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# HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 14, No. 11, February 2019, Total No. of Pages 16

Dear Readers,

B. Jain Pharmaceuticals has devoted its passion and love for knowledge to pave their path in homoeopathic journey of more than five decades. Their strategies have been positive at every challenge and this implies honesty from the root of experience. B.Jain Pharmaceuticals is not only succeeding in India but also in more than 25 countries across the world with homoeopathy and are determined to continue this success march with a promise to offer quality products to our customers. We will be coming up with various new products this year too to provide effective solution for common ailments affecting the masses. We have in our team the finest Research & Development, Quality Control people who put their best efforts in developing quality products with assured effectivity.

Homeopathic medicines are the best in treating life style ailments safely and gently. Hair and skin problems are emerging as the commonest of them. Hair care has become an essentiality not only for women but also for men and we present Omeo Hair Care Drops – a unique formulation offering complete hair care both internally and externally . The product comes as a combination of internal drops & external application, to assure complete hair nutrition and defence against pollution and dust, and helps in maintaining the natural sheen of hair. Omeo Acne Care Drops is another product soon going to be the show stopper of all cosmetic products claiming to give a glowing and blemish free skin.

We also have in line products targeting chronic and stubborn ailments like seasonal allergic diseases and deficiency diseases which act as major health impairments. Omeo Breathe Free is a savior from asthmatic attacks in allergic persons. Omeo Bone strength is made to improve bone nutrition by correcting absorption and assimilation of nutrients, in lack of which conditions like osteoporosis result.

Dear Doctors,

The supreme universe is into us as much as it is around us. There is a veiled commotion in its perceptible serenity, and the nature assures to maintain this serenity in all circumstances, and when it fails to do so, we witness some of the most astounding natural disasters . My perspective of homeostasis in human body is somewhat similar to the above phenomenon . Commotion is natural and an essentiality for basic existence. Only when it goes beyond its confinements and disrupts serenity and eventually the integrity of an individual , does it result in discomfort and disease.

Our role as an intellectually accomplished creature should be similar to nature itself in letting the energy(commotion) flow in the right direction and correctly redirect it, if and as the need be. The most precious aid for us in this is homoeopathy which is a boon to humans , in enjoying the gift of good health bestowed upon us by nature. Homoeopathy has since its inception came a long way and bears the potential to nurture life till eternity, as it is nature's own instrument in hands of man for good health. I believe if properly researched, taught and understood it deserves to be the primary mode of treatment in healthcare along with conventional management and has true potential to be called a "life-saver" and most reliable care giver to mankind. More researches need to be conducted in this field, sans any presumptions or prejudices..... as instructed and practically implemented by our Master. Only then can we express our gratitude to this wonderful science whose benefits we all reap joyfully.

For me homoeopathy is a beautiful brainchild of mankind and will ever remain to be so for its ultimate purpose of imparting Good Health.

*A thing of beauty is a joy for ever: Its loveliness increases; it will never Pass into nothingness.*

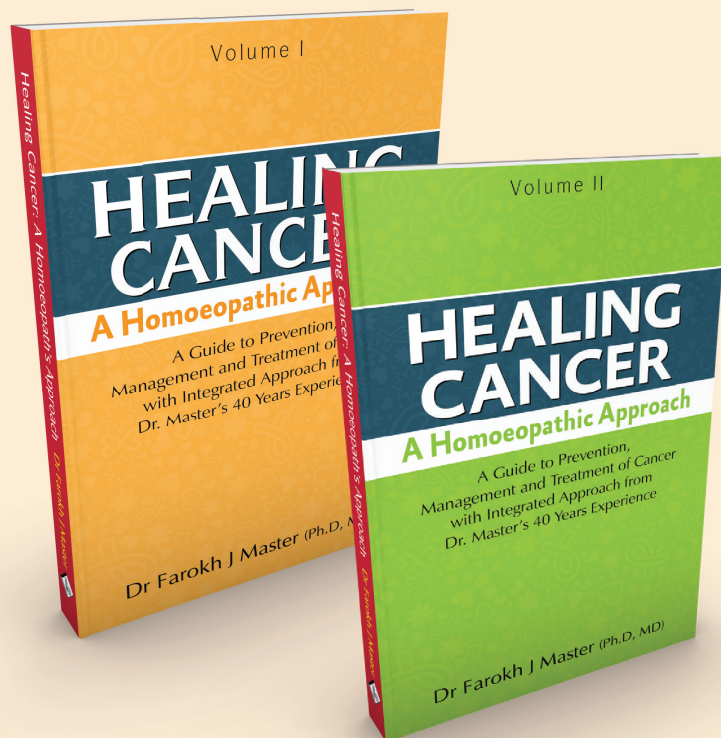
*John Keats, Endymion*

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# Healing Cancer: A Homoeopathic Approach (2 Vol. Set)

Dr Farokh J Master



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## HAIR CARE TROUBLES

Presence of hair is a characteristic of mammalian skin. Skin and its appendages (hair and nails) together form the “integumentary system” and prevent the body from external injurious forces and dehydration. Skin also performs excretory function, thermoregulation, vitamin D synthesis and sensory perception of the body.

Hair as an appendage is embedded in hair follicles present in dermis layer of skin. The hair grows from the bottom of the follicle. It has, therefore, an intracutaneous portion present in the hair follicle and an extracutaneous portion—the shaft. The hair follicle consists of epithelial and connective tissue components. The hair shaft is made up of an outer sheath and pigmented cortex and inner medulla.<sup>1</sup> Hair nourishment is derived from the vascular supply of skin. Any detrimental condition affecting skin weakens hair roots and leads to various kind of hair troubles.

Skin and hair carry supreme importance in image conscious world where everyone wants to flaunt a spotless skin and shiny, long and beautiful hair. Healthy hair depend upon strong roots and healthy strands, which in turn are dependent upon condition of scalp, hormonal regulation of body and the external wear and tear. Various anomalies of skin, endocrinal system, immunity and stress give rise to hair and scalp problems like dandruff, thinning of hair strands, falling of hair, alopecia etc.

We shall discuss all of them one by one:

**Dandruff:** It is the overproduction of scales of skin that flake off as white or yellow scurf on scalp, often visible on shoulders and back of affected persons. This overproduction of scales can be the result of various factors –genetic and environmental.

- Seborrhoeic Dermatitis is one of the inflammatory skin conditions that result in scaling of scalp with increased oil secretion and itching. A yeast –malassezia that inhabitate skin of humans, causes itching and increased oil secretion from hair follicles and results in oily, sticky, scurfy scalp.
- Eczema is an allergic condition that causes excessive itching, redness and scab formation on scalp. It can be a result of allergy to food items, cosmetic applications or certain medications.
- Psoriasis is another autoimmune disorder that can cause excessive flaking of scalp. It is characterized by an erythematous base of skin with piled up silvery scales. It usually shows exacerbation in winters.
- Taenia capitis or ring worm of scalp also results in itching and scaling of scalp. This is characterized by itching and development of rash in annular or ring form with later desquamation of skin.
- Excessive dryness of skin in winters can result in exfoliation of dead skin which also appears as dandruff.
- Improper diet lacking in vitamins(B) and minerals(zinc, iron etc.) can also be a persistent cause of dandruff.

**Hair fall:** There is a normal human hair growth cycle occurring in hair follicles of every individual. This cycle has three main phases namely:

1. Anagen : It is the phase of active growth of hair fibre which lasts upto 2-6 years. In

## HAIR CARE TROUBLES

a normal human scalp approximately 90% of follicles are in this phase at any given time.

2. Catagen: In this phase, certain chemical and structural changes occur and the hair stops growing further. This stage is 2-3 weeks long.
3. Telogen: This is the final phase of life cycle of hair follicle which is a resting stage lasting for 30-90 days. After this hair falls out and a new hair follicle develops.

Any event that results in reduction of Anagen phase and extension of Catagen and Telogen phase leads to thinning of hair and baldness.

The human scalp has 100,000 hair, and each hair has a life of 4 & 1/2 yrs. The hair grows at a rate of 1/2 an inch per month and on an average 100 hair strands are lost from the scalp daily. Once the hair completes its life cycle, it falls off and is replaced by new hair within 6 months.

Certain factors cause deceleration of the formation of new hair follicles and result in hair loss and baldness such as:

- Hormonal changes – Hyperandrogenism in PCOS in females and genetic overabundance of dihydrotestosterone in males leads to Alopecia areata.
- Prolonged illness or deficiency diseases
- Psychological stress
- Chemotherapy and radiation therapy
- Fungal infestation like tinea capitis

Pre-mature graying of hair: Melanin is normally produced by pigment cells in hair follicle and it is responsible for giving color to hair strands. Graying of hair is a natural process occurring with advancing age as the production of melanin halts in hair follicles. Individual heredity factor or genes carry the information of the age at which pigment cells in hair follicles cease melanin production. Hence some people develop gray hair earlier than others without any other identifiable cause. Besides genetic predisposition, diet and certain cosmetic usage also play a significant role in pre mature graying of hair. Diet lacking in vitamins B and C and iron besides using harmful chemical colors and gels on hair can hasten graying of hair. Chronic inflammation of upper respiratory tract including sinusitis, anemia, thyroid problems, immunodeficiency diseases and smoking can cause premature graying.

Plica polonica: This condition is characterized by irreversible tangling of hair fibres, which become matted and sticky at the tips. In this condition, the protective layer of the hair (cuticle) is damaged, and the cortex of the hair is exposed. The cortex is a more moist and sticky part of the hair than the outer layer, and the affected hair adhere to each other and other unaffected hair. Several factors may contribute to this condition: chemical exposure, hair with natural kinks, hair extensions, quality of water and shampoo, or absence of hair grooming and poor hair care techniques.<sup>2</sup>

Diagnostic procedures:

Proper history with examination is must in conditions affecting hair and scalp. In cases of dandruff skin pathologies should be looked out for at other parts of the body too.

## HAIR CARE TROUBLES

Cases of hair loss and baldness should be properly studied to rule out any hormonal and deficiency diseases or thyroid involvement. Menstrual history in females is important in alopecia cases. Appropriate blood tests should be advised as per the case history like CBC, Thyroid profile & hormonal assay.

For hair loss physical tests like pull and tug test, card test can be done besides trichometric analysis, fungal culture and punch biopsy.

Management:

As it is evident that hair problems originate from a range of internal and external factors, so it's management involves correction at multiple levels like :

- A proper diet rich in essential nutrients, vitamins and minerals should be ensured .
- Adequate hydration should always be maintained.
- Choice of cosmetics should be made judiciously after thorough information of their ingredients.
- Any hormonal systemic disorder should be treated at first preference which will auto correct many hair anomalies.
- Proper hair care schedule should be maintained to keep hair clean and healthy.
- Good natural remedies should always be the first choice and if problems persist consultation from a hair care expert and physician should be sought after.

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# DON'T LET THE PAIN HOLD YOU BACK



Omeo™

# SPONDYHEAL Drops

## Indications:

The ingredients of the combination relieve the symptoms of spondylitis. Ingredients are known to be helpful for pain and stiffness in neck & back.

## COMPOSITION

Each 10 ml contains:

Colocynthis Vulgaris	3x	1.0 ml
Ruta Graveolens	3x	1.0 ml
Hypericum Perforatum	5x	1.0 ml
Ledum Palustre	2x	2.0 ml
Cuprum Metallicum	6x	2.0 mg
Dulcamara	3x	2.0 ml
Conium Maculatum	3x	1.0 ml
Alcohol %		65%v/v

**Dosage:** 10-15 Drops in half cup of water thrice a day or as prescribed by the physician.



Pack sizes available: 30ml

Quality | Safety | Consistency



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# EUPHORBBIUM OFFICINARUM



**Natural Order** : Euphorbiaceae

A gum resin from Euphorbia resinifera

**Habitat** : Morocco

## Indications:

- ✦ **CLINICAL-** Rhinitis, chronic cough, burns, cancer pains.
- ✦ **Physiological action** -
  - ✦ There is congestion of the respiratory mucous membranes.<sup>1</sup>
  - ✦ It also acts upon the skin, producing eczematous and erysipelatous inflammation.<sup>4</sup>
- ✦ **Chronic cough** - A chronic cough that comes on as soon as the patient touches the bed, coming in two violent attacks and continued as long as she remained lying down; cough was accompanied by pain in right temple; cold feet and a pain in the heel. After failure of many remedies Euph. drop doses of tincture in a glass of water, to be sipped occasionally gave instant relief, but the patient had to continue the remedy or the cough returned.<sup>2</sup>
- ✦ **Burns** - Valuable external application in Burns, with serious lesions of the integuments and subjacent tissues; a weak alcoholic tincture may prove a suitable application to arrest inflammation and prevent sloughing.<sup>3</sup>
- ✦ **Rhinitis** - An open study of a low-dilution complex homeopathic preparation, Euphorbium compositum, used as a nasal spray in patients with acute or chronic rhinitis. The physician's judgment of the therapy was good in 83% of cases, whereas tolerability was excellent in 55.4% of cases and good in 44.6%.<sup>5</sup>
- ✦ **Cancer pains** - The burning pains that attend cancer.<sup>1</sup> Burning pains in the bones is an indication, and along with Euphorb. heterodoxa it is a remedy for the pains of cancer. (In a desperate case of sarcoma of the pelvic bones under my care nothing gave greater relief to the pains than repeated doses of Euphorb. 6.)<sup>7</sup>

*A research has shown Resiniferatoxin, an ultrapotent capsaicin analog present in the latex of Euphorbia resinifera, interacts at a specific membrane recognition site, expressed by primary sensory neurons mediating pain perception as well as neurogenic inflammation. Mitigate neuropathic pain and other pathological conditions in which sensory neuropeptides released from capsaicin-sensitive neurons.*<sup>6</sup>

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# For Total Hair

Omeo™

# HAIR CARE

Drops

## Indications:

- Prevents Itching and Scaling
- Thinning of hair & Hair fall
- Unhealthy Condition of scalp.

## Composition : Internal Preparation

Each 30 ml contains

Acidum phosphoricum	6x	(40.0% v/v)
Lycopodium clavatum	3x	(20.0% v/v)
Jaborandi	2x	(10.0 % v/v)
Natrum muriaticum	3x	(10.0 % v/v)
Excipients		q.s.
Alcohol content		(63 % v/v)



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# Repair



Dandruff



Itching Scalp



Hair Fall



## Composition : External Preparation

Each 30 ml contains

Cinchona officinalis	φ	(5.0 %v/v)
Arnica Montana	φ	(5.0 %v/v)
Jaborandi	φ	(25.0 %v/v)
Cantharis	φ	(15.0 %v/v)
Excipients		q.s.
Alcohol content		(43.0 %v/v)

**Dosage for Internal Preparation :** To be taken with water.  
Adults: 10-12 drops twice daily. Children: 5-7 drops twice daily.

**Dosage External Preparation :** To be mixed and applied with oil.

Adults: 40-45 drops. Children: 20-25 drops.



**Pack size available : 30ml**

Quality | Safety | Consistency

**Homeopathic Therapeutics for Hair****1. Arsenicum album:**

- Gnawing or burning itching, scurfy eruptions, pustules, and corroding ulcers on the scalp.
- Eruptions, white, dry, like bran; burning, itching on the forepart of the head; when scratching it burns and bleeds violently.<sup>1</sup>
- Scalp itches intolerably, circular patches of bare spots, rough, dirty and covered with dry scales, nightly burning and itching. Dandruff. Scalp very sensitive cannot brush hair.<sup>2</sup>
- Dose : Third to thirtieth potency. But if only surface conditions call for it, give the lowest potencies, 2x to 3x trit. Repeated doses advisable under physician's supervision.<sup>3</sup>

**2. Sepia officinalis:**

- Crawling itching most on occiput and behind ears, worse from scratching which is followed by pimples, denuded spots, thickening of scalp and raw sensitiveness.
- Painfully sensitive roots of hair, burning after scratching.<sup>4</sup>
- Great falling of hair during menopause or after chronic headache.<sup>5</sup>
- Dose: Twelfth, 30th and 200th potency. Should not be used too low or be repeated too frequently.<sup>6</sup>

**3. Baryta carbonica:**

- Hair falls out, even to baldness, beginning on vertex, with dry itching crusts on and itching pimples on neck.<sup>4</sup>
- Eruptions and humid or dry scabs on the head.<sup>1</sup>
- Dose: Third to thirtieth potency.<sup>6</sup>

**4. Silicea :**

- Scalp very sensitive and sore; itching. Painful pustules.<sup>7</sup>
- Falling of hair, premature, baldness.<sup>2</sup>
- Violent itching in scalp<sup>1</sup>. Moist scald-head, which itches.<sup>1</sup>
- Dose: Sixth to thirtieth potency.<sup>6</sup>

**5. Laurocerauses :**

- Itching of hairy scalp.<sup>1</sup>
- HEAD - HAIR – bristling; HEAD - FORMICATION – Scalp<sup>8</sup>
- Dose: Tincture, to third potency.<sup>6</sup>

**6. Borax :**

- Hair becomes frowsy and tangled; splits, sticks together at the tips; if these bunches are cut off, they form again, cannot be combed smooth<sup>9</sup>
- Hair tangled, cannot be separated, as in Plica Polonica.<sup>2</sup>
- Dose : First to third trituration - In skin diseases continue its use for several weeks.<sup>6</sup>

## HOMOEOPATHIC APPROACH

### 7. Graphites:

- Itching in the scalp. Humid, spreading, scurfy eruption on the top of the head, painful to the touch, as if from subcutaneous ulceration, and emitting a disgusting odour; extending down to sides of the head into the whiskers; after scratching, more sore and humid : later drying up to a white scurf.<sup>1</sup>
- Falling off of the hair, even on the sides of the head and the whiskers.<sup>1</sup>
- Dose : Sixth to thirtieth potency.<sup>6</sup>

### 8. Vinca minor :

- Spots on scalp, oozing moisture, matting hair together. Corrosive itching of scalp. Bald spots. Plica polonica.<sup>6</sup>
- Hair falls out and is replaced by grey hair. Bald spots, covered with short, woolly hair.<sup>1</sup>
- Dose : First to third potency<sup>6</sup>

### 9. Calcarea carbonica:

- Bald swellings and follicular tumors which readily suppurate, and are painful in open air. Hair dry, falling out from sides and temples down to beard, with yellowish- white dandruff and a cold scalp.<sup>4</sup>
- Much perspiration, wets the pillow. Itching of the scalp. Scratches head on waking.<sup>2</sup>
- Dose: Sixth trit. Thirtieth and higher potencies<sup>3</sup>

### 10. Hepar sulph:

- Scalp sensitive and sore. Humid scald-head itching and burning. Cold sweat on head.<sup>6</sup>
- Profuse falling of hair; large bald spots on.<sup>4</sup>
- Dose: First to 200th.<sup>6</sup>

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# Effective !! Soothing !! Relieving !!

Omeo™

# COUGH

Medicated Syrup

**A Homoeopathic speciality product**

**helps in relieving COUGH**

### Indications:

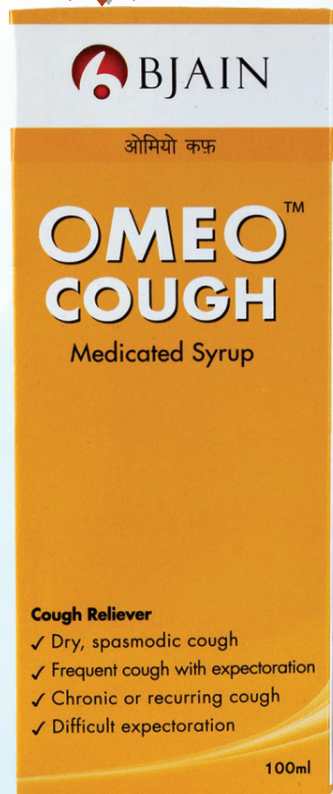
- Dry, spasmodic cough
- Frequent cough with expectoration
- Chronic or recurring cough
- Sore throat with hoarseness
- Pain & tightness of chest on coughing

### Composition

Rumex crispus	3X	1.0%
Justicia adhatoda	Ø	2.0%
Ipecacuanha	1X	1.0%
Spongia tosta	1X	1.0%
Sticta pulmonaria	3X	1.0%
Antimonium tartaricum	6X	0.5%
Coccus cacti	3X	0.5%
Drosera rotundifolia	Ø	2.0%
Senega	Ø	3.0%
Balsam tolu	Ø	3.0%
Excipients		q.s.
Alcohol content		11% v/v

**Dosage:** Adults & >12years old - 2 teaspoons, 3 times a day  
Children <12years old - 1 teaspoon, 3 times a day  
or as prescribed by the physician.

**NON  
SEDATIVE**



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

Quality | Safety | Consistency



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# HOMOEOPATHIC APPROACH

## COUGH AND DYSPNOEA

- Cough is a reflex action to clear throat and airways of mucus or foreign irritants such as dust or smoke.
- The result is air in the lungs is forced out under high pressure.
- Cough can be a voluntary or involuntary process.
- The cough reflex is a vital part of the body's defense mechanisms to protect vital airways from detrimental foreign incursion.
- Cough may be acute, lasting for less than three weeks, or chronic, when it persists for more than eight weeks.
- It can be dry or productive depending on absence or presence of sputum (phlegm).

### **Broadly classifying Cough can be Infectious or Allergic in origin.**

Talking about infections, Cough is an essential reflex symptom as it is one of the earliest alarms the body raises against any kind of foreign intrusion in airways and signifies inflammation of respiratory tract. Viral infections are the most common reason for cough which is usually accompanied by pyrexia, malaise, headache, bodyache, and rhinitis. Bacterial infections are usually secondary infections in upper respiratory tract infections. As primary infections bacterial invasions result in more serious pathologies of lower respiratory tract, like pneumonia and tuberculosis. In young children and older people Viral Pneumonia can be incident as well. Tuberculosis is the most notorious bacterial disease the prime target of which is lungs. It destroys the lung tissue resulting in cavities, calcification and fibrosis. Fungal infections like aspergillosis, candidiasis, histoplasmosis, blastomycosis etc. can also be a prominent cause for cough.

Allergic conditions commonly giving cough as a symptom are allergic pharyngitis, laryngitis, bronchitis and Asthma.

Besides, infectious agents, certain occupational dust exposures act as irritants for respiratory mucosa and result in persistent cough as in asbestosis, pulmonary siderosis, bagassosis, byssinosis etc.

Other causes of chronic, persistent cough are Inhalation of polluted air and smoking (active/passive) for a considerably long duration resulting in grave lung pathologies like emphysema, chronic bronchitis, and lung cancer.

Lungs provide oxygen to our bodies, and their health is of paramount importance. Cough as an initial symptom of airway irritation, plays a very important role in maintaining health and integrity of lungs. Hence cough should never be ignored if it persists in any infection for a longer duration.

**Omeo Cough** is intended to relieve the irritation of air passages and render free airflow to the lungs. It helps in reducing inflammatory discharges and in promoting their expulsion, thereby removing the cause of cough and relieving the patient.

In chronic adverse cases of lung pathologies another symptom that surfaces up is "**dyspnoea**" i.e. **difficulty in breathing**. It is characteristic of Chronic Oppressive Pulmonary Diseases which include chronic bronchitis, emphysema and refractory

## HOMOEOPATHIC APPROACH

(non-reversible) asthma.

In Chronic Bronchitis there is increased inflammation of bronchioles resulting in profuse secretion of mucous and hence airway obstruction leading to dyspnoea with cough.

In Emphysema the micro-structure of air sacs or alveoli gets damaged resulting in reduced surface area for gaseous exchange and hence insufficient aeration of lungs and dyspnoea results. Smoking is a major cause of emphysema.

In Refractory Asthma patients have persistent asthmatic attacks despite being on asthma medications. The typical wheezing respiration with dyspnoea, orthopnoea and cough with expectoration of mucous plugs are present.

Difficulty in breathing is a life threatening situation and needs to be dealt with immediately.

Oral Steroids and anti-allergics is the solution in conventional treatment which though immediately relieving, carries adverse side effects too.

Homoeopathy is a preferred choice of treatment in combating chronic ailments. And it maintains this status with a vast number of naturally effective and gentle remedies in line.

**Omeo Breathe Free** has some of these wonderful drugs proven to effectively relieve the causations behind Dyspnoea, thereby reducing the frequency and intensity of breathless episodes.

For safer and permanent cure these medicines should always be taken under the guidance of a qualified homoeopathic doctor.

Compiled by  
**Dr. Vasundhara**  
Editor

B.JAIN PHARMACEUTICALS PVT. LTD.

# Breathe Freely Stay Healthy



## Omeo™

# BREATHE FREE DROPS

### Indications:

Respiratory affections leading to difficulty in breathing.

### Composition

Arsenicum album	6x	(10%v/v)
Belladonna	4x	(10%v/v)
Bryonia alba	4x	(10%v/v)
Kali phosphoricum	4x	(10%w/v)
Natrum muriaticum	4x	(10%w/v)
Natrum sulphuricum	4x	(10%w/v)
Veratrum album	4x	(10%v/v)
Eriodictyon glutinosum	4x	(10%v/v)
Excipients		q.s.
Alcohol content		(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 ½ hour to 2 hours in luke warm water, or as prescribed by the physician.



Pack sizes available: 30ml

Quality | Safety | Consistency



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