



Towards Enlightenment

ABSTRACT: India has provided "The Man of the Millennium" and now it is the duty of the Nation to promote and prepare another Man of the Millennium. I am sure that people of India will continue the tradition. India has great heritage of philosophy and due to this it is possible to prepare good human beings.



Dr AMRAPALI MERCHANT MA LLB PhD

Awarded: Dr Radhakrishnan National Award for Higher Education", "Gyandeeep Puraskar" International Award by Yashvantrao Chavhan Maharashtra Open University, Nasik, Award for Women Services by Young Men's Gandhian Association. Ahmedabad, Gujarat. Has Penned 21 Books.

Professor and Head, Dept of Sociology, Sardar Patel University, Vallabh Vidyanagar. Gujarat.

Mail: amrapali2007@yahoo.co.in. Mobile: 9909254550

Editor: Why is this topic relevant for our First Student Edition NJH? Good human beings make best doctors. So our aim should be to travel that path right from our inception in Homoeopathic field. We requested Dr Amrapali, a renowned spiritual teacher to write a brief word on how a Homoeopath should conduct and develop himself.

The Human life is "Amulya (invaluable)". A Medical doctor is considered as **second to God**. Homeopathy is the godly way of treatment and you all are also second to God for your patients. **You are the future of India and the world.** Homeopathic medicines are a blessing for humanity-being affordable, effective and curing the patient in the shortest time. I believe that if Homoeopaths take efforts to spread awareness, Homeopathy will be the most preferred choice of treatment.

Let us think, what is life? From where we come? Where do we go? I consider that life is gifted by GOD to achieve **ENLIGHTENMENT**. The philosophy of the India says that human life is just to achieve Moksha (to be free from all attachments).

The era of 21st century is "knowledge" based. Knowledge has stages and man can conquer those stages one by one and reach to the highest stage. The freedom from "Janam (birth)" is the wish of every Hindu. Hindu culture has stated four objectives of life: Dharm, Arth, Kam, and Moksha. Jainism is the ancient religion of India which has Moksha as the **highest Goal of life**. To achieve Moksha, one has to pass through various stages of knowledge. Man has to walk through following stages:

- | | | | |
|---|----------------|---|---------------|
| 1 | Information | 2 | Understanding |
| 3 | Analysis | 4 | Synthesis |
| 5 | Creativity | 6 | Innovation |
| 7 | Empowerment | 8 | Enlightenment |
| 9 | Towards Moksha | | |

Do we learn this in our life? Is it through educative system or through any systematic way? If not, Where we have lost our ancient wisdom? Let us discuss these stages in detail **how one can achieve all the stages in a short life.**

Actual life of a human being is just about 25 years. If man lives 70 years, first ten years are just invested in playing and at the end of life about 5 years with Doctor, so $70 - 15 = 55$ years. We sleep for 27.5 years, and we invest at least 5 years in eating and doing personal work. Now if we are going to live only about 27 years than we have to live carefully. My dear friends, this is not just philosophy but it is truth. Let us think that if life is so small than every **One** has to plan it carefully.

1. **MAN STARTS LEARNING WITH INFORMATION-** the factual meaning of the visual thing. Information helps man to understand the physical world and the worldly matters. Man learns about physical, social and emotional world. Information teaches use, making and processing things.

2. **UNDERSTANDING:** Gives the real meaning the inner meaning of worldly things and its analysis. Person always thinks with his own perception, surrounding and reference. Analysis helps person to synthesis and understand the situation.

3. **CREATIVITY:** Only after full understanding in toto than creativity starts. This step is very important.. Creativity is better known as innovation -the person's **IDENTITY**, a reflection of his personality.

4. **EMPOWERMENT:** Comes out of hard work, excellence, brightness, smartness and achievement. This stage leads to the Goal of life and towards Enlightenment.

5. **ENLIGHTENMENT:** The highest stage of human being. "Realized SOUL": Enlightenment will easily take the human to **ULTIMATE GOAL** of life- to achieve God..to travel to Moksha. To walk on this path, one has to develop eight dimensions given below:

- 1) Development of Health
- 2) Mental Development
- 3) Social Development
- 4) Economic Development
- 5) Civic Development
- 6) Cultural Developments
- 7) Ethical Development
- 8) Spiritual Development

- a. Self directed
- b. Self managed
- c. Self motivated
- d. Self controlled

The main is

DEVELOPMENT OF HEALTH: To perform optimally, Man needs balanced health-both physical and mental, needs to develop a habit to take care of him /her health, so vital for his growth. Well being of body is considered as first happiness. Well being is based on good food habits, lifestyle.and Yoga. Here is where the importance of Homoeopathy as a preventive medical science play an important role.

This along with development of all other 7 developments will allow us to travel towards Excellency. Now we can see the importance of Health and its management in our overall development.

Doctors are the best human being in the world because they treat patients. When patients visit you, they are unhappy, but when you treat them, they go with happiness. It is a short journey for doctors towards enlightenment which will take doctors towards excellence.

A Workshop on Repertory - A Report

REPORTED BY

Dr KURAIN P J POST GRADUATE STUDENT (REPERTORY)
Fr Muller Homoeopathic Medical College. Deralakatte.

A workshop on Repertory for PG student was held on June 8th and 9th 2007 at Fr Muller Homoeopathic Medical College, Deralakatte. The workshop, first of its kind in South India was conducted by Dept of Repertory of Fr Muller's, attended by 70 delegates from various institutions.

The workshop was inaugurated by Director Rev Fr Dr Baptist Menazes followed by a brief introduction, of PG syllabus for Repertory.

THE FIRST DAY SPEAKER- Prof Dr S K TIWARI: Discussed the Basic Repertories by Boenninghausen, Boger and Kent.

THE SECOND DAY

1. Prof **Dr VALAMATHY R FERNANDEZ** discussed Synthesis 9. 1.

2. Significant features of latest edition of Murphy's Repertory were elaborated by **Prof Dr RITA CHAKRABORTHY**
3. Computer Software Programmes in Repertory by **Dr KURIAN P J**.
4. Elaborate exposition of Modern Repertories by **Prof Dr S K TIWARI**.
5. An active discussion followed.
6. At the end of the sessions, the representatives of each institution expressed their views and also expressed gratitude for the stimulation sessions. All the delegates were awarded participation certificates by Rev Fr Stany Tauro in a short valedictory function.

Queries and Solutions

PROF DR KASIM CHIMTHANAWALA MBBS, LTMANDH, DDV, DMS, FPT, FNAHI, PGNAHI

President: The National Academy Of Homoeopathy, India

Director: Postgraduate Advanced School Of Homoeopathy

Shaad Hospital Complex And Research Centre, Near Itwari Railway Station, Nagpur -2

Ph: 0712-2766286, 2522563, 2532008, 9822240648 Email: adilch@rediffmail.com



Q1: Have there been any clinical trials of comparing Allopathy and Homoeopathy in any area of medicine?

Dr AMIT NIMBHORKAR, AMRAVATI.

ANS: There have been a few authentic studies published in journals on a comparative study of homoeopathy with conventional system of medicine. Some of them are- International Journal of Clinical Pharmacological Therapy in 1997, (35:296-301) reported a study done by Drs K Friese, F Kruse, R Ludtke and Moller on "The homoeopathic treatment of Otitis Media in children - comparisons with conventional therapy." Another study is reported by Dr Trichard, Dr Chauferin and Dr Nicoloyannis in the 2005 issue of Homoeopathy (94: 3-9) entitled "Pharmacoeconomic comparison between homoeopathic and antibiotic treatment strategies in recurrent Rhinopharyngitis in children." A good article was reported in a journal "Wien Klin Wochenschr" 2005 (117:256-268) by Hamre et al on "Anthroposophic versus conventional therapy of acute respiratory and ear infections: a prospective outcomes study." The journal of Alternative Complementary Medicine published an article in 2001 (7:149-159) entitled "Homoeopathy and Conventional medicine - an outcome study comparing effectiveness in a primary care setting" by Drs Riley Day and Fischer. The journal, Clinical Experiences in Rheumatology also reported an in-depth study done by Professor G S Breuer and Dr Orbach in 2005 (23: 693-696), on "perceived efficacy among patients of various methods of complementary alternative medicine for rheumatologic diseases." Another German study carried out by Drs Bensoussan, Jovenin and team on "Complementary and Alternative Medicine use by patients with Inflammatory Bowel Disease: results from a postal survey." It was reported in the Journal of Gastrointestinal Clinical biology -2006 (30: 14-23). Lancet in 2005 (366: 726-732) itself reported an article on "Are the clinical effects of homoeopathy placebo effects? Comparative study of placebo-controlled trials of homoeopathy and allopathy." Many more comparative studies are still going on the globe over.

Q2: "An apple a day, keeps the doctor away!" Can you justify this statement?

Dr SHILPA GULHANE, NAGPUR.

ANS: Well, I think when this idiom was coined, it must have been presumed that an Apple contained all the nutrients and vitamins required for a healthy living. Unfortunately nowadays all fruits / foods are hybrid and have lost their original nutrient value at the expense of high yield. As far as apple is concerned, it comes in all shades of red, green and yellow. Apples are free of fat, sodium and cholesterol. They contain flavonoids in high proportions that have anti-cancer properties. 25% apple's volume is air, 25% water - hence they may combat Obesity as well. The Iron content is high, useful for anaemic patients. Eating a whole apple is more nutritious than drinking apple juice. The apple peel contains high amount of fibre, vitamins and minerals. They are "Nature's Tooth-brush" help clean the teeth and massage the gums. It was the falling of an apple that prompted Newton to enunciate the Law of Gravity. And finally mankind started when Adam and Eve sinned by eating the forbidden apple in the Garden of Eden.

Q3: Sir, What do you think about the use of Computer Programmes for repertorizing new cases?

Dr SANJAY CHANDRAKAR, RAIPUR.

ANS: Most computer programs available today are mere compilations of rubrics from different repertoires and literatures. One fact is overlooked that every author has his or her own conceptions regarding the terms used as rubrics. For example, in Boericke's Repertory, "worry" and "restlessness" are synonymous. Where as in Kent's Repertory, "anxiety" connotes worry and "nervousness" and restlessness are same. More-over, at number of places, the same rubric has different drugs in different grades. Hence my opinion is to adapt yourself with book repertorization in initial period of practice and keep the computer programs for later as they are beneficial for keynote prescriptions, rare symptoms, etc.