

- Female disorders and their homeopathic management.
- Fraxinus Americana
- Therapeutics for uterine disorders
- Body fluids, Homeostasis & Detoxification

# HomeoBuzz

CONTINUING MEDICAL INFORMATION

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Dear Readers,

Women of our land are symbolic of “Shakti” and dignity be it Goddesses Durga or Kali from mythology or Sub-Lieutenant Shivangi Swarup, the first Woman Pilot of Indian Navy or Gita Gopinath, first woman Chief Economist of IMF in today’s perspective. Recently, IPS officer Charu Sinha has become the first woman commander to head the Central Reserve Police Force (CRPF) formation in the Kashmir Valley. These ladies vaulted over multiple hurdles to establish their identity. They broke physiological, psychological and social barriers to make a cut above the rest.

Women win all over the world but when it comes to their own health, they keep it at the backhand and land up in grave health conditions. Currently, women in India face a multitude of health problems, which eventually affect the cumulative productivity of the nation. Anaemia is like an iceberg condition in India where a vast population affected from the disease remains unidentified in rural areas. It results from excessive bleeding due to female disorders like DUBs, Uterine growths, endometriosis etc. clubbed with malnutrition.

Homoeopathic medicines *Thlaspi bursa pectoris*, *Aletris farinosa*, *Heloniäs dioica*, *Janosia Asoka*, *Caulophyllum thalictroides*, *Cimicifuga racemosa* and *Sepia* are wonderful aids in relieving a wide range of gynaecological troubles. Our products, Omeo Uteroplus syrup, Omeo Menoease drops and Omeo She drops are trusted and tested combinations of the above mentioned homoeopathic drugs, specially formulated for fibroids, uterine prolapse, excessive uterine bleeding, difficult and painful menses at puberty, hot flushes during menopause and debility resulting from all these conditions.

We bring these combinations in service of Indian women who give their all to serve our country.

**Kuldeep Jain**  
Chief Editor

Dear Doctors,

Women all over the world suffer the repercussions of gender bias which takes the maximum toll on their health. India is a developing nation where some parts of the country still face the dearth of basic healthcare facilities leading to malnutrition and poor health of vulnerable groups specially affecting the females.

The biological and physiological makeup of women necessitates greater attention towards their health. Women nurture and take care of their families but fail to attend to their own complaints. Their role in society is highly underrated, and there is extreme neglect of their sufferings. According to UNICEF, 7.4 million children do not receive vaccines in India, and girls are reported to receive fewer vaccines compared to boys. Amongst the developing nations, India has a high number of malnourished females, which makes them susceptible to infections and diseases often with fatal consequences. A great number of Indian women still fail to access basic healthcare during pregnancy and childbirth leading to poor reproductive and general health. Lack of knowledge of menstrual hygiene and cleanliness adds up to their troubles and dampens their productivity at home, society and economy on the larger perspective.

Homoeopathy has the advantage of affordability on rest of the healthcare streams. It also has a good scope in treatment of gynaecological ailments. Thus it should be propagated at various levels of society to strengthen female healthcare. B.Jain has a wide range of homoeopathic mother tinctures, dilutions and speciality products which are trusted for their quality and curability.

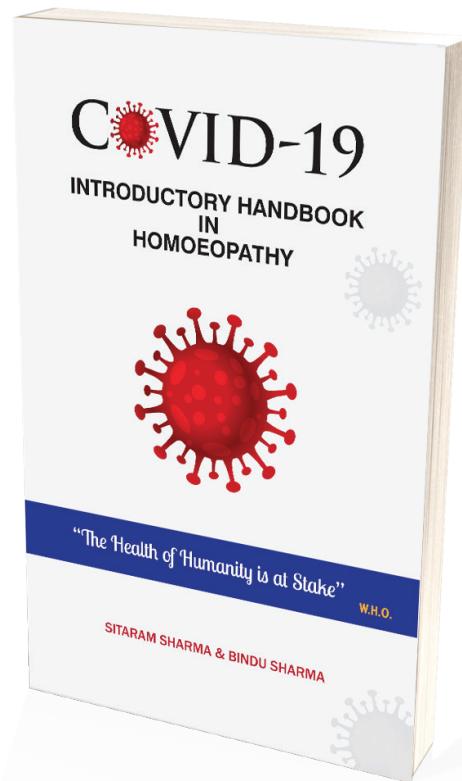
A nation is built upon the shoulders of strong citizens born from strong females hence female health is a necessity as well as a priority for the whole world.

**Dr. Vasundhara**  
Editor

# COVID-19

## INTRODUCTORY HANDBOOK IN HOMOEOPATHY

Dr Sita Ram Sharma and Dr Bindu Sharma



- The book is an outstanding work accommodating latest information about coronavirus pandemic, SARS-CoV-2 and the disease (COVID-19) caused by it in a concise manner to be used by homoeopathic practitioners and students.
- An attempt has been made to incorporate the practical guidelines in concordance with the 'Organon of Medicine' and how these guidelines can be translated in the management of COVID-19 cases.
- Much focus is made on disease-oriented approach to devise management strategy without compromising with the tenets of homoeopathy.
- In the 'applied materia medica' section, each drug is described under these heads: organ affinity, scope of action, pathogenetic simulation, COVID-19 symptom similarity, concomitants, modalities, and salient features.
- A short repertory 'SYMPTOM INDEX' is annexed at the end of the book as a ready reference to assist in the search for a correct remedy in the quickest possible time.

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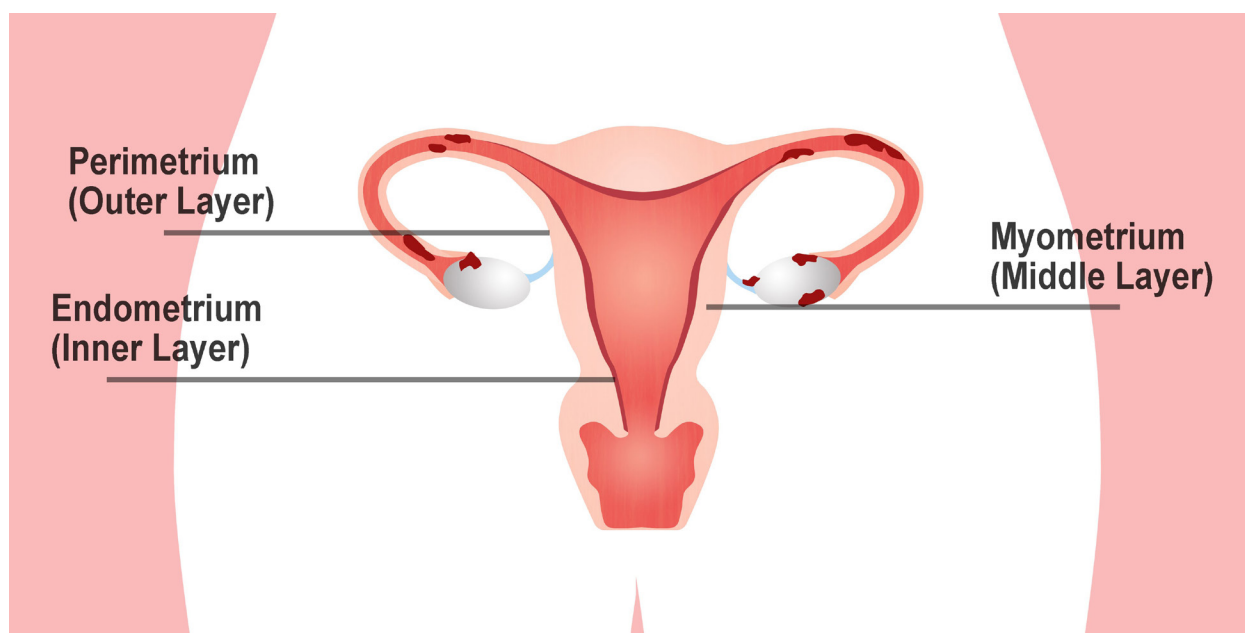
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## FEMALE DISORDERS &amp; HOMEOPATHIC MANGEMENT

The female reproductive system is subjected to structural changes under cyclical hormonal fluctuations over the entire reproductive span. These cyclical tissue changes prepare the womb for conception every month and in the event of non conception the whole series of event resets and gets replayed after a transitional shedding off of the endometrium that was built up in the preceding cycle.

To understand the disorders of the uterine functions a brief review of it's physiology needs to be done. The uterus is a pyriform, muscular viscus with marked capacity of expansion and elasticity making it appropriate for the growing foetus during pregnancy. The uterine wall is a 3 layered structure with an outer serous layer perimetrium, middle muscular layer myometrium and inner epithelial lining, the endometrium.



The structure and layers of uterine wall.

It serves as a nourishing receptacle for the fertilized ovum or zygote for which the endometrium undergoes histological changes under the influence of hormones secreted by hypothalamus → pituitary gland → ovarian follicle (graafian follicle) → corpus luteum. The hormones Oestrogen and progesterone (secreted by graafian follicle and corpus luteum respectively) directly affect the histological changes in endometrium.

The normal endometrial cycle begins with proliferative phase of 14 days under the influence of oestrogen, followed by ovulation on or around 14th day, and consequent secretory phase under the influence of progesterone. The cycle converges at endometrial shedding and the next cycle begins anew. Histologically, the endometrium has different appearance in different phases of the menstrual cycle.<sup>1</sup>

Hormonal therapies, pregnancy and menopause are other major factors which influence the endometrial morphology. These histological changes visible as menstrual cycle are the result of a synchronized series of hormonal play executed by the hypothalamic pituitary and ovarian axis. Most of the uterine functional disorders find their root cause in a disturbance of this cycle and are manifested as amenorrhoea, menorrhagia, metrorrhagia, pelvic pain, backache, abnormal vaginal discharges, weakness and anaemia.

Menorrhagia is excessive and uncontrolled menstrual bleeding which can be either functional or

pathological. Mostly during menarche and menopause the profuse and irregular bleeding occurs without any causative uterine lesion like tumour, polyp, infection, hyperplasia, trauma, blood dyscrasia or pregnancy. During these extreme phases of a female reproductive period anovulatory cycles are common and characterized by prolonged oestrogenic phase, anovulation and absence of progesterational phase. These are clinical cases of Dysfunctional Uterine Bleeding (DUB). Menorrhagia is also seen in cases of infertility when it is better known as ovulatory dysfunctional bleeding. It can also be seen in cases of PCOS, where hairfall, hirsutism, and skin pigmentation are the accompanying symptoms.

Intermenstrual and excessive menstrual bleeding is usually a presenting symptom of a uterine pathology such as infections, endometriosis, ovarian cysts, fibroids, polyps or tumours. In such cases there are associated symptoms of pelvic pain and heaviness, along with weight gain or weight loss and anaemia. A persistent complaint of excessive menstrual flow should be notified with a qualified physician and thoroughly investigated.

Another symptom of uterine disorders is lower abdominal pain and heaviness usually accompanied with backache, leucorrhoea, secondary amenorrhoea (absence of menses), oligomenorrhoea (scanty menses) or menorrhagia. Pain is a very crucial symptom in any case of inflammation occurring due to infection, trauma or space occupying lesion. Endometritis and myometritis are infrequent causes of pelvic pain complained by females in both acute and chronic infections usually occurring during puerperal phase after delivery, abortion or retained products of conception. It can also be caused by advancement of gonorrhoeal infection from the cervix and vagina or after usage of Intra Uterine Contraceptive Devices. In chronic cases, tuberculous endometritis should always be ruled out as it also is a major cause of infertility in females.

Dysmenorrhoea is painful menstruation and is a significant symptom when accompanied with menorrhagia and sacro – coccygeal pains as it may be indicative of Adenomyosis. An abnormal distribution of histologically benign endometrial tissue within the myometrium along with myometrial hypertrophy is termed as adenomyosis.<sup>1</sup> When endometrial glands and stroma are found at extra uterine sites it is termed as endometriosis and this too is characterized by severe dysmenorrhoea, along with intrapelvic bleeding, pelvic pain, dyspareunia and infertility.

Dyspareunia is painful sexual intercourse, a frequent complaint of females. The cause of pain can be psychological or physical and in the latter case when the pain is at entry level it may be due to vaginal dryness, injury or yeast infection, urinary tract infection, sexually transmitted infections etc. In cases of pain experienced deeper and is more severe at particular positions, there can be an involvement of a medical condition of the uterus, fallopian tubes, ovaries, urinary bladder or rectum. Some of these causes are cystitis, endometriosis, fibroids, ovarian cysts, pelvic inflammatory disease, uterine prolapse etc.

Clinical examination is extremely critical in uterine complaints. General and Pelvic examination gives a clue of infection or structural abnormalities which can be verified with sonography and laboratory investigations. Signs to look out for in general examination are pallor, icterus, cyanosis, volume and rate of pulse, lymphadenopathy and oedema. Palpation and percussion of abdomen gives an idea of free gas, fluid accumulation or a space occupying lesion in the abdominal cavity. In case of suspicion a pelvic ultrasound, trans vaginal ultrasound, hysteroscopy, hysterosalpingogram, sonohysterography, MRI, Pap smear, Endometrial biopsy or dilatation and curettage can be done to ascertain the treatment needed.

### **The Role of homoeopathy in management of gynaecological problems**

Homoeopathy has survived staunch oppositions from conventional stream for more than 200 years. Despite of being popularly criticized, the homoeopathic cures have strongly staged the therapy in healthcare industry.

Gynaecological disorders have assured treatment in Homoeopathy. Medicines like actea racemosa, aconitum napellus, belladonna, argentum nitricum, aurum mur natronatum, calcarea carb, calcarea fluor, cyclamen europium, janosia asoka, liliium tigrinum, kali carb, medusa, lachesis, pulsatilla and sepia are genius drugs for relieving female troubles. Let's see some of the documented results of homoeopathic treatment in gynaecological conditions.

A prospective observational study on the role of homoeopathic medicines in treating uterine fibroid showed positive results in terms of reduction and resolution of Uterine Fibroids with homoeopathic treatment. A statistically significant decline in symptoms/signs and in size of fibroids was seen with the help of medicines like Calcarea carbonica, Pulsatilla, Phosphorus, Lycopodium, Sulphur and Kali carbonica.<sup>2</sup>

A pilot study on the effects of homeopathic treatment in women with premenstrual syndrome, found homoeopathic treatment to be effective in alleviating the symptoms of PMS in comparison to placebo. The outcome was assessed on the basis of Menstrual Distress Questionnaire(MDQ) of 38 symptoms under the headings of Pain, Function, Appetite, Autonomic reactions, Water retention and Mental symptoms. The daily MDQ scores before and after treatment fell from 0.44 to 0.13 with homoeopathic intervention in comparison to 0.38 to 0.34 with placebo.<sup>3</sup>

A timely identification of underlying diseases in anaemic female population can help in providing better healthcare and reducing grave outcomes.

#### REFERENCE:

1. Harsh Mohan Textbook of Pathology; sixth edition
2. Quadri, Iqbal Jahan et. al.; Role of homoeopathic medicines in treating uterine fibroid: a prospective observational study; <http://aohindia.in:8080/xmlui/handle/123456789/1368>; accessed on 04-09-2020
3. M Yakir et.al.; Effects of homeopathic treatment in women with premenstrual syndrome: a pilot study; Article in British Homoeopathic journal • July 1995 DOI: 10.1016/S0007-0785(05)80090-0; <https://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.1011.5603&rep=rep1&type=pdf>; accessed on 04-09-2020

# Tone up & Strengthen the Uterus !

Omeo™

# UTEROPLUS

Medicated Syrup



## Indications:

- Fibroids
- Excessive bleeding
- Tendency to prolapse
- Painful periods
- Debility attending menopause
- Frequent and copious menstruation

## Composition:

Aletris farinosa	Ø	0.5%
Janosia ashoka	Ø	0.5%
Helonias dioica	Ø	0.5%
Thlaspi bursa pastoris	Ø	0.5%

In flavoured sugar syrup base q.s.

**Dosage:** 2 teaspoons(10ml), 2-3 times a day or as prescribed by the physician.

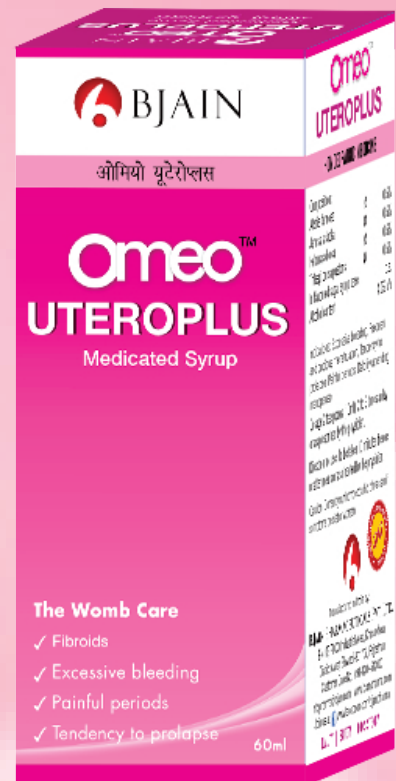
## Recommended :

**Omeo Uteroplus syrup** along with **Omeo Meno-ease** drops for menopausal troubles like :

- Uterine fibroids and polyps.
- Hot flushes.
- Irregular and heavy bleeding.
- Associated debility and tendency to prolapse.

**Omeo Uteroplus syrup** can be clubbed with **Omeo SHE** drops for :

- Uterine fibroids, polyps and cysts in females of reproductive age.
- Dysmenorrhoea and heavy menstrual bleeding.
- Soreness and heaviness in pelvis.



**Pack sizes available:**  
60ml | 100ml | 200ml | 500ml

Quality | Safety | Consistency



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# Fraxinus Americana



**Synonym** : F. alba Marsh.

**Common name** : White Ash.

**Part Used** : Bark.

**CLINICAL**<sup>1</sup> : Uterus, affections of; prolapse of - Uterus, tumours especially fibroids, with bearing-down sensations.

**Characteristics**<sup>1</sup> : Fraxinus has had a fragmentary proving, but the chief clinical authority for its use is Dr. Burnett, who regards it as a uterine tonic in all heavy states of the uterus with prolapse, bearing-down, and relaxed ligaments. - He calls it "the medicinal pessary."

## Indications :

- ✓ Depression, with nervous restlessness, anxiety. Hot spot on top of head.<sup>3</sup>
- ✓ Fever sores on lips. Infantile eczema.<sup>3</sup>
- ✓ Cold creeping and hot flashes.<sup>3</sup>
- ✓ Uterus enlarged, and patulous. Watery, unirritating leucorrhoea. Dysmenorrhoea.<sup>3</sup>
- ✓ Fibroids with bearing-down sensation, cramping in feet, worse in afternoon and night.<sup>3</sup>
- ✓ Sensitive left ovary.<sup>4</sup> Tenderness in left inguinal region; bearing-down pain, extending down thigh.<sup>3</sup>
- ✓ Worse: Injury, Sprains, Lifting<sup>2</sup>

**Prescribed dose** : Ten to fifteen drops of tincture, three times a day.<sup>5</sup>

## References:

1. CLARKE J. H., Dictionary of Practical Materia Medica
2. PHATAK S. R., Materia Medica of Homeopathic Medicines
3. BOERICKE W., Pocket Manual of Homeopathic Materia Medica
4. BOGER C. M., A Synoptic Key of the Materia Medica
5. VARMA P.N and INDU V., Encyclopaedia of Homeopathic Pharmacopoeia

# Women's best Friends

Omeo™

**SHE** Drops

## Indication:

Painful menstruation associated with backache, nausea & vomiting.

## Composition :

Caulophyllum thalictroides	2X	10%v/v
Cimicifuga racemosa	3X	10%v/v
Magnesium phosphoricum	3X	1.0%w/v
Viburnum opulus	2X	10%v/v
Alcohol & purified water		q.s
Alcohol content		50%v/v

**Dosage:** 10-15 drops in 1/4th cup of water 3-4 times a day during pain and can be taken two days before the menstrual cycle or as prescribed by the physician.



Pack sizes available: 30ml



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# from Beginning to End!

Omeo™

# MENO-EASE Drops

**Indications :** The ingredients are known to relieve the symptoms due to menopause like hot flushes, weakness, irregular menses & headache.

**Composition :**

Acidum sulphuricum	4X	10% v/v
Cimicifuga racemosa	4X	10% v/v
Sanguinaria canadensis	4X	10% v/v
Sepia	4X	10% v/v
Excipients:		q.s.
Alcohol content		36% v/v

**Dosage:** 10-15 drops should be diluted with water and taken 3-6 times a day, or as prescribed by the physician.



Pack sizes available: 30ml

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**1. Erigeron canadense**

- Haemorrhage from the uterus, with painful micturition. Profuse bright-red blood. Pain in left ovary and hip.<sup>1</sup>
- Menorrhagia; profuse leucorrhoea; bloody lochia returns after least motion, comes in gushes; pregnant women with "weak uterus;" a bloody discharge on slight exertion<sup>1</sup>
- Dose :Tincture, to third potency.<sup>1</sup>

**2. Senecio aureus**

- Its action on the female organism has been clinically verified.<sup>1</sup>
- Menses retarded, suppressed.<sup>1</sup>
- Functional amenorrhoea of young girls with backache.<sup>1</sup>
- Menses, retarded, suppressed with concomitant symptoms, dropsy, cough, backache. Anemic dysmenorrhea with urinary disturbances.<sup>2</sup>
- Dose: Tincture, to third potency.

**3. Gossypium**

- This agent is indicated in delayed menstruation, with backache and dragging pains in the uterine region.<sup>1</sup>
- Homoeopathically, it corresponds to many reflex conditions, depending on disturbed uterine function and pregnancy.<sup>1</sup>
- Intermittent pain in ovaries. Uterine sub-involution and fibroids, with gastric pain and debility<sup>1</sup>
- Dose - Tincture, to sixth attenuation.<sup>1</sup>

**4. Murex**

- For the sufferings during climacteric; Sore pain in uterus; a distinct sensation of a womb.<sup>3</sup>
- Bearing down sensation, as if internal organs would be pushed out, must sit down and cross limbs to >> pressure<sup>3</sup>
- Menses: irregular, early, profuse, protracted, large clots. Leucorrhoea: < mental depression, happier when leucorrhoea is worse.<sup>3</sup>
- Dose : Third to thirtieth potency.<sup>1</sup>

**5. Lilium tigrinum**

- This remedy is indicated in nervous hysterical women when the uterus and ovaries are engorged with blood; there may be a uterine displacement and subinvolution.<sup>4</sup>
- Important remedy in uterine, ovarian and mammary neuralgia; especially if there is uterine displacement, chronic metritis with acid leucorrhoea that excoriates the vagina.<sup>4</sup>
- Bearing down sensation with urgent desire for stool, as though all organs would escape. Menses early, scanty, dark, clotted, offensive; flow only when moving about.<sup>1</sup>
- Dose :The middle and higher potencies seem to have done best.<sup>1</sup>

**6. Sabina**

- In cases of menorrhagia at the climacteric period in women who earlier in life aborted, whose menses appeared early, and who suffer from metritis.<sup>4</sup>
- Pain from sacrum to the pubis. Haemorrhages, where blood is fluid and clots together.<sup>1</sup>

## THERAPEUTICS FOR UTERINE DISORDERS

Promotes expulsion of moles from uterus.<sup>1</sup>

- Inflammation of ovaries and uterus after abortion.<sup>1</sup>
- Dose: third to thirtieth potency<sup>1</sup>

### 7. **Thlaspi bursa pectoris**

- Hemorrhage from uterine fibroid with aching in back or general bruised soreness.<sup>2</sup>
- Uterine bleeding with violent uterine colic. Leucorrhoea before and after menses, bloody, dark offensive, Stains indelibly. sore pain in womb on rising.<sup>2</sup>
- Uterine fibroids with cramps and expulsion of clots.<sup>2</sup>
- Dose : Tincture, to sixth potency<sup>1</sup>

### 8. **Trillium pendulum**

- A general haemorrhagic medicine, with great faintness and dizziness.<sup>1</sup> Uterine haemorrhages, with sensation as though hips and back were falling to pieces; better tight bandages.<sup>1</sup>
- Menses : profuse, every two weeks, lasting a week or longer.<sup>3</sup>
- Menorrhagia : flow, profuse, gushing, bright red; at least movement (Sab.); from displaced uterus; at the climacteric.<sup>3</sup>
- Dose : Tincture and lower potencies.

### 9. **Viscum album**

- Metrorrhagia. Ovaralgia, especially left.<sup>1</sup>
- Chronic endometritis. Climacteric complaints.<sup>1</sup>
- Haemorrhage, with pain; blood partly clots and bright red.<sup>1</sup>
- Dose :Tincture and lower potencies.<sup>1</sup>

### 10. **Viburnum opulus**

- Colicky pains in pelvic organs. Superconscious of internal sexual organs.<sup>1</sup>
- spasmodic and membranous dysmenorrhoea. Ovarian region feels heavy and congested.<sup>1</sup>
- Menses too late, scanty, lasting a few hours, offensive in odor, with crampy pains, cramps extend down thighs.<sup>1</sup>
- Dose : Tincture and lower potencies.<sup>5</sup>

#### References :

1. BOERICKE W., Pocket Manual of Homoeopathic Therapeutics
2. MURPHY R., Homoeopathic Remedy Guide
3. ALLEN H.C., Keynotes and Characteristics with Comparison
4. BLACKWOOD A.L., A Manual of Materia Medica Therapeutics and Pharmacology
5. VARMA P.N. and INDU V., Encyclopaedia of Homoeopathic Pharmacopoeia

Compiled by:  
**Dr. Vasundhara**  
Editor

B.JAIN PHARMACEUTICALS PVT. LTD.

# ULTIMATE DETOXIFICATION



Omeo™

## HAEM PURIFIER Drops

### INDICATIONS :

The ingredients have the property to act as blood-purifier and helps to clear the unhealthy skin.

### COMPOSITION

Conium Maculatum	4x	10%v/v
Hepar sulphuricum	4x	10%w/v
Juglans regia	4x	10%v/v
Sarsaparilla	4x	10%v/v
Scrophularia nodosa	4x	10%v/v
Excipients		q.s.
Alcohol content		36% v/v

**Dosage:** 5-10 drops should be given in water, 2 times daily before meals or as prescribed by the physician.



Pack size available : 30ml

Quality | Safety | Consistency



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## BODY FLUIDS, HOMEOSTASIS & DETOXIFICATION

Life on earth began under the sea. A component of sea flows in us as blood and lymph, bathes the cells as well as nourishes them from within.<sup>1</sup>

### HOMEOSTASIS

Claude Bernarde (1949) first coined the term internal environment or milieu interieur for the state in the body in which the interstitial fluid that bathes the cells and the plasma, together maintain the normal morphology and function of the cells and tissues of the body. The mechanism by which the constancy of the internal environment is maintained and ensured is called the homeostasis.<sup>1</sup>

Body fluids are mainly composed of:<sup>1</sup>

1. **WATER** : It is the principal and essential constituent of the body. The total body water in a normal adult male is 50-70% (average 60%) of the body weight and about 10% less in a normal adult female (average 50%). Water content of the body lies intracellularly and extracellularly separated from each other by membranes freely permeable to water.<sup>1</sup>

i) **Intracellular fluid compartment** : This comprises about 33% of the body weight, the bulk of which is contained in the muscles.<sup>1</sup>

ii) **Extracellular fluid compartment** : This constitutes the remaining 27% of body weight. This compartment includes:<sup>1</sup>

a) Interstitial fluid including lymph fluid constitutes the major proportion of ECF (12% of body weight).<sup>1</sup>

b) Intravascular fluid or blood plasma makes about 5% of the body weight.<sup>1</sup>

c) Mesenchymal tissues such as dense connective tissue, cartilage and bone which contain body water equivalent to 9% of the body weight.<sup>1</sup>

d) Transcellular fluid constitutes 1% of body weight. It is the secretion of secretory cells of the body viz skin, salivary glands, mucous membranes of alimentary and respiratory tracts, pancreas, liver and biliary tract, kidneys, gonads, thyroid, lacrimal gland and CSF.<sup>1</sup>

2. **ELECTROLYTES** : Cations and anions are present in varying proportions in intracellular and extracellular fluids:<sup>1</sup>

In the intracellular fluid, the main cations are potassium and magnesium and the main anions are phosphates and proteins. It has low concentration of sodium and chloride.

In the extracellular fluid, the predominant cation is sodium and the principal anions are chloride and bicarbonate.

An imbalance in the water content and electrolytes of body fluids can cause:<sup>1</sup>

- Oedema
- Dehydration
- Overhydration

This imbalance can affect vital organs and their functions causing multiple disease conditions.

### THE ANCIENT CONCEPT OF HOMEOSTASIS

In ancient Greek and Roman medicine, there was a concept of four main humors regulating body functions.<sup>2</sup> The four humors were *blood, yellow bile, black bile and phlegm* denoted by red, yellow, black and blue colors respectively. Balance of all the four humors was considered essential for health, and a divergence from their ideal quantity or character was believed to cause disease.

During those days diseases were usually treated by detoxification through dietary modifications and “blood letting” which was believed to help in eliminating impure blood from body.

Hence the idea was always very clear that an imbalance in vital humor of body- i.e. Blood is the source of all diseases which is needed by the organism for its nutrition, protection, preservation and elimination of toxic waste products from the system.

### **THE HOMOEOPATHIC PERSPECTIVE OF HOMEOSTASIS**

There is a concept of constitutions in homoeopathic practice. The constitution of a person is a property, majorly inherited and partially acquired as an adaptive response to the environmental circumstances. According to Von Grauvogl a person with hydrogenoid constitution has a tendency of fluid retention and hence suffers ailments from dampness or increased water molecules in their immediate environment. A person with oxygenoid constitution tends to show destruction of tissues resulting in ulcerations and acrid discharges. There is functional imbalance seen in persons of carbo-nitrogenoid constitutions manifested as hyper or hypo activities, like unhealthy skin resulting from increased glandular activities, suppurations, itching etc. Reduced activity is manifested as constipated bowels, defective assimilation of nutrients and growth disturbances.

### **THE NEED FOR DETOXIFICATION**

Homeostasis is essential for moderate functioning of body’s absorptive, assimilative and excretory systems. A disturbed homeostasis causes functional disturbances which may lead to serious diseases if left untreated. Cells take up oxygen and vital nutrients from the blood in exchange of catabolic waste products which are carried to excretory organs for elimination from the system. Under stress, dietary indiscretions, sedentary lifestyle and constitutional tendencies the elimination can get obstructed and result in building up of toxins in the body which may lead to skin troubles, digestive disorders, hepatic diseases, cardiovascular and renal problems and benign or malignant growths on the body.

Dr. Hahnemann in his work on “Chronic Diseases” gave the concept of miasm. He presented miasm as the deflections in the flow of treatment of chronic ailments. They are the fundamental cause of chronic diseases which we inherit from our ancestors.

Miasm constitutes the base of one’s constitution and effectuates building up of particular types of toxins, which determine the nature and the seat of diseases, one falls into.

To round it all, detoxification is necessary to stay fit and healthy.

Homoeopathic constitutional treatment helps the body to gain back its healthier economy in an effective and harmless way. Better and more sustainable results are achieved when improvisations in diet and routine are clubbed with homoeopathic treatment. The role of diet has been emphasized by Dr. Hahnemann in his works Friends of health and Organon of Medicine.

Detoxification through diet has been an integral part of history of traditional medicines of the world. The Hippocratic Corpus also contains aphorisms dedicated to the role of Food and diet in treatment. One of the aphorisms suggest “It is better to be full of drink than full of food.”

Some of the well acclaimed natural detoxifiers are:

- ⦿ Green leafy vegetables
- ⦿ Broccoli, cauliflower, cabbage, Brussels sprouts.
- ⦿ Berries like Blueberries and cranberries
- ⦿ Coffee and Jaggery
- ⦿ Fruits like apples, grapefruits and lemon
- ⦿ Ginger, parsley, Beetroot
- ⦿ Legumes
- ⦿ Turmeric
- ⦿ Water

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B.Jain's Omeo Haempurifier is a combination of herbs like Juglans regia which is made from the leaves and green fruit of the walnut. It got its name from Jovis glans, or "Jupiter's nuts", as it was believed to be the food of Gods in the golden age.<sup>3</sup>

It also contains Hepar sulphur which is the homeopathic anti inflammatory and best medicine to clear and prevent suppurations. Made under GMP this product helps to detoxify the body fluids and get back the natural glow and vigour.

**References:**

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