

- Liver - A Brief Introduction to Common Disorders
- *Fragaria Vesca*
- Therapeutics for Liver Disorders
- New Additions in B Jain Dilution Range

HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 15, No. 01, April 2019, Total No. of Pages 16

Dear Readers,

Change and Novelty are vital for keeping the circle of life in uninterrupted continuation. Our spirit and enthusiasm surge with every new turn in the path of life, and lead us to unveil our own potentials that have gone into oblivion during a routine and monotonous stretch of time. The challenges thrown to us by destiny are the real opportunities to know and grow a new version of our own selves. And the moment we accept the challenges, keeping all our fears tight within and brace ourselves up for whatsoever may come, is the true act of heroism!

April 2019, is going to mark phenomenal changes at multiple platforms. With Indian New year and elections round the corner, the world's largest democracy will be busy in discussing politics and Exit polls along with celebrating and welcoming the new year. It is result time for 5 years of Modi Government, testing their success at providing to the needs and growth of 1.25 crore Indian Population. At the same time the new year of Indian calendar "NavSamvatsar2076" will be welcomed by the people splendidly in unique yet similar set of traditions and beautiful customs throughout this diversified nation. Celebrated under different names, people rejoice the harvesting of crops with fastings, festivities, delicacies and offerings as well as express gratitude to mother land and Maa Durga for her bountiful blessings, and this traditional and religious vividness across the borders is the real charm of our beautiful land.

So in this spiritual season, let us hold strong on to our beliefs, and welcome the changes with positivity and optimism. Each of us count in for building up a strong nation and so does our vote. With this, I wish the people of my country, "Happy Voting" and a "Shubh Nav Varsh"

Kuldeep Jain
Chief Editor

Dear Doctors,

Greetings to all for the Indian New Year 2076.

April is celebrated world over as the birth month of Dr. Hahnemann- the father of Homoeopathy. This year following the latest trends, a "Run for Homoeopathy" drive is on to mark our strength in numbers on the streets on 7th of April at India Gate. A great initiative indeed to pull out one and all commonly for "Homoeopathy".

Remembering the words of our master from aph.3 of organon "If the physician clearly perceives what has to be cured in disease, i.e. in each individual case of disease (Knowledge of the disease)..... then he knows how to treat thoroughly and efficaciously" We attempt at brushing up ourselves time and again on the aspects of practice of medicine. To know the disease in whole extent requires continuous updation of existing facts and assumptions.

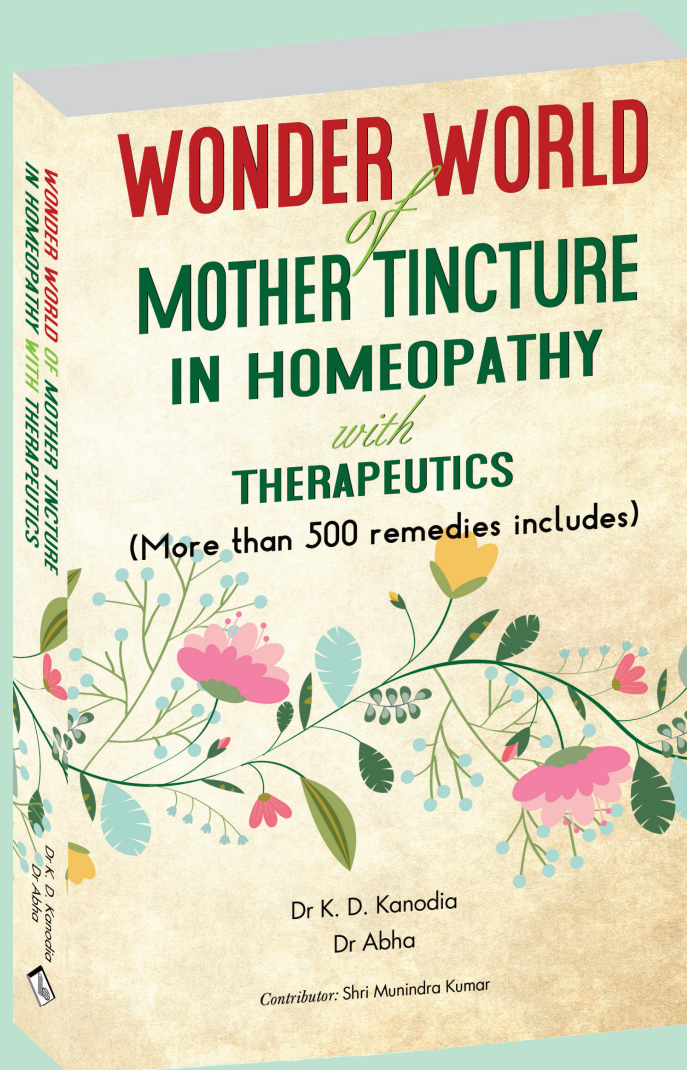
This volume of homeobuzz focuses on the importance of liver and the common disorders affecting it. Liver is the largest and most important gland in our body and serves approximately 500 different functions to maintain body's nutritional, metabolic and functional needs. Due to our over indulgences this vital organ has to overwork in order to eliminate toxic material from the body while making essential elements available simultaneously. This over taxation of liver results in an array of functional and structural disorders which tend to run a chronic, insidious course often ending up incurably. With appropriate knowledge most of these conditions can be avoided or treated in a better way naturally and successfully with homoeopathy.

We continuously strive to provide quality homoeopathic products to our consumers who have invested their faith in us since decades. Hence, this issue also updates the information about the new additions in our existing range of dilutions, customized for the needs of homoeopathic practitioners all over the world.

Ending up I wish everybody with Homoeopathy, best wishes on World Homoeopathy Day.

Dr. Vasundhara
Editor

READ IT AND REAP IT



In the hurry and bustle of the age, sometimes the physician is not in a position to devote much time to reach the simillimum. Allopathy-minded patients demand immediate relief of ailments. Many mother tinctures will at once arrest the progress of many diseases and afford instant cure.

- The book *Wonder World of Mother Tinctures in Homeopathy with Therapeutics* has been written with great endeavour and sincerity for the purpose of acquainting homeopathic practitioners with infallible drugs which can be used in tincture form.
- It contains materia medica of more than 500 mother tinctures; with the directions about dosage and repetition
- The book contains the most valuable prescriptions and experiences of the world-renowned homeopathic physicians who have gained laurels by using mother tinctures.
- There are special chapters such as instant distress redeemers in mother tinctures, clinical hits in mother tinctures and many more clinically relevant sections which add weightage to the work.

The liver is the largest organ in the body positioned in the right upper quadrant of the abdominal cavity just beneath the right lung and is covered by the rib cage in front. It weighs around 1.36 kg, has a rubbery texture and is reddish brown in color. It is classically divided into left and right lobes by the falciform ligament, but a more useful functional division is into the right and left hemilivers, based on the hepatic blood supply.² The liver receives 80% of its blood supply from the hepatic artery and the remaining 20% via the portal vein, which drains blood from the gut. The functional unit of the liver is the hepatic acinus. A hepatic acinus has a central vein and a peripheral unit of portal tract containing hepatic artery, portal vein and bile duct linked radially by hepatic sinusoids.

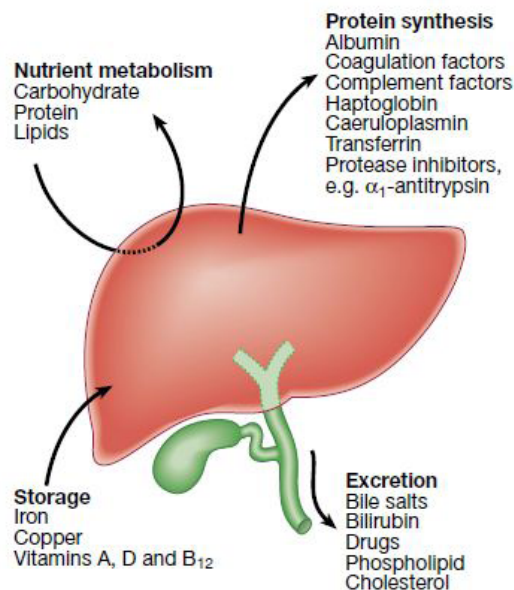
Functions of Liver

Liver has a marked regenerative capacity and helps in detoxification, regulation of protein, carbohydrate and lipid metabolism and production of digestive enzymes. To further illustrate its functional importance, following are the major roles played by liver:

- It produces bile which helps in absorption and digestion of fat, cholesterol and certain vitamins.¹
- It absorbs and metabolizes bilirubin formed after the breakdown of haemoglobin.¹
- Bile produced in liver helps in absorption of Vit K which is critical for blood clotting mechanism.¹
- Carbohydrates are stored in liver as glycogen. For immediate supply during body's energy requirements, glycogen is converted into glucose and released into the blood stream.¹
- Liver also serves the purpose of a reserve for vitamins and minerals. It stores Vit A, D, E, K, B12 and minerals such as iron as "ferritin" and copper.¹
- It also helps to filter out unrequired and harmful compounds from the body like certain hormones (estrogen, aldosterone), alcohol and drugs.¹
- Immunologically liver plays vital role in guarding the body from the parasites entering through the gut with the help of Kupffer cells found largely in it.¹
- Liver produces albumin, a carrier protein for steroids, fatty acids and thyroid hormones in the blood and also helps in stabilizing extra-cellular fluid volume.¹
- Liver produces angiotensin a hormone required for increasing blood pressure

Liver disorders

Worldwide, 1 in 40 deaths are due to liver disease or primary liver cell cancer. In developed countries, the most common cause of liver disease is alcohol abuse, although with the rise in obesity rates,



THE LIVER

the incidence of non-alcoholic fatty liver disease (NAFLD) is rapidly increasing too. In developing countries, infections caused by hepatitis viruses, often complicated by hepatobiliary cancer, and those caused by parasites, are responsible for most chronic liver disease.²

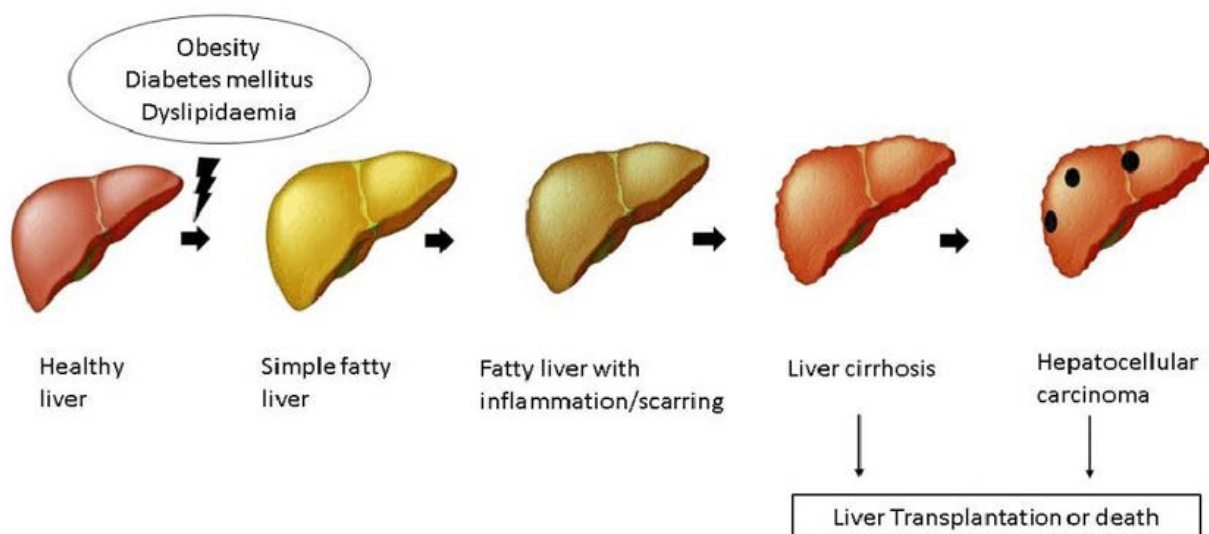
Diseases majorly affecting liver can be infective, infestive, inflammatory, autoimmune, degenerative and infiltrative in nature.

- Fascioliasis is Liver-fluke infestation commonly seen in tropical regions.¹
- Hepatitis is liver inflammation which can be viral, toxic or autoimmune in origin.¹
- Most common is fatty liver disease which can be alcoholic or non-alcoholic in origin.¹
- Cirrhosis is the destruction of liver cells due to fibrosis resulting from chronic affections like hepatitis, alcohol abuse and exposure to hepato-toxins for a longer duration.¹
- Hepatocarcinoma and cholangiocarcinoma are the sixth most common type of cancer and one of the leading cause of death due to cancer worldwide.¹

HEPATITIS

The inflammation of liver is known as Hepatitis which is most commonly viral in origin. Other causes of hepatitis include certain medical conditions, heavy alcohol use, or drug intake and exposure to hepatotoxins. Hepatitis A, B and C are 3 variants of this infection, each having different etiologies, routes of transmission and course of action. Amongst these hepatitis B and C have tendency to become chronic and can lead to cirrhosis, liver failure or liver cancer. In Hepatitis A people usually recover without any lasting liver damage over a period of few weeks. Fatty liver disease is building up of fat in liver and this can be of 2 types- 1). Non Alcoholic Fatty Liver Disease (NAFLD) and 2). Alcoholic Fatty Liver Disease or Alcoholic steatohepatitis.

NAFLD. Liver is the organ majorly responsible for fat metabolism which it does effectively in normal quantities of dietary fat intake. But in obesity, diabetes mellitus, dyslipidaemia like disorders where there is excess of fats to be digested liver starts accumulating fat in it's tissues resulting in NAFLD.



ALCOHOLIC FATTY LIVER DISEASE. Alcohol consumption effects on all the organs of the body but has a major impact on liver which has to work in order to eliminate it from the body. Besides it also cause hypertriglyceridemia, which in turn also has to be metabolized by the liver. This dual pressure, received by liver becomes insurmountable, in case of heavy quantities of alcohol intake, on a regular basis for a prolonged duration and results in fatty liver inflammation and ultimately "Cirrhosis".

CIRRHOSIS - It is the replacement of healthy liver tissue by scar tissue due to chronic inflammatory conditions resulting from viral hepatitis, Alcoholic /Non alcoholic steatohepatitis and any causative factor damaging liver tissue.

HEPATOCELLULAR CARCINOMA - According to a Medscape article, "HCC is now the third

leading cause of cancer deaths worldwide, with over 500,000 people affected.”³ It is a primary liver cell carcinoma resulting from chronic liver affections, obesity , alcohol abuse, iron storage diseases and cirrhosis.

HISTORY, EXAMINATION & INVESTIGATIONS - In case of any abnormality in digestion for a longer duration associated with fever, abdominal pain, weight loss, weakness, yellow pigmentation of skin, with pale or creamy stools and excretion of high colored urine proper history of the case should be taken and a thorough examination should be done . History of exposure to intravenous drugs or blood transfusion, travel to hepatitis endemic areas, birth place and family history of liver disease, autoimmune disease history, history of inflammatory bowel disease or Alcohol consumption should be properly investigated. During examination clinical signs of liver disease should be looked out for such as jaundice of skin and sclera, scratch marks on skin (itching), spider naevi, parotid swelling and xanthesma on face. Hands must be examined for clubbing, leuconychia, dupuytren’s contracture, flapping tremors (hepatic encephalopathy) and palmar erythema . Keen observation is must to rule out alcohol smell or fetor hepaticus, emaciated frame, distended abdominal veins or unlikely abdominal distention, loss of body hair and gynaecomastia in males. In case of suspicion a CBC , liver function test and sonography should be advised along with dietary management, bed rest and alcohol abstinence. A CT and MRI may be advised in suspected cases of malignancy to mark any focal lesion and confirm it’s etiology.²

MANAGEMENT. The aim in liver pathologies is to cut down upon the workload of liver and provide nutritional supplements through dietary management along with conservation of energy through bedrest. Following is the recommended management for liver diseases.

- Limiting protein intake in advanced liver diseases will help lessen the building up of waste products to be eliminated by liver though good sources of protein should be consumed in moderation like turkey, fish, tofu, eggs, cheese, beans, seeds and nuts and dairy products.⁴
- Salt should be cut down upon to avoid fluid retention in body leading to ascites.⁴
- Sugar intake should be lessened too as it only causes rise in blood sugar levels .⁴
- Fats which are largely metabolized in liver should be completely restricted specially the saturated variety .⁴
- Excess iron also gets accumulated in liver and leads to hepatitis and it’s complications hence should be avoided.⁴
- Fruits and vegetables should be taken in good amount to provide for body’s need for vitamins and minerals. Green leafy vegetables like Kale, spinach and cabbage are good at reducing fatty acids , helping the liver to a great extent, but their right amount should be taken in order to avoid overdosing of iron.⁴
- Complex carbohydrates provide the energy needed by the body along with fibres, vitamins and minerals like zinc. Brown rice, oat-meal, whole oats, wheat and rye are examples of complex carbohydrates.⁴
- Lastly alcohol should be strictly abstained from in any liver pathology as it hastens up the destruction of tissues.

Homoeopathy being natural and a minimalistic treatment is quite effective in relieving liver ailments. Omeo liver helps in strengthening and re-boosting liver functions naturally and safely. The ingredients are well known remedies indicated in a variety of acute as well as chronic liver ailments. It helps in healing the liver tissue and and reestablishes it’s normal functions.

References:

1. What does the liver do? <https://www.medicalnewstoday.com/articles/305075.php>; accessed on 18-3-2019.
2. Nicki R.Colledge, Brian R. Walker, Stuart H Ralston. Davidson’s Principles & Practice of Medicine;21st edition; Pg 920-922.
3. Hepatocellular Carcinoma; <https://emedicine.medscape.com/article/197319-overview>; accessed on 19-3-2019
4. Tom Seymour; What to eat if you have Hepatitis C? <https://www.medicalnewstoday.com/articles/320727.php>; accessed on 20-3-2019

**SHED OFF THE FAT
SMARTLY & SAFELY**



Omeo™ SLIM DROPS



Indications:

For the tendency to gain weight due to faulty activity of the glandular secretion.

Composition

Calcium carbonicum Hahnemann	12X	10% v/v
Croton tiglium	4X	10% v/v
Fucus vesiculosus	2X	10% v/v
Graphites	12X	10% v/v
Natrum sulphuricum	2X	10% v/v
Spongia tosta	3X	10% v/v
Excipients:		q.s.
Alcohol content		46% v/v

Dosage: 10-15 drops should be diluted with water and taken 2-3 times a day before meals or as prescribed by the physician.



Pack sizes available: 30ml

Quality | Safety | Consistency



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Information for registered medical practitioner only.



FRAGARIA VESCA

EXCLUSIVE
MOTHER TINCTURE
FROM B.JAIN



- Botanical name** : *Fragaria vesca* Linn
Family : Rosaceae
Synonyms : *Fragaria semperflorens* Duch.,
Wood-strawberry
Part used : Ripe fruit and root
Distribution : Europe and North America, in
India it is found in temperate Himalayas from Murrec
and kashmir(2000-3000m) to Sikkim(2000-4000m.)

Clinical :

- *Prevents formation of calculi*, removes tartar from teeth and prevents attacks of gout.¹
- Anasarca. Biliousness. Chilblains. Convulsions. Erysipelas. Faintness. Gonorrhoea. Sprue. Strokes. Tapeworm. Tongue, strawberry, swollen. Urticaria. Weaning.³

Indications:

- ✦ Face reddish blue. Livid countenance.⁵
- ✦ *The well-known "strawberry tongue"* is an indication for its use.³
- ✦ Acts on digestion and mesenteric glands.¹ Violent colic. Vomiting followed by relief.⁵
- ✦ Prevents formation of calculi, removes tartar from teeth and prevents attacks of gout.¹
- ✦ The fruit has refrigerant properties. *Chilblains; worse during hot weather.*¹
- ✦ It is of service in urticarious, petechial and erysipelatous eruptions.²
- ✦ Mammae diminished in size and the secretion of milk ceases.⁴
- ✦ Attacks of suffocation like apoplexy. Small intermittent pulse. Failure of the heart's action.⁵
- ✦ Fever- Profuse viscous sweat.⁵

Prescribed dose : 3x and higher.⁶

References:

1. BOERICKE W., Pocket Manual of Homoeopathic Materia Medica
2. BLACKWOOD A.L., A Manual of Materia Medica Therapeutics and Pharmacology.
3. MURPHY R., Homeopathic Remedy Guide.
4. LILIENTHAL S., Homoeopathic Therapeutics.
5. CLARKE J. H., Dictionary of Practical Materia Medica
6. VARMA P.N. and INDU V., Encyclopaedia of Homoeopathic Pharmacopoeia

Strengthen the Liver

Omeo™

LIVER

Medicated Syrup

Indications:

- Loss of appetite
- Poor digestion
- Persistent nausea and vomiting
- Pain in liver region
- Fatty degeneration of the liver
- Bad effects of excessive alcohol consumption
- Debility

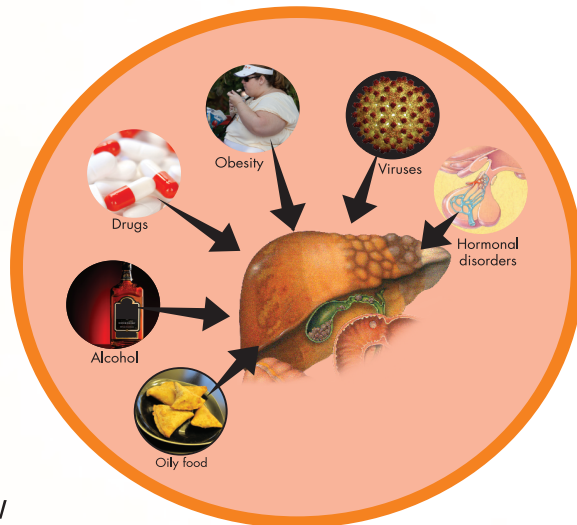


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& Boost Digestion



Composition

Carduus marianus	Ø	5%v/v
Chelidonium majus	Ø	2%v/v
Andrographis paniculata	Ø	5%v/v
Hydrastis canadensis	Ø	2%v/v
Taraxacum officinale	Ø	2%v/v
Podophyllum peltatum	Ø	2%v/v
Ipecacuanha	Ø	2%v/v
Excipients		q.s.
Alcohol content		12%v/v

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

Quality | Safety | Consistency

Information for registered medical practitioner only

HOMOEOPATHIC APPROACH

Therapeutics For Liver Disorders

1. ABIES CANADENSIS

- Indigestion. Liver disorder.¹
- Sensation as if the liver were small and hard; as if bile were deficient.¹
- Burning in rectum. Constipation.¹
- Dose: First to third potency.¹

2. ARSENICUM ALBUM

- Liver and spleen enlarged and painful.²
- Ascites and anasarca. Abdomen swollen and painful.²
- Gradual loss of weight from impaired nutrition.²
- Cannot bear the sight or smell of food. Nausea, retching, vomiting, after eating or drinking.²
- Dose: Low attenuations in gastric, intestinal, and kidney diseases. Third to thirtieth potency.¹

3. BRYONIA

- Tongue coated yellowish, dark brown; heavily white in gastric derangement. Bitter taste.¹
- Stomach sensitive to touch. Pressure in stomach after eating, as of a stone.¹
- Liver region swollen, sore, tensive. Burning pain, stitches; worse, pressure, coughing, breathing.¹
- Constipation; stools hard, dry, as if burnt; seem too large.¹
- Urine- Red, brown, like beer; scanty, hot.¹
- Dose -First to twelfth attenuation.¹

4. CARDUUS MARIANUS

- Liver enlarged and indurated, threatening dropsy or cancer. Constipation, with hard knotty, clay coloured stool or diarrhoea.³
- Left lobe sensitive, nausea or vomiting, gall-bladder swollen or hard or painful, stitches, in left side of stomach.³
- It is an intercurrent remedy with other indicated remedies. It is specific in initial and chronic condition both.³
- Dose : Tincture and lower potencies.¹

5. CHELIDONIUM

- Jaundice, gall-stones and hepatitis: There is a bruised aching pain felt at the inferior angle of the right scapula, and pain either of an acute or dull character, in the hepatic region with tenderness of the liver.⁴
- Face -Yellow; worse nose and cheeks.²
- Constipation. Stools, hard, round balls like sheep's dung, bright yellow, pasty, clay-colored. Stools float in water.⁵
- Tongue yellow with imprint of teeth, large and flabby.⁵
- Dose : Tincture and lower attenuations.²

6. CHINA

- Much flatulent colic; better bending double. Tympanitic abdomen.²
- Flatulence; belching of bitter fluid or regurgitation of food gives no relief.²
- Pain in right hypochondrium. Gall-stone colic.²
- Liver and spleen swollen and enlarged. Jaundice.²
- Stool - Undigested, frothy, yellow; painless; worse at night, after meals, during hot weather, from fruit, milk, beer. Difficult even when soft.²
- Dose -Tincture, to thirtieth potency.²

HOMOEOPATHIC APPROACH

7. CHIONANTHUS

- When liver is indurated and enlarged, jaundice, frequent urination, tight feeling, about around intestines, constipation, clay-coloured stool, threatening malignant state, skin yellowish with itching sometimes spleen enlarged.⁵ Yellow conjunctiva.²
- Gall-stone colic; sensation like a string tied around intestines in umbilical region, every once in a while it is suddenly drawn tight and then gradually loosened; somewhat amel. by lying on stomach and abdomen.⁶
- Urine- Large amount of high specific gravity; bile and sugar in urine. Urine very dark.²
- Dose - Tincture and first attenuation.²

8. HYDRASTIS

- Torpor of the liver, with pale, scanty stools. Jaundice from structural disease of the liver.⁷
- Catarrhal inflammation of the mucous linings of the gall bladder, biliary ducts, etc.⁷
- Gripping, with light acrid stools. Constipation, with piles.
- Dose - Tincture, to thirtieth attenuation.⁷

9. IRIS VERSICOLOR

- This remedy is indicated in hepatic derangement, when there is violent sick headache.⁸
- The stools may be watery and of a yellowish-green color, mixed with bile or oily particles.⁴
- There is pain in the hepatic region and gripping pain in the bowels.⁸
- There is a loss of the appetite with the vomiting of sour bitter material. The urine is dark red.⁸
- Dose- Tincture to thirtieth potency.²

10. LYCOPODIUM

- Pressure and tension in liver; esp. on satisfying one's appetite.¹
- Violent gall-stone colic. Inflammation and induration of the liver.¹
- Dropsical swelling of the abdomen. Incarcerated flatus.¹
- Small stool, with the sensation as if much remained behind, followed by excessive and painful accumulations of flatulence.¹
- Faeces : pale and of a putrid odour; thin brown; pale green mixed with hard lumps.¹
- Dark urine with diminished discharge. Greasy pellicle on the urine. A very severe pain is felt in the back every time before urinating, which ceases when the urine flows.¹
- Worse, right side, from right to left, from above downward, 4 to 8 p.m.²
- Dose: The 6th to 200th potency, and higher, in not too frequent doses.²

11. MAGNESIA MURIATICUM

- A liver remedy with pronounced characteristic constipation. Especially adapted to diseases of women, with a long history of indigestion and uterine disease; children who cannot digest milk.²
- Liver enlarged with bloating of abdomen; Pressing pain in liver; worse lying on right side.²
- Constipation of infants during dentition; only passing small quantity; stools knotty, like sheep's dung, crumbling at verge of anus.² Pale, yellowish, or earthy complexion.¹
- High-coloured urine, loaded with lithates, accompanies the uterine symptoms.¹
- Dose - Third to 200th potency.²

References:

1. CLARKE J.H., Dictionary of Practical Materia Medica
2. BOERICKE W., Pocket Manual of Homeopathic Materia Medica
3. KAMTHAN P.S., Cancer Curable Under Homoeopathic Treatment
4. BLACKWOOD A.L., A Manual of Materia Medica Therapeutics and Pharmacology
5. MURPHY R., Homeopathic Remedy Guide
6. LILIENTHAL S., Homoeopathic Therapeutics
7. HALE E.M., The Characteristics of New Remedies
8. BLACKWOOD A.L., Diseases of the Liver, Pancreas and Ductless Glands

HASTEN HEALING

with.....



Omeo™

Injury Relief

Tablets

Indications:

- Blunt Injury
- Sprain
- Strain

Composition :

Each tablets of 100mg contains:

Arnica montana	3X	14mg w/w
Hypericum perforatum	3X	14mg w/w
Ledum palustre	3X	14mg w/w
Rhus toxicodendron	6X	14mg w/w
Ruta graveolens	3X	14mg w/w
Symphytum officinale	2X	14mg w/w
Bellis perennis	3X	14mg w/w

Excipients q.s. to one tablet of 100mg.

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



Pack sizes available:
25gm | 450gm

Quality | Safety | Consistency



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NEW ADDITIONS TO BJAIN DILUTION RANGE

Bjain pharmaceuticals presents the following expansion of it's range of dilutions in order to serve the diversified market demands. Marked in red are the new additions in the existing range.

1. Haliaeetus leuco: (bald eagle)

Clinical indications:

- mood disorders, stress ,hypochondriasis

Characteristics:

- Homesick for home.
- Delusions legs feel shorter .
- Sensation that my right leg was lengthening.⁴

Potencies available- 6C,12C,30C,200C,1M,10M

2. Phylanthus Nir : Phyllanthus amarus Schum and Thonn

Clinical indications:

- dyspepsia, colic, diarrhoea, constipation, and dysentery.
- In females it is used as a galactogogue, in leucorrhoea, menorrhagia and mammary abscess.
- In skin conditions, especially scabby or crusty lesions, scabies and ringworm.
- It has a urolithic property, dissolving renal calculi.⁵

Potencies available- 3C,6C,12C,30C, 200C,1M, 10M

3. Polygonum punctatum : Polygonum hydropiperoides (water smartweed)

Clinical indications:

- indicated in the amenorrhoea of young girls, when there are aching pains in the hips and loins and a sensation of weight and tension within the loins.
- It is also of service in rectal diseases.⁶ Varicosis; haemorrhoids and rectal pockets.²

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, 1M, 10M

4. Insulin : Active principle from the pancreas which affects sugar metabolism.

Clinical Indications:

- Enlarged liver with chronic diarrhoea, chronic eczema and suppurative conditions.
- Ailments with emaciation, debility, enlarged liver.

Potencies available- 12C, 30C, 200C

5. Apium graveolens : A.graveolens, L., (Celery.)

Clinical Indications:

- Headache, heartburn, otorrhoea, toothache, retention of urine, urticaria.

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, 1M

6. Argemone Mexicana : Prickly poppy

Clinical indications:

- Colicky cramp and spasm of bowels.
- Painful neuro-muscular conditions, preventing sleep.
- Rheumatic disease associated with Bright's disease. (D. MacFarlan.)²

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, 1M

7. Castanea vesca : Chestnut leaves

Clinical indications:

- Diarrhea. Whooping cough.⁷
- Lumbago, weak back, can hardly straighten up.²

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, 1M

8. Balsam peru : Peruvian balsam from myroxylon pereirae

Clinical indications:

- Bronchial catarrh, Debility; hectic fever.
- Bronchitis, and phthisis, with muco-purulent, thick, creamy expectoration.²

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, **1M**

9. Ephedra vulgaris : Ephedra Vulgaris Hook, Steppe raspberry of Russia.

Clinical indications:

- This remedy is employed in exophthalmic goiter.
- There is a tumultuous action of the heart, and there is a sensation as though the eyes were being pushed out.⁶

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, **1M**

10. Cheiranthus cheiri : Wallflower

Clinical indications:

- Deafness. Wisdom-teeth.
- Nose stopped at night from irritation of cutting wisdom teeth.³

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, **1M**

11. Blumea odorata : Kukundar, Kukurmota, kuksima

Clinical indications:

- It exerts powerful influence to arrest bleeding, in bleeding piles; in diarrhoea or dysentery associated with blood, in miscarriage where haemorrhage is profuse; in bloody leucorrhoea and menorrhagia.⁸
- A very good medicine to control cough-hoarseness due to cough.⁸

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, **1M**

12. Acidum citricum :

Citric acid

Clinical indications:

- Useful in scurvy and chronic rheumatism and hemorrhages. Dropsy⁷
- Beneficial in a number of cases of diphtheria.⁹
- Checks excessive menstruation.⁹

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, **1M**

13. Anagalis arvensis : Scarlet pimpernel; weather-glass.⁹

Clinical indications:

- employed as an antidote to poisons and the bites of rabid animals.⁶
- Headache confined to the supra-orbital ridges with rumbling in the bowels and eructation.⁶
- It is of service when there is great itching of the fingers and palms of the hands, covered with a raw eczema-like eruption.⁶

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, **1M**

14. Myristica sebifera : Brazilian ucuba

Clinical indications:

- A remedy of great antiseptic powers.²
- Inflammation of skin, cellular tissue and periosteum. Hastens suppuration and shortens its duration.²
- Specific action in panaritium.²
- Elephantiasis Arabum. Joints, disorders. Suppuration. Ulceration. Whitlow.²

Potencies available- **6C,12C,30C,200C**

15. Aegle folia : Bel fruit

NEW ADDITIONS TO BJAIN DILUTION RANGE

Clinical indications:

- Bleeding piles; diarrhoea; dysentery; fever with dropsy; impotency.⁸
- Dropsy of any part of the body; dropsical swelling due to heart diseases.⁸
- Excellent medicine in beriberi.⁸

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, 1M

16. **Triticum ripens** : Couch-grass

Clinical indications:

- An excellent remedy in excessive irritability of the bladder, dysuria, cystitis, gonorrhoea.²
- Retention of urine in very old people from enlarged prostata, when there is a great deal of trouble in urinating.¹⁰

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, 1M, 10M

17. **Arnica Montana HPUS** : Leopard's Bane.

Clinical indications:

- The remedy is indicated following mechanical injuries, strains, and wrenching of muscles, in haemorrhages from injuries.⁶
- Strain of the heart from violent exercise.⁶
- Diseases of the skin; The furuncles appear one after another and are extremely sore.⁶
- Useful remedy in typhoid, and other types of low fevers.⁶

Potencies available- HPUS compliant MT, 3X, 6X, 6C,12C,30C, 200C, 1M, 10M, 50M, CM

18. **Spigelia anthelmia** : Pinkroot.

Clinical indications:

- Anaemic, debilitated subjects, with light hair, who are sensitive to the slightest touch. rheumatism.⁶
- Periodical nervous and neuralgic headaches. which begin in the base of the brain in the morning and spread up over the head and locate in the eye, orbit and temple on the left side.⁶
- Rheumatic pericarditis.⁶
- It is of benefit in worm affections.⁶

Potencies available- 3X, 6X, 6C,12C, 30C, 200C, 1M, 10M

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