



अनुश्री  
E-DARPAN

— DIGITAL KNOWLEDGE PORTAL —

— Powered by —

Anushree Homoeopathic Medical College, Jabalpur



Volume 1

Issue 1

March - April 2026

## Anushree E Darpan Team

### Patron-

Dr. Vikas Tripathi

### Editor- in- chief-

Dr. Sourik Ghosh

### Editors-

Dr. D. K. Gupta,  
Dr. Vinod Badgaiyan

### Co-Editors-

Dr. Priyanka Dubey  
Dr. Ritu Tiwari  
Dr. Ajay Prajapati  
Dr. Zoya Ansari

### Members

Payal Sonpure  
Avnish Tripathi  
Ayushi Nigam  
(4<sup>th</sup> B.H.M.S.)  
Avni Sharma,  
Sameer Ahsan  
(3<sup>rd</sup> B.H.M.S.)

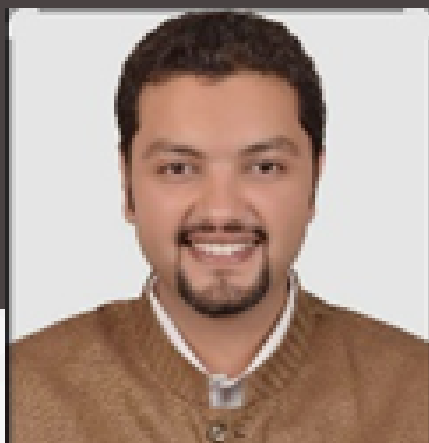


## Editorial

Anushree Homoeopathic Medical College is always a torch bearer of education, and hope for a continuous development of the students. Anushree Darpan was first walled up as a wall magazine in the year 2009, by the initiative of a great teacher Dr. S.C. Mishra. Somehow this was discontinued after about 6 years, but now we are again resuming it in a new form of E-magazine naming it ANUSHREE E DARPAN. This will be the mirror image of the education and knowledge of the students with the co-operation of the teachers. We hope this digital magazine will inspire the students and teachers throughout India. The vision of Shri Aniruddh Vishnoi Sir, Director, and the positive mind of Principal Dr. Vikas Tripathi Sir has led to the foundation of this educational asset. The interests of the students and teachers have made the construction of this e magazine. We hope for the appreciation of the readers, and expect more and more active participation of the students.

**With Warm Regards**

**Editor,**  
Anushree E Darpan



## Message from the Director

It is with great pride and delight that I present the first edition of our College E-Magazine **ANUSHREE E DARPAN**, —an insightful reflection of the intellect, creativity, and aspirations of our academic community. A college is not merely a place of learning; it is a dynamic space where ideas take shape, innovation is inspired, and individuals grow into leaders and responsible professionals. This magazine beautifully captures that spirit.

The contributions showcased here—be it research articles, creative writing, artworks, or reports on achievements—demonstrate the depth of thought and the enthusiasm with which our students and faculty engage in both academic and co-curricular pursuits. Their dedication, perseverance, and passion for excellence are truly commendable.

I extend my sincere appreciation to the editorial team, faculty mentors, and all students who have collaborated with unwavering commitment to bring this publication to fruition. Their collective effort reflects the ethos of our institution—teamwork, integrity, and a continuous pursuit of growth.

As you explore **ANUSHREE E DARPAN**, I hope you find inspiration in the perspectives shared and the accomplishments celebrated. May this edition encourage every reader to think boldly, strive for excellence, and contribute meaningfully to society.

Warm regards,  
**Shri Aniruddh Vishnoi**  
Director, Anushree Homoeopathic  
Medical College, Jabalpur



## Message From The Principal

It gives me immense pleasure to present this edition of our College E-Magazine, **ANUSHREE E DARPAN**, a vibrant platform that reflects the creativity, curiosity, and commitment of our students and teachers. In an ever-evolving world, education is not confined to textbooks or classrooms—it extends to the ideas we share, the experiences we celebrate, and the voices we nurture. This magazine is a testament to that spirit.

Each page you read is filled with the enthusiasm of young minds who are eager to explore, express, and excel. Their articles, art, poetry, and achievements showcase not only talent but also resilience, compassion, and a willingness to learn—qualities that form the foundation of responsible future citizens.

I wholeheartedly appreciate the efforts of our editorial team, teachers, and students who have worked with dedication to bring this edition to life. Their teamwork and passion truly embody the essence of our school community.

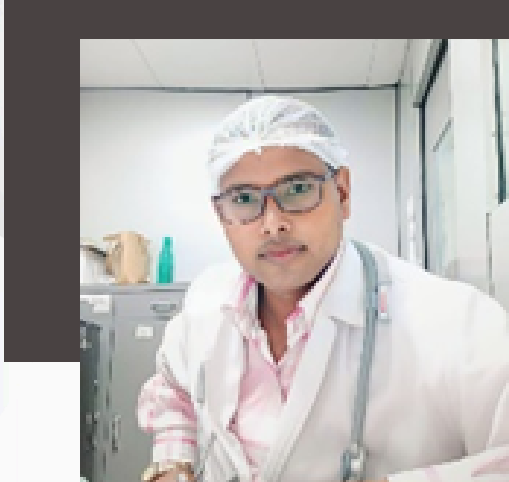
As you browse through this e-magazine, I hope you feel inspired, enriched, and proud of what we can achieve together. May this edition encourage every reader to continue nurturing creativity, embracing challenges, and striving for excellence.

Wishing you all joy in reading and success in all your endeavors.

**With warm regards,**  
**Dr. Vikas Tripathi**  
Principal, Anushree Homoeopathic  
Medical College, Jabalpur

## Title:

### "A Descriptive and Comparative Study on Animal Derived Medicine in Homoeopathy and Ayurveda"



## Author: -

Dr. Dheerendra Kumar Sagar  
(Assistant professor)  
Department of Community Medicine  
**BHMS, MPH, M.SC (B.Ed.) PGDHM,  
PGDCA**

**Abstract:** Animal-derived medicine has an important role in a clinical practice in both Homoeopathic and ayurvedic system of medicine both systems of medicine stand still in this competitive world from the ancient times Despite their therapeutic, clinical significance for our community.

Both systems are natural as well as therapeutic value but there is need collaborative and comparative study studies on their origin The present study aim to provide a descriptive and comparative analysis of animal-based drugs used in both homoeopathy and ayurveda.

A qualitative review method is used adopted by some classical and official text Such as homoeopathic text organon of medicine (6thEdition) by Dr. Samuel Hahnemann founder of Homoeopathy, Homoeopathic Materia Medica by Dr. William Boericke Dr. Allen key notes Dr. S.K Dubey, Homoeopathy pharmacy by Mandal and Mandal whereas Charak Samhita and Sushrut Samhita and Ayurveda pharmacology supported by recent scientific literature. There are many animal sources of medicine but Analyses only twenty most useful and significant animal sources taken and examined to highlight their sources pharmacological action, preparation, techniques and therapeutic value and indication. Both system use similar biological origins such as venoms secretion and animal product animal parts but both system are different on their principles, while homoeopathy emphasizes potentization and symptom similarity with individualization whereas ayurveda focuses on dosh means ("Vaata Pitta Cough") so need balance and rejuvenation the physical body. The study concludes that an integrated understanding of these holistic traditional approaches it may offer valuable insight for developing evidence based ethically sustainable animal origin medicine in traditional and Complementary health system.

**Discussion:** Traditional systems of medicine such as homoeopathy and ayurveda have long recognized the therapeutic potential of substances derived from animal sources.

This study provides a descriptive and comparative analysis of animal-origin medicines used in both systems, exploring their conceptual foundations, methods of preparation, and therapeutic applications the research employs a qualitative, descriptive, and comparative approach, using classical texts like the Organon of medicine, Homoeopathic Materia medica, Homoeopathic Pharmacy Charaka–Samhita and Sushruta-Samhita ayurvedic pharmacology as primary sources. Animal-derived substances are evaluated through two different frameworks—the ayurvedic scale (Rasa, Guna, Virya Vipaka and Prabhava) and the homoeopathic comparative scale (source, potency, sphere of action, symptom similarity, and dynamic effect). Findings reveal that while Ayurveda emphasizes the material and pharmacodynamic properties of animal products to balance the Tri-doshas. While Homoeopathy focuses on their dynamic and energetic actions through Potentization OR Dynamization to stimulate the vital force. Both systems highlight healing, restorative, and anti-inflammatory potentials of animal-based medicines, such as Apis Mellifica and Madhu (Honey). The study concludes that despite their differing principles and methodologies, both Homoeopathy and Ayurveda share a common holistic philosophy and approach. Both system of medicine aimed to restoring balance and health through natural means as well as promotive curative. Preventive and rehabilitative as such as holistic diversified approach for the community. Integrating their knowledge may contribute to the development of a unified understanding of ethically sourced and scientifically evaluated animal-origin medicines, promoting interdisciplinary collaboration.

#### COMPARATIVE STUDY TABLE ON AYURVEDIC AND HOMOEOPATHIC ANIMAL SOURCE OF MEDICINE

<b>s.no</b>	<b>Ayurvedic medicine</b>	<b>Animal source</b>	<b>Main ayurvedic uses</b>	<b>Homoeopathic medicine</b>	<b>Animal source</b>	<b>Main homoeopathic uses</b>
<b>1</b>	Madhu honey	Honey bee apis mel	Wound healing digestive aid antioxidant cough	Apis mellifica	Honey bee	Inflammation oedema sting bite urticaria sore throat
<b>2</b>	Gomutra	Cow urine	Detoxification on skin disease immunity booster	Lac caninum	Dog milk	Throat infection diphtheria alternating symptoms

3	Matsya machhli	Flesh	Rejuvenate aphrodisiac source of omega 3	Oleum jeciaselli	Cod liver oil	Bone disorders rickets malnutrition
4	Kukkut egg	Hens egg	Nourishment infertility tonic	Ovamtosta	Egg shell	Bone fragility calcium deficiency
5	Shank Bhasma	Conch shell seemolasc	Antacid calcium supplement	Calcaria carbonica	Oyster shell	Weak bone chronic fatigue fear obesity
6	Matsya meda fish	Marine fish	Ata pacifying, joint disorder	Moschus	Musk deer secretion	Rheumatism anemia debility
7	Mriga shringh bhasma	Deer horn	Cardiac tonic epilepsy anxiety	Lack defloratum	Skimmed cow milk	Fainting hysteria Breathlessness
8	Go grit cow ghee	Cow milk fat	Brain tonic digestion rejuvenation	Sepia officinalis	Cuttle fish	Migraine constipation anaemia
9	Matsyash ukra	Fish roe	Infertility vigor promoter	Gallus galusdomesticus	hen	
10	Kukutmam sa	Chicken meat	Strength Nourishment	Theridion curassavicum	Spider	Nervous weakness vertigo
11	Matsya bhasm	Fish ash	Source of minerals anemia	Asteria rubens	Star fish	Induration mastitis ovarian pain facial neuralgia

12	Makshika bee wax	Bee secreation	Wound healing cosmetic use	Apis mellifica alt	Hony bee	Pain sore throat Inflammation
13	Go dugdha	Cow milk	Nutritional supplement rasayana	Lac caninum /lac def	Dog or cow milk	Throat infection
14	Shukti bhasm	Oyster shell	Antacid calcium source	Calcaria ostrearum	Oyster shell	Weak bone fear fatigue
15	Kukkutbha dsm	Hen bile	Liver disorder digestive stimulant	Fel tauri	Ox bile	Liver function constipation
16	Go shakritbha sm of cow dung ash	Cow	Skin disorder detoxifier	Carbo animalis	Animal charcoal	Ulcer septic condition glanduler swelling
17	Matsya taila fish	Marine fish	Joint pain eye health	Oleum jeciaselli	Cod liver oil	Bone and nerve weakness
18	Mamsa rasa	Meat extract	Nutrient supplements vata disorder	Terentula Hispana	Spider	Restlessness hyperactivity chorea

**CONCLUSION:** The present descriptive and comparative study highlights the rich therapeutic value of animal-derived medicines in both Homoeopathy and Ayurveda, two ancient yet scientifically relevant systems of healing. Although these systems differ in their fundamental philosophies—Homoeopathy emphasizing the dynamic principle of vital force or Similia Similibus Curenter (LIKE CURE LIKE ) whereas Ayurveda focusing on the material and energetic balance of Dosh vaat pitta cough both recognize the importance of animal sources in restoring health and harmony within the human body. Through comparative evaluation using the Ayurvedic Scale (Rasa, Guna, Virya, Vipakaand Prabhava) and the Homoeopathic comparative scale (Source, Potency, Sphere of Action, and Symptom Similarity), it becomes evident that each system have unique strengths that complement the other. Ayurvedic preparations utilize tangible biological properties to produce physiological effects, whereas Homoeopathic potencies rely on dynamic energy to influence the vital force. Despite these methodological differences, both systems uphold the principles of natural origin, ethical use, and holistic healing. Their shared focus on patient-centered treatment and individualization makes them valuable models for integrative healthcare .This study concludes that the integration of Ayurvedic and Homoeopathic knowledge regarding animal-origin medicines can be the way for ethical, scientific, and evidence-based innovations in traditional pharmacology. It also encourages future researchers to explore interdisciplinary collaborations between Homoeopathic Pharmacy and Ayurvedic Pharmacology to enhance understanding, safety, and sustainability in the use of natural therapeutic resources. This study concludes that the integration of Ayurvedic and Homoeopathic knowledge regarding animal-origin medicines can be the way for ethical, scientific, and evidence-based innovations in traditional pharmacology. It also encourages future researchers to explore interdisciplinary collaborations between Homoeopathic Pharmacy and Ayurvedic Pharmacology to enhance understanding, safety, and sustainability in the use of natural therapeutic resource.

**प्रस्तावना :-** "अनुश्री परिवार" कविता एक गहन वैचारिक एवं अकल्पनिक घटना पर आधारित है, इसमें महाविद्यालय परिसर की सुंदरता से लेकर शैक्षणिक गतिविधियां खेल कूद मनोरंजन एवं छात्रावास सहित संस्कृतिक कार्यक्रमों को पाठक के स्मृति पटल पर उकेरने का प्रयास किया गया है।

**उद्देश्य-** नीचे दी हुई निम्नलिखित कविता का उद्देश्य केवल अनुश्री महाविद्यालय में संचालित होने वाली रूपरेखा एवं मिलने वाली विभिन्न सुविधाओं को एकीकृत करके मुक्त छंद कविता में लिखने का प्रयास किया गया है ॥

यह कविता मौलिक एवं पूर्णतः अप्रकाशित है, अमर उजाला काव्य समाचार में प्रेषित किया गया था लेकिन यह रचना एक विशेष संस्थान पर आधारित है एवं विशेषता का वर्णन करती है इस कारण इसे प्रकाशित नहीं किया जा सका ॥

### "अनुश्रीपरिवार"

इस संस्थान की विविध प्रगतियाँ तुम्हें बताएँ सार  
शिक्षा समृद्धि से पूरित है यह अनुश्री परिवार  
तुम प्रवेश कर देखो यहाँ पर हनीमैन की मूर्त है  
कितना सुन्दर यह परिसर है हरा-भरा खूबसूरत है  
आँगन में गौरी शंकर की छवि यह कृतिम विराजित है  
जो संकल्प लिया श्रीमंत ने अब वो यहाँ प्रकाशित है  
नूतन नवीन कक्षाएँ आधुनिक कम्प्यूटर कृत संचालित है  
पुस्तक भवन में हजारों पुस्तकें कई भाषा में अनुवादित हैं  
उच्च गुणी अनुभवी शिक्षकगण इस परिकर की शोभा हैं  
मानवता का सार बताते मानव जाति की सेवा है

एनाटमी विभाग में रखा मानव का कैडेवर है  
सभी छात्रों को देखनेमें लगता केवल उससे डर है  
यहाँ प्रयोगशालाएँ उच्चतम हर जाँच की सुविधा है  
नियमित बच्चे होते प्रशिक्षित इसमें न कोई दुविधा है  
सब विभागपरिपूर्ण स्वयं है अत्याधुनिक मशीने हैं  
सब कार्य सफल होते है नई-नई तकनीकें हैं  
मन्त्रमुग्ध यह वर्णन करता छंदों अनुसार  
शिक्षा समृद्धि से पूरित है यह सुन्दर सा परिवार॥  
योग गुरु हैं योग सिखाते नियमावली विचार बताते  
फिजियोथेरेपी होती यहाँ पर रोगी जन उपचार हैं पाते  
जटिल समस्या का समाधान बीमारी होती ठीक यहाँ पर  
रोग मुक्त होते हैं रोगी ये विश्वास अडिग यँहा पर  
कम दाम में औषधि मिलती चिकित्सकों से अवधि है मिलती  
अपनी दिनचर्या के हित में छोटी सी एक विधि भी मिलती  
सहज सरल उच्चतम शिक्षा देना यह संकल्पित है  
अनुश्री शिक्षा सिमित सदा बच्चों के हित समर्पित है  
ओपीडी हो अस्पताल की या क्लीनिकल प्रैक्टिस हो  
बस की सुविधा मिलती यहाँ पर चाहे सर्दी गर्मी हो  
कैन्टीन है इस परिसर में जिसमे बनते गरम पकौड़े  
रैगिंगका न कोई झांसा सबस्वतंत्र है थोड़े-थोड़े  
लड़कियों का छात्रावास है जिसमें कोई कमी नहीं है  
पूर्ण सुरक्षित चारों ओर से सचमुच कोई कमी नहीं है

लंच डिनर या ब्रेक फास्ट हो पोहे समोसे बने पनीर  
सभी लड़किया रविवार को हिल-मिल खाएँ पूड़ी खीर  
खेल कूद साप्ताहिक होते इसमें न कोई संशय  
सभी छात्र जन स्वस्थ रहें बस केवल है इसका आशय

सेमीनार आयोजित होते दिल्ली लखनऊ जब जाते  
हर्बल गार्डन बरगी जाकर मानसिक सुख हैं सब पाते  
शैक्षणिक उद्देश्य से औषधीय कम्पनियों का भ्रमण करें  
सीखें कई प्रकार कलाएं हम सब शिक्षा ग्रहण करें  
संचालक,श्री संचालक प्राचार्य महोदय का करता आभार  
शिक्षा समृधि से पूरित है यह अनुश्री परिवार ॥

एक बात आनंदित होकर ये सब को बतलाऊंगा  
कई यँहा पर प्रतिभायें है आओ तुम्हें दिखाऊंगा  
रंगा-रंग वार्षिक उत्सव सांस्कृतिक कार्यक्रम आयोजित होते  
कविता पढ़ते सब कवि जन हैं गीत गान हैं सब करते  
फैशन शो हो या नाटक सब छात्र जन कर दिखलाते हैं  
सभी ओर है कीर्ति ये चर्चित अनुश्री नाम बताते हैं  
इतना वृस्तृत मैदान यहाँ विविध प्रकार का आयोजन करते  
क्रीकेट पतंग फुटबाल या पिट्टू कुर्सी के खेल सभी करते  
वर्णन लिख डाला आनंद ने अपने अनुभव सभी विचार  
सबसे सुन्दर सबसे प्यारा सचमुच ये अनुश्री परिवार॥

**नाम: आनन्द कुमार त्रिपाठी**

**वर्ष: चतुर्थ वर्ष (BHMS)**

बैच: 2020-21



# WHISPER OF HEALING

In drops so small, yet power profound,  
Nature's voice in silence found.  
A like to like, the sages say,  
Guides the soul to light its way.



No forceful cure, no bitter fight,  
Just subtle touch to set things right.  
The body's tune, a sacred song,  
Homeopathy helps it sing along.

A single dose, a healing spark,  
To light the flame within the dark.  
From Belladonna's fiery eye,  
To Arnica when bruises cry.



Not just the flesh, the spirit too,  
Is held in care so pure & true  
A remedy for mind & heart,  
Where silence ends, the art will start.

So let the remedies gently flow,  
With faith and wisdom soft & slow.  
In homeopathy's quiet stream,  
Awakens health — and life's sweet dream.

**WRITTEN BY- DEVIKA BAGHEL**

Batch- 2018-19



## Confusion to Cure :- एक चिकित्सक की कहानी

एक कहानी बड़ी पुरानी, फिज़ीशियन से सुनो जुबानी  
पेशेंट था, सिम्पटम्स का जंजाल, लेके आया एक बड़ा सवाल।  
पहले तो सबकुछ मुश्किल लगा,  
बुद्धिल गाई, पर कुछ समझ न आया भला।

सोचा, अब तो बस  
**यही रास्ता**



केसटेकिंग से करुंगा शुरुआत अपना वास्ता।  
ऑब्ज़र्वेशन करने लगा हर एक बात पर,  
सिम्पटम की तरफ बढ़ ने लगा।  
तब पेशेंट बोला – “सुबह उठतेही सिर भारी लगताहै,  
ठंडी हवा से सुकून मिलता है,  
खाना खाने के बाद पेट फूल जाता है, रात में पसीना आता है,  
छोटी बातों पे चिढ़चिढ़ आती है,  
कुछ समझ नहीं आता है,  
ज़रा और बताओ,” लगा कुछ बात बनी यार।

पल्सेटिला मिल गई यार  
मेंटल, फिज़िकल, मोडालिटीस लिखता जा रहाथा,  
सिम्पटम के पीछे छुपा कॉज़ समझमें आ रहाथा।  
लगरहाथा – “शायद अब मैं समझनेलगा हूं”,  
अपने मिशन के करीब अब मैं बढ़ने लगा हूं।  
टोटालिटी बनाई, पिक्चर क्लियर हो गई,

हर सिम्प्टम की ग्रैविटी अब समझ में आ गई।  
मेटेरिया मेडिका से मिलाया सब क्लूज़ को,  
जो अलग था, जो स्पेशल था, उसी ने दिखाया राहें ठू को।  
रुब्रिक्स फॉर्म किया, और रेपर्टरी उठाई,  
हर ऑप्शन पर सोचा, हर रेमेडी पर नज़र डाली भाई।

मोडालिटीज़, जेनरल्स, मेंटल्स सब मैच करा,  
सिमिलिमम का चेहरा अब साफ दिखने लगा!  
इंडिविज़ुअलाइज़ेशन बन गया मेरा मंत्रा,  
पेशेंट जैसा था, वैसे ही रेमेडी का तंत्रा।  
ना कोई जनरलाइज़ेशन, ना शॉर्टकट का ट्रैक,  
बस एक होलिस्टिक नज़रिया, दैट्स द होम्योपैथिक नैक!  
मिनिमम डोज़, मैक्सिमम क्योर का सपना,  
अब पेशेंट बोले – “डॉक्टर, मैं तो ठीक हो गया”  
स्माइल के साथ बोला मैंने भी –

ये तो सिर्फ़ शुरुआत है, अब और भी है करना!”  
ये कहानी सिर्फ़ एक पेशेंट की नहीं,  
हर उस इंसान की है जो अपनी आवाज़ ढूँढ रहा है।  
और हर होम्योपैथ की भी,  
जो उस आवाज़ को सुनने का हुनर रखता है।

**लेखिका :- शिवानीपाल**

BHMS 1st year (2024-2025)



# Can Music Enhance the Effect of Homeopathic Remedies?

Homeopathy is built on the idea that healing is not just physical but vibrational. Remedies, even in their ultra-diluted form, are believed to carry energetic signatures that stimulate the body's vital force. Interestingly, music also works on a similar plane subtle, invisible, yet deeply impactful. Could there be a bridge between these two vibrational therapies? Could music actually enhance the effect of homeopathic remedies?



Both music and homeopathy operate through the language of energy. While remedies are chosen based on the totality of symptoms, music touches the emotional core of a person, sometimes unlocking repressed memories, suppressed grief, or hidden joy. When a person listens to a melody that resonates with their emotional state, it can open up channels of expression just like a well-chosen constitutional remedy.

Let's imagine this: a patient taking Natrum Muriaticum for deep emotional suppression listens to soft classical piano music while reflecting on their inner feelings. The music may help release tears, emotions, or memories making the remedy's action deeper and more profound.

Similarly, a child on Tarentula Hispania with hyperactive behavior might calm down more easily if rhythmic, grounding music plays during or after remedy administration.

Some homeopaths believe that the state of the mind and heart at the time of remedy intake can influence how well the body receives it. Music, acting as a mood-setter, could prepare the mind for healing calming nervous energy, promoting openness, or even supporting meditative focus.

While this idea isn't yet formally researched, the possibility is fascinating. Perhaps in the future, remedies may be prescribed alongside healing playlists. After all, if both music and homeopathy can individually reach deep within, why not explore their combined power?

Music and homeopathy are both natural and non-invasive methods of healing. If used together with care, they may support each other and bring more harmony to the healing process.

As a student of homeopathy, I believe this is a new area worth exploring in future studies.

**Dr. Samuel Hahnemann sir  
says**

**"The highest ideal of cure is the rapid, gentle and permanent restoration of health....."**

This ideal may be fulfilled better when music and remedies work together.

**WRITTEN BY- PRITAM MAJUMDAR**

BHMS 1st year (2024-2025)



## PARENTAL BOUNDARIES

Today, I found myself thinking a lot about boundaries in families, especially between parents and children. Everyone talks about love, respect, and sacrifice, but hardly anyone talks about space. I have realized boundaries are not about creating distance or disrespect; they are about protecting, relationships. They allow both parents and children to breathe, grow and love without feeling, suffocated. Sometimes I wonder why this idea feels so foreign in most Indian homes. Maybe it's because our parents grew up in a culture where family meant oneness



not individuality, they see our choices as extensions of their identity. They've sacrificed so much that they expect us to follow the paths they believe are safe. Careers they approve, marriages they choose, lifestyles they find respectable. And yes, it often comes from love and fear... but sometimes it feels like we're living for them, not for ourselves.

I have also realized that being a good child doesn't mean being "Aagyakari" all the time-Just blindly saying yes. That only creates silent frustration. What parents truly want is for us to be "samjhdaar" - to understand their worries, their sacrifices, and their fears, while still being true to ourselves. To listen. communicate and take responsibility, so they don't feel they have to control every step of our lives.

If we as children can become mature enough to handle our lives wisely, our parents won't need to keep holding the steering wheel. And if parents can learn that giving space doesn't mean losing love maybe we can finally have relationships builds on trust not fear.

I don't know if society will change overnight But I know one thing - boundaries don't weaken love they protect it. And maybe, just maybe if we all understood that. Indian homes would be a lot, lighter, warmer and freer..

**WRITTEN BY- SHIKSHA.**

BHMS 3<sup>rd</sup> YEAR (2024-2025)



# CASE PRESENTATION IN HOMEOPATHY: A HOLISTIC APPROACH TO HEALING

## Introduction

Homeopathy is a holistic system of medicine that treats the individual as a whole, considering physical, emotional, and psychological aspects of health. Case presentations are an essential component of homeopathic practice, showcasing the unique process of understanding a patient's totality of symptoms and selecting the appropriate remedy based on the law of similars (Similia Similibus Curentur).

## Patient Profile

Name: Ms. Ruchi Sonkar

Age: 28 years

Sex: Female

Marital Status: Unmarried

Occupation: Teacher



## Chief Complaints

1. Recurrent Migraine Headache for the past 3 years
  - Location: Right-sided
  - Character: Throbbing pain
  - Frequency: 2–3 times a week
  - Duration: 3–4 hours
  - Modalities: Worse from noise, light, and before menses; better with cold application and sleep

## 2. Irregular Menstrual Cycle since adolescence

- Cycle: Every 45–60 days
- Flow: Scanty, lasting 2 days
- Accompanied by abdominal cramps and irritability

## History of Presenting Illness

The patient reports that her migraines started during her final year of graduation and have worsened over time. She often takes painkillers, which offer temporary relief. The menstrual irregularity has been ongoing but has not been investigated previously.

### Past History

- Typhoid fever at age 10
- No history of surgery or major trauma

### Family History

- Mother: Diabetic
- Father: Hypertensive

### Personal History

- Diet: Vegetarian
- Appetite: Reduced
- Thirst: Moderate
- Sleep: Disturbed during migraine attacks
- Bowel Habit: Regular
- Urine: Normal
- Thermal: Chilly patient



## **Mental and Emotional State**

- Mildly anxious and reserved
- Tends to suppress emotions
- Sensitive to criticism
- Desires perfection in her work
- Dreams of failure and examinations

## **General Examination**

- Weight: 50 kg
- Height: 160 cm
- Pulse: 78/min
- BP: 110/70 mmHg
- No pallor, icterus, or cyanosis

## **Systemic Examination**

- CNS: Conscious and oriented
- CVS: S1 & S2 normal
- Respiratory: Bilateral sounds normal
- Abdomen: Mild tenderness during menses

## **Totality of Symptoms**

- Right-sided migraine < noise/light, > cold & sleep
- Irregular menses with cramps
- Reserved, emotionally suppressed personality
- Perfectionist nature
- Dreams of failure
- Chilly patient

## **Analysis and Evaluation**

The case indicates a chronic miasmatic influence and calls for a constitutional remedy that addresses both the physical and mental planes of the patient. Key symptoms such as suppressed emotion, right-sided headache, sensitivity to noise, menstrual irregularity, and perfectionism help to narrow down the remedy.

## **Remedy Selected**

- Natrum Muriaticum 200 – Single Dose
- Follow-Up and Outcome

## **First Follow-Up (After 1 Month):**

- Migraine frequency reduced to once a week
- Improved sleep
- Menses occurred at 38 days without pain
- Mood slightly better

## **Second Follow-Up (After 3 Months):**

- No migraine episodes
- Regular menses (35-day cycle)
- Improved energy and mood
- Patient reports feeling “lighter emotionally”.

The case indicates a chronic miasmatic influence and calls for a constitutional remedy that addresses both the physical and mental planes of the patient. Key symptoms such as suppressed emotion, right-sided headache, sensitivity to noise, menstrual irregularity, and perfectionism help to narrow down the remedy.

## **Discussion**

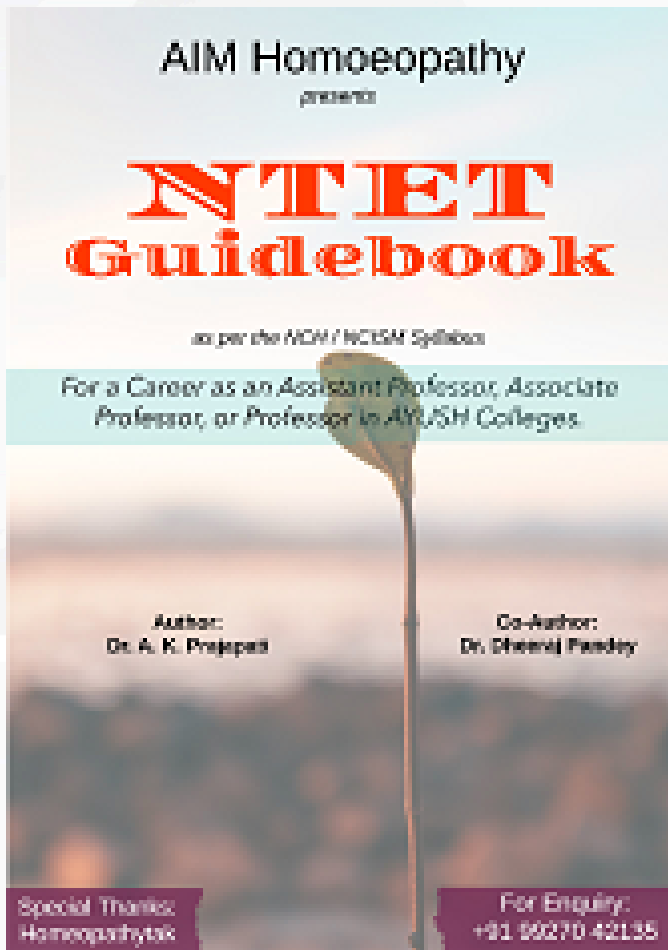
The case illustrates the core principles of homeopathy: individualization and holistic evaluation. Natrum Muriaticum was chosen for its clear action on emotional suppression, migraine tendency, and menstrual irregularities. This case highlights the importance of understanding the mental state, modalities, and constitution in remedy selection.

**WRITTEN BY- LOKENDRA BAGHEL**

BATCH-2018-19




# BOOK REVIEW




AIM Homoeopathy  
**NTET**  
**Guidebook**  
as per the NCH / NCISM Syllabus

**About the Author:**  
Dr. A. K. Prajapati, BHMS, MD (Organon of Medicine), is a postgraduate from Government Homoeopathic Medical College, Bhopal, and currently teaches at Anushree Homoeopathic Medical College, Jabalpur. With over 5 years of experience, Dr. Prajapati is dedicated to advancing homoeopathy through clinical practice and education. His vision is to spread homoeopathy to everyone, promoting wellness and holistic healing.



**About the Co-Author:**  
Dr. Dheeraj Pandey is the founder of AIM Homoeopathy and a postgraduate from Bharati Vidyapeeth Homoeopathic Medical College, Pune. He is also the author of the *AIM Homoeopathy Entrance Exam e-book* and currently serves as Assistant Professor in the Department of Practice of Medicine at L.R. Shah Homoeopathy College, Rajkot, Gujarat. AIM Homoeopathy is dedicated to guiding students in entrance exam preparation through comprehensive study materials, mock test series, and expert resources. Under the platform's guidance, many students have secured government Hom. PG seats across India and achieved success in MO PSC examinations. Dr. Pandey is committed to advancing homoeopathic education and empowering both students and practitioners through effective learning strategies.



Contact us: +91 9927042135  
aimhomoeopathyofficial@gmail.com | dr.kuajay@gmail.com  
www.aimhomoeopathy.com | www.aimhomoeopathy.in  
© reserved AIM Homoeopathy

**AIM Homoeopathy NTET Guidebook Authored by Dr. Ajay K.Prajapati,** faculty at Anushree Homoeopathic Medical College, Jabalpur(M.P.) Many aspirants have successfully cleared NTET after studying from this book, making it a trusted choice for preparation.

## Review/Testimonial

The book explains the basics of teaching and learning with examples drawn from homoeopathic concepts, which makes it easier for Homoeopathy students to understand and relate to. It covers all the necessary topics in a comprehensive yet concise manner, providing exactly as much detail as is required for the examination.

The content is clear, relevant, and practically oriented. Overall, it is a very useful and student-friendly resource for Homoeopathic aspirants.

**-Dr. Nagma Bano B.H.M.S, M.D Medicine (Hom)**  
**Assistant professor in Department of surgery, Anushree Homeopathic Medical College, Jabalpur (M.P.)**

The "NTET Guide Book" by Dr. Ajay Prajapati is an excellent and comprehensive resource for aspirants preparing for the National Teacher Eligibility Test (NTET). Dr. Prajapati has presented the content in a clear, structured, and easy-to-understand manner, making complex topics accessible to all readers and achieving success in short time with higher compatibility.

**-Dr. Harshika Upadhyay BHMS, MD (Hom.)**  
**Assistant professor Anushree Homeopathic Medical College, Jabalpur (M.P.)**



# HISTORY PAGE

## A TRIBUTE TO THE 3 GREAT TEACHERS



**Dr.S.C.Mishra**  
(27.05.1949 – 2.6.2018)

**Dr.S.C.Mishra** was one of the greatest practitioner and pioneer of Homoeopathy. Born from Medinipur district West Bengal , he settled at Jabalpur in the year 1967 as a office bearer of Madhya Pradesh State Electricity Board, and simultaneously he finished his Medical education in Homoeopathy. He was a renowned poem and literature writer in Bengali and the founder of Bengali magazines named 'Charaibeti' and 'Madhyama'. His teaching in Materia Medica at Anushree Homoeopathic Medical College created a good number of admirers throughout the state.

**Dr.N.Solaiyappan** joined the Indian army in 1958, BRAVELY FOUGHT BATTLE IN 1971, and retired in 1983. He began his medical practice after retirement from Army in 1983, with a DHB degree, at Jabalpur. His untiring research on Doctrine of Signature and History of Homoeopathy leaves a golden mark in Homoeopathic education. He established a museum on Homoeopathy named SOVISA Homoeopathic Museum. He was attached to Anushree Homoeopathic Medical College, Jabalpur as HOD Of Homoeopathic Pharmacy Department. He received 2 lifetime achievement awards -Chikitsa Ratan Award 2017 and Dhanwantari Seva Samman 2021.



**Dr.N.Solaiyappan**  
(16.12.1949 – 9.10.2024)



**Dr.G.P.Patil**  
(2.7.1962 - 11.11.2022)

**Dr.G.P.Patil** was a premier Homoeopathic Physician of the country who contributed to achievement in Scientific recognition of Homoeopathy in National and International Level. He treated more than 500 cases of chronic renal failure. Many serious cases of Psoriasis, Leucoderma and many others were treated by him fruitfully. He launched a project on Homoeopathic treatment named 'Take Care'. He was the H.O.D. of Organon of Medicine Department of Anushree Homoeopathic Medical College, and had a remarkable contribution in the Department.

---

# NEWS PAGE

---

## **NEW BODY FORMATION OF NATIONAL COMMISSION FOR HOMOEOPATHY**

In December 2025, the National Commission for Homoeopathy (NCH) formalized its leadership under the National Commission for Homoeopathy Act, 2020. Dr. Tarkeshwar Jain was appointed as the new Chairperson of NCH. The autonomous boards were also given new presidents: Dr. Rajat Chattopadhyay as President of the Homoeopathy Education Board, Dr. Mangesh R. Jatkar as President of the Medical Assessment and Rating Board for Homoeopathy, and Dr. Harcharan Jeet Kaur as President of the Board of Ethics and Registration for Homoeopathy. This leadership aims to strengthen regulation, education, and ethical standards in homoeopathic practice across India.

## **RESEARCH ON HOMEOPATHY'S EFFECTIVENESS FOR LONG COVID NOVEMBER 2025**

In recent studies, homeopathy has been investigated as a potential treatment for long COVID symptoms, particularly chronic fatigue and brain fog. Several homeopaths claim to have observed positive results with individualized remedies designed to target the body's weakened immune system and its response to viral infections. While studies are still in their early phases, the interest in alternative treatments for long COVID has sparked renewed interest in homeopathy's role in chronic illness management.



---

## **HOMEOPATHY GAINS RECOGNITION IN BRAZIL'S NATIONAL HEALTH SYSTEM OCTOBER 2025**

Brazil has made significant strides in recognizing homeopathy as an integral part of its public health system. Brazilian Ministry of Health has announced that homeopathy will be included as a treatment option under the Unified Health System (SUS). The decision comes after a comprehensive review of the scientific evidence and the successful use of homeopathy in various treatment centers across the country.

## **WORLD HEALTH ORGANIZATION (WHO) REVISITS POSITION ON HOMEOPATHY SEPTEMBER 2025**

The World Health Organization (WHO) recently revisited its stance on homeopathy, releasing a new statement acknowledging the widespread use of homeopathic medicine across many parts of the world. WHO have called for further research into its safety and efficacy, especially in areas where conventional medicine is inaccessible.

## **UK GOVERNMENT CALLS FOR REGULATION OF HOMEOPATHY**

**PUBLISHED: AUGUST 2025**

In the United Kingdom, homeopathy has been the subject of heated debate in government circles. The British Homeopathic Association (BHA) has called for clearer regulation of homeopathic practitioners and remedies. The proposal includes setting up a licensing system for homeopathic practitioners and ensuring that remedies meet strict manufacturing and safety standards. While critics argue that homeopathy lacks scientific validation, supporters believe that regulation could help improve patient confidence in its safety.

## **MAJOR HOMEOPATHIC CONFERENCE HELD IN INDIA**

**PUBLISHED: JULY 2025**

India hosted one of the largest homeopathic conferences in history, with over 10,000 practitioners, researchers, and enthusiasts attending from around the world. The conference focused on innovative approaches in homeopathy, new clinical applications, and the latest research findings. Keynote speakers included prominent homeopaths who shared groundbreaking studies on treating autoimmune diseases and mental health conditions with homeopathic remedies.

## **2 STUDENTS OF ANUSHREE HOMOEOPATHIC MEDICAL COLLEGE JABALPUR ARE SELECTED IN STSH -**

Anushree Homoeopathic Medical College Jabalpur is continuously making its progress. This time 2 students named Parmanand Kushwaha from 4th BHMS and Vineeta Yadav from second BHMS are selected in STSH 2025, a 6 month research work named Short Termed Studentship in Homoeopathy, proposed by Central Council for Research in Homoeopathy. Their guides in this work are senior faculties of the college Professor Dr. Sourik Ghosh and Professor Dr. Rajesh Kaurav.



**IMPORTANT LINKS: FOR THE BENEFIT OF STUDENTS**

### **Concluded study on drug proving under CCRH-**

<https://ccrhindia.ayush.gov.in/sites/default/files/2023-06/Concluded%20Studies.pdf>

### **Youtube link of CCRH-**

<https://www.youtube.com/@centralcouncilforresearchi2807/videos>

# GAME PAGE



Identify The  
**Photos ?**



# CROSSWORD PUZZLE

1				5						
		2								
				3	6					
		4								
				7						

## **Left to right-**

1. Says there is nothing the matter with him.
2. Ailments: from spraining or straining straining a single part a single part, muscle or tendon
3. 3Hormone that controls blood glucose
4. Epilepsy: with swelling of the stomach as from violent spasms of the diaphragm;
7. Flat distinct spot on skin with a different colourless than 1cm wide

## **Above downwards**

1. Oxide of this mineral makes homoeopathic medicine  
Arsenicum Album
5. Intense sympathy for sufferings of others
6. Feeling of fullness at the root of the nose

# EVENTS

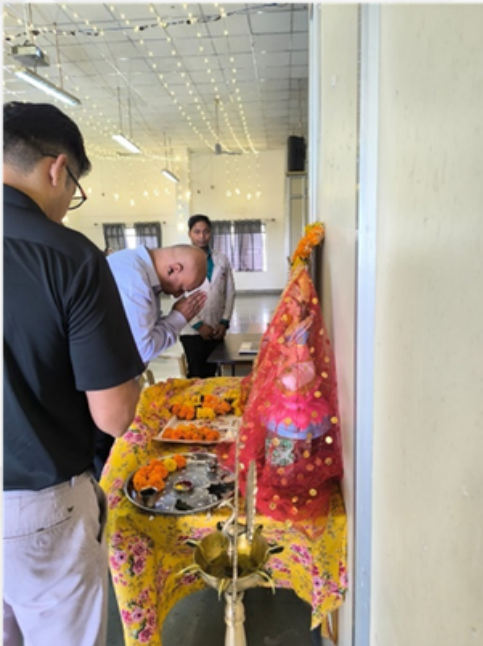
## WORLD HOMOEOPATHY WEEK Celebration By Anushree Homoeopathic Medical College Jabalpur



**Health Camps Organized By Anushree Homoeopathic  
Medical College At Various Areas Throughout The Districts**



**Dr. Ambrish Vijaykar,  
Homoeopathic physician  
and pioneer of International  
fame, as resource person  
on predictive homoeopathy  
at Anushree Homoeopathic  
Medical College, Jabalpur**



**Seminar on evidence based cases of Sycotic Miasm by  
Dr.Kamlendra Tyagi, Senior Professor Homoeopathy  
University, Jaipur, arranged at Auditorium AHMC.**



**Yoga workshop at auditorium by NCH subject expert Amrita Ghosh madam**



**Freshers Party at Anushree Homoeopathic Medical College, Jabalpur**



**Seminar on Forensic Medicine organized by Anushree Homoeopathic Medical College, Jabalpur**



## Trainings of doctors and Interns at Medical Education Technology Unit AHMC



**Garba Mahotsav conducted at Anushree Homoeopathic Medical College ground.**



## Prize distribution ceremony of Sports events of AHMC

Our Respected Director Sir Shri Anirudh Vishnoi Being Appointed As The General Secretary Of The Federation Of Homoeopathic Colleges. This Proud Achievement Brings Great Honor To Our Institution, And We Are Confident That Under Your Leadership, The Organization Will Reach New Heights.





अनुश्री  
E-DARPAN

— DIGITAL KNOWLEDGE PORTAL —

— Powered by —

Anushree Homoeopathic Medical College, Jabalpur

# Thanks

And Regards To All  
From

**Anushree E Darpan Team**

