

Discipline

Dedication

Devotion

# HOMOEOPATHY

## LAKSHYA



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

Volume: 9, Issue -2, June 2021 ■ Published by: SVHMC & H, Bhavnagar-364060, GUJARAT ■ Quarterly Bulletin

**Chief Editor**

✉ Dr. Pranav Shah

**Editorial Board**

- ✉ Dr. M. R. Kanani
- ✉ Dr. Girish Patel
- ✉ Dr. Apurva Patel
- ✉ Dr. Ashish Mehta

**Committee Members**

- ✉ Dr. Priti Muni
- ✉ Dr. Ami Vyas
- ✉ Dr. Gunjan Popat
- ✉ Dr. F. Y. Pathan
- ✉ Dr. Bhavin Mangukia
- ✉ Dr. Poonam Sugandh
- ✉ Dr. Manoj Ajmera
- ✉ Dr. Kishor Rangwami
- ✉ Dr. Bharat Pandya
- ✉ Dr. Haresh Vaghela
- ✉ Dr. Niraj Sanchaniya
- ✉ Dr. Shruti Shah
- ✉ Dr. Harikrishna Joshi
- ✉ Dr. Divyang Gohel
- ✉ Dr. Bhavin Vaghela
- ✉ Dr. Kanan Bhatt
- ✉ Dr. Dhilen Patel
- ✉ Dr. Bhadrash Makvna
- ✉ Dr. Nrupa Oza
- ✉ Dr. Divya Darji
- ✉ Dr. Jigna Sanischariya
- ✉ Dr. Shruti Chhatbar
- ✉ Dr. Urmi Jani
- ✉ Dr. Jayesh Vankani
- ✉ Dr. Bhavi Bhut
- ✉ Dr. Sameer Thakar
- ✉ Dr. Manisha Boricha
- ✉ Dr. Nidhi Vyas
- ✉ Dr. Khusbu Navdiya
- ✉ Dr. Jaimin Chotaliya
- ✉ Dr. Mital Gohil

**Advisors**

- ✉ Dr. Hemant Mehta  
(Dean - Govt. Medical  
College – Bhavnagar )
- ✉ Dr. Chinmay Shah

### Homeopathy, GNM Batch Flower Therapy: Good Friends to Defense System of Human Body

**Introduction:**

The meaning of Health in current era is not only related with the treatment but also associate with the immunity and prevention of disease. Nowadays, people believe in Holistic healing and mental health. Everybody understands the meaning of health and importance of mental and spiritual health in immune system of our body.

Apart from conventional Medicine and its emergency handling skills, Alternative/Complementary medicine methods are ready to occupy their own unique place in Medical Science. So, let’s explore some treatment methods of Medical science dealing with mental health as well as holistic health.

**KEYWORDS:** Immunity, Mental Health, Homoeopathy, GNM (German New Medicine), Bach flower therapy.

Immune system of our body: Defense mechanism

According to Merriam-Webster Dictionary, immunity is “A condition of being able to resist a particular disease specially through preventing development of pathogenic microorganism or by counteracting the effects of its products.”

Prevention of the development of Pathogenetic Microorganism is major work done by our immunity to preserve health. This action of prevention by our immunity is supported by our dynamic energy of body. Nowadays many researches are there to confirm the role of emotions and dynamic power of our body in the management of our immune system.

**Dr. Jaimin R. Chotaliya**  
M.D. (Hom.)

Asst. Professor (Department of Repertory)

SVHMC&H

[jaiminchotaliya@gmail.com](mailto:jaiminchotaliya@gmail.com)

Article name and Citation	Objective and Materials & Methods	Observation and Result	Conclusion
The effect of Mindfulness- Based Stress Reduction (MBSR) on Depression, cognition and immunity in Mild Cognitive Impairment: A Pilot Feasibility Study (clinical interventions in aging 2020: 1365-1381) Pub med ID-32848377	<p><b>Objective:</b> To determine the feasibility and the effect of MBSR Practice on depression, Cognition and immunity in Mild Cognitive Training.</p> <p>20 subjects were randomly assigned to two groups. Control group was also assigned and both underwent 8 weeks cognitive training.</p>	There were detectable changes in immunological profiles in both groups but more pronounced in the MBSR group.	MBSR is well-accepted potentially promising intervention with positive effect on cognition, depressive symptoms and immunological Profile.
Anxiety and perceived psychological stress play an important role in the immune response after exercise. (exercise immunology rev. 2018.:26-34) PubMed ID-29461966	<p>64 healthy, non-smoking, recreationally active males gave written informed consent to participate in the study. Participants had no previous history of exposure to DPCP(Diphenylcyclopropenone) and were excluded if they were taking any medication or dietary supplements, or had a history of atopy or any other immune-related or inflammatory dermatological condition. Participants were required to abstain from alcohol and exercise for 24h before and 48h after the experimental trials. The Study received local ethics committee approval, and all protocols were conducted in accordance with declaration of Helsinki (2013)</p>	After accounting for exercise, multiple-regression showed that pre-exercise state-anxiety and perceived psychological stress were moderately associated with the DPCP response after exercise. Results indicate a beneficial effect of moderate state anxiety and perceived psychological stress on in vivo immunity after exercise.	State- anxiety and perceived psychological stress levels before exercise plays an important role in determining the strength of the in vivo immune response after exercise.

**HOMOEOPATHY:**

- ✚ In this Gentle healing science, the concept of causation is considered as the dynamic one (in most of cases except accidental and surgical one). Concept of vital force and its disturbance is one the important aspect in learning homoeopathy.
- ✚ As per Dr. Kent in his philosophy, “All disturbances/diseases conditions start from mind (A dynamic entity) and then followed by Physical Manifestation.” Will/emotion, memory and intellect are the major component of human mind. Internal morbid derangement first reflects on any one of them followed by Physical body. Medicines having similar kind of actions in series as seen in morbidity are helpful for case and having power to cure the sick person. Homoeopathic Materia Medica and Repertory are full of these kinds of medicines.
- ✚ So, in this way one can conclude that our emotion and mind can affect the immune system and followed by our power to resist disease. Homoeopathic medicines help us at this level to strengthen our immune system for prevention as well as cure.

**GNM:**

- ✚ German new Medicine is like sibling of Homoeopathy which is also concern with the healing. Here the founder of GNM method Dr. Hamer with his sharp observations and understanding related to Brain scan help him to conclude about the Mind and body connection of Disease condition.
- ✚ If we take some glimpses from the History of GNM method in medical science then Dr. Hamer first observed this mind and body connection in Cancer.
- ✚ Further observations confirm this mind body connection in other diseases. Their concept of different conflicts and its corresponding bodily manifestations are interesting to study and apply in practice.
- ✚ Here again this mind body connection and their interdependent actions contribute a lot in our immune system. Traumatic thoughts or shock produces conflicts that have a major impact on our immune system and its work in protection of our body.

**BACH FLOWER REMEDIES:**

- ✚ Dr. Edward Bach's Bach Flower Remedies give a wonderful definition of gentle therapy with their natural way of healing. Essence of flower and water can create immense healing power to heal the suffering humanity. This healing method also believes in Psyche and Body connection and more stressed upon the various Psyche.
- ✚ Various remedies in this healing system act on different mental thought processes and help us to adjust in our environment. Bach flower Remedies having positive effect on human Psychology and immunity to fight against adverse events of life.

**CONCLUSION:**

In this era of modern science with a good touch of spirituality concept among people help us to establish gentle healing methods to boost our immunity and prepare our defense mechanism to fight against the various morbidities. In developing countries like India, application of these systems on health centre is to all people in rural as well as urban area. Promotions of complementary medicines are also good for economical sector of our country.

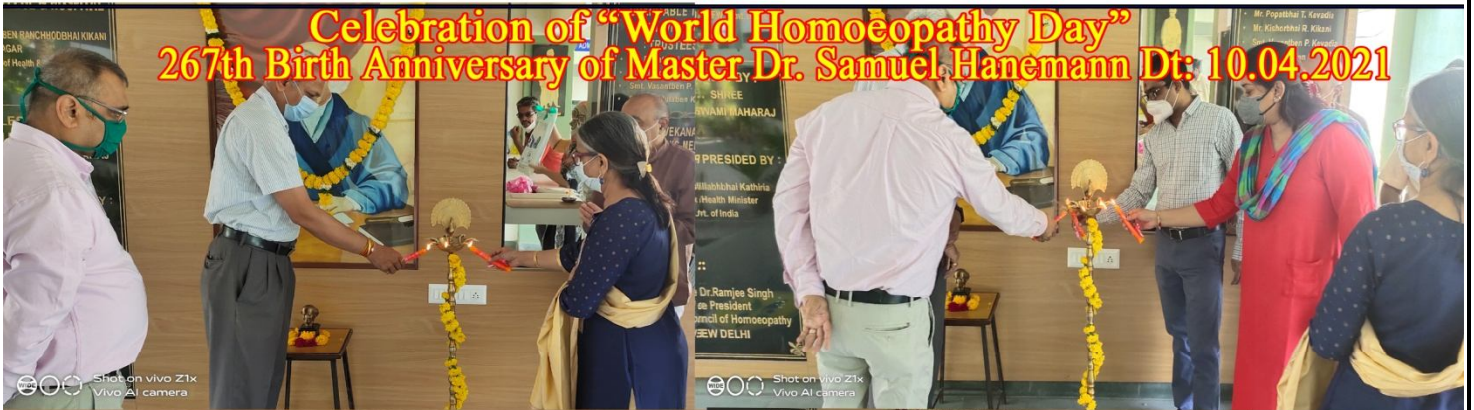
**References**

1. Merriam-Webster©2021 Merriam-Webster, inc.
2. Kent Tyler James, Lectures on Homoeopathic philosophy, Reprint edition Nov-2012, Published by Indian books & Periodicals publishers, New Delhi. (Page no. 5-13)
3. Bach Edward, The Twelve healers and other Remedies, Second enlarged edition, United kingdom: ©2011 the Bach Centre.
4. [https://learninggnm.com/i\\_i.html](https://learninggnm.com/i_i.html)
5. PubMed Prime (search engine for Medical Publications)



# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

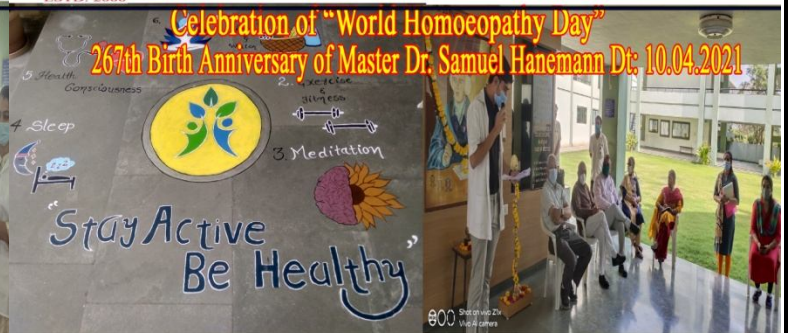
## Celebration of "World Homoeopathy Day" 267th Birth Anniversary of Master Dr. Samuel Hanemann Dt: 10.04.2021



Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



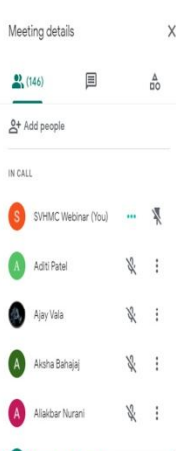
Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.







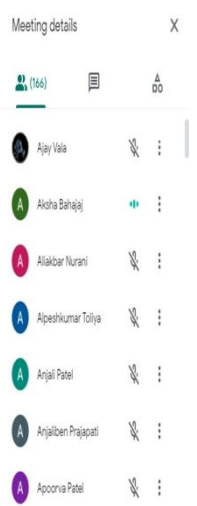
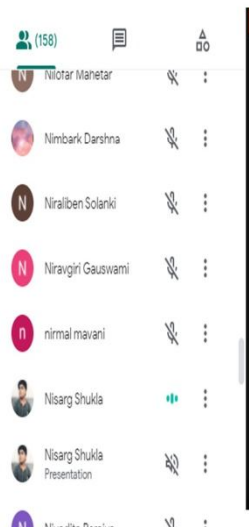
# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## Celebration of "World Homoeopathy Day"



## Online Celebration

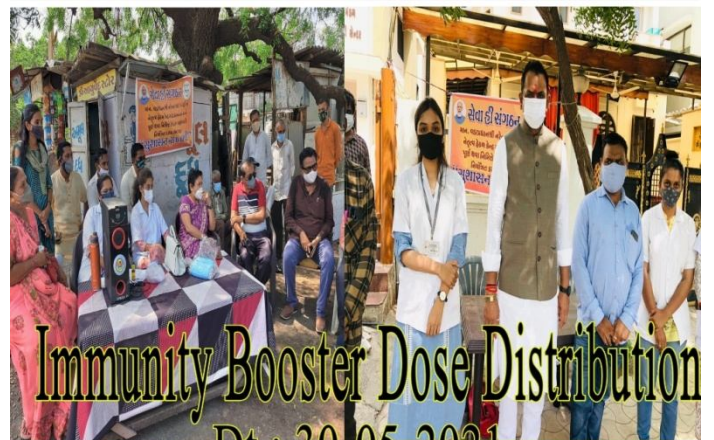




Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



Immunity Booster Dose Distribution

Immunity Booster Dose Distribution  
Dt.: 30-05-2021



Dt.: 30-05-2021



Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



Immunity Booster Dose Distribution

Immunity Booster Dose Distribution

Dt.: 30-05-2021

Dt.: 30-05-2021



Discipline

Dedication

Devotion





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

## Seminar

Easiest method of prescription with examples of many solved cases

Date : 20, June 2021

Time : 09 am to 05 pm

Speaker



**Dr. Shyamal Kishore**  
M.D. Homeo.

: Orgnized by :



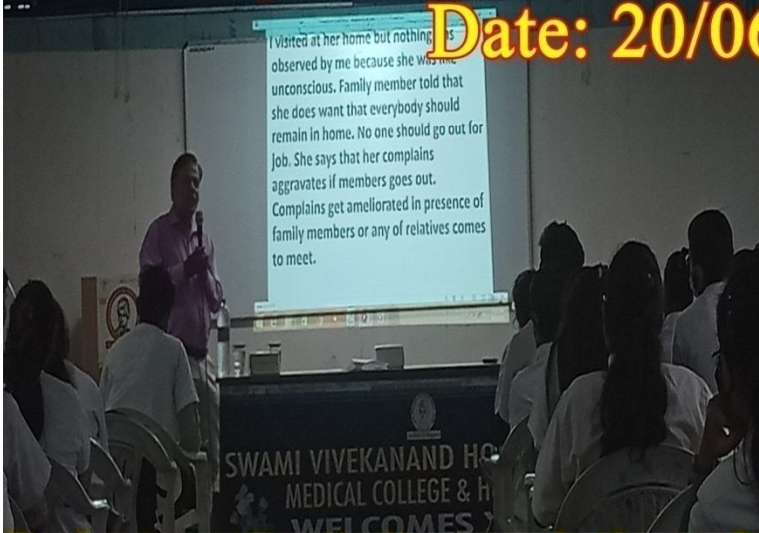
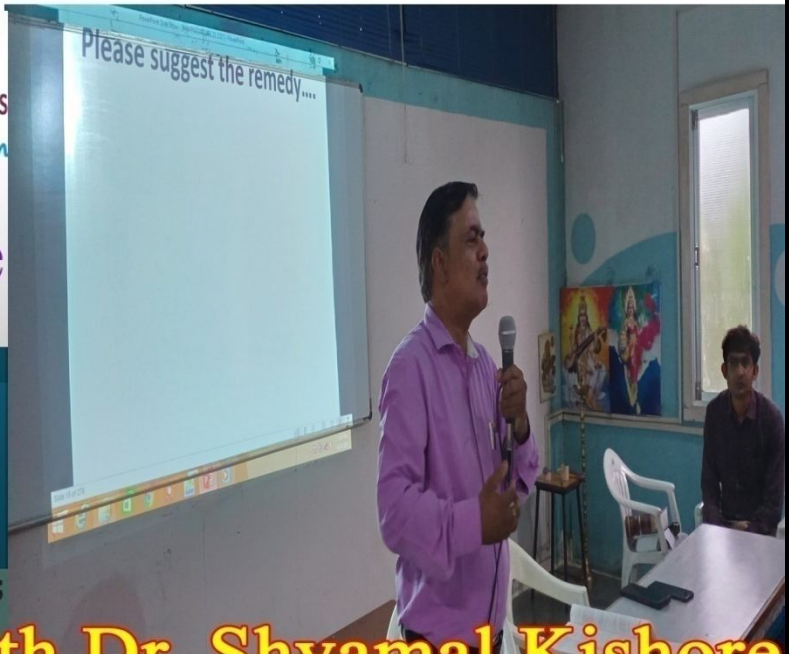
Swami Vivekanand Homoeopathic Medical College & Hospital

svhmcBhavnagar; svhmc; Svhmcbvn;

www.svhmc.org

## One Day Seminar with Dr. Shyamal Kishore

### Date: 20/06/2021



## Easiest method of prescription with examples of many solved cases





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

## Meeting with Ayush Institutions on IDY Preparation

# Dt:- 15-06-2021

VIKRAM S      Tanuja N

Dr A      Dr B

Dr.Anjali D      Shreedhar P

Rohtas M      DR. B      GARGI G

### Yoga for Unity and Wellbeing

- 100-day program with support of the Ministry with leading Yoga institutions Patanjali, S-VYASA, and Heartfulness
- The series was inaugurated by the President of India
- Every day an event is organized, sessions streamed on YouTube across 159 countries (2.2 lakh registrations)
- Estimated outreach: 15,00,000+ views on YouTube as on today; expected to cross 25,00,000

### Key Digital Assets – Portals & App

- Portals:
  - Yoga Portal: <https://yoga.ayush.gov.in/>
  - Yoga Calendar: <https://yoga.ayush.gov.in/year/longosa>
  - MDNIY: <http://www.yogandniy.nic.in/>
  - YCB: <https://yogacertificationboard.nic.in/>
- Mobile App:
  - Namaste Yoga:

Dr.navin G      Dr A (Guest)      DR. B      GARGI G

Ankit (Guest)      Ankit (Guest)

Dr J      Bishamber R      rajesh R



# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



Discipline

Dedication

Devotion

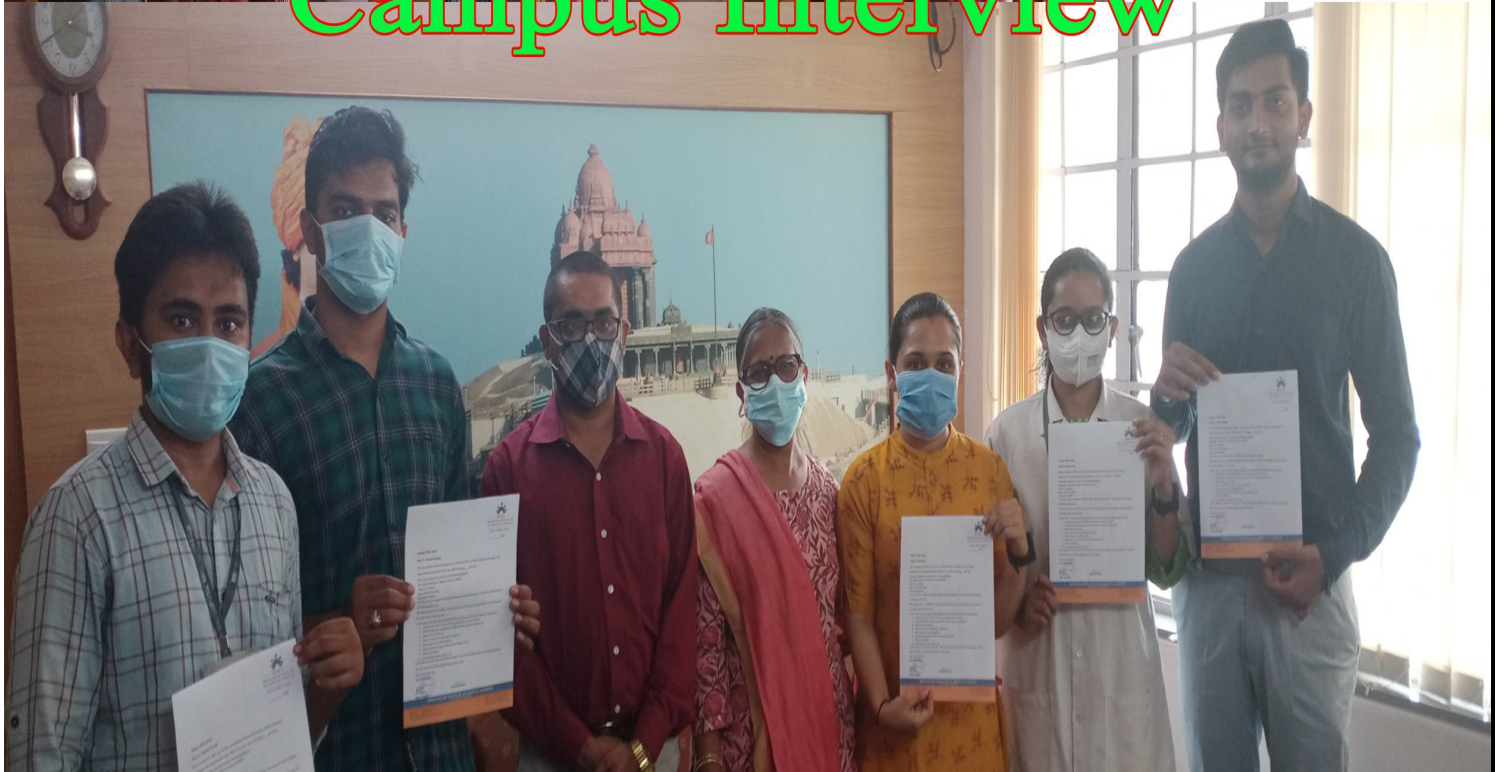


# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

## Student's Placement



## Campus Interview



Discipline

Dedication

Devotion



॥ सा विद्या या विमुक्तये ॥  
ESTD. 2000

# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

## Winners of Homoeopathy Pharmacy MCQ Quiz Organised by B. Jain Publishers



Discipline

Dedication

Devotion

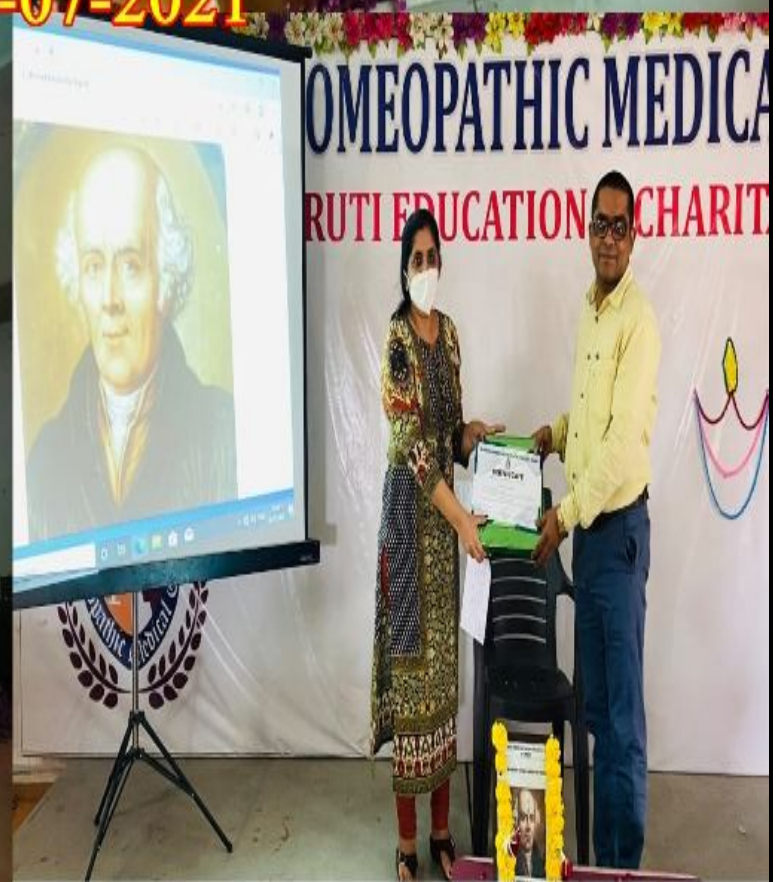


# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

## Seminar by Dr. Pranav Shah at BHMC DEHMI



Dt:- 02-07-2021



Discipline

Dedication

Devotion



# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

Visit by Students - Fourth B.H.M.S.(2020-22)

Date: 29th June 2021

Department of Community Medicine



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





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Sewage Treatment Plant- Foruth B.H.M.S.(2020-22)  
Date: 1st July 2021**



**Department of Community Medicine**



**Ruvapari Road, Bhavnagar-Gujarat**





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Industrial Visit - Sumitomo Chem. Ind. Ltd. Fourth B.H.M.S. (2020-22)**

**Date: 3rd July 2021**



**“ Department of Community Medicine ”**



**Ruvapari Road, Bhavnagar-Gujarat.**



# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Primary Health Center Visit -Fourth B.H.M.S.(2020-22)  
Date: 6th July 2021**

**" Department of Community Medicine "**



**Valukad, Ta. Ghogha-Bhavnagar-Gujarat.**





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

Primary Health Center Visit - Fourth B.H.M.S.(2020-22)

Date: 8th July 2021

Department of Community Medicine



Valukad, Ta. Ghogha-Bhavnagar-Gujarat.



# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Industrial Visit - Sumitomo Chem. Ind. Ltd. Fourth B.H.M.S.(2020-22)  
Date: 10th July 2021**



**" Department of Community Medicine "**





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Sarvottam Dairy (Sihor) Visit Foruth B.H.M.S.(2020-22)**

**Date: 15th July 2021**

**Department of Community Medicine**



**Sihor, Dist. Bhavnagar-Gujarat.**





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Industrial Visit - Sumitomo Chem. Ind. Ltd. Fourth B.H.M.S.(2020-22)**

**Date: 17th July 2021**



**" Department of Community Medicine "**



**Ruvapari Road, Bhavnagar-Gujarat.**

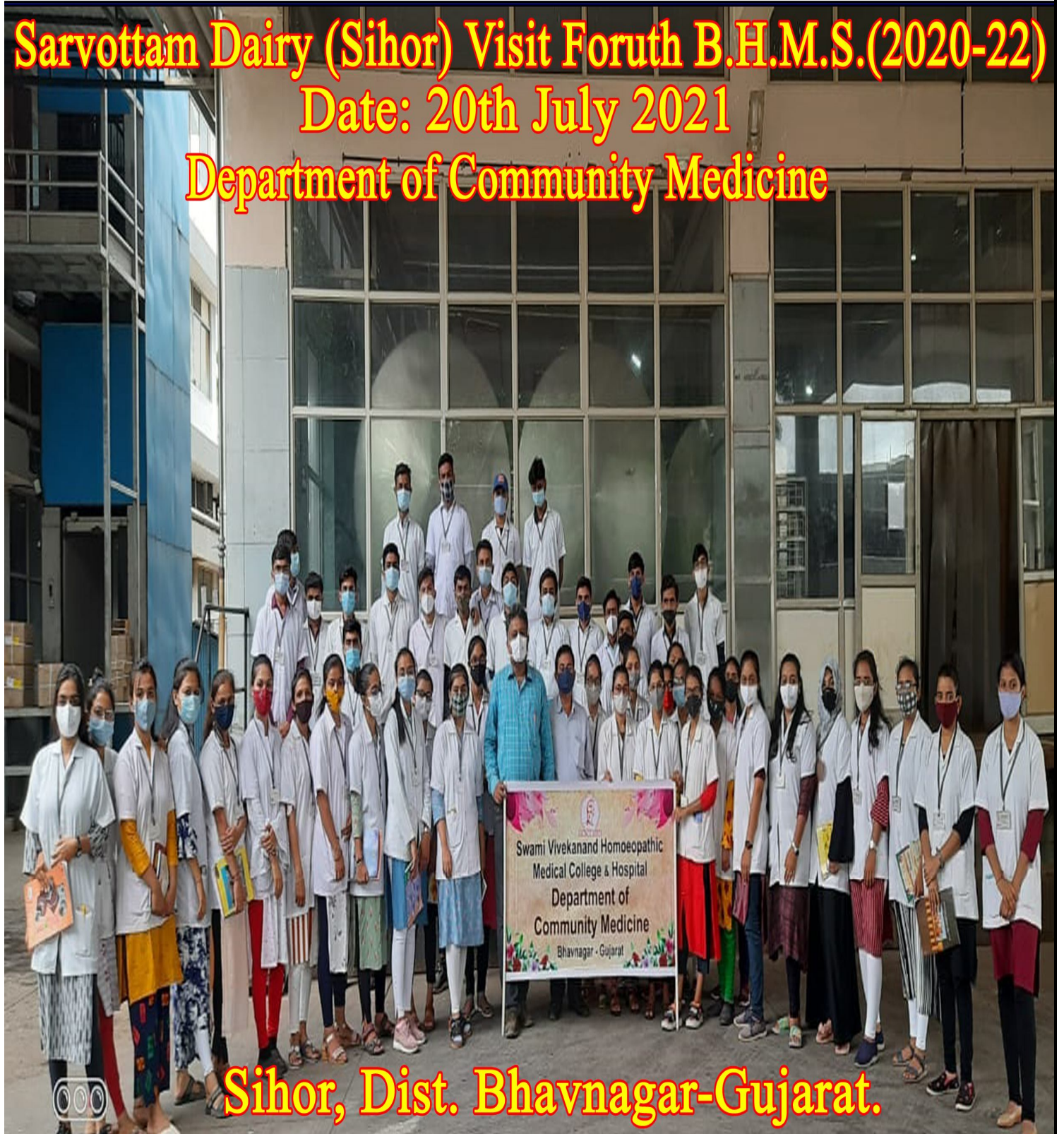


# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Sarvottam Dairy (Sihor) Visit Foruth B.H.M.S.(2020-22)**

**Date: 20th July 2021**

**Department of Community Medicine**



**Sihor, Dist. Bhavnagar-Gujarat.**





# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.

**Educational Visit by First B.H.M.S. Students (Batch 2020-21)**  
**Date: 10-July-2021**



**Department of Homoeopathic Pharmacy**



**"HealWell International Limited",  
 Ta. Kadi, Dist. Mahesana-Gujarat.**

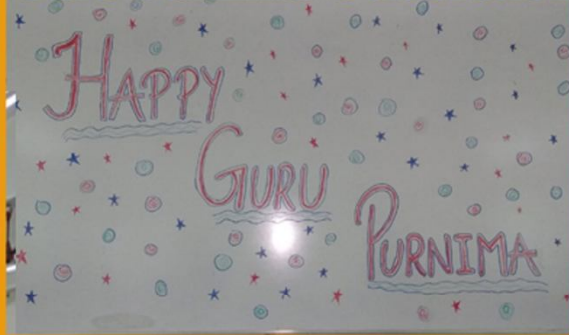




# Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



## Guru Purnima Celebration



### SWAMI VIVEKANAND HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

(Recognized by UGC For 2(F) 12(B) and UGC Act - 1956)  
(Managed by: Smt. V. T. Kevadia & Smt. D. R. Kikani Charitable Trust)

Affiliated to Maharaja Krishnakumarsinhji Bhavnagar University  
Dr. Hahnemann Marg, Nr. Sports Complex, At - Sidsar,  
Dist.: Bhavnagar-364060 - Gujarat.  
<http://www.svhmc.org> , E-mail: [lakshhomoeotime@yahoo.com](mailto:lakshhomoeotime@yahoo.com)

Printed Matter

---

---

---

PIN 

--	--	--	--	--