



Our Inspiration—Dr J N Kanjilal

To write an ode for one's Teacher is both a matter of privilege, pleasure and pride. Being a disciple of Late Dr J N Kanjilal, I had an opportunity to know this Master Homoeopath intimately. In every fiber of his soul he was a Homoeopath. His genius, in countless instances, was manifested not only by the tactful approach to the patient's complaints, but also the untiring work in the academics of this therapeutic art. It shall be a fitting tribute, if by following his life and works, we may in some way improve our knowledge of our system and renew our commitments towards the goal of our lives.

BIRTH: 30th August 1908 – A Red letter day in the history of Indian Homoeopathy.

On this day, in a small hamlet of East Bengal, the present Bangladesh, was born our Guru Dr Jnanendra Nath Kanjilal. After completing his education at the Carmichael Medical College (MB 1936), he started his practice at a small village called Daulatpur near Khulna in 1938.

TRANSFORMATION: Being a staunch Freedom fighter, he was jailed at Khulna. It was there, in the dark prison rooms, his affair with Homoeopathy began. Being an avid reader, he immediately took this newer approach to treat the sick and drowned himself in the basics of Homoeopathy. The severe epidemic of 1940 of Cerebral Malaria in his village changed his life forever. He found remarkable success with Homoeopathic medications in controlling the epidemic. This inculcated in him a deep sense of commitment and respect for the science.



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PROFESSIONAL CAREER: Being a Master academician, he was associated with D N Dey Homoeopathic Medical College and Hospital, Kolkata. He taught various subjects as Pathology, Clinical Medicine, Materia Medica, Philosophy and Gynecology. A firm believer in the original Hahnemannian thoughts, he often remarked "Scientific training differentiates a therapist from a quack." Having a roaring practice at Kolkata, his approach to the patient and prescriptions blended perfectly with the principles of the Organon.

ACADEMIC ASSOCIATIONS: He was a Life member and a General Council member of the All India Homoeopathic Medical Association. He was also the only member of the Central Council of All India Institute of Homoeopathy simultaneously. An indefatigable crusader for unity, he was the founder of the West Bengal Homoeopathic Federation and went on to unite the two All India Associations to form The Homoeopathic Medical Association of India. The Homoeopathic fraternity, as a token of gratitude and acknowledgement of the services he rendered, bestowed the coveted chair of the President of Honor for life. There was no National committee appointed by the Government of India, without him being its vital force. Some of these being the Research Committee, Homoeopathic Pharmacopoeia Committee, Planning Commission Task Force etc. He was the Assistant International Vice President for India of the International Homoeopathic Medical League and also President of the All India Homoeopathic Editors Guild. Till before his retirement about a year ago, he was regular participant in International Congresses. I can recount an instance worth mentioning which depicted his deep sense of commitment to the Hahnemannian philosophy and an unwavering zeal that set him apart from the rest. It was at the time when a discussion was taking place at the Homoeopathic Pharmacopoeia committee of the Drug

Technical Advisory Board of India on inclusion of patents in homoeopathic pharmacopoeia. Without giving any second thought, when his objections were getting over-ruled he immediately placed his resignation letter. Along with the parent drugs like *Alfalfa*, *Cineria Maritima*, *Euphrasia*, etc were retained in pure forms and no mixtures were allowed. With his characteristic fervor and single minded efforts, he fledged members. He was perhaps the only one to return his M B S degree following criticism regarding the modalities of the awards.

PUBLICATIONS: His contribution to the academic and scientific field is outstanding. He has published several extremely useful papers. His hard hitting editorials in

the popular journal *Hahnemannian Gleanings* on a variety of subjects were an eye opener and food for thought. He was one of the torch bearers and advisor of the Homoeopathic Heritage as well as the editor of the *Journal of the Homoeopathic Medical Association of India*. He even offered valuable suggestions and his precious rare books for reprint. He was ready to sacrifice anything for a cause or a principle.

Even in his ripe old age, in fact just for a year previous to his death, he remained very mobile and used to attend all conferences and meetings in India and abroad where his august presence was required. He was a colossus in the Homoeopathic field – a multifaceted personality, the likes of which can never be duplicated.



Tiny Tots, the victim of food additives

Every substance has its individual colour and flavour, but only a few are pleasant and attractive. People all over the world have done all they can to make food smell and look appetizing. Food additives are attractive colours enticing flavours and can be seen in attractive drinks, candy chocolates and gums. They are all around us and are getting whackier and bolder. In recent years synthetic colours and flavours are being used more freely. It is said that all the natural vanilla in the world would be insufficient to flavour the vanilla.

Now-a-days lot of our food contains allergic toxins through colouring, preservatives and additives, as well as the use of pesticides and insecticides. These allergens can cause our immune system to turn against itself. Since children are very sensitive, they react to it

fast. As a result disease like nephritis, colitis, diverticulitis, anemia, allergies, etc can occur. Do we ever bother about the composition of these additives, which are chemicals?

There, indeed, exist harmless, permissible additives but there are a large number of the detrimental variety. I had not paid much attention towards this until my own experience. One evening I happened to go to a park along with my wife and grandson. After a few horse-rides, he was attracted towards a candy vendor who was selling colourful woolly balls. I couldn't stop my wife to buy one for him. After he ate, the pigments of colour left on the stick drew my attention & I noticed, it had high fluorescent taint left behind. Although I threw the stick, my mind was stuck to it! I questioned myself; can a harmless additive have a fluorescent shine? God knows how many of our children are consuming these pigments every day! I know, in Europe some researchers believe that British food is the sick food of Europe. We, their onetime slaves still follow many things, which



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