



Veins: Our most Humble Servant

Veins: the most abused or belittled entity in the body?

Have we ever thought about it? We have 3 major networks in our body, call it top to bottom links, call it what you will. The fact remains that these 3 connectivity routes run from head to foot- the arteries, the veins and the nerves. Arteries are accorded the highest position—as they carry good, life-giving blood all over the body. Arteries also cause the most deaths. Is it any wonder then that, both the physicians and the patients are obsessed with diseases of arteries. Blocked coronaries, vertebro basilar syndrome, middle cerebral thrombosis, mesenteric artery thrombosis and what not? Most of the research, most modern technology too, is directed towards this high profile, high revenue generating ailments. It is only the poor Veins that have no such claim to fame. What is their status in the great map of the body? Just scavenger function—carry the waste to be recycled. Which means, nobody spares them a thought. Nature also has been partial, having provided them with thinner and much less elastic walls as compared to arteries as their function is not regarded as being worthy of better equipment!

Dr VISHPALA PARTHASARATHY

Diseases of the venous system receive little or no attention, both in the clinical teaching or the practical training of medical practitioners and as a result is neglected in practice too. Varicose veins are passed off as due to age and DVTs (Deep Vein Thrombosis) are more often missed than diagnosed. The potential of preventive medicine as regards to DVT has only been appreciated by airlines and gynecologists.

With Indian statistics not available, let us look at German stats. More than 25% of the adult German population show marked pathological changes to the veins; 15% chronic venous insufficiency and more than 1.2 million suffer from chronic leg ulcers. The cost of treating leg ulcers alone is over DM 2.5 billion.

Imagine the number of cases in India!!

Only now, after centuries, when the medical profession has realized that veins may serve some useful purpose in bypass surgery, are they finding some better ways of treatment. Because if stripped, then later they will not be available to use in bypass surgery!

So Veins are second class citizens and we make sure that, we accord them the status of third class citizens! But all that is about to change with this issue of NJH- which hopes to give Veins its rightful position as the saviour of the body- one who serves and helps with minimum fuss-The humble servant.

Diseases of Veins, this years fifth issue promises to be truly worth its weight in Gold. Dr Asrani's general article is a gem—simply and lucidly puts and covering every aspect that we must know about. The cases of all the sections are good. I have tried to bring out some pitfalls of practice in the Dramatic case section. And the Other cases section proves that a lot of spontaneous authors are writing in, whatever they feel is worthwhile to contribute. This section comes of its own accord, so it is the benchmark of the NJH draw. Articles for the main theme have to be persistently demanded, so we cannot attribute those to the pull of NJH.

We are in December already.....The year is fast drawing to a close and so has 2003 NJH issues-5 down and 1 to go (this one released in a record time of 1 month) The next and final and the most difficult one(Brain) 6/2003 will



be released on 1st Feb at the SSMS. We do hope to see you all there in great numbers- not only to learn, but also to encourage the NJH team, which works hard to bring you some gems, some useful things month after alternate month.

ISSUE EDITOR DR PRADEEP GARGE WRITES:

I often wondered for so many years of involvement with the *NJH*, that why we cannot get the journals in time? Why are the issues always late? Why do we have to give explanations to the subscribers whenever we go for seminars, as to why *NJH* is late? Why for so long, we cannot make up the lost time?

I got the answer when I took the responsibility as a issue-editor for this *NJH* issue! It is really disturbing and shocking that though we cure patients we are not publishing the cases! All of us are guilty of this. I myself have dawdled and delayed over getting articles from various authors → who after agreeing to write, took so long to submit → then Ma'am (Dr Vishpala) kept emailing me as to send the articles collected so we could start feeding them in!! And finally, though I have worked only on this one issue for over 5 months, yet finally I myself could not make it to write my own case!! Is this not a wonder and a shame?

We must sit and ponder why we fail to publish cases inspite of so many so-called and so claimed cures? Is it really due to lack of time, as we all claim? Or should we start doubting the claims. But then this would apply also to the people who do so many activities and yet manage to write, to share and in this way are doing a great service by teaching the younger generation.. There are definitely other reasons. Time is the same for everyone- the same 24 hours- in which to practice, to do 100 other activities, related to work. Then social activities and so on.

In the homoeopathic fraternity, we must look beyond this one ubiquitous excuse, used as an umbrella to cover up for all our short comings. So what are these other factors?

- Lack Of Self Confidence
- Lack Of Approach
- Lack Of Proper Format To Publish The Cured cases
- Lack of training oneself to do more things in the same 24 hours.

We must find out what is the main reason as it is very high time now. We must show unity, confidence and daring to come to the top of this healing world.

In spite of all difficulties we have tried to give some glimpses over the topic, hope you will enjoy reading this issue, which in all humility we present to you as a near concise information on Diseases of the Veins.

EDITOR: Bravo, Dr Pradeep! It takes courage to accept that we can improve and that we need to improve. I am sure these few words are going to make a lot us think and re-examine ourselves and then rebuild ourselves. The important thing is that this training should start early enough, in our own training period, when we still open to suggestions and improvement.. So from this year, the curriculum of training my assistants will not only have art of prescribing but how to do multitasking including organized academic activity. Time is never going to increase, only our capacity to do things fast enough increases. So we achieve more in the same time. This training works! (See the addition to our NJH Editorial Board. It makes me happy. We can only hope in future we have Homoeopaths who will contribute to growth of Homoeopathy - substantially, consistently, methodically and fruitfully in a disciplined manner.

People should realize that by getting one's work published they are made immortal and that work will help others till posterity. But alas! We get the feeling that everytime we get an article, we are being obliged!

At *NJH*, we have never shied from earnestly helping any and everyone who is willing to write or even dream of writing. Come, together let us make this world more knowledgable for the future homoeopaths!

