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HomeoBuzz continuing medical information

Vol. 15, No. 07, October 2019, Total No. of Pages 16

Dear Readers,

Success shines upon us when we are able to align our energy, efforts and mind in the same tangent. Our environment and circumstances are important aspects which play the role of deflection in this path. A strong belief is the only pillar of strength that can nullify any circumstance or adverse forces in our path of success. Not to forget that being human means, we are bestowed with the highest capabilities and faculties amongst the entire clan of living beings. We just need to be "rightful" in our intentions as well as our efforts and success will surely embrace us at one moment of luck and supreme joy, that will go on to inspire us for an entire lifespan. This is the ardent nature of the great humans that have lived on this planet and created history and we worship them and tell their stories to our kids... so as to keep the humanity alive in all its magnanimity.

Through this platform I take the opportunity to instill even if slightest, an insight of who we are and what we are capable of. I urge all my readers that we have the power to recreate what we have destroyed in our ignorance.. Our Planet that has nourished all lives without any disparity of vivid morphologies in which it exists. Mother earth has been kindest of all mothers and indiscriminatingly has cared for all. It is our turn to pay back what we have taken from her. Let us give her trees, flowers and rivers back. Let us nurture her the way we were nurtured.

Let us celebrate Swachhata as basic routine and not alone a single day in a year.

Kuldeep Jain Chief Editor Dear Doctors,

We are sitting on the heap of chronic diseases, most of which have been created by our own goodself. We study hard during our training as medical professionals with a dream of being renowned for our treatment proficiency. But practical scenarios actually perplex our immature minds as we stand dazed confronting a complex presentation of diseases. I say complex because the diseases we meet in our OPDs are mostly a mix picture of original malady with superadded drug induced symptoms and modalities. A surge for quick relief lands patients at chemists shops purchasing popular remedies available over the counter. And then we muse ! Why Cancer is taking the shape of an epidemic!

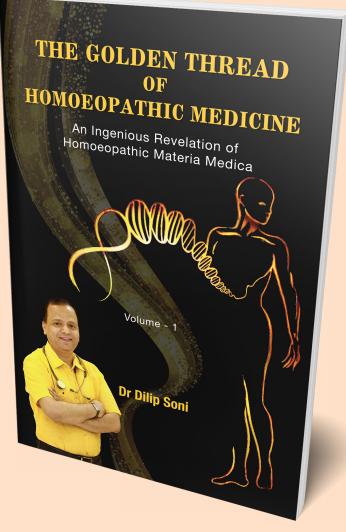
The most recent example is of Ranitidine, one of the most abused drugs for hyperacidity . The USFDA on 13th September, issued a safety alert citing the presence of NDMA in low levels in Ranitidine. The N-nitrosodimethylamine (NDMA) is considered as a probable carcinogen by the Indian Agency for Research on Cancer (IARC). Now whether it has carcinogens or not, the question has been raised on the scientific basis of modern day drugs which have flooded the markets and are being abused like potatoes!

Moreover I feel , all animals live through their lifespan without taking in any chemicals and we overdose our systems with antibiotics and pain killers! Where gingers, black peppers , hot water and honey can do miracles, we choose to jump back to work by gulping tablets and capsules. A simple approach to ailments can be more comforting for longer duration... we just have to be aware, give it a try and be patient.

> Dr. Vasundhara Editor

The Golden Thread of Homoeopathic Medicine

Dr Dilip Soni



ISBN: 978-81-319-0921-8 | ₹599 | 300 pp

- This book "The Golden Thread of Homoeopathic Medicine" is the compilation of the commonly used homoeopathic medicines according to the clinical experience of the author and proves to be an 'illuminant' enlightening the readers with the knowledge of homoeopathic materia medica.
- This book gives a better understanding of the remedies as it connects the remedy with its pathological action on the body, resulting in a variety of symptoms forming a disease picture.
- Each remedy revolves around a GOLDEN THREAD, which explains the pathology of the whole drug through a thread of sequences, holding onto which one could find the link between particular medicine and its specific medicine. Thus, it becomes easier for the reader to grasp the theme of the medicine from the core and relating it to the presenting picture of a case in hand.
- This book gives an innovative insight to memorise materia medica and elaborate the knowledge of homoeopathic remedies proven according to the lines of homoeopathy in a new dimension.

ABOUT THE AUTHOR

Dr Dilip Soni is a renowned homoeopath, an eminent speaker & a proficient researcher, known best for his rational thinking & zeal to share his knowledge gained after years of hard work & practise. He has a wide clinical experience in homoeopathy & has resolved numerous critical & hopeless cases. He is highly admired by everyone & has participated many national as well as international seminar. Because of his immense knowledge, he is lovingly called the 'Encyclopedia of Homoeopathy'.



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A REVIEW OF ALLERGIC DISORDERS

Allergic diseases are a common and increasing cause of illness, affecting between 15% and 20% of the population at some time. They comprise a range of disorders from mild to life-threatening

and affect many organs. Atopy is the tendency to produce an exaggerated IgE immune response to otherwise harmless environmental substances, while an allergic disease can be defined as the clinical manifestation of this inappropriate IgE immune response.¹

Immune defences are normally categorised into the innate immune response, which provides immediate protection against an invading pathogen, and the adaptive or acquired immune response, which takes more time to develop.¹

Allergies fall into the category of acquired immune response as they develop in people once their immune system becomes sensitized towards the otherwise harmless allergens.

Pathophysiology

Allergy is the result of the reaction of our immune system against usually harmless substances in our environment. This reaction comes as a sequel to an initial exposure to the exogenous allergen which triggers IgE production by activated B cells. The IgE thus produced attaches itself to high affinity receptors on the surface of mast cells, thus preparing the foundation of a future allergic reaction. On repeated exposure to the allergen, for which the mast cells have been sensitized by IgE, the clinical picture of allergy surfaces up. On re-exposure, the allergen binds to and cross-links membrane-bound IgE, which activates the mast cells, releasing a variety of vasoactive mediators (the early phase response). This is type 1 Hypersensitivity and results in the typical clinical picture of allergy which can range from a simple paroxysmal rhinorrhoea to life threatening anaphylaxis. In some cases a late phase response mediated by mast cell metabolites, basophils, eosinophils and macrophages may cause persistent mast cell activation, resulting in prolonged swelling and local inflammation. Recurrent allergic reactions may trigger chronic inflammatory response and once this results antihistamines become clinically ineffective in controlling the immune reaction.

Genetic factors play a major role in the development of allergies. A positive family history is a common finding in allergic patients and a wide variety of predisposing genetic factors have been identified for controlling innate immune responses.

"HYGEINE HYPOTHESIS": It proposes that infections in early life are critically important in maturation of immune response, and bias the immune system against the development of allergies; the high prevalence of allergic disease is the penalty for the decreased exposure to infection that has resulted from improvements in sanitation and health care.¹#

According to Dr. Allison Ramsay, the risk of developing allergies is genetic. It is related to ones family history of allergy. If neither parent is allergic, the chance for allergies is about 15%. If one parent is allergic, the risk increases to 30% and if both are allergic, the risk is greater than 60%.²

Clinical features

BIAIN

Following are the clinical presentations of Allergic immune reactions on various body tissues:

A REVIEW OF ALLERGIC DISORDERS

Dermatological

- Urticaria (Nettle rash): Itching with appearance of wheals or raised oedematous patches on skin.
- Allergic contact eczema: Itchy rash appearing over the patch of skin in contact with allergen.
- Atopic eczema: A late phase hypersensitivity reaction of skin with appearance of red, itchy rash showing intermittent flare ups.
- Angiodema: It is a transient localized, non pitting oedematous reaction seen in submucous and subcutaneous tissues.

Respiratory

- Asthma: It is a chronic inflammatory disorder caused by the hyper responsiveness of the airways leading to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, predominantly at night and in morning.
- Atopic Rhinitis: It is characterized by sudden episodes of nasal congestion, watery nasal discharge and paroxysmal sneezing.

Ophthalmological

• Allergic conjunctivitis: It results in watery, itchy, suffused conjunctival mucous lining on exposure to pollens or during hay fever.

Gastrointestinal

• Food allergy: abnormal inflammatory response against the normal food items results in itching and swelling of the oropharyngeal mucous lining, abdominal cramps, vomiting, diarrhoea, appearance of hives or eczema, tightening sensation in throat and a fall in Blood Pressure.

Other types include anaphylaxis, insect venom and drug allergies.

Respiratory allergies in India

Allergic rhinitis, allergic pharyngitis, bronchial asthma are the major respiratory allergic ailments prevailing amongst Indian population. A study conducted by D.Chandrika shows that 20-30% of Indian population suffers from allergic rhinitis and other allergic diseases.³ The prevalence of allergic disorders is seen to be on a constant rise over the past few decades.

Allergic rhinitis most commonly presents with paroxysmal sneezing, running nose, otorhinolaryngeal itching and /or nasal obstruction. Common notorious Allergens are pollens, house dust mites, pets and molds. Co morbidities associated with Allergic rhinitis are asthma, sinusitis, otitis media, atopic dermatitis, conjunctivitis and nasal polyps.³

Bronchial asthma is the most common respiratory allergy after allergic rhinitis and usually found as a comorbidity of each other. According to a study on the Prevalence of Bronchial Asthma and its associated risk factors in school going adolescents in Tier III North Indian City⁴ Prevalence of bronchial asthma among 11- to 16-year urban school-going children in this region was found to be 13.1%. The major factors found to be associated with bronchial asthma were a positive family history of smoking, presence of pets at home, usage of smoke producing fuel at home, being elder in birth order and recurrent febrile episodes, according to this study.⁴

Diagnosis

The nature of the symptoms should be established and specific triggers identified, along with the predictability of a reaction, and the time lag between exposure to a potential allergen and onset of symptoms. An allergic reaction usually occurs within minutes of exposure and provokes predictable, reproducible symptoms such as angioedema, urticaria and wheezing¹. Past and present occurrence of allergic symptoms should be recorded and potential allergens should be

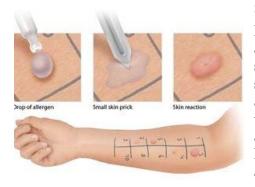


A REVIEW OF ALLERGIC DISORDERS

identified in the environment that the patient inhabitates. A detailed drug history can prove helpful from diagnostic perspective.

Investigations

The investigations in allergic cases help in identification of specific allergens, thereby helping in preventive management of the cases. The investigations in allergic cases can be:



Skin Prick Test

It is the key investigative procedure done to identify allergens. A droplet of standardized diluted allergen suspected to be the cause of allergy is placed on the skin surface and a minor prick is done through that droplet with a sterile lancet. Positive and negative control substances are used to analyze the reaction. A positive reaction appears after 15 minutes as a local wheal and flare 2mm or more larger than the negative control. This test has an added advantage that after seeing the reaction the patient gets a self realization to avoid the substances that he is allergic

to. But there are remote chances of an exaggerated reaction, so resuscitation facilities should be assured before doing this test.

Specific IgE Test

This test quantitates serum IgE against suspected specific allergens. Although the sensitivity and specificity of this test is lower than skin prick test, it finds scope if skin testing is inappropriate such as in patients taking antihistamines or those with severe skin disease or dermatographism or to test cross reactivity in case of multiple insect venoms. Specific IgE test helps in post mortem identification of the allergens responsible for death from anaphylaxis.¹

Other tests that can be done are Supervised exposure to allergen, Mast cell tryptase, Serum total IgE and Eosinophilia which are done according to the type of allergy.

Management

Avoidance of the allergens is mandatory for all cases of allergy. Conventional allopathic treatment involves prescribing antihistamines, glucocorticoids, Antigen specific immunotherapy and adrenaline injections for emergency anaphylactic cases.¹

Modern Allergy Desensitisation is done nowadays which is conceptually linked with homoeopathic treatment. Both utilize small doses of substances that might cause symptoms in order to treat hypersensitivity in patients.⁵

Interestingly, a Scottish Homeopathic Physician, C.M. Blackley, in 1871 first identified pollen as the cause of Hay Fever.^{5,6} Homoeopathic treatment successfully helps in reducing acute phase reactions in allergy as well as bringing upon reduction in the frequency of the episodes. Homoeopathic drugs like Apis, Dulcamara, Iodum, Natrum carb etc. help a great deal in allergic constitution. Carbolicum acidum is an outstanding remedy for anaphylactic shock.

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 Dana Ullman, MPH; Michael Frass, MD; A Review Of Homeopathic Research in the Treatment of Respiratory Allergies; https://www.researchgate.net/

Breathe Freely Stay Healthy

Omeo BREATHE FREEDR&PS

Indications:

Respiratory affections leading to difficulty in breathing.

Composition

Arsenicum album	6x
Belladonna	4x
Bryonia alba	4x
Kali phosphoricum	4x
Natrum muriaticum	4x
Natrum sulphuricum	4x
Veratrum album	4x
Eriodictyon glutinosum	4x
Excipients	
Alcohol content	

(10%v/v) (10%v/v) (10%v/v) (10%w/v) (10%w/v) (10%w/v) (10%v/v) (10%v/v) (10%v/v) g.s.

(45% v/v)

Dosage: 10-15 drops should be taken with some water 2-3 times daily for a minimum of 16-20 weeks or as prescribed by the physician. In acute exacerbation, frequent repetition of dose is recommended – every $\frac{1}{2}$ hour to 2 hours in luke warm water, or as prescribed by the physician.



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SABADILLA (Cevadilla)



Botanical Name : Sabadilla officinarum.

Family: Melanthaceae(of the Liliaceae)Part used: Seeds

Distribution

: Mexico, Guatemala and Venezuela, West Indies

Clinical : Allergies. Colds. Coryza. Coughs. Debility. Diphtheria. Dyspepsia, pregnancy. Earache. Hay fever. Headaches. Influenza. Intermittents. Lice. Neuralgia. Nosebleed. Rheumatism. Tapeworm. Throat, sore. Toothache. Uvula elongated. Vertigo. Worms.¹

Indications

- Fright causes hysterical paroxysms. Thinking produces headaches and sleeplessness.¹
- Hay asthma; little sneezing, but continual streaming of clear fluid from nostrils; swelling of nose and eyelids, with redness and inflammation of conjunctivae.²
- + Breathing heavy and anxious during heat; wheezing in chest; expectoration of tenacious yellow mucus, of a repulsive sweet taste. An important remedy in sinus conditions.²
- Spinal irritation from pollutions, with excessive weakness in legs; bruised feeling in small of back and sacral region.²
- Feet swell, are painful on walking, feels every pebble; nervous diseases from worms or other seated abdominal irritations.²
- Sensation as if a ball of thread were moving and turning rapidly through bowels; burning, boring, whirling in region of navel; rumbling in abdomen as if empty.²
- Periodicity well marked, Chill without thirst and often without subsequent heat; Heat with slightest thirst for warm drinks, sweat during heat, profuse about head and face, rest of body cool, sleep during sweat.²
- Scalp-Burning itching mostly on forehead and behind ears, scratching causes violent tickling and sticking with red spots, which later cover themselves with scurfs; agg. becoming heated and when sweating.³

Prescribed dose : Third to thirtieth potency.⁴

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 BOGER C. M., Boenninghausen's Characteristics
- BOGER C. M., Boenninghauser's Characteristics
 BOERICKE W., Pocket Manual of Homeopathic Materia Medica

Bring down Allergy and Flu

Omeo[®]



Indications:

- Sneezing
- Irritation of the nose
- Watery discharge from nose and eyes
- Nose blockage
- Loss of smell
- Itching and burning in the eyes
- Associated headache

Composition

Each tablet contains equal proportions of	of:
Ferrum phosphoricum	3X
Natrum muriaticum	6X
Kali sulphuricum	3X
Kali muriaticum	3X
Baptisia tinctoria	4X
Bryonia alba	4X
Causticum	6X
Eucalyptus globulus	3X
Gelsemium sempervirens	6X
Sabadilla	6X
Eupatorium perfoliatum	3X
Excipients	q.s.

Dosage : Adults &>12years old - 2 tablets, 4 times a day Children <12years old - 2 tablets, 2 times a day or as prescribed by the physician.

Pack sizes available: 25gm I 450gm



B.JAIN PHARMACEUTICALS PVT. LTD.



with homeopathy



Indications:

- Fever, Chills
- Bodyache, Headache
- Nose blockage
- Watery discharge from the nose & eyes

Composition:

Each tablet of 250mg con	tains:	
Aconitum napellus	3X	25mg
Bryonia alba	3X	25mg
Eupatorium perfoliatum	1X	25mg
Gelsemium sempervirens	3X	25mg
Ipecacuanha	3X	25mg
Phosphorus	6X	25mg
Eucalyptus globulus	2X	10mg
Excipients		q.s.

Dosage : Adults & > 12 years old - 2 tablets, 4times a day. Children < 12 years old - 2 tablets, 2 times a day or as prescribed by the physician



Pack sizes available: 25gm I 450gm

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Sneezing

Nasal Discharge

Information for registered medical practitioner only

Burning Eyes

HOMOEOPATHIC ANTI ALLERGICS

Therapeutics of Allergy and Asthma

1. Aspidospermium

- Digitalis of lungs. Removes temporary obstruction to oxidation of blood by stimulating respiratory centres increasing oxidation and excretion of carbonic acid.¹
- "Want of breath during exertion." Is the cardinal symptom of this drug.1
- It is an effective remedy in many cases of asthma; increases oxygen in the blood; Cardiac Asthma.¹

2. Aralia racemosa

- This is a remedy for asthmatic conditions, with cough aggravated on lying down.²
- Constriction of chest; feels as if a foreign body were in throat.²
- Hay-fever; frequent sneezing. The least current of air causes sneezing, with copious watery, excoriating nasal discharge, of salty acrid taste.²
- Dose: Tincture, to third potency.²

3. Arsenicum album

- Violent sneezing. Fluent coryza; with stopped nose, burning in the nostrils, and secretion of serous and corrosive mucus.³
- Arrest of breathing with cough. Cough excited by a sensation of constriction and suffocation in the larynx, as if by the vapour of sulphur.³
- Dry cough, sometimes deep, fatiguing, and shaking, principally in the evening after lying down, or at night, obliging the patient to assume an erect posture.³
- Burning in eyes, with acrid lachrymation.²
- Itching, burning, swellings; oedema, eruption, papular, dry, rough, scaly; worse cold and scratching.²
- Dose Third to thirtieth potency. But if only surface conditions call for it, give the lowest potencies, 2x to 3x trit.²

4. Apis

- Swelling or puffing up of various parts, oedema, red rosy hue, stinging pains, soreness, intolerance of heat, and slightest touch, and afternoon aggravation.²
- Lids swollen, red, oedematous, everted, inflamed; burn and sting. Conjunctiva bright red, puffy.²
- Oedema of larynx. Feels as if he could not draw another breath.²
- Swellings after bites; sore, sensitive. Sudden puffing up of whole body.²
- Dose Tincture to thirtieth potency. In oedematous conditions the lower potencies.²











HOMOEOPATHIC ANTI ALLERGICS

5. Bromium

- First the right nostril is stopped and then the left. Fluent coryza, dull frontal headache, especially the right side, brain feels as if being forced through the nose.⁴
- Dry hacking cough with difficulty of breathing and shortness of breath, but it is hurried.⁴
- Coryza of sailors when they touch the shores. They complain of tickling smarting, as from cobwebs, corrosive soreness of nose. Pressure at root of nose.⁴
- Most marked effects are seen in the respiratory symptoms, especially in larynx and trachea.²
- Asthma; difficulty in getting air into lung. Bronchial tubes feel filled with smoke.²
- Dose First to third attenuation.²

6. Dulcamara

- Profuse coryza. Wants nose kept warm, least cold air stops the nose.²
- Eyes:Hay-fever; profuse, watery discharge, worse in open air.²
- Asthma with dyspnoea. Cough after physical exertion.²
- Red spots, urticaria, brought on by exposure, or sour stomach.²
- Pruritus, always worse in cold, wet weather.²
- Dose Second to thirtieth potency.²
- 7. Euphorbium officinarum
- An irritant to the skin and mucous membranes.²
- Erysipelas; yellow blisters.²
- Eyes inflamed and agglutinated in morning; Red swelling of cheeks. Nasal pruritus with mucous secretions from naso-pharynx.²
- Spasmodic, dry cough, day and night, with asthma.²
- Dose Third to sixth potency.²
- 8. Lachesis
- Nostrils sensitive. Stopped up coryza. Coryza, preceded by headache. Hay asthma, paroxysms of sneezing.⁵
- Sensation of suffocation and strangulation on lying down, particularly when anything is around throat, compels patient to spring from bed and rush for open window.⁵
- Breathing almost stops on falling asleep.⁵
- Dose Eighth to 200th potency. Doses ought not be repeated too frequently.²











HOMOEOPATHIC ANTI ALLERGICS

9. Natrium sulphuricum

- They are worse in rainy weather, water in any form. Every spring, return of skin affections.²
- Dyspnoea, during damp weather. Asthma in children, as a constitutional remedy.²
- Humid asthma; rattling in chest, at 4 and 5 a.m.²
- Itching while undressing.²
- Eyes: Rough, dry, red and burning. Lachrymation, running, burning water. Itching, crawling as of a bug.⁶
- Dose First to twelfth trituration.²
- 8. Sabadilla
- Burning smarting in eyes. Redness of margins of eyelids.³
- Nose: Itching tingling in nose and contractive smarting. Great sensibility to smell of garlic.³
- Violent spasmodic sneezing; Obstruction of nostrils, alternately.³
- Fluent coryza with altered features and bewildered head.³
- Sensation of a skin hanging loosely in throat, must swallow over it; as if uvula were down.³
- Roughness and scraping in throat. Respiration obstructed, as if there were a stone in the chest.³
- Dose Third to thirtieth potency.²

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Compiled by: Dr. Vasundhara Editor B.JAIN PHARMACEUTICALS PVT. LTD.



The Homoeopathic Anti-Acid





Indications:

- Sour eructations
- Heartburn
- Acidity
- Heaviness in abdomen

Composition:

Each tablet of 250mg contains

Natrum phosphoricum Lycopodium clavatum Carbo vegetabilis Robinia pseudocacia Excipients q.s. to one tablet

 3X
 62.5mg w/w

 3X
 62.5mg w/w

 3X
 62.5mg w/w

 3X
 62.5mg w/w

 3X
 62.5mg w/w



Dosage: 2 tablets, 4 times a day or as prescribed by the physician.

Pack sizes available: 25gm I 450gm

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NO MORE SORES With Omeo Mouth Ulcer

Indications:

- Ulcers inside the lips, cheek and below the tongue
- Burning, stinging blisters on the tongue & oral cavity
- Painful gum-boil
 Ulcers bleed on touch & eating
- Pain on touch and from chewing Foetid odour from mouth

3X

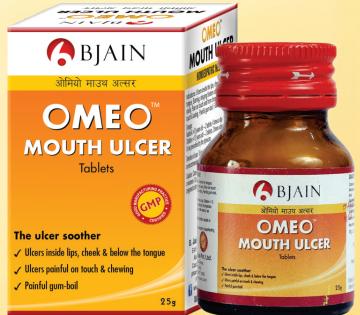
3X 3X

3X

Composition

Mercurius solubilis
Borax
Kali chloricum
Hydrastis conadensis
Excipients q.s.

Dosage: Adult & >12 years old- 2 tablets, 4 times a day, Children < 12 Years old - 2 tablets, 2 times a day or as prescribed by the physician.



Pack sizes available: 25gm I 450gm

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A PERFECT ANSWER FOR DAY TO DAY DIGESTIVE TROUBLE

Omeo™ DIGESTION

Medicated Syrup

Indications:

- Indigestion
- Flatulence
- Constipation
- Chronic weakness of digestion

Composition:

Natrum phosphoricum 2X 10.0% Robinia pseudocacia 2X 10.0% 2X 10.0% Capsicum annuum Acidum sulphuricum 3X 10.0% **Phosphorus** 5X 10.0% **Excipients** q.s. 9.0%v/v Alcohol content Colour: Caramel

Dosage: Adults &>12years old - 2 teaspoons(10ml),

3 times a day. Children <12years old

1 teaspoon(5ml), 3 times a day or as prescribed by the physician..



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

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Owned, Printed and Published by Mr. Kuldeep Jain 1922, Street No. 10, Chuna Mandi, Post Box 5775, Paharganj, New Delhi–110055 Ph.: 91-11-4567 1000 Fax: 91-11-4567 1010, Email: info@bjain.com at J. J. Offset Printers 522, F.I.E., Patpar Ganj, Delhi–110 092

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