Journals from Mr Kasi Vishwanathan, who has retired from NJH. Rama a succinct yet lucid manner, abstracts the essence of the articles and presents it to readers for their benefit.

### Dr RAMA HARIHARAN

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### WORLD WIDE HOMOEOPATHY, DEC 07 VOL. 1 No 2

A case of chronic gout of Rt Foot by **Dr KIRIT KUMAR SAHA** wherein he unfolds the case in a simple clear manner taking into account the present and past miasms of patient and family. The initial Rx of *Tub* was based on past h/o malaria + F/h/o TB with active, hot, tidy with fear of dogs, desires open air, sweets, salt, chillies, milk, ice-cream; gouty pain < walking, standing, damp weather; tendency to catch cold. *Tub* also covers sycotic miasm. After a month of placebo, abd flatulence locked in *China* 2 doses given (compl to *Tub*). After 2 mths the swelling and pain that was responding came to a standstill and *Tub* 1M was repeated. 2 mths later S Uric acid, initially 7.1 mg%, was now 5.2 mg% (N) with pain+swelling >. 2 mths later as mild swelling and pain was present. *Nat-sulph* was given to address the sycotic miasm + gouty pain < dampness, taciturn, hot pt, burning in soles, desire for sweet, sour, salt, bitter, cold drinks. In a fortnight, the pt was fine and no antipsoric was given as *Nat-sulph* covered that miasm too.

"The efficacy of LM potency in type 2 DM is nicely brought out in the Rx and management of this ubiquitous syndrome through a case, wherein *Phos* in ascending LM potencies brought the PPBS from 325 mg% to 82 mg% within 7 mths with all the needed lifestyle changes included.

### VITAL INFORMER, Vol. 15 No 10 OCT 2007

A case of haemophilia improved from severe to moderate with clotting time down to 10 min from 1hr and factor VIII from 2% to 17%! **Dr RAVI SINGH** of Balarampur, UP has given a detailed account

of haemophilia, a genetic disorder, through a case with very few peculiar symptoms to base a Rx upon. He sent *Arn* 0/3 which helped the pain and few days later sent *Phos* 0/1. It is remarkable that the remedy was transmitted using hair transmission (Sahni effect) and the pt who was given up, recovered so well

The same issue also reports a Ca It pyriform sinus with metastatic adenocarcinoma of bilateral cervical lymph nodes cured by **Dr RAJNEESH KUMAR SHARMA** of Kashipur, Uttarakhand. Simple casetaking with adherence to Hahnemannian totality and going by the Organon rules with an initial Rx of *Phos* repeated 6 mths later due to recurrence of anxieties and abundant thoughts at night with intercurrent *Ars-alb* for acute symptoms infrequently cured this man. His progressive chronic hoarseness < am, > sips of warm water associated with difficult deglutition and burning epigastric pain occ. Pt had anxiety < being alone having suffered a business loss recently which made him disinterested in bathing and worry a lot and think of many things at night. Flatulency from apples, des cold food but warm water, presented with a small swelling at rt neck and bilateral enlarged cervical lymph nodes. Initial Rx of *Phos* with a repeat after 6 mths due to recurrence of anxieties and nightly abundant thoughts with intercurrent *Ars-alb* for persistent epigastric burning infrequently cured him of pain, swelling and cancer in 9mths!!!

The remaining volumes for review have thought provoking essays by **Dr RAVI NAIR** of AYUSH



on the current direction of Homoeopathic education and the need for urgent fundamental changes to empower graduates to practice Homoeopathy confidently.

**Dr RAMANLAL PATEL** in his inimitable style, questions the new Materia Medica writers whether they are strictly following Dr Hahnemann's Organon in their provings, additions etc or is a whole generation of Homoeopaths being led astray which would be disastrous for the future of Homoeopathy. In the same vein, he questions if the current college lecturers are teaching real materia medica.

### HOMOEOPATHIC MEDICAL PANORAMA, VOL 15 No1 APR- JUN 2007

**Dr PRASANNA KUMAR** of Fr Muller's Homoeopathic College, Mangalore has presented a case of Hypomania. The lucid casetaking highlighting the sudden change of a college lecturer to an extravagant spender, arrogant, quarrelsome, hurried with loud talk and increased sexual desire, no proper sleep, unfinished work, chilly desiring spicy food pointed to *Verat-alb* given twice in a month followed with *Sulph* as an antipsoric, brought back the professor to normalcy within a few weeks!! This case also highlighted the physician's and his attendant's observations.

**Dr ALOKE KUMAR GHOSH** of Dr B R Sur Homoeopathic college Delhi, has shown the efficacy of LM potency in DM type 2 (BSPP 400 mg/dl) of a 40 yr old lady. CC burning of both extremities since a yr, aching in both knees < early morn on rising. This mild, sympathetic, gentle easily weeping lady loved company. She could not tolerate hunger esp 10-11am loved sweets, sour, warm food, watery stool, early am and frequent urination at night. She also perspired heavily and it was offensive and had a delayed wound healing tendency. She had a h/o chicken pox, pinworms, recurrent scabies in childhood, appendectomy at 18. FH: F- DM + dry eczema, M - died of liver CA at 65yrs, D - bleeding piles.

The predominant psoric miasm and totality of case suggested *Sulph*. LM 1 water dose be given with strict diet and exercise regimen. 2 mths later pt

slightly better in most aspects BSPP 360 *Sulph* LM 1 repeated. 2 mths later pt slightly better than before in all aspects BSPP 344 *Sulph* LM 3 given. 2 mths later: burning of extremities and nocturnal frequent micturition better BSPP 258 *Sulph* LM 5 2 mths later: bowels, sleep > burning of extremities and nocturnal frequency of micturition > pt feeling > *Sulph* LM 7. 2 mths later Pt feeling > bowels, sleep good, burning of extremities > urination > BSPP 154 *Sulph* LM 9. Pt fine in all aspects

*Are Indian children guinea pigs?* is a well researched essay on the polio vaccination program of GOI written by **Dr THOMAS KURUVILLA** a former DMO of Calicut. It highlights WHO using Indian children as guinea pigs with the new vaccine (mOPV1) untested in 2005 resulting in recurrence of polio in a 2 yr old in UP after its administration several times in UP. Quoting from Lancet which openly acknowledged the untested vaccine and that it was 5 times more potent than the previous one with also an increased likelihood of adverse effects. The Indian public was neither informed nor its approval taken before administering the enhanced vaccine. Data now shows Acute Flaccid Paralysis (AFP) on the increase in UP with 209 confirmed polio cases which could be due to overexposure of the vaccine (children vaccinated 20 times) "The multinational pharma giants have taken the Indian govt and the public for a ride by experimenting on children which is unethical and dictatorial." (Ed: Someone take up the challenge of giving OPV I in potentised form or procure it from Dr Baig.)

### HOMOEOPATHIC MAGAZINE, SEPT AND OCT 2007

This bilingual Pakistani publication (English, Urdu) carries a reprint of George Macleod's talk on various Homoeopathic medicines used to treat some veterinary problems esp skin in the English section.

### AUDE SAPERE, VOL 4 ISSUE 4 MAY-JUN 2007

This publication by Dr Sehgal's method of Revolutionized Homoeopathy studies *Conium* and *Ignatia* from their perspective. Dr Narendra Gupta of New Delhi writes that the central theme of *Conium* is a state that arises when a very passionate



person is restrained from doing what gives him/her, the greatest joy. This passion can be any issue/event/act that brings maximum joy, therefore the forced abstention creates all the other mental states of the drug. In *Ignatia*, Dr Sandeep Gaur discussed some aspects eg Being sensitive, reserved, secretive emotions are in a compressed state and so any attachment becomes total commitment in an idealistic manner and hence all the subsequent suffering.

**Dr ASHOK MOHANTY** of New Delhi does an extensive analysis in the ROH style of the symptom Dark as part of workshop at Delhi. He tries to understand dark in terms of 4 leading remedies *Calc*, *Nat-m*, *Phos* and *Stram*. He elaborates on how dark in *Phos* is the feeling of being seized while in *Stram* it reflects an unknown injury, for *Nat-m* it is a wretched condition whereas for *Calc* it means a destitute state, an insufficiency leading to a hand to mouth condition.

National Homoeopathic Seminar 2007 Evidence Based Homoeopathy, By AHML and Homoeo Friends

**Dr R K SINGH** of Lucknow read a paper on varicocele induced oligospermia in 34 yr old male treated with *Nat-m* and *Phos-ac*, *Ham* for infertility with semen count 1.2 mill/ml. The presenting symptoms were A/F disappointed love/ anxiety, dreams of feasting/ being pursued, decreased sexual desire, fear of impending disease and av company. In 2 mths the semen count went to 31.5 mill/ml!!

**Dr S K MUKHERJI** of Deoria reported a case of hemiplegic convulsions of left side of body with severity on face and upper extremities in a young mother. CT revealed SOL Rt cerebral hemisphere. Heaviness and numbness of Rt side of head did not respond to *Absinth*, *Amyl-nitr*  $\theta$ . Aura was a black cat coming to bite her, she screams and then the epileptic attack. Based on totality, *Puls* in ascending doses followed by *Sil* completely stopped the convulsions, numbness, headache in a few months with a dose of *Tub* due to f/h completed the treatment. Repeat CT after 10 mths showed no trace of disease!!!

**Dr JAWAHAR SHAH** of Mumbai presented a case of CA oesophagus in 74 yr old Rly policeman. A strong sense of responsibility, sympathetic, compassionate, inability to support injustice, weeping tendency, silent grief, fearlessness, strong desire for sweets/ hot food, thirstlessness, facial warts, swallowing difficult, solids <, revealed *Nat-m* and *Lyco*. On seeing the evolution of patient, overall history, des to take on responsibility with strong willpower and clarity of mind made him Rx *Lyco* 0/2. Gradually he improved with a repeat endoscopy after 6 mths at Tata Memorial Hosp reporting normalcy. The pt was able to eat and drink everything!!!

**Dr S S MOHARANA** of Dharwad shows the usefulness of *Asaf* in 2 cases of osteoarthritis. He demonstrates the use of BB Rep. through R B Catell's trait concept. First is a 65 yr old farmer with loose body formation, locking the knee jt when rising from sitting with general chilliness, thirstlessness, low app, swelling+ pain in rt knee < movement responded in 6 mths with no pain/ swelling/ loose body formation. In the other case of a 28 yr old man having a vascular necrosis of head of femur (bilateral) presented with pain at hip < movement/ alcohol, limping, unable to squat and cough < cold. Severe anxiety due to a divorce was there prior to the pain starting. In a few weeks the pain reduced and after a yr he was trouble free. In both these cases the remedy was repeated in 30c water dose for long periods.

#### OTHER JOURNALS RECEIVED

- Aude sapere, Vol 4 Issue 4 May-Jun 2007
- CCRH News Vol 42 Apr-Jun 2007
- Inches Vol7 Issue7 July2007, Vol7 Issue8 Aug2007
- Homeo Clinical Case Recorder Vol 14 Issue1&2 Jan-Sep 2007
- Homoeopathic Forum Vol 10 Issue8 Aug 2007
- Homoeopathic Heritage Vol 32 No9 Sept 2007
- Homoeopathic Magazine Vol 77 No9 Sept2007, Vol 77 No10 Oct 2007
- Homoeopathic Medical Panorama Vol 15 No1 Apr-Jun2007
- National Homoeopathic Seminar (AHML +HF) Oct 2007
- Vital Informer Vol15 No8 Aug 2007, Vol 15 No9 Sept 2007, Vol 15 No10 Oct 2007, Vol 15 No11 Nov2007
- World Wide Homoeopathy Vol 1 No2 Apr 2007