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HomeoBuzz

CONTINUING MEDICAL INFORMATION

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Dear Readers,

Desires and dreams sprout in our mind, and our belief in self drives us towards their realization. All the while our physical existence is just an instrument for acting in the direction of our beliefs. July 2019 marked on the timeline, super achievements of an ordinary Indian girl, Hima Das, as she ran past limitations towards her golden goal on international track events. Bagging six gold over a span of few weeks is a big track achievement in the history for Indian athletics. We wish our golden girl to keep her belief strong and strive harder to continue her golden spree at the Tokyo Olympics too.

Self belief and perseverance with focused efforts yield success sooner or later. But why is failure considered as a symbol of loss? Why is success so much sought after that failure seems like a stigma? I see success as only the tip of iceberg, the base of which is formed from substantially larger portion of failures. As the tip of iceberg is visible but the base remains hidden under the water, similarly the successful moments are seen by all, and the hardships and failures remain hidden. The failure gives learning and wisdom, while success gives joy and ambition and they form two inseparable sides of the same coin(life) being tossed on the fancies of destiny. We grow up with such experiences which eventually become our immortal stories and our identities that live on long after us. What makes us different is our attitude towards success and failure and our zeal towards life.

“Those who dare to fail miserably can achieve greatly.” -**John F. Kennedy**

Kuldeep Jain
Chief Editor

Dear Doctors,

Welcome to the August issue of Homeobuzz. There is a wide range of lifestyle diseases that have a good solution in Homeopathy, but people suffering from them are mostly unaware of this fact or they are so apprehensive about adverse consequences that they don't even take a dig into the natural alternative therapy. But the fact is that if these diseases come into light at earlier stages, then they can be very well managed with homoeopathy along with dietary and physical corrections.

Hypertension is responsible for 12.8% of the total number of all deaths occurring worldwide. Most of the hypertensive patients have associated cardiovascular complaints and metabolic disorders such as coronary artery disease, hypercholesterolemia, nephropathies and electrolyte imbalance. The fact that hypertension is a cumulative outcome of neuro-chemical events, whose exact etiology is still unclear, homoeopathy proves to be a dependable therapy as it works not on the etiology, but on the symptomatic manifestation of diseases. We will look into the mechanism and management of the disease in the upcoming pages.

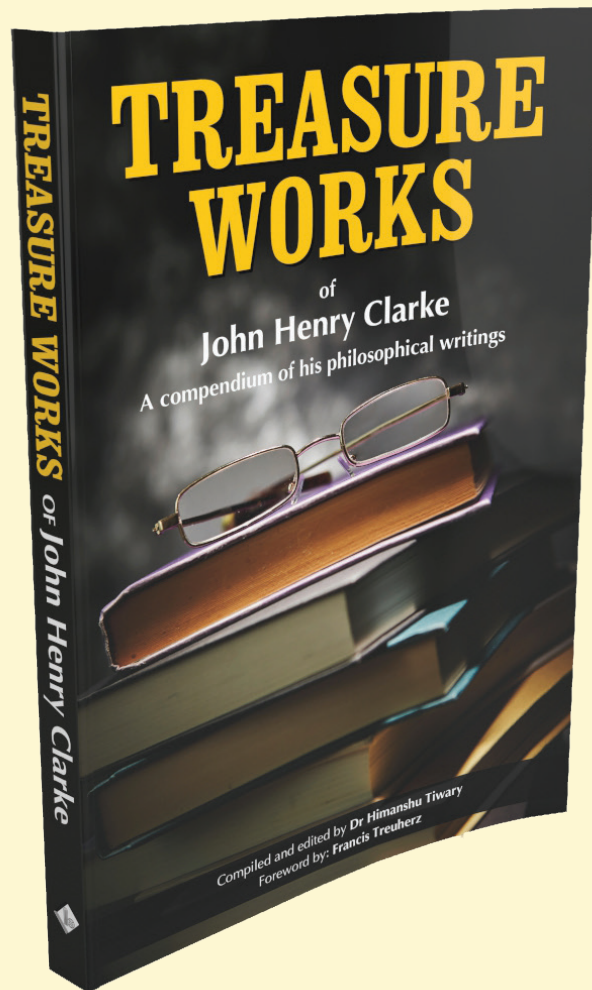
Talking about hypercholesterolemia, there existed a need for a positive therapy until the arrival of Guatteria Gaumeri, B Jain's patent remedy, which has shown marked improvement in cholesterol metabolism in a clinical research trial done in academic clinical setup in north India. Guatteria Gaumeri helped in reducing LDL by 16.34% & increasing HDL by 14.09% without any adverse side effects.

As a doctor our mission is treating the suffering mankind with care and skills, so as to help them regain their lost health without creating new reasons for their sufferings. And this is what homoeopathy exactly does... when its practitioner is skilled enough and true to his art.

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 in separate chapters at the beginning of the book has been provided.

ISBN: 978-81-319-6389-0 | ₹399 | 508 pp

Blood Pressure The Mechanism And Management



Circulation is the flow of energy in the form of blood from one part of the body to another. It serves the purpose of transporter, messenger, and the vital connector of various systems helping in their well synchronized functioning. It provides for the needs of the body by transporting nutrients to the body tissues, sweeping away the waste products, conducting hormones from one part of the body to another, and, in general, maintaining the body homeostasis.¹

Our system auto regulates the rate of blood flow through the tissues according to their nutritional or chemical requirements. This auto regulation is the result of a co-ordinated neuro-chemical, hormonal and autonomic nervous system's role play conducted majorly by the nervous, cardio-vascular and excretory systems.

The circulatory system is functionally divided into pulmonary and systemic circulation. The pulmonary circulation serves to oxygenate the venous blood return from the peripheral vascular circuit. The systemic or greater circulation provides oxygenated blood to all tissues of body and carries deoxygenated blood from the peripheral circulation to the right heart from where it goes into the pulmonary circulation.

The functional units of circulation¹

The circulatory system stands on the pillars of important functional units each having features customized to their role play in circulation of blood.

- **Arteries:** Springing out from the heart, arteries transport blood under high pressure to distant sections of the body, for which they have strong muscular walls, capable of conducting high velocity blood.
- **Arterioles:** They are the smaller branches of arterial system, acting as the control channel through which the blood enters into the capillaries. The strong muscular walls allow the arterioles to alter /control the blood flow to the capillaries by their constricting and dilating actions, in response to the need of the tissues.
- **Capillaries:** These micro vessels form the vascular network of the tissue bed, functioning to facilitate exchange of fluids, nutrients, gases, electrolytes, hormones etc. between the blood and interstitial fluid. Their walls are thin, having numerous minute capillary pores with permeability for water and small molecular substances.
- **Venules:** They are the exiting vessels from the tissue beds collecting blood from the capillaries and finally coalescing into larger veins.
- **Veins:** They are the channels emerging out from the peripheral vascular system. They carry the de-oxygenated blood from the tissues to pulmonary circulation for oxygenation, via the right heart. They also act as a major reservoir for extra blood. Their walls are thin yet muscular making them contractile, thus capable of controlling the blood reservoir according to the needs of the circulation.

FUN FACTS ABOUT CIRCULATORY SYSTEM !!!

- If you laid all your arteries, veins and capillaries end to end, they would circle the earth twice!
- Heart is of the size of our fist, weighing 300gms and beats an average of 100,000 times a day!
- In an average lifetime, the heart pumps enough blood to fill two large ocean tankers!
- Your heartbeat changes and mimics the music you listen to!!!

**THE BLOOD PRESSURE**

The pressure exerted on arteries by the circulating blood is called arterial blood pressure. The arterial blood pressure is the result of multiple factors involved in the circulation of blood, such as – The force of cardiac contractions, peripheral vascular resistance and the density and viscosity of circulating blood. Under normal conditions the average arterial blood pressure is 100mmHg at the aortic level. But as the heart's action is alternate contraction and relaxation i.e. pulsating, the arterial pressure is noted under two arms : Systolic and Diastolic. Systolic pressure is the arterial pressure when the ventricles are under contraction and is 120mmHg. Diastolic pressure is the arterial pressure during the relaxing phase of heart or when the ventricles are relaxed and is around 80mmHg.

The body maintains optimum arterial pressure through various systemic pathways and certain factors are involved in regulation of both normal and high blood pressure. Intravascular volume, autonomic nervous system, vascular mechanisms and the action of Renin - Angiotensin – Aldosterone axis are the determining factors for arterial blood pressure.

HYPERTENSION

According to a Global Health Observatory(GHO) Data for Raised Blood Pressure “Worldwide, raised blood pressure is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths. This accounts for 57 million disability adjusted life years (DALYS) or 3.7% of total DALYS.”⁴ Hypertension doubles the risk of cardiovascular diseases, including coronary heart disease (CHD), congestive heart failure (CHF), ischemic and hemorrhagic stroke, renal failure, and peripheral arterial disease.²

High blood pressure is a feature of imbalance in the circulatory function of the body. Rather than being a specific disease, it marks the quantitative diversion from normal functional values of the cardio-vascular conduction.

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Hypertension is a condition in which arterial BP is chronically elevated. BP occurs within a continuous range, so cutoff levels are defined according to their effect on patients' risk.

Aetiology

Approximately 95% of hypertensive cases do not have any underlying cause. These cases are

Blood Pressure The Mechanism And Management

termed as “Essential Hypertension”, and their pathogenesis is still not clear. Multiple factors are thought to be contributory for the development of hypertension, amongst which genetic factors explain approximately 40-60% of cases. Racial predisposition of hypertension is seen in black Americans and Japanese. High consumption of salt and alcohol, obesity and lack of exercise are important factors for the development of Hypertension.

Hypertension developing as a consequence of sodium retention or peripheral vasoconstriction due to any specific disease, is secondary hypertension and contributes to 5% of total hypertensive cases.

#White coat hypertension!

An unrepresentative surge in BP occurs when sphygmomanometry is performed by a doctor and around 20% of patients with apparent hypertension in clinic may find the readings absolutely normal when measured at home by automated apparatus.³

Diagnosis

In the normal course hypertension does not produce any symptoms, until it's revelation during a routine clinical examination, or when a complication develops. To get a clearer picture for the confirmation of hypertensive disorder, multiple readings repeated at regular intervals throughout the day are helpful rather than a limited number of clinical readings. Patients can measure their own BP at home using a range of commercially available semi-automatic devices. The average ambulatory daytime (not 24-hour or night-time) BP is considered as reliable to form diagnostic conclusions and management decisions.

History should be very well taken including family history, lifestyle (exercise, salt intake, eating habits, smoking, drug usage, alcohol consumption etc.) with focus on eliminating secondary causes such as pheochromocytoma and complications such as coronary artery disease.

An elaborate general examination should be conducted to rule out secondary causes of hypertension and serious complications.

'Malignant' or 'accelerated' phase hypertension

This rare condition may complicate hypertension of any aetiology and is characterised by accelerated microvascular damage with necrosis in the walls of small arteries and arterioles ('fibrinoid necrosis') and by intravascular thrombosis. The diagnosis is based on evidence of high BP and rapidly progressive end organ damage, such as retinopathy (grade 3 or 4), renal dysfunction (especially proteinuria) and/or hypertensive encephalopathy. Left ventricular failure may occur and, if this is untreated, death occurs within months.³

Management

The treatment objective in Hypertension is focused around reducing incidences of adverse cardiovascular conditions, specifically coronary heart disease, stroke and heart failure. The conventional anti hypertensive therapy includes Thiazide, ACE inhibitors, Angiotensin receptor blockers, Calcium channel antagonists and Beta-blockers. These drugs have side effects like constipation, cough, flushing, palpitation, fluid retention and bradycardia.³

Homoeopathic treatment clubbed with appropriate lifestyle measures like correcting obesity, reducing alcohol intake, doing regular physical exercises and consuming fresh fruits and vegetables can help in maintaining healthier level of blood pressure. Homoeopathic drugs like Rauwolfia serpentine, spigelia, belladonna, viscum album, veratrum album etc. are effective in correcting disorders of blood pressure.

HYPOTENSION

Blood pressure lower than 90/60 mmHg, over a considerably impactful duration can be termed as “hypotension” or “low blood pressure”. Blood pressure is not a static entity, rather it is a changeable variable that is signifiatory of body’s homeostatic compliance. Hence a fixed definition for hypotension is a bit intricate. Moreover the window for perceptibly low blood pressure is a very small one in comparison to high blood pressure. Usually the patients complain of paroxysmal episodes of fainting spells or dizziness while standing for a very long time or when rising from a recumbent position. At this level constitutional homoeopathic treatment helps a great deal if there isn’t any serious pathology behind the episodes.

Sudden acute episode of falling blood pressure is symptom of shock which is sudden cessation of blood circulation to the tissues of the body and can be hypovolemic, cardiogenic, obstructive or distributive in origin. Hypovolemic shock as the name suggest is the circulatory failure occurring due to excessive loss of circulating vital fluids in body. Cardiogenic shock is circulatory failure due to ventricular disorders. Obstructive shock occurs due to the obstruction of the great vessels of the heart itself. Distributive shock results from an abnormal distribution of blood flow in microvessels of tissues such as during sepsis.

Shock is an emergency situation that should be managed with modern intervention although an integrated approach of homoeopathy with modern measures will result better results in my opinion.

Homoeopathic remedies for Low blood pressure are cactus grandiflorus, naja tripudians, gelsimium, camphor, carbo veg etc.

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AMOORA ROHITUKA (Andersonia)



Family	: Meliaceae
Common name	: Rohituka, Royna, Rohera, Rohido, Harinhara and Pitaraj
Preparation	: Tincture of the bark.
Distribution	: Eastern Himalayas and Western Ghats. ⁴

Clinical : Chronic fever; general debility; enlarged glands; liver and spleen disorders; leucorrhoea.¹

Indications:

- ✦ Mistakes in spelling, place, etc.; can't fix mind in any subject; easily angered.¹
- ✦ Flushes of heat in the face. burning sensation in the face including eyes.¹
- ✦ Burning sensation in the stomach; enlargement of the liver and spleen; nausea and vomiting.¹
- ✦ Bad and bitter taste in the morning. Feverish with headache; aching pains; burning of hands and feet.¹
- ✦ Enlargement of spleen, irritation; pain in the left side; stiffness of the spleen; the patient cannot change side in the left; dyspnoea; fever; sometimes diarrhoea or, constipation may be present.²
- ✦ Eyes- Heaviness; dim sightedness at night; symptom of constipation must be present; difficulty in reading and writing.² Burning in eyes.³
- ✦ Continuous flow of urine with tendency to frequent urination; colour green or, turbid yellow, frothy.²
- ✦ Piles with burning and stitching pain in rectum < during and after stool.²

Prescribed dose : 3x, 6x, and 30⁴

References:

1. BANERJEA S. K., Fifty homeopathic Indian Drugs
2. BANERJEE P., Materia Medica of Indian Drugs
3. Liga Medicorum Homoeopathica Internationalis
4. VARMA P.N and INDU V., Encyclopaedia of Homeopathic Pharmacopoeia

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Be Pe Tone

Drops

Indications:
High Blood Pressure

Composition:

Arnica montana	2X	10%
Crataegus oxyacantha	∅	30%
Plumbum aceticum	6X	10%
Secale cornutum	3X	10%
Viscum album	∅	40%
Excipients		q.s.
Alcohol content		65% v/v

Dosage: 10-20 drops should be diluted with water and taken 3-4 times a day, or as prescribed by the physician.



Pack sizes available:
30ml



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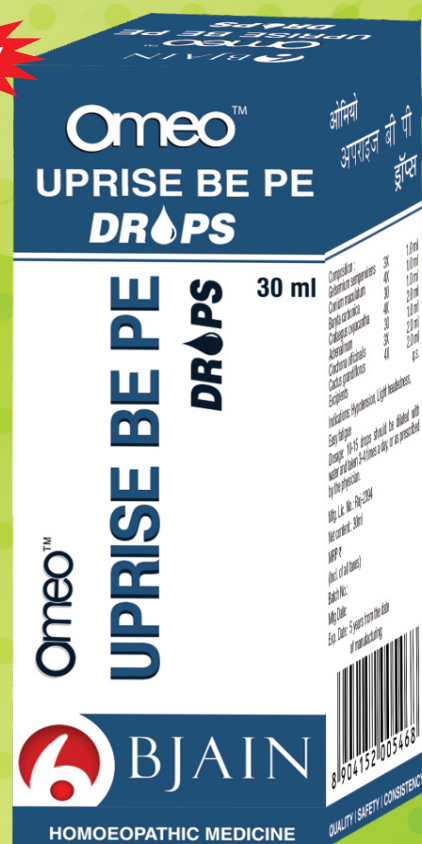
Indications:
Low Blood Pressure



Composition:

Gelsemium sempervirens	3X	1.0 ml
Conium maculatum	4X	1.0 ml
Baryta carbonica	30	1.0 ml
Crataegus oxyacantha	4X	2.0 ml
Adrenalinum	30	1.0 ml
Cinchona officinalis	3X	2.0 ml
Cactus grandiflorus	4X	2.0 ml
Excipients		q.s.

Dosage: 10-15 drops should be diluted with water and taken 3-4 times a day, or as prescribed by the physician.



Pack sizes available:
30ml

Quality | Safety | Consistency

Information for registered medical practitioner only

Adrenalinum

- When injected into the circulation arteries become contracted and blood pressure rises.¹
- The main action of Adrenalin is stimulation of the sympathetic endings, notably the splanchnic area, causing constriction of the peripheral arterioles, with resulting rise in blood pressure.²
- Its chief therapeutic use depends on its vaso-constriction action; therefore a most powerful and prompt astringent and haemostatic; and invaluable in checking capillary haemorrhages.²
- Prescribed dose : 3x to 6x attenuation.⁵

Aurum metallicum

- Great weight on chest; esp. heavy weight on sternum. Much congestion in the chest.³
- Floundering heart. Anxious palpitation of the heart, from congestion to the chest.³
- Arteriosclerosis, high blood pressure, nightly paroxysms of pain behind sternum.⁴
- Prescribed dose : 3x and higher.⁵

Baryta carb

- Diseases of old men when degenerative changes begin; - cardiac vascular and cerebral.²
- Palpitation and distress in region of heart.²
- Accelerates the heart's action at first, blood pressure much increased, contraction of blood vessels.²
- Prescribed dose: Third to thirtieth potency²

Conium maculatum

- Sensible beating of arteries through whole body.⁶
- Violent beating of heart, with pain at each pulsation, as if a knife was being thrust through occiput; heart beat sometimes strong, sometimes quick or vacillating.⁶
- Sensation of fulness, bursting in brain during headache.⁷
- Dose - Best in higher potencies given infrequently, especially for growths, paretic states, etc. - Otherwise sixth to thirtieth.²

Crategus oxycantha

- Acts on muscle of heart, and is a heart tonic.²
- Produces giddiness, lowered pulse, and air hunger and reduction in blood-pressure.²
- High arterial tension.²
- Palpitation and rapid action of heart.³
- Dose - Fluid extract or tincture, one to fifteen drops.²

Camphora

- Pictures a state of collapse. Icy coldness of the whole body; sudden sinking of strength; pulse small and weak.²
- As a heart stimulant for emergency use of Camphor is the most satisfactory remedy.²
- Anxiety at heart.³
- Diminished circulation of the blood to the parts most distant from the heart.³
- Sinking of all strength. Fainting fits.³
- Dose - Tincture, in drop doses, repeated frequently, or smelling of Spirits of Camphor.

Therapeutics Of Disorders Of Arterial Tension

- Potencies are equally effective.

Adonis vernalis

- Under its action the cardiac contractions increase in force, the pulse becomes less frequent, more regular and full, the urine increases in quantity and albumen and casts disappear.⁸
- This remedy will be found of service when dilatation of the heart is taking place, as indicated by the diminished heart's action and the lowering of the blood pressure generally; as a result, the function of the kidney is lessened and marked dropsy appears.⁹
- Dose - Five to ten drops of the tincture.²

Convallaria majalis

- Increases energy of hearts' action, renders it more regular.²
- Sensation as if heart ceased beating, then starting very suddenly.²
- Most indicated when it is necessary to restore the balance of the right side of the heart.⁸
- Dose - Third attenuation, and for symptoms of heart failure, tincture, one to fifteen drops.²

Cactus grandiflorus

- Acts best in the incipiency of cardiac incompetence.²
- Violent palpitation; worse lying on left side, at approach of menses.²
- Constriction; very acute pains and stitches in heart; pulse feeble, irregular, quick, without strength.²
- Low blood pressure.²
- Dose - Tincture (best made from flowers), to third attenuation.²

Naja tripudians

- Visible palpitations. Dragging and anxiety in precordia. Feeling of weight on heart.⁴
- Hypertrophy, weakness. Valvular disorders.⁴
- Damaged heart after infectious diseases. Marked symptoms of low tension.⁴
- Blood pressure low. Threatened paralysis of heart, body cold.⁴
- Dose - Sixth to thirtieth potency.²

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GUATTERIA GAUMERI (YUMEL)

Familia: Annonaceae

Genus: Mosannonna

Species: Mosannonna depressa



“According to a Spanish article, Pharmacology and toxicology of Guatteria gaumeri and alpha-asarone, Guatteria gaumeri Greenman (Annonaceae) has been used as bark infusion in the traditional Mexican medicine for the treatment of hypercholesterolemia and cholelithiasis. The main component is alpha-asarone which has inhibitory action on HMG-CoA Reductase- an enzyme responsible for cholesterol synthesis. Studies using adult rat hepatocytes suggest that at least part of the hypolipidemic effect of alpha-asarone could be due to a decrease in the secretion of lipids.”¹

Hypercholesterolemia is a metabolic condition of raised circulating cholesterol in blood and is the most common coronary risk factor known. Our body stores excess fat tissue in adipose tissue which is utilized in times of starvation as a source of energy. Hence a range is applied for cholesterol levels of blood, beyond which it starts getting deposited in arterial walls resulting in atherosclerosis and ischemic heart diseases. Approximately 75% of total blood cholesterol is produced by liver and the rest comes from dietary intake. Lipoproteins carry cholesterol in blood and these can be HDL (High Density Lipoproteins), LDL (Low Density Lipoproteins) or VLDL (Very Low Density Lipoproteins). HDL is considered good as its molecular size is small and it circulates back to liver for excretion instead of getting deposited in arterial walls. LDL and VLDL act negatively as their large molecular size leads to depositions in arteries i.e. atherosclerosis, hence emerging as major coronary risk factors. The parameters used to assess coronary risk due to hypercholesterolemia are:

- Total cholesterol levels should ideally be less than 200mg/dl.
- LDL should be less than 100mg/dl.
- HDL should optimally be 60mg/dl or higher.

A clinical research trial was conducted in compliance with ICH GCP on 29 subjects with mild to moderate hypercholesterolemia to study safety and efficacy outcomes of Homoeopathic Guatteria gaumeri Q in treatment of hypercholesterolemia. *This study showed that on continuous intake of 10-15 drops of Guatteria gaumeri mother tincture thrice a day over a 2 months period was efficacious in controlling hypercholesterolemia.*

There were no safety issues reported in at the end of this study.

This effect of *Guatteria gaumeri* is considered to be due to its active component alpha-anserone which inhibits lipid production in liver cells. Its action is similar to Statins that are used in conventional modern medicine for hypercholesterolemia. Though Statins are successful in lowering cholesterol levels but they are suspected to be associated with a condition of muscle damage – “Rhabdomyolysis”. Hence the need is to explore action of herbal drugs in hypercholesterolemia without any harmful side effects .

Guatteria Gaumeri is emerging as a successful alternative to statins in cholesterol management and is a **Bjain exclusive product for hypercholesterolemia.**

References:

1. Chamorro G., Salazar M., Salazar S., Mendoza T., Pharmacology and toxicology of *Guatteria gaumeri* and alpha-asarone; <https://europepmc.org/abstract/med/8159883>; Accessed on 30-7-2019

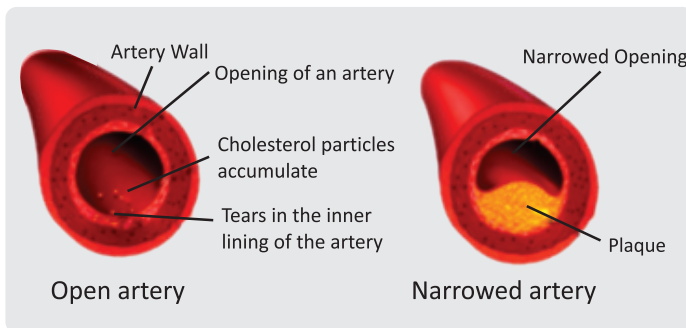
Compiled by
Dr. Vasundhara
Editor

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Fight CHOLESTEROL

the Homoeopathic way...

GUATTERIA GAUMERI



Indication:

Hypercholesterolemia

Composition:

Guatteria Gaumeri Ø
Alcohol content 65%v/v



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CHOLESTEROL



Dosage : 10-15 drops in 1/4th cup of water three times daily or as prescribed by the physician.

Pack size available: 30ml

Research on B.Jain's Guatteria Gaumeri

Clinical Trial Study in academic clinical setup in North India reveals that within 2 months LDL reduced by 16.34% & HDL increased by 14.09%, Guatteria gaumeri was observed to be efficacious in controlling hypercholesterolaemia, published in International Journal of Advances in Medicine.

For complete article refer:

<http://www.ijmedicine.com/index.php/ijam/article/view/551/591>

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Indications: Congestive headaches and migraine with frequent episodes of pain.



Composition:

Cimicifuga racemosa	3X	10% v/v
Gelsemium sempervirens	3X	10% v/v
Iris versicolor	2X	10% v/v
Sanguinaria canadensis	3X	10% v/v
Spigelia marilandica	3X	10% v/v
Excipients		q.s.
Alcohol content		43% v/v

Dosage: In acute episodes 10-15 drops should be taken every 2 hours, diluted in water up to 6 times a day. For chronic cases same dosage to be taken twice a day or as prescribed by the physician.

Pack sizes available:
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