

HOMOEOPATHIC**LAKSHYA**

Education is that which enables one, to stand on his own legs- Swami Vivekanand

Volume: 12, Issue -4, DEC 2022 ■ Published by: SVHMC & H, Bhavnagar-364060, GUJARAT ■ Quarterly Bulletin

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Healthy you! Happy you! Lifestyle Disorder & Conventional solutions

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ABSTRACT

What is lifestyle? The way in which person lives. It includes habits, attitude, interests, opinions, behaviors that a person or particular group of people usually do. Life style diseases shares risk factors similar to prolonged exposure to three modifiable lifestyle behaviors- smoking, unhealthy diet, and physical inactivity. It is result in development of chronic diseases, specifically heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary disease, cancer and many more other devastating diseases.

These illnesses used to be considered the diseases of industrialized countries, so-called “Western disease” or “Diseases of affluence”. However, Internationally they are non-communicable and chronic disease, part of the degenerative diseases group.

KEYWORD: Lifestyle disorder, Health, Disease & Cure, Physiology P-N-E-I Axis, Individualization, Constitutional remedy, Diet & Regimen, Auxiliary treatment.

INTRODUCTION

Lifestyle disease are the ailments that are primarily based on day to day habits of people. There are many factors which are responsible for lifestyle disorder such as sedentary life style, consumption of alcohol/drugs or cigarettes, tobacco, lack of sleep, stress, eating unhygienic food, lack of exercise, disturb biological clock, etc.

An important way to control NCDs is to focus on reducing the risk factors associated with these diseases. The main focus on health promotion, prevention, treatment and rehabilitation. A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Scientific studies have identified the different behaviors that contribute to the development of non-communicable diseases and early death. Not all diseases are preventable, but we can manage by modifying lifestyle. Health is not only just about avoiding disease. According to WHO health means physical, mental and social wellbeing, not merely absence of disease.

EPIDEMIOLOGY ACCORDING WHO

- Non-communicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally.
- Each year, more than 15 million people die from a NCD between the ages of 30 and 69 years; 85% of these "premature" deaths occur in low- and middle-income countries.
- 77% of all NCD deaths are in low- and middle-income countries.

Over the decades, much has changed. Modern lifestyle has also made our lives easier but life has become more complex. Today, we cannot think without technology. Modernization with smartphones, gadgets, with help of innovative inventions, many household activities can happen in a snap of time. There are convenient transport modes that makes our journey comfortable. Just as every coin has two sides, there are beneficial to this lifestyle of living but most endangered one being a negative impact on our health.

Various modern lifestyle habits that influence health:

1. **Unhealthy diet-** unhealthy diet is biggest cause of lifestyle diseases and most crucial presentation. Nowadays the pattern of eating is different. Earlier, starting with the ancient time used to include a lot of vegetables & fruits which are highly nutritious. With the different mode of life- fast paced modern lifestyle, the diet has also become fast. In current scenario, in competitive world with lack of time to cook meal or sit and eat slowly. So people loaded with fast foods, frozen foods with highly preservative. People skip the healthy nutritious food this gives rise to unwanted diseases. Such chronic diseases like obesity, hypertension, diabetes, etc. cases with obesity in India getting increase day by day.
2. **Lack of physical fitness or exercise-** this is significant problem in modern lifestyle. WHO. We are more going towards the sedentary life because of modernization & technology. So how we relieve stress, best option is to exercise regularly.
3. **Lack of sleep-** modern lifestyle & advance technology with facilities like computer screen, televisions, etc. sleep deprivation prevents the body to strengthen the immune system that's why person take more time to recover from illness.
4. **Substance abuse-** addiction & modernization going parallel. Addiction like alcohol, nicotine and many carcinogenic substances are use as pleasurable things. Youngsters are following the trendy lifestyle but they don't know about its future consequences. Addictions shows the more cases of depression, anxiety and chronic diseases which are include in lifestyle disorders.
5. **Technology addiction-** this is the highly disadvantage of modernization. People make things better through machines. People facilitate different works like cooking, washing, cleaning, travelling, through machines. Computer replaces all physical office works. People become more depended on computer, internet also in household work. Luxury, facility, addiction, lack of exercise and sleep makes the life devastating every day.
6. **Disturbed sleep-** again it is consequences of technology addiction. Today people totally depend on gadgets are causing poor sleep habits. Poor sleep presents lack of concentration and focus.
7. **Excessive use of cell phone-** nowadays smartphones is essential part of every person's life. But, it can be a blessing or a curse. People become so obsessive and are losing all human aspect of their lives. Some more complication of excessive use of cell phones are deafness, lack of concentration, short sightedness, obesity, etc.

8. **Development in children-** when children use more technology they will suffer more with consequences. It result in cognitive growth and poor eyesight.

The most common lifestyle disorders are cardiovascular diseases such as hypertension, heart attack and stroke, cancer, asthma, chronic liver disease, chronic obstructive pulmonary disease, diabetes and osteoporosis, piles, varicose veins etc. obesity is also one of the common lifestyle issue. Prolong standing and wrong sitting postures also gives strain on back one that may cause back pain.

For many of us, the modern lifestyle and the stress it causes, affects our physical, psychological and social health. Hence, it has become vital to understand the relationship and maintain the right balance.

“Manaevam Manushyanam Kdranam Bandha Mokshyam”

(Man’s captivity or freedom is dependent on the state of his mind. From this is follows that whether a man is healthy or unhealthy depends on himself. Illness is the result not only of our action but also our thoughts)

Air and environmental pollution –

“Air, water and grains are the three chief kinds of food. Air is free to all, but, if it is polluted, it harms our health. Doctors say that bad air is more harmful than bad water. Inhalation of bad air is harmful by itself and this is the reason we (sometime) need change of air”

PREVENTION AND CONTROL

The world health assembly adopted a resolution in 2000 on the prevention and control of chronic diseases. The resolution asked to establish programmes for the prevention and control of chronic diseases; assess and monitor mortality and the proportion of sickness of chronic diseases; promote effective secondary and tertiary prevention; and develop guideline for cost effective screening, diagnosis, and treatment of chronic diseases.

The combination of four healthy life style factors- maintain a healthy weight, exercise regularly, following a healthy diet, and not smoking, as much as 80 percentage decreases in risk of developing chronic diseases. This current public health recommendation for healthy life style habits, because root of these habits originate early stages so it is important to start teaching lessons concerning to healthy living in early ages in

So health and disease is different pole of same bridge, both are always been matter of society. Improvement of quality of living is biggest coin in current scenario. Another aspect is to maintenance of health in society. When physiological functions of body going in wrong direction it produce disease. Health, disease and cure (treatment) is tripod of therapeutic science. So practice of medicine is emerge with biomedicine. In spite of different theories and concepts, health and well-being does not simply mean the absence of pain and suffering or lack of disease, disability, defect and death, but has a positive dimension. This call for “Holistic Approach” in health care.

Such predisposing factors like housing condition, socio-economy condition, drinking contaminated water, malnutrition, repeated exposure. Such all factors which creates a state of susceptibility. Risk factors are the condition, quality or attributes, the presence of which increases the chances of develop or

be adversely affected by disease process in an individual. The risk factors are not cause of the disease but does increase the probability to may get the disease easily.

Homoeopathy act on deeper level both physical and emotional health. Homoeopathy system of medicine discovered by a German physician Dr. Samuel Hahnemann. Hahnemann gave importance of healthy lifestyle. He mentioned “Obstacle to cure” means removes all influences which hinder cure. According to Hahnemann avoid sedentary life that interferes with health.

CONCLUSION

Hahnemann mentioned about the management of lifestyle disorders includes individualized study of the patient. Select homoeopathic constitutional medicine on base of individualization as well as holistic approach.

Heath rest on three pillars

1. **Diet** – there is well known proverb in Ayurveda that says

“If your diet is not proper, no medicine will work”, and “if your diet is proper then no medicine will be required”

Take proper diet rich in protein and fibers, nutrients, fresh fruits, green vegetables should be in a regular meal

Avoid junk foods, fatty foods, aerated drinks and avoid skipping meal.

2. **Exercise** – regular exercise improves circulation and secrete anabolic hormones which maintain metabolism and detox the body.

The root cause of lifestyle disorder is obesity, so maintain body weight by regular exercise.

3. **Rest** – rest of the mind and body by stress management, optimal balance of mental and physical level. The balance depend on Hypothalamo-Pituitary-Hormonal Axis.

So in Homoeopathy we believe in to maintain optimal balance of Psycho-Neuro-Endocrino-Immuno balance. Which is totally depend on psychological wellbeing and vice-a-versa. Adequate rest and sleep, better and deeper sleep improve the repair work in body. Proper counselling and guidance to combat stress. Recreational activities, yoga, music, balance between work and family, balance between food and rest repair the body much faster.

HOMOEOPATHIC MANAGEMENT

Homoeopathic medicines like, Calcarea, Phosphoricum, NatrumMuriaticum, Medorrhinum, Thuja, Sepia, NitricumAcidum, etc. all having their own developmental phase and related to the different phases of life and their sufferings.

In O. E. Boericke’s Repertory in “Generalities” chapter: abuse of alcohol, coffee, narcotics, tobacco, drugs in general, etc.

In J. T. Kent’s Repertory of Homoeopathic MateriaMedica in “Generalities” chapter: cancerous affection, narcotics, obesity, onanism from, tobacco, wine, etc.

In Robin Murphy's Repertory: hypertension, coronary insufficiency, cancer, obesity, cholesterol increased, acid reflux; oesophagus

In Synthesis Repertory, some mental rubrics also helpful for development of lifestyle disorders,

Mind- ailment from; abused; after being: children/physically/sexually. Affection; lack of, alcohol, anxiety, sexual humiliation, etc.

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Celebration of World Heart Day

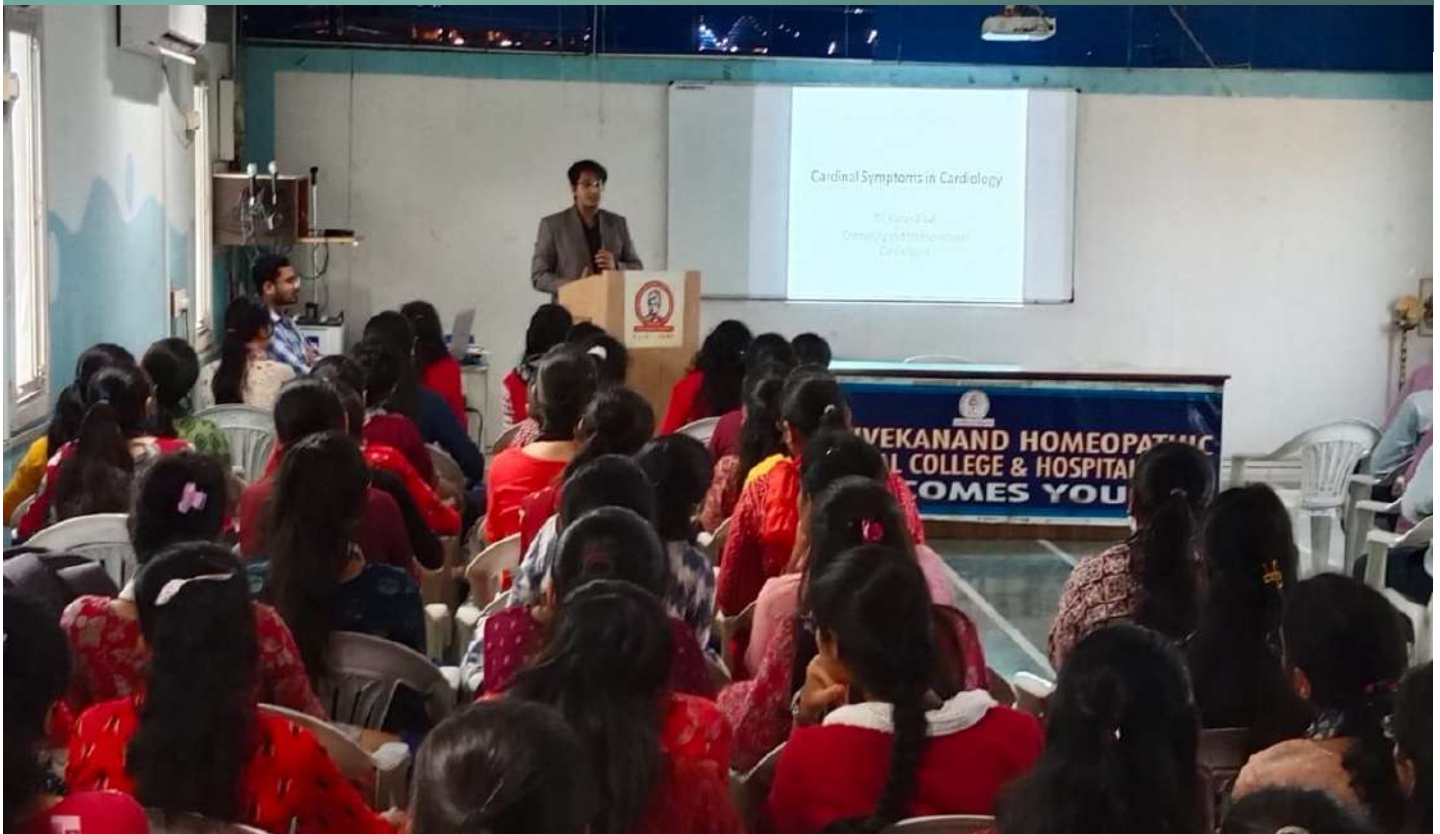


CME**Cardiac Symptomatology***Date: 30, Sep. 2022**Time: 03 pm to 04 pm***Venue:- Seminar Hall, College Campus.****-Speaker-****Dr. Varun Sibal**

Consultant and Chief Cardiologist
M. B. B. S., D.N.B. General Medicine,
D.N.B. Cardiology

: Organized by :**Swami Vivekanand Homoeopathic Medical
College & Hospital-Bhavnagar-Gujarat.**

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CME**Role of Millets in Health with Medicine***Date: 01, Oct. 2022 Time: 4 pm to 6 pm***Venue:- Seminar Hall, College Campus.****::-Speaker-::****Dr. Pallav Desai**

M.D.(Homoeo.), P.G.D.H.H.M.

M.O. Sola Civil Hospital, Ahmedabad

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CME**Celebrating World Physiology Day****Physiology of Memory****Date: 09, Nov 2022****Time: 2:00 pm onwards****Venue:- Regional Science Centre****-Speaker-****Dr. Chinmay Shah**

MD, Ph D, PGDHPE, ACME, GSMC FAIMER Fellow, PGDHM

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Visit Regional Science Center (RSC) as a part of World Physiology Day



Visit by Students - Fourth B.H.M.S.(2021-23)
Date: 15th November 2022
Department of Community Medicine



**"Water Filtration Plant, Shree Deepakbhai Mehta Road,
Takhteshwar, Vidhyanagar, Bhavnagar-Gujarat**

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"Save Soil" Awareness Program





Fire Safety Training For The Staff, Interns And Students

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