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HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 15, No. 06, September 2019, Total No. of Pages 16

Dear Readers,

The year 2019 saw the most happening August in the Indian political history. The abrogation of article 370 and 35A is looked at as the boldest political move since India attained independence from the British rule. Inspite of the possibilities of extreme international consequences, a bold step to correct a historic error, was taken with real nerves of steel. Some may have found the way of execution as inappropriate, but I truly believe that the decision will unfold promising future prospects and help in placing our nation ahead of rest of the world in the days to come. Patience and extreme tolerance are required from each one of us at this crucial hour, and if every Indian comes together, no power can topple us down.

In the recent times we witnessed our nation's marvelous achievements which were contoured by the common people of this great country. Be it sports, space, social or political arena hard work, perseverance and self confidence has brought us on the world stage today.

From achievements to reforms, our intentions are very clear that we want to make this planet a peaceful home for life in every form. On Independence Day, Prime Minister, urged every civilian and government bodies to ban single use plastic with effect from 2nd October 2019. This campaign will be launched as an effort to free India of plastic pollution by 2022, rendering marine life a big sigh of relief, which are otherwise the most affected from the building up of plastic in oceans, their natural habitat.

Hippocrates gave the slogan "Primum Non Nocere" for doctors though, meaning "First do no harm" but this should be the primary intention of every human being so as to make this world a better place to live for all.

Dear Doctors,

Dr. A. P. J. Abdul Kalam once gave the following success mantras to a young school girl: 1. Set a great aim. 2. Never stop to acquire knowledge 3. Be hard working 4. Keep persevering despite failures. Greatness is the true destiny of a human life and so aims must be great as they are the launch pads of our actions. To transform our being into greatness, knowledge plays an indispensable role and it should be a constant in varying life circumstances. Our profession calls for a constant brushing up of our medical knowledge which needs to be updated and learnt to be practically applied for providing better treatments to the patients.

As practitioners of AYUSH in India we are lucky to have Government and people who patronize and support us. With India's rising stature in world politics we are soon going to see huge opportunities for our skills in the international healthcare domains. But to rise we need to dive in deep oceans of knowledge with perseverance and commitment to ourselves and our patients who invest their hopes into us. This journal is one such small attempt, to keep all of us updated and well informed of our professional knowledge. This month we will talk about various factors that contribute to haemotoxic changes in our body tissues and the need of blood purifiers in maintaining homeostasis. As when there persists balance inside, the body and consequently the mind will work synchronously, with their maximum potential. Hope you will find the write up informative.

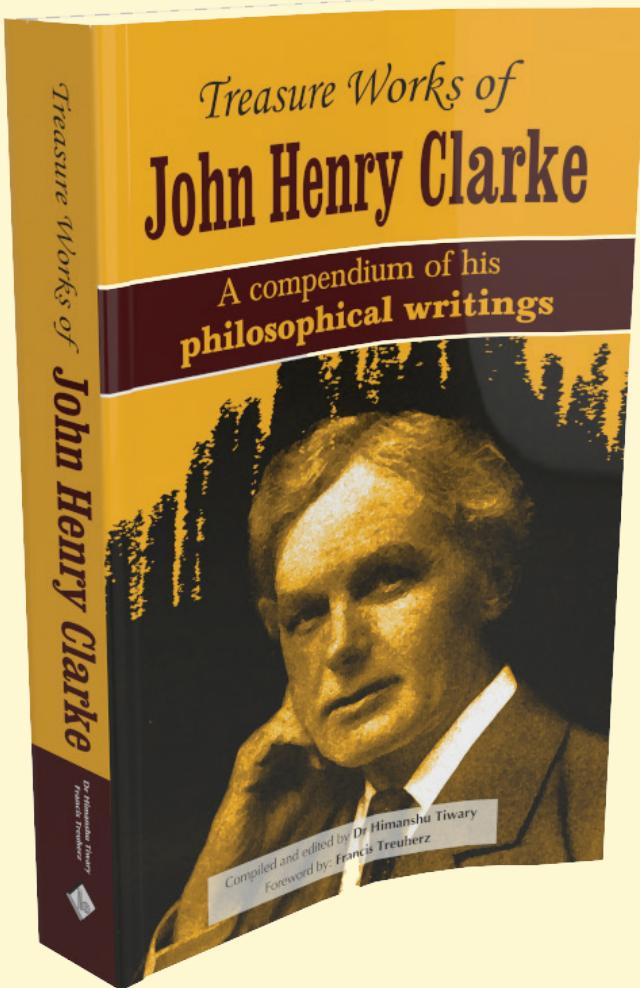
"Confidence and Hard work is the best medicine to kill the disease called failure."—Dr. A.P.J. Abdul Kalam

Kuldeep Jain
Chief Editor

Dr. Vasundhara
Editor

Treasure work of JH CLARKE

A compendium of his Philosophical Writings



As previously no significant attempt has been made to study the entire length and breadth of Clarke's philosophy, our profession have missed a great and profound voice necessary for the science of homoeopathy. Hopefully, this work will help us in rediscovering the philosophical wisdom as well as clinical gems of Clarke and empower us to combat the rising burden of chronic diseases.

- It is the first time ever an attempt has been made to research exhaustively about his entire literature and brings together the most noteworthy philosophical viewpoints of Clarke at one place.
- Moreover, the most important aspects of Clarke's life have been compiled at one place along with the chronological evolution of his entire literature.
- In this book, editor has insured that the original structure of literature remains intact as far as possible.
- Instead of editing and commenting throughout the book, all the necessary information has been provided in separate chapters at the beginning of the book.

Life on earth probably emerged from the sea, and the body water which is the environment of the cells, consisting of "salt water" is similar to the ancient ocean. The component of sea in us flows through blood and lymph vessels, bathes the cells as well as lies within the cells.¹

HOMEOSTASIS

Claude Bernard (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.¹

The normal composition of internal environment consists of the following components:¹

1. WATER- It is the principal and essential constituent of the body. The total body water in a normal adult male comprises 50-70% (average 60%) of the body weight and about 10% less in a normal adult female (average 50%). The total body water (assuming average of 60%) is distributed into two main compartments of body fluids separated from each other by membranes freely permeable to water.¹

i) Intracellular fluid compartment. This comprises about 33% of the body weight, the bulk of which is contained in the muscles.¹

ii) Extracellular fluid compartment. This constitutes the remaining 27% of body weight containing water. Included in this are the following four subdivisions of extracellular fluid (ECF):¹

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

b) Intravascular fluid or blood plasma comprises about 5% of the body weight. Thus plasma content is about 3 litres of fluid out of 5 litres of total blood volume.¹

c) Mesenchymal tissues such as dense connective tissue, cartilage and bone contain body water that comprises about 9% of the body weight.¹

d) Transcellular fluid constitutes 1% of body weight. This is the fluid contained in the secretions of secretory cells of the body e.g. skin, salivary glands, mucous membranes of alimentary and respiratory tracts, pancreas, liver and biliary tract, kidneys, gonads, thyroid, lacrimal gland and CSF.¹

2. ELECTROLYTES - The concentration of cations (positively charged) and anions (negatively charged) is different in intracellular and extracellular fluids:¹

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**. Besides these, a small proportion of non-diffusible proteins and some diffusible nutrients and metabolites such as **glucose and urea** are present in the ECF.

An imbalance in the water content and electrolytes of body fluids can cause:¹

- Oedema
- Dehydration
- Overhydration

This imbalance can affect other vital organs and their functions and cause multiple disease manifestations.

THE ANCIENT CONCEPT OF HOMEOSTASIS

Concept of four main humors was followed in ancient Greek and Roman medicine, nearly 2000 years ago.² The four humors were blood, yellow bile, black bile and phlegm depicted respectively as red, yellow, black and blue colors. Balance of all the four humors was considered essential for Health, and an increase or decrease in the quantity or nature of any of these caused disease. The diet was classified accordingly as per its tendency to affect these humors in body. Detoxification in ancient times was done by dietary modifications as per the kind of humoral imbalance seen along with "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

Homeostasis largely depends on the constitutions of persons from the homoeopathic perspective. 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 tends to have a hydrophilic nature shown up as retention of fluids in body spaces and hence ailments occur 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. The carbo-nitrogenoid constitutions tend to show disorders of basic body functions manifested as hyper or hypo activities, for eg. Increased glandular activities resulting in unhealthy skin, suppurations, itching and contrarily reduced activity is seen in constipated bowels, defective assimilation of nutrients causing growth disturbances.

THE NEED FOR DETOXIFICATION

Basic requirements for homeostasis are the moderate functioning of body's absorptive, assimilative and excretory systems. A lack in any of these causes functional disturbances, which if not corrected convert into reversible or irreversible pathologies. Cells take up oxygen and vital nutrients from the blood and eliminate catabolic waste products into the blood to be finally excreted out of the body through the filters that are skin, lungs, lymphatics, liver and kidneys. These filters are naturally efficient in clearing the toxins from blood, but with increasing stress, dietary indiscretions, sedentary lifestyle and constitutional tendencies the elimination can get obstructed and result in building up of toxins in the body which over a longer duration can adversely affect the tissues of the body, resulting in skin troubles, digestive disorders, hepatic diseases, cardiovascular and renal problems and benign or malignant growths on the body.

Detoxification is more essential than it is considered to be. Dr. Hahnemann in his later years of practice (1828-1830) gave us "Chronic Diseases" which was steeped with the practical knowledge gained from his experiences in the treatment of chronic diseases with Homoeopathy.

He came up with the revelation of miasms the deflections in the flow of treatment of chronic ailments. He has mentioned about these as the fundamental cause of chronic diseases in Organon, and this gives us an idea that we inherit the tendency to a specific group of ailments from our constitution that we are born with.

This gives us an idea that our constitution makes our systems build up particular types of toxins, which determine the nature and the seat of diseases that we fall into. A bit of extra efforts as simple as drinking ample quantity of water and indulging in an active lifestyle

along with corrective treatment are necessary to stay in a healthy state.

To be specific detoxification is necessary for everyone who needs to keep diseases at bay. Detoxification is the back bone of holistic health care, and all streams of medical science advocate it in their own special ways in unison.

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

Some good natural herbal extracts can also be used in combination for detoxification and purification of blood. Omeo Haempurifier is one such 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.³

It also contains Hepar sulphur which is the homeopathic anti inflammatory and best medicine to clear and prevent suppurations.

To jest up the discussion, a disturbed homeostasis or internal environment is the root of all ailment and detoxification is a complementary treatment and a preventive way to correct this disturbance.

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3. CLARKE J. H., Dictionary of Practical Materia Medica

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



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COCA



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Natural order : Lineae(suborder,Erythroxylae).

Synonyms : Erythroxylon Coca, Lamarck.
Hayo. Ipadu

Preparation : Tincture of leaves.

Clinical : Altitude sickness. Angina pectoris. Asthma. Constipation, chronic. Cough. Deafness. Debility. Fever. Heart disease. Hemorrhoids. Mountain sickness. Rheumatism. Scrofula. Scurvy. Voice, weakness.³

Indications

- ♦ The mountaineer's remedy. Useful in a variety of complaints incidental to mountain climbing, such as palpitation, dyspnoea, anxiety and insomnia.¹
- ♦ Loss of voice. Give 5-6 drops, every half hour, two hours before expected demand on voice.¹
- ♦ Caries of teeth.¹
- ♦ Emphysema. Want of breath, short breath, especially in aged athletes, and alcoholic users.¹
- ♦ Weak vocal cords. Hoarseness; worse after talking.¹
- ♦ Fainting fit from climbing mountains.¹
- ♦ Noises in ear. Headaches of high altitudes.¹
- ♦ Violent palpitation : from incarcerated flatus ; from overexertion;from heart strain.²

Prescribed dose : Tincture and all potencies, tincture to third potency.

References:

1. BOERICKE W., Pocket Manual of Homeopathic Materia Medica
2. ALLEN H. C., Keynotes and Characteristics with Comparisons
3. MURPHY R., Homeopathic Remedy Guide

For Clean Glowing



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- For Sensitive Skin



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HOMOEOPATHIC BLOOD PURIFIERS**1. Curcuma longa**

- Curcuma longa extract tablet decreased IBS prevalence and abdominal pain.⁴
- Considered to be anthelmintic.⁴
- Rhizome is used to treat cough and cold.⁴
- Curcumin, the most common antioxidant constituent of Curcuma longa rhizome extract, was reported to enhance apoptosis of damaged hepatocytes.⁴
- Prescribed dose : Mother Tincture and higher.⁵

**2. Berberis aquifolium**

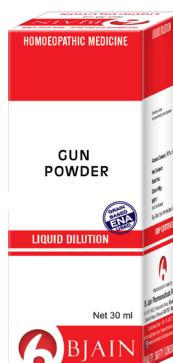
- A remedy for the skin, chronic catarrhal affections, secondary syphilis.⁵
- Hepatic torpor, lassitude and other evidences of incomplete metamorphosis; stimulates all glands and improves nutrition.⁵
- It stimulates all glands and improves nutrition. Clears the complexion.¹
- Pimples on the face of girls. It is especially useful where the skin is rough and the acne persists.⁶
- Dose - Tincture in rather material doses.⁵

**3. Echinacea Angustifolia**

- This rather famous drug first came to be noticed as "Meyers's Blood Purifier"⁷
- Several cases of acne resembling that caused by Bromide of Potassium, cured.⁷
- "A great remedy". When boils progress to the suppurate, Echinacea is the remedy.⁷
- We are indebted to the Eclectic school for this remarkable medicine as a "corrector of blood dyscrasias".¹
- "Bad or weak blood" so called, asthenia, adynamia and particularly a tendency to malignancy in acute and sub-acute disorders.¹
- Dose - Tincture, one to ten drops, every two hours, and larger doses.⁵
- Locally, as a cleansing and antiseptic wash.

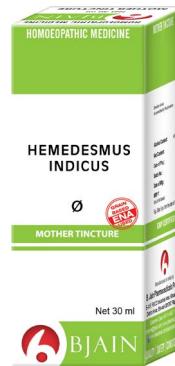
**4. Gun powder**

- "Blood poisoning," is a keynote of the first order.¹
- Gunpowder has abscesses, boils and carbuncles. Blood-poisoning. Septic suppurations. Blood-poisoning from pyorrhea alveolaris, under its curative sphere. Protective against wound infection.¹
- Herpes facialis, crops of boils. Carbuncles. Gonorrhea.¹
- Prescribed dose: 3x and higher.



HOMOEOPATHIC BLOOD PURIFIERS**5. Hemedesmus indicus**

- It is a blood purifier and there is no such other medicine in Ayurvedic system of therapy.⁸ -According to Charak, anantamul is best among the medicines for haematemesis. It is diuretic, refrigerant and perspiring agent.⁸
- The sweet extract is a remedy for cough, flatulence, blood poisoning, rheumatism, leucorrhoea, leprosy and fever. It is a mild laxative.⁸
-Shusrut has described it as an infallible remedy for asthma.⁸
- Dose : 20 drops of 1x twice daily.⁹

**6. Juglans regia**

- Comedones and acne of the face. Crusta lactea with soreness around ears. Itching and eruptions of small red pustules. Scalp red and itches violently at night. Chancre-like ulcer. Axillary glands suppurate. Pimples on face, red pimples on face, neck, shoulders and back.¹
- "It was said that in the golden age, when men lived upon acorns, the gods lived upon Walnuts and hence the name of Juglans, Jovis glans or Jupiter's nuts"¹
- Prescribed dose: Tincture, and lower potencies.⁹

**7. Scrophularia nodosa**

- Scroph-n. is a powerful medicine whenever enlarged glands are present. Hodgkin's disease. It is a valuable skin remedy. It has a specific affinity for the breast, very useful in the dissipation of breast tumors. Eczema of the ear.¹
- This remedy is of service in diseases of the skin, eczema, crusta lactea, eruptions of a vesicular character, pruritus vaginae, herpetic ulceration and scrofulous swelling, when there is a tendency to ulceration following the slightest contusion and indication of perverted nutrition.¹⁰
- Prescribed dose : Tincture and first potency.⁹

**8. Swertia chirata**

- Chirata is reported to be cardiac tonic, gastric juice stimulant and accelerative in skin function. It is found to have bitter stomachic, febrifuge and anthelmentic properties.⁹
- Enlargement of the liver and spleen; stiffness and flatulence.⁹
- Anti-pyretic or febrifuge (fever-killer); well indicated in dyspepsia; hyperacidity; functional inactivity of liver; flatulence; anorexia; worm troubles etc. Popular remedy for chronic fevers.¹⁰
- Prescribed dose : Tincture

**9. Hepar sulph**

- Unhealthy skin. Scrofulous and lymphatic constitutions who are inclined to have eruptions and glandular swellings. The tendency to suppuration is most marked.⁵

HOMOEOPATHIC BLOOD PURIFIERS

- Hepatitis, hepatic abscess; abdomen distended, tense; chronic abdominal affections.⁵
- Chronic and recurring urticaria.⁵
- Removes the weakening effects of ether.⁵
- Dose - First to 200th⁵

10. Sarsaparilla officinalis

- Sarsaparilla was used as a restorative and blood purifier after exhausting course of mercury.¹
- Sars. chief center of action is on the genito-urinary organs, skin, bones, right lower extremity. Kidney colic, marasmus and periosteal pains due to venereal disease. Urinary symptoms well marked.¹
- Sars. has cured fig warts and those needing it have a marked tendency to emaciation, moist eruptions about the genitals.¹
- Dose - First to sixth potency.⁵

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China officinalis	2x	0.5%v/v
Ginseng	Ø	0.5%v/v
Hydrastis canadensis	Ø	0.5%v/v
Alfalfa	Ø	5.0%v/v
Acidum formicum	4x	0.5%v/v
Lecithin	2x	1.0%v/v
Janosia ashoka	2x	0.5%v/v
Manganum aceticum	2x	0.5%w/v
Excipients		q.s.
Alcohol content		10.0%v/v
Colour: Caramel		

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OMEO ALFALFA MALT- A RESTORATIVE

The fast pacing life of today's era takes its toll on health and in order to keep up the strength and vital energy one needs to focus on the physical and nutritional requirements of his /her body. The daily wear and tear of our tissues needs extra portion of nutrition in order to reverse the damage. Omeo Alfalfa malt is Bjain's serving of this extra nutritional requirement of body and comes with a promise of carrying the goodness of real original herbs and purest grade of biochemic salts.

The main ingredient i.e. **Alfalfa** favorably influences nutrition, evidenced in "toning up" the appetite and digestion. It acts as a fat producer, corrects tissue waste and results in improvement of appetite and digestion. Weight is gained with a return of mental and physical vigour.¹ There are remedies like **Hydrastis** which have a boosting effect on the digestive processes and helps in relieving emaciation, catarrhal conditions and ulcerations. **Avena sativa** improves the nutrition of brain and nervous system. **Ginseng** helps in relieving lumbago and rheumatic pains in body and is a highly priced exotic herb root famous for its rejuvenating effects. **China** specially acts for systems, once robust, which have become debilitated, "broken down" from exhausting discharges.³ It acts beneficially for Ill effects of vexation, cold, tea, mercury, alcohol, onanism, chill, anger, coryza, suppressed.¹ **Kali phosphoricum** is a cell salt which is one of the greatest nerve remedies.² **Ferrum aceticum** is especially adapted to thin, pale, weak children who grow rapidly and are easily exhausted.² All ingredients going into Omeo AlfaAlfa Malt are natural, safe and quality tested. The **exotic herbs** such as **Ginseng** and **Hydrastis** are specially procured from their original sources and imported for Bjain homoeopathic formulations. The originality of ingredients gives unmatchable quality to Bjain formulations which are prepared in strict quality controlled environment to ensure safety and maximum effectivity of our medicines.

The alfalfa malt rejuvenates and helps in gaining back strength and vitality lost due to ill effects of derogatory habits, recurrent infections, lack of exercise and weakness of digestion. It helps in improving circulation and digestion , which are the two basic nutritive body functions thereby helping in gaining weight back in debilitated persons and preventing them from easily falling ill. A regular intake of alfalfa malt under the guidance of a homoeopathic physician is recommended.

Reference:

1. MURPHY R., Homeopathic Remedy Guide
2. BOERICKE W., Pocket Manual of Homeopathic Materia Medica
3. ALLEN H.C., Keynotes And Characteristics With Comparison



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FOR ALL AGE GROUP

**DOUBLE
YOUR STRENGTH**

IMPROVE YOUR HEALTH



- ➡ Nutrient Tonic
- ➡ Tones Up Appetite
- ➡ Removes Feeling of Fatigue
- ➡ Influences Nutritive Function

COMPOSITION :

Alfalfa	Ø	1.0%w/w
Avena sativa	Ø	1.0%w/w
Ginseng	Ø	1.0%w/w
Cinchona officinalis	2x	0.25%w/w
Hydrastis canadensis	2x	0.5%w/w
Kali phosphoricum	3x	1%w/w
Kali arsenicosum	4x	1%w/w
Ferrum aceticum	3x	1%w/w
Calcarea phosphorica	3x	0.5%w/w
Excipients		q.s.
Alcohol content		3.10%v/w

Pack sizes available:
250g | 450g

Dosage: Children < 12 yrs old: 1 tsp, 2 times a day.
Adults & ≥ 12 yrs old: 2 tsp, 2 to 3 times a day, or
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