

10th Dr Sarla Sonawala Memorial Seminar, Feb 01, 2004

Kudos to Dr Vishpala Parthasarathy, *NJH* and the entire *NJH* family for successfully completing 10 years of SSMS. These words will hold more value if we congratulate a daughter, for the tribute to her mother, Dr Sarla Sonawala, an eminent Homoeopath and a loving person, by steadfastly continuing the tradition of comprehensive, focused, theme-based seminars and in return benefiting the whole homoeopathic fraternity.

THE THEME OF SEMINAR was Colitis and Irritable Bowel Syndrome.

The uniqueness of this seminar was to focus on scientific and artistic aspect of homoeopathic prescribing, psychosomatic aspect of illness and how to study homoeopathic materia medica ie living mat-medica, clinical mat-medica, evidence based study, personality type mental state, its importance in origin of evolution of illness, recovery, cure and palliation of illness.

Dr C H ASRANI: He was the opening batsman. He opened the innings by focusing on basics of irritable bowel syndrome and colitis. He stressed that the physician must revise his knowledge of relevant anatomy, physiology, pathophysiology and clinical medicine before accepting any case.

The physician must pay attention to history of illness from evolution point of view, establish clinical diagnosis and keep in mind the differential diagnosis.

He also focused on concept of structure from function in general and specific to colitis and irritable bowel syndrome. He discussed at length Ulcerative colitis, Crohn's disease, Bacillary dysentery, mucus colitis, their

diagnosis and prognosis in brief and relevant to the theme. He also made a point, especially for ulcerative colitis, to focus on conservative line and surgical intervention at appropriate time. Important point to note was that how people have awakened in the West and started considering it as one of the major debilitating illness, mostly a stress related problem, which needs family support as well as the understanding that a person should learn to live with it.

He finished his presentation in time, leaving no room for other speakers to explore the general aspect of the theme of the day. He always keeps us spell bound with his immense knowledge of power speech. As Dr Vishpala Parthasarathy correctly said that the person who has the complete knowledge always makes the topic very simple.

The ground was prepared for the subsequent speakers to deal with other aspects of colitis and irritable bowel syndrome.

Dr KUMAR DHAWALE: He took the thread from previous speaker regarding mental state of irritable bowel syndrome; he followed the inductive method (logic). Focused on practice first. He presented three cases which coursed the range of colitis and Irritable Bowel Syndrome in a broad manner, but his focus remained on how to elicit mental state. He also mentioned this peculiar topic of mental state, attitude, state and qualified mental symptom has been dealt with the previous issue of *NJH-Mental State II*. He presumed audience is conversant with it and decided not to go into detail, as it would be repetition of printed word.

He did 3 different cases 1st of businessman treated with *Kali-bi*. 2nd case of engineer treated with *Merc-sol*, and 3rd case of a doctor who had visited him earlier in 1998 better with *Nat-m* and in 2003 treated with *Kali*

Reported by:

Dr N L TIWARI

Director, Rural Health Service, ICR, MUMBAI

bi, *Nat-m* and *Staph*.

The focus of his presentation with example of three case was on the following points:

- 1) The life and living of person is the central point in experiencing health or disease.
 - 2) Nature has its own plan. Individual makes his own plan. When two plans are in tune with each other then he experiences health, harmony and happiness. When man's plan is out of tune with nature's plan, he experiences illness, disharmony and unhappiness.
 - 3) Man creates his own world through his choice(s). No choice-he is responsible for an action, reaction and creation.
 - 4) He demonstrated well the psychosomatic aspect of illness-its origin, evolution and presentation.
 - 5) Stress and strain of life, conflict and resolution in life, accepting the life what it offers, fighting with it or escaping as per own disposition, was demonstrated well.
 - 6) Laughter is one of the medicines to deal with stress and strain. Learn the art of laughing on self rather than on others. That is what I could get from the session.
- He concluded saying that psychosocial ailments of the colon are spread out over a spectrum from function and structure.

Dr VISHPALA PARTHSARATHY:

Lycopodium is a polycrest remedy, which we all know so much about, but yet it is difficult to remember everything about a remedy always. But when an experienced person speaks, one is always left with an image which remains with you forever.

She took us through the journey where we saw the *Lycopodium* evolving from infant to old age. Took up the salient features of the drug explained beautifully in a lucid manner interconnecting every aspect from mind to body-body to mind.

Even though her focus remained on evolutionary aspect of *Lycopodium* ie from infant, child, adolescence and adult. She also laid emphasis on living mat-medica, artistic aspect of homoeopathic mat-medica. Imaginative creative aspect and at the same time to remain on

the ground facts level.

She focused both positive and negative ie strength and weakness of *Lycopodium*, and made an effort to differentiate from *Nat m*.

It was an effort to demonstrate how remedy from plant kingdom can be studied ie to study plants habit-habitat, kingdom family-class- order of plant, this knowledge will help in-depth study.

She explained it beautifully with 3 cases. 1st case was of onfant of 14 months who suffered from thalassaemia major came to her for recurrent Upper respiratory onfection demonstrated with photographs. The photo of the infant had a typical *Lyc* look even at the age of 14 months.

2nd case was of a child which was personally taken by her at Dubai. The boy was very intelligent, very particular in answering.

3rd case was of a businessman, business minded, having passion for money and very fastidious suffering from IBS and not better though visited best of Gastroenterologists since none of them could study the mind which only a good homeopath can do. And that is what which helped in this case.

Dr AJIT KULKARNI:

He started his speech saying "The sorrow that has no vent in tears, may make other organs weep."

He divided his presentation in two parts: First part discussing concept of personality ie theory part and specially focusing on colitis and irritable bowel syndrome. He took the advantage of ground prepared by previous two speakers specially Dr Kumar Dhawale. He inspired the evolution of personality type. Ambitious person, aggressive person, fight and conflicts of the person. He demonstrated polarity in the person. Second part he supported his concept with cases from practice. But he did not stick to the time factor even when two sessions were allotted to him, which left the following speakers with little time and loads of inconvenience. The mood of the seminar which was hitherto so calm and refreshing, suddenly became tense as to

time!

Dr KAUSER AGA:

She demonstrated effect of counseling in general and spastically in cases of irritable bowel syndrome.

She also connected it with homoeopathic practice, homoeopathic case receiving demands the same things.

- Develop rapport with the patient
- Problem Definition
- Identifying the problem, the triggering factor
- To make client aware of his problem promote patient to responsibilities. One should be aware of what one wants to achieve with the therapy, the goal of the therapy.
- Intervention: Explained beautifully with a help of a case how to reach the core of the problem, by asking different types of question:

- 1) What is the evidence of problem?
- 2) What is another way of looking at it?
- 3) What if it happens?

Termination: Gradually tapering of the session
SL (Sac-lac) of Therapy "Listening"

Dr ADIL CHIMTHANAWALA:

We all missed Dr Kasim Chintanwala, an integral part of NJH since years, due to ill health. Dr Adil quite ably fulfilled the responsibility. Taking the theme of the day IBS with other varied complaints, three cases were presented:

- 1) cardiophobia with IBS where pt's younger brother died of MI and was quiet religious and Tormenting about salivation appropriate for prescribing *Lil tig*.
- 2) Masturbation, recurrent cold with IBS in a small girl. He also gave DD of the same case as *Bufo*, *Origanon* and finally *Lil-tig* with reasons.
- 3) Prolapse uterus with IBS having pre-marital and extra marital sex, depressed, impulsive, critical snappy and causelessly busy leading to *Lil tig*.

Dr Adil presented three cases and demonstrated well three aspect of *Lilium-tigrinum* in child, adolescence, Adult, different aspect of Love-Sex-Love affair
Lil-tig was the remedy given in all the three cases, its

different aspect in all the cases made a good Materia medica learning.

He focused that ulcerative colitis is multifocussed disease. Surgical intervention may not be the curative line of treatment.

Dr PRASAD RASAL:

His introductory speech on computer repertorization, taking into account symptoms of colitis etc when remedies like *Nuphar*, *Aegle-fovia* come up- a important and interesting. Important because in practice we tend to use the common of the most suitable remedies.

The plethora of symptoms highlights that there are so many remedies which are proved yet remain unused though they are known to us since centuries.

How to study mat-medica was demonstrated well. He took two remedies of rare group and one polycrest. Focused on: How to study plant and mineral kingdom. Factful mat-medica imaginative mat-medica..He gave warmly not factboy to imaginative mat-medica lucid informative knowledge. Apparently a lot of homework had gone in his presentation

Dr MIRZA ANWAR BAIG:

Demonstrated *Alumina* through personal experience cases from practice. His logic was not always clear to the audience and the time factor got compounded.

Dr RAJANI GWALANI:

It is always heart warming to see a person of different school of medicine, not only respecting but also practicing homoeopathy. Though left with not much time she explained in short, her detailed case history beautifully taken, every area was explored and worked out. This presentation highlights the importance of case taking, logically and systematically solving and arriving at the remedy with good results.

As she said herself, her presentation came from her "Allopathic miasm".

