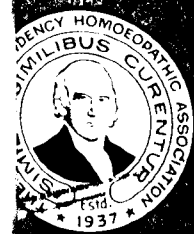


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**JOURNAL OF THE
MADRAS PRESIDENCY
HOMOEOPATHIC ASSOCIATION**



*Dr. K. S. Bhaskaran Nair Gen. Secretary, Madras Presidency
Homoeopathy Association, receives Best Senior Citizen Award
from Hon. Justice S. Mohan, Retd. Judge, Supreme Court
on 15-9-95 Awarded by Madras Kilpauk Junior Chamber...*

58th Anniversary & Convocation



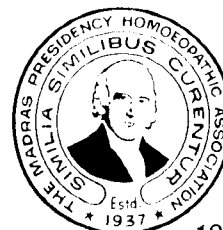
Justice N. Krishnaswamy Reddy, President, addressing the 58th Anniversary Function held at Hotel Kanchi.



Jr. secretary Dr. T.K. Rengachari and Dr. V. Surendra receiving the chief guest.

THE JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION

(for private circulation among members only)



OFFICIAL ORGAN OF THE MPHA

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QUARTERLY

No.3 & 4

Editorial

*MPHA Wishes
Happy New Year
for All Its Members & Readers*

Open the Doors for Homoeopathy

Homoeopathy has been hailed as the poor man's modern medical system both by the Government and the people of India. But this system has been placed at par with the native systems of this country i.e. Siddha, Ayurveda Unani etc. It is an accepted fact that cannot be denied that Homoeopathy is one of the modern system originating from a western country i.e. Germany. In fact Homoeopathy can be called the next forward step to Allopathy system and the system that belongs to 21st Century.

It is not enough that the Union Government has opened a separate department for Homoeopathy, nor is it enough that the Homoeopathic degree is treated equivalent to the Allopathic degree or M.B.B.S. for the purpose of employment and fixation of salary, nor is it enough that a Homoeopathy wing has been started in every Government Hospital.

Knowing fully well that Homoeopathy renders relief for money a big diseases for which Allopathy could not provide permanent relief, Homoeopathy should be given the equal status with that of Allopathy. Homoeopathy and Allopathy should be treated as alternate systems for each other, enjoying equal status and treatment.

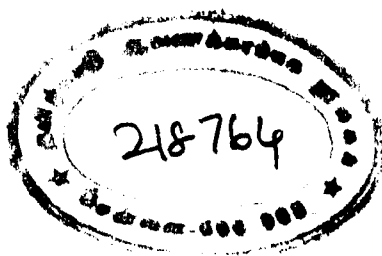
Towards this goal, we understand, that the authorities are contemplating a move to allow and pharmacy holding a licence under Drugs and cosmetics Act could stock and sell both Allopathy and Homoeopathic formulations without insisting on a licence under Homoeopathy separately. This is a progressive step in the right direction and a step towards "Health for all by the year 2000". This step will open in doors in many more directions for Homoeopathy.

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MAGIC OF MINIMUM DOSE

This is a case of Accidental
Paraphimosis.

One day morning, a gentleman in dhoti and shirt came to my clinic. Agony was writ on his face and appeared much distressed. He used to come to me before in tip-top style with smiling face. His appearance on that day was disquieting. I drew him to my side and he requested me to come to the anterior room. I agreed. In the room he partially opened his dhoti and showed me the cause of his agony. I consoled him and told him that I will make him alright in two days. He narrated to me that 3 days back, he drew the fore-skin too much for cleaning the glans but could not retract the foreskin to the original position inspite of his attempts even to the extent of severe pressure.

He felt much uncomfortable, began to perceive that the glans has swelled and there may be no chance to normalcy without the aid of an allopathic doctor. He approached a general physician - an M.D. After seeing the condition the doctor advised him to see a surgeon. My patient saw the

surgeon who told him that surgical interference may be necessary and further he will have to be an in-patient for 3 to 4 days. This advice made the gentleman more anxious. Luckily, a common friend of ours advised him to see me with an assurance that I will be able to solve the problem. The advice of the friend prompted the gentleman to see me. I gave him Caladium 30 one dose and gave another dose to be taken next day. Twenty four hours after taking the first dose he felt the tightness of the foreskin was released and felt happy and phoned to me of his appreciation. I told him to take the second dose. That night, as a miracle, the foreskin came to the original position covering the glans. How genuine is the magic of minimum dose which relieved him of untold miserable sequence he had to endure till he came to me!

Hail Homoeopathy!

Dr. K.S. Bhaskaran Nair

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MIRACLE HEALING

On October 2nd, 1995 at the dead of the night one person knocked at the door. I awoke from my deep sleep and opened the door. I saw a person aged 19 accompanied by 2 youths with bloated face, thickened lips with fiery red eyes, holding the chest. I asked him to take the chair.

I asked him to narrate what happened. he told that he has taken some oily deep fried item at 10 p.m. He told that he had vomited two times, 10 minutes after eating. Then he went to the nearby Elliotts Beach and played Football for a while with his friends. During play he got difficulty in breathing.

I observed from his face that he was very much upset. Then I examined his eyes, throat and nails. When I saw the nails, it was blue in colour. I suspected that it was a case of food poisoning. I asked him whether he had any ailment like this previously. He told that last month he suffered from jaundice. I gave him Arsenicum album 200 in watery doses. I asked him to take a sip every 10 minutes. The next half an hour the allergic eruptions and swellings disappeared.

In another half an hour the dyspnoea disappeared. The boy slowly recovered from out of dangerous position. The blueness of the nails was still there.



Also I gave him a dose of carbo veg 200. I again gave him in a bottle arsenicum album 200 diluted with water and asked him to take every 10 minutes for another 5 or 6 times.

I told his friends that they need not be afraid and asked them to take the boy to his residence, and asked the boy to take the medicine as instructed.

The boys left my house with a sigh of relief. Next morning the boy came with his friends and thanked me a lot for the timely treatment done in the dead of night. In the morning the blueness of the nails also disappeared. The boy was normal.

I also appreciated the boy for his faith in Homoeopathy.

Hail Hahnemann, the wonder master of Homoeopathy.

**Dr. T.K. Rengachari,
M.Sc., M.D., DHBM**

THERAPEUTIC HINTS

1. Sensation in the cardiac end of the stomach, as a hard boiled egg (Afie Nigra) hump under the Sternum but higher up (china officinalis) just a feeling in the Epigastrium as if food were lying there (Puls. Bry).

2. Women prone to give birth to dead foetus habitually from no discernible cause. Daily doses of IX for two months before term. (Actea Racemosa)

3. Debility from lack of digestive power in the stomach or general assimilative power not nervous debility (Alstonia Constricta).

4. Almost a specific in rheumatoid arthritis (Antim Crud) Dr. Schwarts of California.

5. In inflammation and fevers when there is alternate dry heat, then sweating think of (Apis M) Dr. Nash.

6. Numbness at the forearm at night (Argent. Nit)



7. (Aconite) is turmoil in circulation, (Bell) is turmoil in brain and (Chamomilla) is turmoil in temper.

8. For spasmodic dyspnoea after the failure of (Speciae & Arsenicum Alb) try Aspidosperma. Dr. Edwin Mithole.

9. A very chronic case of deafness has been cured with single drop dose of (Ball) Mother Tincture - Dr. Cooper.

10. Amanrosis, Day blindness. Can scarcely see her way after sunrise. (Bothrops Lanceslatis).

11. Menstrual colic (causticum) will cure after failure of (colocynth)
12. For convulsion which are violent whether epileptic, catalyticclonic or ionic, eclampsia (cicuta Virosa).
13. (Santonin) a derivative of (cina) has produced and cured nocturnal enurisis in children - not necessarily connected with worms.
14. A characteristic accompaniment of (Nitric Acid) is profuse sweat breath out on hand and feet. When this occurs in spinal injury Natrum Sulp is the remedy.
15. Dry cough. It relieves even the cough of consumptive (Menthapiperta) a single globule of 30th potency suffices.
16. Pain leaves heart and appears in right arm. This symptom is important as it is unusual (Phyto lacca. D)
17. Sick babies will not sleep day or night but worry, fret, cry or goad and play all day, restless, troublesome, swarming all night. (psorinum).

Compiled by
Dr. G. Venkata Ratnam.

APOCYNUM

Great remedy of dropsy and urinary difficulties. Urinary organs torpid, Retention, suppression, urine scanty, or very profuse, several gallons a day. Has cured inveterate bed wetting.

(One remembers a man with extensive inoperable abdominal cancer, kept alive, while the disease extended, by homeo-pathic remedies, who, at one time, developed ascites with enormous distension of abdomen. Apoc.removed that, and it never recurred (ML.TYLER).

Dr. G. Venkataratnam.

58TH ANNUAL REPORT



Dr. K.S. Bhaskaran Nair presenting the Annual Report

As the General Secretary of the Madras Presidency Homeopathic Association, I have great pleasure in presenting the 58th Annual Report of the Association.

The Association which was established in 1937, has kept up the record of reputation with the co-operation and guidance rendered at the initial stages by eminent doctors and public-men like Dr.T.Janakiraman, MBCH, Dr. N.M. Choudhari, M.D. (USA), Justice Patanjali Sashtri, Retired

Chief Justice of Supreme Court of India, Justice Somayya, Mr.T.S.S. Iyer, Retd. Accountant General and others. The progress of the Association was furthered by Chief Patron Jothi Venkatachalam, former Minister of Tamilnadu, successive Presidents, Shri V.V. Giri, former president of India, Smt.Rukmani Arundale, Dr.H.S.N. Royce, Justice P. Ramakrishnan, I.C.S. (Retd.) and presently Justice N. Krishnaswamy Reddy, who is the President of this august function today. Besides the President, the

activities of the Association are monitored by the Vice Presidents Lion Dr.K.V. Govinda Rao, Lion Dr. M.V.L. Narasimhan, M.A., M.L., and Dr. A. Janaki Bai. The present Secretary Dr. K.S. Bhaskaran Nair got the clue for effective management from the former Secretaries Justice Venkatrama Iyer, Dr.S.P. Koppikar, Dr.C.A. Rajagopalachari and Dr. C. Sriramulu, who were selfless and energetic enough to uphold the name and fame of the Association for the benefit of public, rendering valuable services in the spread of Homoeopathy through institutional training courses and Homoeopathic Dispensary. During the past one year under report, the activities of the Association were directed in various fields to justify the trust reposed by the public.

Training Institution

For the past 41 years, the Association has been conducting regular courses of Sunday classes for a period of 3 years by imparting scientific knowledge in Human Anatomy, Physiology, Pathology, including Bacteriology, Medicine, Minor Surgery, Gynaecology, Obstetrics, Public Health and Hygiene and Medical Jurisprudence, besides Homoeopathic Materia Medica, Homoeopathic Philosophy,

Repertorisation and Homoeo-Therapeutics. The classes are now being conducted by Dr. Ganga Bai, Dr. Chinnaiyan, Senior Retired Allopathic doctors and Dr. V. Venugopal, Dr. P.V.S. Subramanian, Dr. M.V.L. Narasimhan, Dr. Surendra, Dr. G. Venkatarathnam, Dr. A. Janaki Bai, Dr. Thiagarajan and Dr. K.S. Bhaskaran Nair. After the successful completion of three years, the candidates are awarded Diploma in Homoeopathy and Biochemic System of Medicine. The successful candidates of this year numbering 21 will be awarded the Diploma by Dr. B.P. Rajan, Vice Cancellor of Dr. M.G.R. Medical University, who is our Chief Guest today, after delivering the convocation address. Our guest of Honour, Professor T.S. Devadas, M.A., Ph.D., Director of Sri Radhakrishnan Institute of Advanced Philosophy, University of Madras, will aptly felicitate the candidates.

It is worth mentioning here that on account of the reputation of effective coaching imparted by us, three practising allopathic doctors have joined our training course.

Dispensaries

Every day except Sunday, out-patient departments, both morning and evening are run by our Association at Royapettah

Office and at building at Aminjikarai, donated by late Dr. Dorai Arangnar. At Royapettah dispensary Dr. Venugopal, Dr. Venkatarathnam, Dr. Surendra, Dr. Rukmangathan & Dr. Raghavan are rendering treatment to the patients. At Amainjikarai dispensary, Dr. P.V.S. Subramanian and Dr. Leela Kumari are in-charge of the dispensary. Dr. Sathyamurthy is assisting them. As desired by the Donor in the Gift Deed, our Association is striving hard to establish an Homoeopathic hospital in the building as early as possible.

Seminars and Guest Lectures

For the benefit of Homoeopathic doctors, students and sympathisers, regular symposia and guest lectures are arranged. This year we were happy to play host to two noted German Doctors practising Homoeopathy. They exchanged ideas and modes of treatment in their country with the practice prevailing here. These doctors graduated as allopathic doctors and on being dissatisfied with the system followed the footsteps of Dr. Hahnemann and studied Homoeopathy and are now functioning as Homoeopathic doctors. These doctors were entertained and given Mementoes by our Association.

Health Camps

Health camps were organised by our Association in Amanjikarai, Saidapet and Pallavaram. At Pallavaram, an Ophthalmic Physician also screened many patients and prescribed medicines. This camp at Pallavaram was inaugurated by the local M.L.A. and local people co-operated very well though that was a rainy day.

Journal

A quarterly journal entitled "Madras Homoeopathic Journal" is regularly published for the benefit of members and students of our Association. Interesting and educative articles are published in the Journal which are well acclaimed by the readers. Our Vice President, Lion Dr. M.V.L. Narasimhan, M.A., M.L., is the Hon. Editor. Apart from him, the Editorial Board consists of General Secretary Dr. K.S. Bhaskaran Nair and the Joint Secretary Dr. T.K. Rangachari.

Research

Chronic cases like respiratory ailments including Asthma, Rheumatism, Arthritis, Gout, Gynaecological complaints are regularly monitored, taking into consideration of Etiology, prognosis and the time taken to complete the course in each case. Effective research is made

regarding Diabetes Mellitus cases. It has been found that at least 30 per cent are hereditary and rest self-acquired. Homoeopathic drugs such as Uranium nitricum and Syzygium Jumbolinum, have brought down the post-prandial blood sugar substantially in a few months, of course with low calory diet and exercise, preferably walking about 3 k.m.daily.

Awards

The "Wisdom International" magazine is awarding "Best Homoeopathic Doctor" award to the Doctor selected by our Association regularly every year. In the year under report. Dr.Venugopal, our Treasurer was given the Wisdom Award. Likewise, the 'Vehas Trust' is giving awards to the 'Best Homoeopathic Doctor' and to the best 3 students recommended by our Association. This year, the 'Best Doctor' award is to be conferred on Dr. Venugopal and 'Best Students' award to (1) Shri Anantha Padmanabha Moorthy, (2) Smt. Anuradha Krishnamurthy and (3) Smt. Seethalakshmi Ganapathy.

Hahnemann Day Celebration

The 241st birthday of Dr.Hahnemann was celebrated by our Association at Hotel New Woodlands on 6th May this year. Justice Shri N.Krishnaswamy

Reddy presided. Shri R.Ramaswamy, Retd. Member (Generation) Tamil Nadu Electricity Board was the Chief guest. Lion Dr. M.V.L. Narasimhan, M.A., M.L., our Vice President, delivered lecture on Dr.Hahnemann.

Before concluding this report, I, on behalf of the MPHA, offer sincere gratitude to Dr. B.P.Rajan, Vice Chancellor of Dr. M.G.R. Medical University, the Chief Guest and Professor T.S.Devadas, M.A.,Ph.D.,Director of Sir Radhakrishnan Institute of Advanced Philosophy for having readily accepted our invitation and graced the function.

On this occasion, I also express sincere thanks to our beloved President Shri N. Krishnaswamy Reddy, Vice Presidents, Joint Secretaries and all Committee Members, Life Members, and other Members for their cooperation in all activities of the Association. Our thanks are expressed to Lion K.V. Govinda Rao, Editor, Wisdom and Mrs. and Mr. Hariharan, trustees of Vehas Trust for conferring awards to the Homoeopathic Doctors and Students.

JAI HOMOEOPATHY.

By Dr. K.S. Bhaskaran Nair.

THYROID DISEASES



Dr. A. Janaki Bai

The thyroid gland is intimately concerned with the concentration of metabolism of iodine to produce the hormone, thyroxines. These are stored in follicles as thyroglobuline until enzyme action release them for metabolic use in the body. Their production depends upon the presence and utilisation of iodine in adequate amounts. Thyroid hormones exert a controlling influence on growth and metabolism.

Disorders of the thyroid are characterised chiefly by over production or under production of hormones but other pathological conditions may occur which leave little effect on hormone production. Thyroid disease may be divided into four categories:

1. Those associated with deficiency of hormone, hypothyroidism.

2. Those associated with an excess of hormones, hyperthyroidism.
3. Those without recognisable effect on hormone production such as nodular and a denomatous goiter and carcinoma.
4. Conditions stimulating inflammation - acute and chronic thyroid.

Hypothyroidism in children may occur as cretinism (A congenital disease due to lack of thyroid secretion, characterised as thickness of neck etc.) or as Myxedema. (i.e.) is the acquired form.) Causes are anatomic dyogenesis of (defective development of loss of fertility)the thyroid prolonged iodine deficiency in endemic goiter regions, in-born errors of iron metabolism. In cretinism there is a thick skin which later becomes dry wrinkled and sallow. The tongue is enlarged, lips are thickened and mouth open and drooping. The face is broad and nose flat. Hands and feet are puffy and the hands are spindle-shaped. One is apt to find an umbilical hernia a pot belly, a dull apathetic and constipated child with subnormal temperature. In

juvenile MYXEDEMA the clinical picture is much the same. Most common homoeopathic remedies indicated are calcaria carb. Baryta carb and mercurius.

In hyperthyroidism the excess secretion of hormones produce an increased metabolic rate and often exophthalmus. Diagnosis is made from a history of nervousness, a palpable thyroid, a basal metabolic rate or better still serum protein bound iodine and studies of radioactive iodine in the form of saturated solution of potassium iodine. 5drops daily homoeopathically lycopus can be given indefinitely. Ignatia, pulsatilla calcaria carb maybe indicated.

Thyroidinemia is a rare acute inflammation of thyroid gland with 50% having suffered from antecedent infection of the teeth, throat or upper respiratory track. Pathological features are distinct.

Homoeopathically: Bell - Baptisia and mercury may be indicated.

Among the homoeopathic remedies that may be indicated in the treatment of goiter are Bell, Bromium, Cal-carb, cal. Flour - Flouric acid, Hydrastis, iodine pulsatilla, Silicia - Spongia, Sulphur.

If exophthalmis, consider, Bell Cal. Carb-Ferr. Iodine, Lycopus, Pulsatilla. Homoeopathically Iodine is indicated in the skinny emaciated, active, restless, excited, always hungry individual with an anxiety. There is a great desire for meat and liquor. Frontal headache, prominent eyes, painful chocking hoarseness. Glands are enlarged and thyroid is hard. The patient is always too hot, is worse with heat, exertion and at night time. Better with cold, fresh air, motion and eating.

The Ignatia patient with thyroid enlargement will have tremors and palpitation. There is hysteria from over doing and excessive excitement. Worse with shock, bereavement and disappointment. Changeable disposition from gaiety and laughter to sadness and tears.

Lycopus used as a routine for goiter with lower B.P., slow heart action and decrease in heart pain. It may be used 5 drops as pre-operative.

Fucus Visiculosus. A remedy for obesity and non toxic goiter, also exophthalmic thyroid enlargement in obese.

20 to 60 drops three times a day before meals.

Compiled by Dr. A. Janaki Bai

CANCER-PATHY

A couple of months ago, I had heard of a Homoeopath's ability to cure cancer and had dismissed it as media hype. The logic being: How could mere pills cure an illness when Allopathy's powerful technical team had failed? Armed with a certain amount of cynicism and intrigue, I set out to determine if Dr. Sundar Rao's treatment had any substance whatsoever. The mind's eye had created an image of a dingy clinic with some quack churning out remedies (and fleecing people) that only he believed in. Now I am apologetic and honoured to have met the grand old man and look at Homeopathy in an altogether new light.

I am surprised to find that Dr. Sundar Rao is all of 82 years old (doesn't look over 60), sees close to 70 patients a day and is genuinely interested in only one task - treating his patients, cancer or not.

Why did you choose a career in Homeopathy?

Purely by chance! Over 50 years ago, I was just beginning my career in Journalism. At that time I also had a medical problem. I began developing swellings with pus all over my chest and no doctor could cure me inspite of making multiple diagnoses as well as multiple

treatments. That is when I chanced upon this mineral remedy that I tried for just three annas. Within days, the swellings worsened and finally disappeared altogether. With this my faith in Homoeopathy was laid and without a degree; I started reading the tenets of Homeopathy. I also began offering people treatment if I was convinced that I knew something of the patient's ailment. Seeing this, I was instructed by Pandit Vachaspathy to take up Homoeopathy as a profession. I joined the Victoria Homoeopathy College in Midnapore. Bihar and qualified from there 50 years ago.

And how about your encounter with cancer?

Again, purely by chance. I do not claim to be a cancer specialist. In spite of having earned a name in the field of cancer, I continue to treat all ailments that come my way. Actually, a few patients with cancer came along and I cured them. Word travelled around and soon a number of cancer patients began visiting my clinic. Today, my clinic is filled with cancer patients.

Most practitioners of Alternate Medicine claim cures (effective or not) due to the development of special formulae

• *and magical concoctions. I see packets of medication strewn around and wonder where the 'magic cauldron' is!*

Am I on the verge of seeing some wonder drug?

Nothing. There is nothing special or new in my medication. I just use the same principles as well as the same medicines that you can pick up at any Homoeopathic store. I have neither invented a cure nor have I chanced upon some secret formulae in old times. All I am doing is applying the principles of my profession in the way I was taught (probably a little bolder) and in the way I understand them best. The only tools I have are trust, faith and conviction in my work.

So, do you actually cure cancer?

Yes, I do. You have to understand that there are two parts to a patient suffering from cancer. One, is the cancer itself and the other, the suffering or symptoms that the patient has. I try to cure both. My first aim is to relieve the patient from his suffering and second to actually cure the cancer. I have cured cancers of the rectum, breast, stomach, blood, almost anything. But say if a patient is 80 years old, I may not be able to prolong his life, but I certainly can alleviate his symptoms so that his remaining days are trouble and pain free.

My treatment will ensure, even in the late stages that the patient will lead a symptom-free life. This is certainly much better than the options Allopathy offers in terms of radiation and Chemotherapy (cancer medication) that actually further cripples the patient.

Sceptic that I am, I am looking for proof, not mere word of honour. Just then a pretty young lady walks in who is introduced to me as Rupa, the good doctor's ward, or should I say 'Shishya' (Rupa has just graduated from a Homoeopathic College at Bombay and for the past 9 months has been staying with Dr. Rao, learning his principles).

Well, if you watch the evening clinic you will be able to speak to the patients themselves and get first hand account.

So what, I say, I need documentary evidence. Before I can blink twice, Rupa is armed with files that should shut me up. Almost callously, I open a file hoping to see no more than scribbled pieces of information. On the contrary, I am stupefied.

These are all cases that have been treated by me over years. Most of these patients come after having been diagnosed as cancer. Some come out of desperation for a cure, some because they find that allopathy offers them no options other than a palliative remedy. There are also a large number

who come because they basically have immense faith in Homoeopathy and believe that I can cure them. Whatever the reason, I treat the patient and I must say that most of them begin to have some relief immediately.

I scrutinise the documents that are handed over to me and recognise quite a few letterheads (from most of the prominent hospitals and diagnostic labs in Bangalore.) Most follow a sequence of tentative diagnosis of cancer, followed by the treatment and a repeat investigation which shows either the disappearance of the tumour or a markedly reduced size of the growth. Now that is remarkable, because in plain terms it means that there was a tumour that has resolved (and the cancer has been cured) after the treatment. I certainly cannot explain it, but the documentary evidence is overwhelming. I have also met a number of people who will testify to the cure. My belief in allopathy and the evidence I am confronted with leave me very confused.

My conversation with Dr. Rao is sprinkled with good decoction coffee and interruptions from all members of the family who without intruding are immensely supportive. His son and daughter in law are Allopaths and I

question her on the cure.

I am a pathologist and a consultant at a local hospital. However, I sit at the homoeopathy clinic most of the day. I have seen numerous cases cured and am quite convinced about the principles of treatment. Someday, I just may start practising Homoeopathy and carry on the tradition of my father-in-law.

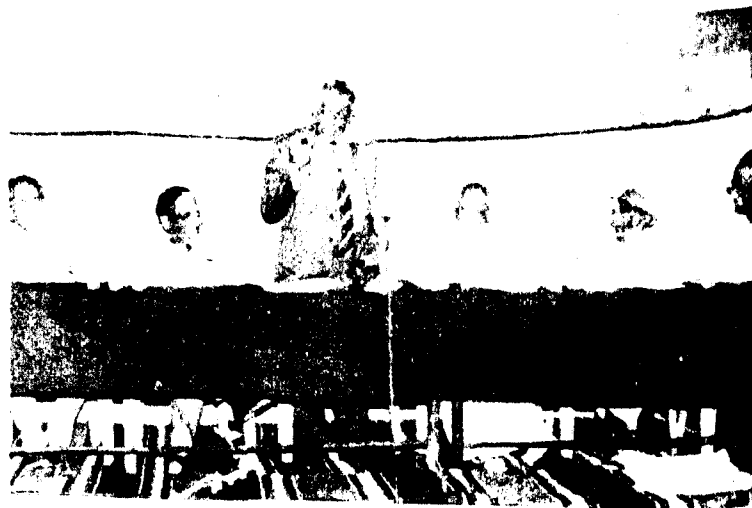
That should be justification enough for the cure. If not, there are scores of people flooding the clinic, almost all of whom will swear by the treatment. At the very least, I am convinced that Dr. Rao is capable of relieving the symptoms of his patients. To say that I cannot accept the documentary or verbal evidence would be naive. On the other hand, to say that I have become a complete disciple of homoeopathy would just be pretentious because the principles of Allopathy have been too deeply entrenched in me to be uprooted.

In short I cannot ignore the fact that the doctor has been successful in treating cancer. And seeing this come to the fore in the midst of a family that practises different forms of medicine makes you want to stand up and applaud.

Dr. Sudhir Borgonha

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58th Anniversary & Convocation



***Dr. B.P. Rajan, Vice Chancellor Dr. M.G.R. University
presenting the Diplomas and rendering
the convocation address***



Dr.T.S. Devadoss felicitating out-going students

58th Anniversary & Convocation



***Dr.V. Venugopal receiving the 'Best Homoeopathic Doctor'
award from the "Vehas" Trust.***



***Shri Anantha Padmanabha Moorthy
receiving the Best Student Award***

TEETH QUIZ

Of course we're supposed to brush every day. But how many of us know why? Take this test to find out if you're truly treating your teeth well.

1. **Tooth-brushing prevents**
 - a. detached gums
 - b. root decay
 - c. stained teeth
 - d. none of the above.
2. **You're least likely to get cavities from eating**
 - a. raisins
 - b. pure sugar
 - c. cup cakes
3. **Who's especially susceptible to getting gum disease?**
 - a. pregnant women
 - b. menopausal women
 - c. teetotallers
4. **If you can't brush your teeth after a meal, what's the best thing to do?**
 - a. eat a banana
 - b. chew gum
 - c. use a toothpick.
5. **The minimum time for a thorough tooth-brushing is**
 - a. one minute
 - b. three minutes
 - c. four minutes
6. **Which will relieve toothache fastest?**
 - a. clove oil
 - b. Kreosotum
 - c. salt water gargling

(Answers on page .. 32)

TV RADIATION

Modernisation and commercialisation of the world of television has led to a situation where there are number of channels for the viewer today. The attractive programs telecast on the television keep the viewer glued in front of the idiot box from early morning to late in the night. How does this affect our health ? The author investigates.

With the sudden onslaught of multiple channel television sets and aggressive marketing strategies of commercial companies, the number of television viewers are increasing, in exponential proportions all over India, particularly in the metropolis like Bombay, Delhi, Madras, Calcutta and Bangalore.

There is a growing competition among commercial medias to produce more and more attractive programs to allure the young generation to the idiot box. Zee TV, Star TV, MTV and Star movies are catching on and keeping the people glued to their television sets for hours together till late in the night. Some of the quiz programmes on certain channels have become so popular with the young generation that they flood the organisers with

millions of letters per week. This leads to increase in the revenue of the postal department on the one hand and burdens it with an avalanche of letters to which they cannot cope up with. The lure of the prize money seems to make them crazy for such programs. These prizes running into lakhs of rupees thereby adds a maddening craze to the whole show business.

The young generation is caught in this frenzy that is perceptibly changing their lifestyle and affecting their health to a great extent. A short survey in the neighbourhood indicated that around 30-40% of the people are keeping awake till late at night to watch TV programs. The young generation is watching these programs for an average of 3 -4 hours a day on week days and about 6 - 7 hours on Sundays and other holidays. Barring socio-economic effects, how does this affect their health? Is there any harmful emission of radiation from the television sets and does it cause damage to the eyes and general health of the viewers? These were some of the questions asked by many consumers in one of the seminars on health related topics for consumers in Bombay.

It is known since long that soft x-rays are associated with colour television sets. What are these x-rays? Z-rays are invisible electromagnetic radiations like infra red (heat rays), ultra violet or gamma radiation. Visible lights comprising of seven colours also form electromagnetic radiation. X-rays are produced when electrons travelling at high velocities interact with the matter. In almost all television sets, there are high velocity electrons generated at the back of the tubes and impinge upon the front flat or slightly curved fluorescent glass screen producing pictures. Since electrons interact with any matter in its path and produce x-rays, they are expected to be present during viewing of TV Programs. However, most types of glasses have relatively high absorption for most x-ray wavelengths and hence no appreciable radiations are found to emanate from these sets.

High energy x-rays were found to have great penetration power which make them very useful for taking the photographs of bones in the body. This is one of the major uses of x-rays in the surgical labs even today. Over-exposure to strong and medium energy x-rays have been found to introduce cancer in the bones, whereas prolonged exposure to mild or low energy x-rays are found to be injurious to health,

causing leukaemia and allied diseases. There was therefore, a wide spread concern when it was found that TV sets were associated with soft x-rays. Black and White television sets use high voltages of the order of 3 - 4 kilowatts and are not found to emit any x-rays, whereas the colour sets use very high voltages of the order of 7 - 11 kilovolts and are found to be associated with soft x-ray emissions.

A study was undertaken by Indian Scientists from Bhabha Atomic Research Center to find out the presence and extent of radiation emanating from television sets of different brands available in the market, such as Videocon, ECIL, SONY, BPL, ONIDA, etc. This study indicated that almost all these sets were found to emit soft x-rays, the intensity of which varied from 10 - 30 micro Roentgen per hour near the sets. These values are far below the recommended values of about 500 micro Roentgen per hour at 5 cm away from the set of the screen. Thus all the brands of television sets seem to satisfy the radiation criterion generally recommended by international bodies. In fact, the x-ray emissions from these sets are found to be far less than the stipulated limit.

The viewers at normal

viewing distance of more than 5 feet or more are not likely to receive any measurable extra radiation exposures. This should set at rest the apprehensions raised by many individuals and consumer organisations about the possible damage caused by x-rays from the television sets to the general health of the public. Over the years, the government's health standards have become so stringent that the tube manufacturers have improved upon their technology to reduce the possibility of emission of x-rays to minimum. Despite these precautions the government should make it imperative on the part of tube manufacturers to print near the screen of TV sets the maximum absorbed dose per hour. This would allay the fears of x-rays from the minds of the users.

Secondly, people in general should be cautioned about the ill effects of the prolonged exposure to the visible light rather than to invisible radiation. Constant viewing of the illuminated screen causes lot of fatigue and irritation to the eyes. The optical nerves are also strained and may be detrimental to the general health of the eyes. Constant reading of the books is seen to introduce myopia of the eyes, the disease of

the 20th century. During reading, the reader strains himself to reading in soft light at a distance of 1.5 to 2 feet, but during watching TV programmes, the screen light is too powerful and causes long term damage to the retina and optical nerves. In addition to this, sitting constantly in the same posture before the television sets can cause more damage to the spinal chord and affect general health of the viewers.

Apart from this, TV addiction cuts you from the social life outside your house. Your weekend outings are reduced, your fresh air intake is lessened and your public relations is cut to minimum. Young generation is the worst affected lot, particularly in America where number of school dropouts are increasing to such alarming proportions that they are finding it difficult to get sufficient number of college going students to run the colleges economically. They, therefore, are encouraging the foreign students to join American Universities. Americans are facing the ill effects of TV and have realised it. They, therefore, prefer to go out for weekends than waste their valuable time before the idiot box. The sooner we realise this, the better. ■

INSOMNIA

Being unable to sleep is something which most of us experience from time to time - and it is usually only a short term inconvenience. Long-term insomnia may indicate an underlying problem requiring medical help. A few self-help measures to tackle insomnia.

The purpose of sleep is not fully understood; certainly lack of sleep leads to lapses in concentration, irritability, irrationality, hallucinations, and even death at times. Though sleep seems to be essential to the brain, it seems less so to the body. What sends us to sleep is also a puzzle; it could be a decrease in oxygen supply or sensory input to the brain, fluctuation of certain chemicals in the brain, or simply a conditioned response. Most adults need 7 or 8 hours of sleep, even as they get older. With women outnumbering men by 8 to 1 in the over-40 age group; only 22 per cent of people aged between 60 and 80 say they get a good night's sleep being highly strung or having a poor self image, seems to be quite a common denominator among poor sleepers.

Insomnia is not a single night or even several night's disturbed sleep, but a persistent factor of short-sleeping which leaves the sufferer feeling unrested, worn out, and ragged round the edges. Most people who complain of insomnia do in fact get some sleep, but clearly not enough. Insomnia can be due to physical problems, such as breathlessness brought on by heart or lung disease, prostrate, etc. problems, discomfort during pregnancy, or having to get up at night to pass urine, or the cause may be too many late meals, too much caffeine, a food allergy, over-indulgence in alcohol or drugs or sometimes as simple as airless or overheated bedroom. More often the causes may be emotional anxiety due to pressure of work or financial problems, depression, grief, excitement, sleeping pills or tranquilisers. In fact, one of the commonest causes of insomnia is fear of not being able to sleep. The drugs, most commonly used to treat today, have a sedative, anti-anxiety, muscle relaxing action; they also have side effects.

Other sleep disorders, include nightmare, night sleep

walking, sleep talking, rocking, head banging, grinding teeth, paralysed wakefulness, restless legs (a creeping sensation under the skin of the legs or twitching of the leg muscles, which disturbs sleep but does not necessarily cause the person to wake), and disturbed breathing (breathing may cease for anything from 10 seconds to 3 minutes, occurring perhaps hundreds of times a night, followed by snores, or gasps for breath, during which the person partially wakes). Sleepwalking, sleep talking and making repetitive movements during sleep are also less common in adults than children. In muscle and senses concerned work automatically, but the person's conscience mind is being involved. He or she has no memory of the night's activities. Psychologists believe that this dissociation of behaviour from consciousness is an attempt to resolve conflict.

Interestingly this kind of behaviour does not occur during dreaming, when all muscle movements, except those around the eyes are inhibited. The important thing is to prevent the person concerned from coming to harm. Paralysed wakefulness is an unpleasant stage in which the person is awake but cannot move; it most often occurs very briefly, on waking, but is not a

cause of worry. Chronic sleep problems require constitutional treatment, but in short terms, the remedies mentioned below may help: Specific remedies to be taken one hour before going to bed for ten nights; repeat the dose if open by a nightmare or if you wake and cannot get to sleep again.

- * Overactive mind as the result of good or bad news - *cofea*.

- * Sleeplessness due to great mental strain, over-indulgence in food or alcohol, or withdrawal from alcohol or sleeping tablets, person is awake for a few hours in the night, has nightmare and is irritable during the day - *Nux*.

- * Person is restless in his sleep, feels too hot and throws bedsheets off, then feels too cold and lies with arms above head; insomnia works after rich food - *Pulsatilla*.

- * Sleep problems work after a short or panic restlessness, nightmare - *Aconite*.

- * Feeling wide awake and irritable during first part of night, especially if person is a child and wants to be carried around - *Chamomilla*.

largest extent possible. 10 to the power of 160. The number of particles in the universe totals 10 to the power of 60.

According to Avogadro's beyond 10 to the power of 23. The research team's work is the first time it has been suggested that a molecule could have a biological memory.

Mr. Benveniste published initial results in 1985, which indicated homeopathic products could have an effect on the human body and sparked off a row between opponents and supporters of the controversial medicines.

Nature; science journal, decided in its latest issue to publish the team's results but with an unusual editorial reserve saying the work was highly controversial.

In an editorial headlines, "how to believe in the unbelievable", Nature said Mr. Benveniste had agreed to allow other biologists to come to Paris to test the discovery.

The 53 year old doctor says he is unhappy about publishing the results when it is still not known what causes the chemical reaction to take place in the apparent absence of the molecule.

Another inexplicable factor is that the experiment is only successful if the diluted liquid is vigorously shaken.

Nobel chemistry prize winner Mr. Jean-Marie Lahn, said in an interview with the French daily *Le Monde*. These results are disturbing, very, very, disturbing. I do not see how in biology, in the absence of a molecule, information about that molecule can be transmitted".

"If these results are confirmed - it's not impossible but the probability is very weak - they would question the entire basis upon which molecular scientists work," he added.

The French Institute of Health and Medical Research where Mr. Benveniste works, issued a statement last month, saying publication of the results should lead to fuller investigation.

"All real discoveries inevitably provoke the temporary incredulity of the scientific community. It is up to this community now to sort it out, and this is where scientific controversy has its place", INSERM said.

**(Excerpt from
Indian Express**

WATER - ENERGY BOOSTER.

Whether inside or outside your body, water does wonders. That's only natural, considering water is the basis of all body fluids and makes up about 60 percent of your weight. Take advantage of its many benefits.

Replenish: Through normal urination, perspiration and breathing, you can lose a half gallon of water a day without realising it. That's why you should drink eight 8 ounce glasses of water daily to prevent dehydration, replace old tissues, remove waste and maintain your body's water balance, says Sheld on Randall, M.D., director of the Institute for Nutritional Medicine in Cambridge, Mass.

Distress: A soak in the warm bath opens pores, and it dilates blood vessels, which sends more blood to muscles so they loosen and relax. You also mentally unwind because your mind quickly responds to your body's calmer state. Swimming is soothing too. "It's uplifting and comforting exercise because the water supports and cradles your body," says Jerry Heindenreich, master swim coach at the Cooper Institute for Aerobic Research in Dallas.

Tone up: Doing laps also provides a fine workout. "Swimmers' bodies look younger than those of others their age," says Heindenreich, "because the exercise creates long, supple muscles and promotes flexibility and fluidity of movement." Plus, swimming will help fight osteoporosis.

Wake up: Diving into cool water, splashing it on your face or drinking a glass of it all offer you an instant energy boost. Why? Chilly water on your skin (where it quickly tightens pores) or in your system lowers your temperature and constricts blood vessels, rousing your body from a state of lethargy.

Slim down: While regular swimming promotes weight loss, drinking water also helps keep you trim. "Filling up with water, or any beverage, before a meal may decrease your appetite," says Jo Ann Hatter, a registered dietitian with the Stanford University Medical Center. Another tip: Warm fluids stay in the stomach longer than cool ones do and thus curb hunger longer. So fight between-meal munchies by sipping a warm-water beverage. ■

The heat also sterilises the surgical side and greatly reduces the risk of infection. Besides, reduced bleeding in laser surgery, eliminates to a large extent, the possibility of many blood related secondary problems such as aids.

Since laser surgery is performed by making small incision in the body, not only is the operating time reduced, but the healing process is also much quicker. In the opinion of a doctor of the Cancer Hospital, Calcutta, small blood vessels cause a lot of bleeding during operations. If this is taken care of by laser, it will allow the surgeon to concentrate fully on the operation itself. He also feels that laser surgery can be very effective for the treatment of cancer of the breast and of the head and neck region as well as for creating a passage through obstructions or tumours in the wind pipe or rectum. The value of laser technology is slowly gaining recognition in the medical community of our country. An awareness of this advantage has resulted marked increase in the number of systems that have been installed in India this year.

Surgical laser technologies (SLT), a Philadelphia based company, who are also the pioneers and World Market Leaders in contact laser systems, have sold nine of their

instruments in India in just 1994. The clinical versatility of their delivery systems with interchangeable contact and side firing free beam probes, have opened up a new chapter in laser surgery of the urinary track. Interchanging the special probes, intra operatively, achieves both immediate tissue resurrection and deep coagulation. The tips made usually from either sapphire or fucelica, an artificial quartz, are designed to be both durable and re-usable.

Though the laser equipment is quite expensive, it is effectively a cost-saving instrument, as the post operative recovery period is greatly reduced. In addition the reusable probes make their delivery systems very cost effective. Rough calculations show that a patient pays about 5 to 10 % extra for laser surgery during the first year. Cost decreases gradually till they become at par. According to the Managing Director of Gainwell Medimary Limited, Indian distributor of SLT, the latest medical technology is available in our country today and in the next two years, 50 laser systems will be sold here.

If this expectation proves to be true, then laser surgery would have truly arrived in this country. ■

SIX HEADACHES

Head pain can be a symptom of a condition more serious than a headache, such as swelling, an infection, a tumour or meningitis. Consult your doctor promptly when you have:

1. Any headache that is different from those you tend to get, or one that worsens over the course of hours or days, says Neurologist Robert G Ford, MD., author of Conquer your headaches.
2. An abrupt severe onset of pain, also known as a 'thunder clap headache'.
3. A headache after a recent sore throat, ear infection or respiratory infection, accompanied by a stiff neck, persistent fever or vomiting.
4. A headache after a head injury, even if it was just a minor bump or fall.
5. A chronic progressive headache that worsens after coughing, straining, or sudden movement.
6. A headache accompanied by neurological symptoms: disturbance of speech or vision, numbness, weakness, clumsiness, confusion or memory loss.

Urinary tract infection.

One in five women will develop a urinary tract infection (UTI) in her life time. Symptoms may include a burning sensation while urinating. Frequent urination, a feeling of pressure in the bladder, blood in the urine and lower abdominal cramps or spasms. Use these preventive strategies informs Florente Comite, MD, Director of the Women's health Initiative at Yale, to lower your risk of contracting a UTI.

- * Don't hold it in. Urinate when you feel the need, and take the time to empty your bladder completely; if you don't, bacteria can accumulate.
- * Drink plenty of fluids to keep the urethra clear of bacteria buildup. You are drinking enough when your urine is pale yellow; if it is darker, drink more. Drinking cranberry juice has been shown to help prevent UTIs, but if you find that it irritates your urinary tract -that is if you feel discomfort when urinating, skip it.
- * Don't take a bath every day; shower instead, and make soaking in the tub an occasional - two or three times a week treat. Hot water and many brands of

bubble baths are drying and irritating to the urethra making it more susceptible to bacterial invasion. In addition, bacteria (mainly E.coli, which causes most UTIs) can be transported from the rectum to the urethra during bath.

- * Use moisturizing soaps on the genital area. Stay away from deodorant soaps or those formulated for the body. Use soaps made for facial cleaning such as Dove or Basis.
- * Wet cotton panties or cotton lined hosiery, which allow cooling ventilation.
- * Wipe from front to back. This prevents rectal bacteria from being introduced into the urethra. Proper hygiene

is essential during and after a bout of diarrhea when bacteria are more plentiful as well as during your periods because menstrual blood may foster bacterial growth.

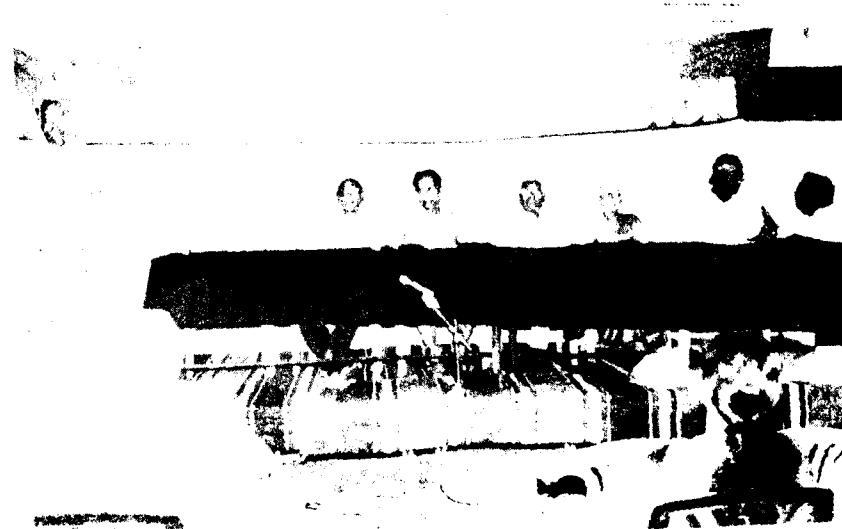
- * Urinate after sex. This flushes the urethra of any bacteria introduced there by the penis. But don't jump out of the bed immediately - tissues engorged from sexual arousal may prevent you from completely emptying your bladder.
- * Check your diaphragm fit. A diaphragm that is too large or doesn't fit properly may impede the emptying of the bladder, allowing bacteria to grow. ■

ANSWERS FOR TEETH QUIZ:

1. d. Tooth brushing removes plaque and prevents cavities above the gum line, but not below. When plaque isn't cleaned out, the gums fall away, allowing germs to get at your roots and even at the bone anchoring the teeth. Gum disease is one of the leading causes of toothache. To prevent it, you have to floss regularly.
2. b. Sugary foods, including candy and chocolate, are cleared from the mouth more quickly than starchy foods. Raisins are a special case because they stick between teeth so tenaciously.
3. a. Nearly all pregnant women get some signs of gum disease because hormones associated with pregnancy increase swelling, bleeding, and tiny infections in the gums. There is an old saying: Lose a tooth for every child. To keep it from coming true, brush after every meal, floss daily, and see a dentist at the beginning of your pregnancy.
4. b. Chewing gum stimulates copious secretions of saliva, and saliva's chemicals neutralise tooth-decaying acids. Pop in a piece when you finish a meal. Sugarless gum works much better than regular, and gum containing xylitol works best of all, reducing tooth decay by as much as 85 per cent. (The sweetener keeps bacteria from mass-producing.) The gum's not available in India and in the U.S. is sold mostly in health goods stores.
5. b. To make this task seem less daunting, try dividing your mouth into ten sections. (Include a section each for the roof of your mouth, your tongue, and the inside of your right and left cheeks, all places where bacteria congregate.) Then count to 20 alligators as you brush each section.
6. b. If your dentist can't see you right away for a painful cavity or infection, saturate a cotton ball in kreosotem mouthy tincture and put it on the aching tooth. The anaesthetic action should ease the pain in a couple of seconds.

Compiled by Dr. M.V.L.

58th Anniversary & Convocation



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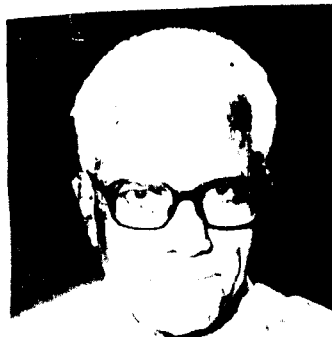
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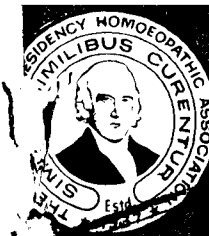
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JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION

CONGRATS



Ratna-Rao Trust Wisdom Award for the outstanding Homoeopath for the year 1994 was awarded to Dr. Venugopal Treasurer, Physician and Faculty Member of the M.P.H.A. He is seen receiving the award from Hon. K.A. Swamy Chief Justice of the High Court, Madras who was the Chief Guest at the Function arranged by the Wisdom international monthly.

CONVOCATION (MPHA) CONDUCTED ON 24-9-94



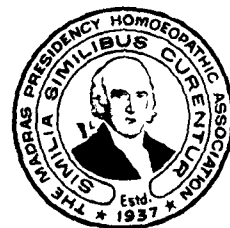
Our President Justice (Retd.) Mr. N. Krishnasamy Reddy, Honoured by our General Secretary Dr. K.S. Bhaskara Nair.



Vice President Dr. A. Janaki Bai is receiving a cheque for Rs.1000/- (Rupees One Thousand) being the Vehas Trust Award for Sri. T. Pius Joseph Administrative Officer (Medical).

THE JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION

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Editorial

BOLD STEP IN THE RIGHT DIRECTION

The Government of Tamil Nadu in association with the United Nations Children's Education Fund have constituted a task force, to find ways and means of reaching all the children, mostly in rural areas, for providing health care, aiming at the health for all by 2000 goal. This task force has not only enlisted the medical and para medical persons, but also has included the traditional Practitioners in the Homoeopathic system and the indigenous systems of Sidha, Ayurveda and vnan. This is a pragmatic step, in that, if they restricted the Committee only to the formally registered medical men, they would have run short of Personnel but also they would have lost the valuable services of the traditional medical persons.

At this juncture, it is our duty to bring it to the notice of the Tamilnadu Government, the plight of traditional Homoeopathic Practitioners who were left out at the time when the Govt. closed the registration in 1976. If these worthy are at least enlisted in the State Homoeopathic Council, the State medical force will be fortified and the people of Tamilnadu will feel blessed in getting the yeomen services of these traditional Practitioners. ■

— Homy.

CASE REPORTS

From MPHA sponsored Hering Homoeo Clinic,
16, Vembuliamman Koil First Street, Opp. Pallavaram Railway Station.

Reported by H. Balasubramanian.

24-7-93 Sri. V.K.V. had paralytic attack left side and recovered. Family history of strokes and paralysis. Last month he suffered from continuous hiccoughs. He was admitted in speciality nursing home. After treatment hiccoughs stopped. but he could not swallow anything and vomitted everything. Specialists diagnosed as paralysis of deglutition. As there was no response to the treatment, feeding was done through tube through nose. Only liquid diet.

Prescription:- Gelsemium 30 (Tinct) only 4 drops mixed in boiled and cooled water 1 Tumbler. First 4 doses every half hour and then every hour one teaspoon. During sleep no medicine. After 30 potency mixture, 200 potency every hour. But to be given only through mouth even if it is vomited. Not to be given through tube. Both the potency completed in 31/2 days. No further medicine.

7-8-93. Son reported that the patient is able to swallow. After one month in consultation with the specialist the tube was removed. Till date (15-10-94) no complaint. He is normal.

Ref. :- Kent Repertory, W.Boericke Materia Medica, Guiding symptoms by C.Hering, the clinic repertory by P.W.SHEDD, a repertory of the most characteristic symptoms of the materia medica by G.W.M.Winterburn (P.88). Choice of the medicine was done by the last Reference.

25-9-93. Mrs. S.M.37 from Abudabi came to India to attend some ceremony. Since 17-7-93 vertigo weekly once or so. Palms

became very hot. Then numbness of hand, arm and legs. Sensation as if "extremities are gone" aggravation 6 P.M. to 10 A.M. Heat only in the palm. Emotional, worried about trivials, she has to leave her only son in India. Menses regular for 4 days. Last two days scanty. Blood clotted/liquid. Reddish. uneasiness before menses. No pain. Past history (P.H.) 1980. Malaria, 1987 Peptic ulcer. Family history (F.H.) Father expired of jaundice, Mother had ulcer. Consulted for vertigo specialists in Neuro, E.N.T., Opto-neuro and psychiatrist - They diagnosed No Appreciable Disease (NAD) Vertigo continues. Comes often. Continues more than 12 hours. She could not sleep. She walks all the night during vertigo. When i asked if she walked in circle, she replied in negative. After first dose, second day she had slight attack. She took second dose. After a week she left for Abudabi with three doses, whenever required. Her cousin reported that she is alright. At Abudabi also she had two slight attacks at long intervals.

Prescription :- Apis Mel - 1M. Three doses (To be taken 4 P.M. to 6 A.M.) Guiding symptom for prescription : Vertigo Amelioration by walking -

Ref :- An index of Agg. and Ameli. by E.A. Neat-by (P.101) C.Hering - Guiding symptom.

23-3-94. Mr. M.23. Past history. Rheumatic fever at age of 11 - In June, 1990 Surgery done for Mitral Regurgitation and Aortic Regurgitation. In Nov. '90 surgery for left perietal intra cerebral bleed and cerebritis.

Family history :- Father enlargement of liver, spondylitis. Mother Rheumatic Arthritis. Grandfather T.B.

Consulted for Right leg femur and hip joint pain as if Bubo. But no glandular swelling.

He is not able to rise R.Leg. Walks dragging. Stepping

painful. Both feet swelling. Left chest painful during expiration, while lying on the back. Pain and swelling of finger joints. Takes allopathic injection for temporary relief. Right arm folding painful. Extending difficult. Nausea on seeing food. Aversion to food with hunger. Sleeplessness due to pain. Right half of the vision affected. Able to see left half only.

Prescription :- Colchicum 30 X 3 X 1Dram Pills.

14-4-94. Very much better. Good eating. Able to walk freely. Injections not necessary. Lithium carb 6 X 3 X 1Dram for Hemiplegia and Rheumatic pain.

11-5-94. Mother Reported that he has gone to his grand mother's house and travelling freely. No further complaints.

Guiding symptom for prescription :- Aversion to food on seeing with hunger. Guiding symptom is for selecting the remedy. Further ref. to Materia medica would show that the remedies cover many symptoms of the patient.

Ref :- Kent Repertory and Hering guiding symptoms.

26-7-93. Mrs. S.67. Specialist diagnosed Gall stone and advised surgery. Berberis -V. 3 X 3 X 15 days.

07-08-93. Daughter reported that patient had no pain after taking medicine.

Morgan Gartner - 1M. Two doses on the same day. After ten days one dose of Cholestrinum - 1M. and Cardus Merianus - M.T. Twice daily.

Subsequent X-Ray after two months showed considerable reduction in the size of the stone. Later specialist checked and said that no Gall stone.

Ref :- Tips and masters of Homoeopathy By Dr. S.R. Wadia. ■

HOMOEOPATHY AS VETERINARY MEDICINE

Homoeopathic Remedies are very effective and work quickly when administered correctly after a thorough study of all the symptoms of the disease.

That homoeopathy is as effective on dogs as on humans, I realised when my yellow Labrador was struck by distemper and the vets advised that she be put to sleep. All of us in the house loved our Lab so much that the cruel suggestion was heartrending. At this point my wife who is a staunch believer in homoeopathic remedies, suggested a last ditch effort to save our pet.

It was a chilly evening and our pet lay panting, insensitive to the presence of her masters and almost near her end. We shifted her to my study, and my wife and I, fully equipped with our medicine chests, began turning the pages of the Materia Medica and various books on homoeopathy in order to select suitable remedies to cure her.

Not waiting to collect all the

symptoms to decide one single remedy that would cover the totality of the case, We quickly gave remedy after remedy as the more prominent symptoms came to notice. Carbo Veg, Ars, Alb, Cupr Met and Biochemic mixtures of different combinations are what we tried at first. Subsequently, we tried several other remedies and waiting for signs of a turn in her condition. The signs appeared after midnight, at about 2 a.m., after we gave Lachesis alternated with Ipecac.

She lay in the same position on her side with no apparent strength to move, but she gently wagged her tail on being called. The mild convulsions subsided and heavy breathing also calmed down. Without moving her head, she tried to look at us from the corner of her eye to convey that she would see the light of the morning — perhaps for many years.

In homoeopathy, improvement in mental symptoms is recognised as the first sign of physical recovery that would fo

low. Satisfied that some healing had commenced, we retired for a bit of sleep.

Next morning, she showed further sign of recovery. We continued with the remedies combined with gentle massage on her weakened legs and in a month she recovered fully.

We have been treating our dogs with homoeopathic remedies for every type of disorder, and with considerable success. A more recent case that comes to my mind is the way my black Lab Bonzo recovered from a sudden swelling in a matter of minutes.

One afternoon, he came running towards me, vigorously shaking his head, rubbing it against a wall and showing signs of great restlessness. Soon swelling appeared in spots followed by general swelling all over his head and neck. I immediately gave him a dose of *Ars Album*, but a couple of minutes later it came to my mind that the conditions might yield better to *Apis* altered with *Nat Mur*. A couple of quickly repeated doses calmed him almost instantly and he fully recovered within a couple of hours.

In our experience, homoeo-

pathic remedies have produced miraculous results in some cases and very satisfactory results generally. Injuries, cuts, bruises, irregular heat, canker of the ear, mange, inflammation of the eyes, problems in whelping, ticks and many other disorders have responded quite satisfactorily to this system of treatment.

What is homoeopathy, the unacquainted might ask. Homoeopathy, in short, is a system of curing all curable diseases, whether in humans or in animals, by the agency of small doses of those medicines which, when exhibited in large repeated doses, are capable of producing in the healthy, symptoms similar to those produced by the disease in the sick body. In short, like is cured by the like.

Put in another way, it aids nature in her difficulty by acting in perfect harmony with her. The great secret of the art of healing is to obtain familiarity with the symptomatic phenomena of nature in any disease, and then to become acquainted with the curative properties of the various remedial agents so as to be able to administer them, in harmony with this true guiding principle.

Homoeopathy has certain

advantages over the conventional system of treatment. A distinguished veterinary surgeon, Dr Haycock, who is well acquainted with the both systems, says of homoeopathy — it cures disease more quickly, it saves more animals and it costs less.

A major advantage of homoeopathy is that the period of convalescence is not only shortened, or even superseded, but the patient, having recovered of the disease, immediately regains his strength because it has not been drained out of him by bleeding, blistering, purging and other debilitating processes.

There are certain points on which I would like to caution the reader — again based on my personal experience. First, no system of medicine is yet absolutely complete, therefore, where a more satisfactory result can be achieved by another system, there should be no hesitation in using it. After all, the ultimate aim of all systems is to restore complete health. Where surgery, immediate suppressive treatment and systematic investigations are required, allopathy has no equal.

Secondly, worm infestations, except those due to pinworms, do not respond well to homoeopathy. In all such cases, conventional

or herb medicines should be used.

Thirdly, in all complicated and acute cases, advice of a qualified homoeopath must be sought instead of delaying the cure by hit and trial methods at home.

A common barrier to the understanding of the use of homoeopathic remedies is the smallness of doses. The uninitiated wonders how such small doses do any good. Why there is not enough to swallow therefore, how is it possible for it to produce any effect? And many similar questions are asked. The only answer I can suggest is that a system which has been going over the past two hundred years or so must have some sound foundations. In my own experience of about 25 years, we have benefited a great deal from the power of the minute doses. A large variety of diseases of our own pets have yielded as promptly to the effects of homoeopathic remedies as those of man.

Finally, the proof of it all should naturally lie in giving it a fair trial and witnessing the results. ■

Collected by :
Lion Dr. K.V. Govinda Rao
Wisdom, Madras 600 004.

CHRONIC HEADACHE

Dr. M.R.Raghavan, M.Sc., A.I.S.M., N.D., D.H.B.M.

A young lady very much depressed and worried called on me at my residence four month's back with the following complaint.

ETIOLOGY

A ten year old school going boy was suffering from severe headache for the last three years. The pain starts from the frontal portion and spreads to whole head. The headache is mostly in the evening and sometimes in the morning also. Allopathy treatment was resorted to without any relief. The boy behaved erratically at times. Once he bet his mother with a pillow on the nape of neck due to which she got a severe shock in the head. Later, the boy pulled her leg jokingly on another occasion. She fell down on the back with a hit on the occipital part. Thereafter, she developed headache which persisted till now.

I asked her to give full history of the boy's case. She informed me that the boy met with an accident 3 years back, while returning from school in a Ricksha. The boy was admitted in an Allopathy Hospital immediately for treatment. Right side



shoulder bone opened in the accident and grafting was done by taking some portion from the leg. Further scanning of the head has not revealed any problem, and the boy was released after treatment. Since then, the boy was suffering from headache. Allopathy treatment was continued without any relief. Thus both the mother and son suffered from Migraine headache.

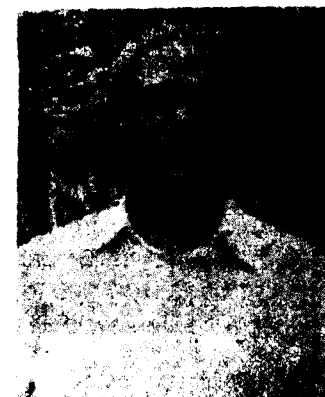
HOMOEOPATHIC TREATMENT

Allopathy treatment was discontinued and the following homoeopathic medicines were prescribed to both mother and son.

MAGIC OF MINIMUM DOSE

Dr. K.S.Bhaskaran Nair

It was a pitiable sight to see a gentleman of 40 standing at the Corridor of the dispensary room, with anguish gait on his face. I could guess he has great suffering of some sort not evident on his face or body. I called him to my table and asked him to sit in the chair. He said he was unable to sit and was not sitting since last morning because of severe pain in anus. He told me that he strained to pass motion and that along with stool blood oozed out. From that time onwards he had severe pain in anus and aggravated by sitting. So he was managing by standing or lying. Had applied castor



and some oilments as suggested by his friends, but of no avail. I examined his anus in the ante-room and found fissures on the ring. Even touch around the

FIRST WEEK

Arnica — 200 daily in the morning.

Natrum Sulph. 200 in the evening.

SECOND WEEK

Belladonna — 30 morning

Cocculus — 30 Evening.

Bio-12 — Four tablets in the afternoon daily.

After a fortnight, the lady got complete relief from headache and in the case of the boy, the relief was only partial.

The following were prescribed to the boy.

Arnica-1M — Once in 15 days other days, Mag.Phos-12X- four tablets in hot water one or two times as required.

Kali phos-4 tablets in the afternoon and 4 at night.

The boy reported complete relief and looked cheerful.

However, the boy was advised to continue kali phos. Which is a nerve tonic for about a month. ■

anus ring gave him severe pain. Without a second thought I gave him a dose of ACID NITRIC in 200 th Potency and asked him to wait for half an hour. Within 15 to 20 minutes he felt much relief and tried to sit on the chair. Eventhough he feared of pain he cautiously sat on the chair after half an hour. The pain was reduced by about 90% and felt confident of the effect of the Homoeopathic medicine. I sent him home with 3 more doses of ACID NITRIC 200 to be taken when he suffers like this latter.

ACID NITRICUM is specially indicated in sharp sticking pain as from splinters. And white patches and sharp points on throat as from splinters on swallowing sharp sticking pain in eyes with ulceration in cornea, soreness & burning in glans penice and prepuce, splinter like pain in bleeding ulcers. The pains of ACID NITRICUM are worse during evening & Night, cold weather and also in hot weather.

HOMOEOPATHIC HINTS

Dr. A. Janaki Bai

We have also in our Pharmacopeia certain remedial agents which serve as vitamins.

For Vitamin A (Anti xerophthalmia) deficiency

- a) In children we use Borax, Calc Carb, Calc.phos, Chamomilla, Kreosote — and Mag Carb.
- b) In adults : We use Calc Carb, Calc. phos, Phos—Puls, Ricinus-Com-munis, Silica and Baryta Carb.
- c) For Vitamin C (Anti-scorbutic) deficiency—we use cal-phos-Carbo-veg-Marc-cur, Kreosote and Nitric Acid. for Vitamin D (Anti-Rachitic) deficiency we use calc cab Natrum, salts-lycophidium-Bell-Calc phos, Phos.

For Vitamin B1: (Anti-Neurotic) deficiency we use nuxvomica, ArsAlb. Rhus Tox.

For Vitamin B2 : Riboflavin we have condurango, Antim-crud Aurum Triphyllum, Graphites and Petrol.

For Nicotinic Acid : (Anti-Pellagra Factor) deficiency we use ArsAlb, Borax, Hep Sulph. and Mercurios.

For Vitamin E : (Anti-Sterility) - deficiency we have Aletris-ferinosa, cimicifuga, Secale cor, Agnus Cast, Borax, Vib-opullus.

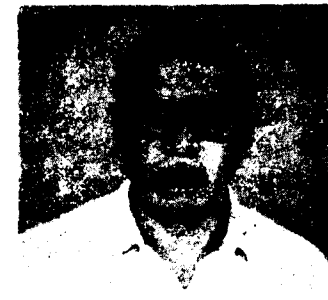
For Vitamin K: (Anti-Haemorrhage) deficiencies, we have Arnica, Calc Carb, Kali Carb, Phos, Lachesis. ■

RHODODENDRAN

(Dr.V.Venugopal, DHBM)

A boy aged about 10 was suffering from swollen parotid gland on the left side. It was reported that the complaint started about one and half months back and developed to the present date. The doctor who was consulted by the parents of the boy confirmed that it was only swelling of the gland and not mumps as doubted by the parents. The doctor prescribed some antibiotics for 5 days. The sufferings did not come down: but rather increased. The boy started getting temperature and there was terrible pain also at the affected spot. The doctor suggested that since no improvement was taking place, blood test must be done to know the extent of infection. Further mantoux test was also required to be done to ensure that the boy was not having primary complex. Both the tests were done. The blood test indicated ESR level of 150 mm per hour.

The other readings, RBC, Total WBC etc. were all within normal limits. The mantoux test was negative, the doctor confirmed that it is only infection and gave some strong antibiotics. After a week there was



still no improvement and the pain also persisted. The doctor felt that the pain was due to pus formation inside the gland, and wanted to open it up and clear it. The parents did not agree for this course.

Another doctor was consulted and as usual he also gave antibiotics initially. He was confident that since the swelling is purely due to infection it will soon disappear. But there was no improvement. The doctor was wondering what may be the reason for the swelling of gland. So he felt it can only be due to primary complex. So he wanted one more mantoux test to be taken as he felt that the test already done (just a fortnight back) might not have been done properly. He further wanted an X-

ANNUAL CONVOCATION

On 24th September 1994 the Annual General Body Meeting of M.P.H.A. was held at Hotel Maris, Radhakrishna Salai Madras 600 004. The annual convocation was also held on 24-09-1994 Justice N.Krishnaswamy Reddy president presided over the meeting. Justice N.S. Ramaswamy former judge of the Madras High Court, the chief guest distributed

the diplomas. Sixteen Students who have completed the three year diploma course received the diplomas.

Mr.PiusJoseph, Administrator Madras Medical Mission gave a piece of advice to the outgoing students.

The function came to close with a vote of thanks by Dr. M.V.L. Narasimhan. ■

ray of the chest to be taken. The montoux test was reported again as negative. The X-ray report was given as "clear lungs, Normal Heart". The doctor then wanted a biopsy to be done to see what could be the reason for the affection of the parotid gland.

The parents wanted to try Homoeopathy before agreeing for surgery. So the boy was brought to me in the middle of November 1994. It was inclement weather then and raining very often. I doubted that the weather change might have affected the boy and asked the parents as to the exact date since when the complaint started. After thinking for some-

time they said that the schools were closed for two days for stormy weather and on that day only the swelling was noticed by them. They also reported that the boy was flying kite in those days daily in the evenings, completely exposed to the chill weather and drizzling. It struck me that "RHODODENDRAN" which is a Glandular remedy and the complaints are worse before a storm. Accordingly RHODODENDRAN 30 was prescribed daily with cal. Flour 6X. The swelling came down considerably in a week. The boy became completely normal after a fortnight. ■

WISDOM AWARD

Award of "outstanding Homoeopath of the year" to our Treasurer Dr. Venugopal

Honouring 59 persons for academic excellence and meritorious service in various fields of activity marked the 22nd "Wisdom Award Function" held at Narada Gana Sabha. Dr. Venugopal, Treasurer of M.P.H.A. was awarded "The outstanding Homoeopath of the year" award.

Participating in the celebration, Mr. Shivraj Patil, Judge of the Madras High Court, and Mr. M.Gopalakrishnan, Chairman and Managing Director of the Indian Bank, highlighted the importance of value based education in the present-day context.

He emphasised the need for quality-reading material which would provoke right thinking, especially in children, and help improve the standard of life.

In this context, they commended the contributions of Wisdom monthly magazine which, they said, was not only providing enough food for thought but also strove to preserve the country's culture and heritage.

The Prince of Arcot, Mr. Mohammed Abdul Ali, called upon youth to work towards strengthening friendship and

brotherhood among people belonging to different religions and communities and warned them against becoming tools in the hands of wily politicians and communal elements.

He released the annual special number of the Wisdom (English) while Mr. Gopalakrishnan released the Telugu edition.

Welcoming the gathering, the Wisdom Editor Dr. K.V. Govinda Rao explained how the magazine, started in 1973, was constantly endeavouring to fulfil the expectations of its young readers in the areas of general knowledge, and the long cherished culture and tradition.

On the occasion, on behalf of the Rathna and Rao Wisdom Trust, a sister organisation of Wisdom, a cheque for Rs. 75,000 was handed over to Hindu Mission Hospital, Tambaram, for construction of geriatric ward. Mr. K.Madhu Mohan Rao proposed a vote of thanks. ■

Courtesy : The Hindu

MPHA CAMP AT PALLAVARAM

To Commemorate the 125th Gandhi Jayanthi Day on 02.10.1994, the Madras Presidency Homoeopathic Association conducted a Free Homoeopathic Medical Camp at the premises of Mookambikai Tutorials Pallavaram.

M.P.H.A. Vice-President Dr. M.V.L. Narasimhan, M.A. M.L., D.H.B.M. presided over the function. In his speech he explained that homoeopathy is good for the general public and Mahatma Gandhi also recommended the system and asked the government to give all support to the system. Homoeopathy is in tune with Mahatma's principles of ahimsa, simplicity and economy. It is the best system for our country, which is predominantly of rural poor people.

Dr. K.S. Bhaskaran Nair, General Secretary of the Association and one of the senior most homoeopaths

explained the salient features of homoeopathy.

Sri. S.M. Krishnan, M.A., D.S.S.A., M.L.A. appreciated the services of M.P.H.A and said that the science have developed to great extent. For example during pre-independence Plague attack, the Madras was evacuated by panic. Now the plague at Gujarat is not causing much anxiety. Association has presented a memento to Sri. S.M. Krishnan.

Drs. Ragavan, Rangachari, Janaki Bai Jeevanantham and Rukmangathan participated. Dr. Jayananthan M.S.D.O. Eye specialist from Madras eye Hospital has joined with the Homoeopaths and has done free eye testing. More than 150 patients were benefited by the camp.

Dr. Ragavan welcomed the gathering. Dr. Devanathan Proposed a vote of thanks. ■

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BOOK REVIEW

"Some of the causes of failures in homoeopathic practice", by Dr. Ramanlal P. Patel, D.M.S. (CAL)..... etc., published by Hahnemann homoeopathic pharmacy, Kottayam-686 001—III Edition—PP—20—Rs.10/-

Out of the thousands of printed matters on homoeopathy, we rarely come across the case reports of a renowned physician, that too in which he has failed to effect cure. Years back Dr. S.P. Koppikar has given me a small booklet named "Clinical Verifications and Reflections" priced less than two rupees. I am benefited by that booklet more than from 1000s of pages I read afterwards from different sources.

Similarly the above book of 20 pages is fully informative, illustrative and instructive. Dr. Patel makes a self analysis of his failures and concludes the reasons for the failures, which will be of great benefit for the homoeopaths (Students and beginners) Every honest homoeopath will accept that he had similar experience in his practice.

Dr. Patel divided the causes of the failures in three main groups, (A) with the physician, (B) with patients (C) with medicines and explains in detail with illustrative case reports from his practice. I feel it is better to quote a few lines from the book than by

giving commentary. Under physician's faults, the following lines are more important (1) Neglect of proper case recording or incomplete taking of the case, (2) Non — Consideration of fundamental causes, (3) Non — Consideration of etiological causes (4) Neglect to have a pathological report on such cases where they could help in the selection of medicine and management of the case.

(5) Haste in case taking and during treatment.

(6) Favouritism for a particular medicine.

(7) Neglect of drug relationship when prescribing medicine for acute as well as chronic cases.

(8) Lack of knowledge or ability to repertorise the case properly.

(9) Frequent changes in prescriptions and giving many medicines at the same time.

If I have to do full justice to the book in review, I have to repeat the entire book. Instead I recommend everyone of the readers to possess one copy of the book and be thorough with. Then the beginners will not resort to the prescription of many medicines at a time and some others resorting to allopathic prescription. The printers deserve our encomium for the best presentation of the book. ■

— H B.

MPHA HEALTH CAMP AT PALLAVARAM



On the Gandhi Jayanthi Day, the MPHA Doctors conducted a Health Camp at Mookambika School premises, Pallavaram inspite of heavy rain. Dr. M.V.L. Narasimhan, Vice President of MPHA presided. Dr. Devanathan and Dr. H. Balasubramanian are also in the picture.

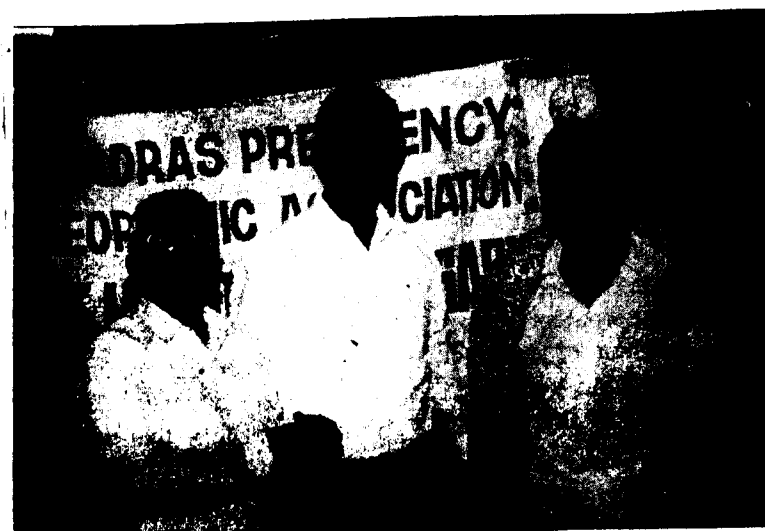


Dr. K.S. Bhaskaran Nair, General Secretary of the MPHA presented a memento to Dr. Pias, Chief Guest at the camp.

MPHA HEALTH CAMP AT PALLAVARAM



Dr. Devanathan of the Pallavaram Homeo Clinic presented a memento to Mr. S.M. Krishnan, M.L.A. who feliciated the Association for the Health Camp.



Mr S.M. Krishnan M.L.A is seen with our Vice President and General Secretary when he arrived at the Camp.

ASTHMA PLANT

Anyone who has somebody in the family or in their circle of friends who suffers from asthma will know what I am talking about. You have travelled to a beautiful place after hours of planning and after going through all the motions of booking flights, trains and hotels and are all set to put your feet up let your hair down and it happens. The friend or family member has an attack of asthma. He or she gets up wheezing and coughing spasmodically in the middle of the night, there is no sign of a doctor and there is absolutely nothing you can do to help.

The agony of the patient and your helplessness compound the suffering and the suffering becomes manifold if it is a child. The ever touching, "Mummy do something!" is missing as the suffering child cannot speak at all, on account of the breathlessness. There is no question of kissing it and making it better. Nature, on the other hand, has the perfect healer.

The creeper, *tylophora asthmatica* belongs to the family of *osclepiadocede* and is called *antamul* or *jungli pikwan* and is found in the plains of eastern

and southern India and in Pakistan. Surprisingly however, not many people who live in South India have heard of the plant and this is where there seem to be many asthma sufferers.

Actually, there are two kinds of asthma and one must know which kind the patient has. One is a form of allergy in which some tree or plant pollens trigger off the attack. These are easy to detect as the attack will come either more frequently or more vigorously in a certain place that is not visited often or in a certain season say when a particular tree is in blossom. It is important to remember at this time, that some trees have very tiny flowers that are hardly visible and are easy to overlook. It might be better to look out for visiting bees or beehives and also to search the ground for tiny flowers that may have fallen to the ground. It might even be worthwhile to keep a garden diary and record the different flowering periods and tally this with your child's attack. But remember that the wind could have brought the pollen to your child and the presence of that particular plant in the vicinity of your child is not at all necessary.

DIET ALLERGIES

But before you start fearing down half the garden in the frantic attempt to save your child from the next asthma attack. You must know that your child may be allergic to certain foods as well. And instead of trying to detect what it is in her diet that triggers off an asthma attack start by eliminating hot, spicy and oily foods and avoid fermented foods while your child is under observation. For adults eliminate wines and beer and see the difference it makes to their health.

HERIDITY

Asthma is not always an allergic manifestation. It can also be genetic, which means that you have, along with the other family jewels, inherited this disease and there is very little you can do about it. Now it may be easier to play detective and find out what food or flower you are allergic to, but, fry finding out which side of the family the asthma comes from, and you might find that both your parents and grandparents have suddenly developed a case of temporary amnesia!

But whatever the type of asthma — allergic or hereditary — it is in the patient's best interests to consult a herbal doctor before administering *tylophora asthmatica*.

Tylophora asthmatica is a twining creeper that can easily be grown in a pot on the balcony. It has fleshy leaves with a light velvety fur on the surface and leaves are about five cm broad and about 10 cm long. It is a perennial plant and stays green most of the time and flowers when the conditions are just right.

It is propagated by runners that appear along the roots in the pot or even by seeds. If you wish to grow it for propagation, to give it to friends and neighbours who have asthma sufferers in the family, then you should grow it in the ground as then there will be more runners available. If you are growing it for a single patient's consumption, then a small pot in the corner of your balcony or terrace would do just fine. You have to ensure that there is plenty of bright sunshine, as this plant does not like shade. You must also ensure that it is watered well every day, but do not despair if your have forgotten and the plant wilts. It can recover from dehydration in no time at all as long as you don't make it a habit.

HANDY

The leaves and the roots of the plant contain the alkaloid *tylophorine*. The dosage for treating asthma sufferers, during the period when the asthma is active or during an attack, is

one freshly plucked leaf to be taken each day over a period of five consecutive days. Keep the plant in the balcony of another easily accessible place close to the bedroom. Wake the patient up at five in the morning pluck one healthy leaf. Wash it clean and ask the patient to chew the leaf, slowly and go back to bed. Even if the patient complains of the leaf taste (it is bitter to some and tasteless to others), do not allow the patient to partake of any liquid or water. An hour later, the patient may be given light tea or water. This should be repeated over five consecutive days.

TEST

There are two important factors to be considered. One, some patients may suffer a severe attack after partaking of the first leaf. This is normal and it should be left to the discretion of the patient whether to continue the treatment or not. Very small children will find it difficult to understand how chewing this leaf will cure them of asthma. There is also some loss of taste during the treatment and this should also be considered normal. If the patient complains that there is not salt in the food, rush to the family temple and thank the lord, that the plant treatment is working!

The other important matter to remember is that chron-

ic asthma cannot be cured overnight and though this plant is nature's gift to modern man (most asthma cases have pollution to thank for their troubles.) repeated doses are necessary. And over months and years of taking the leaf the attacks will become less intense and less frequent. And eventually, the patient will be cured for good.

WHOOPIING COUGH

Tylophora asthmatica is also a good cure for whooping cough, bronchitis and other respiratory problems. For curing these, three leaves should be given every four hours during the day. The roots of the plant can be made into an infusion and administered for loss of appetite and fever.

It is best to use this plant in cases where the asthma attacks are severe or frequent. If possible, the use of allopathic drugs and inhalers should be avoided during the course of the treatment. The longer the patient has been on allopathic drugs and inhalers, the harder it will be for the plant to help the patient make a natural recovery. But before you reach out for the pump, give nature a chance! ■

BACKWARD CHILD

There will not be a single person among you has not seen a backward child. The very appearance of such children will attract your attention. They have some special features which make them different from other normal children. Some have strange look in their face; some are unruly in their behaviour. Some are grown up in their body, but not in their mind. Such children whom we call backward and difficult children are a real social problem. The parents to whom such children are born suffer untold miseries. The society to which they belong also suffer along with their parents.

NO SOLUTION?

The question that looms large before us is that what can be done to tackle the problem of such mental retardation? Can it be cured as any other disease or shall we silently suffer this problem for ever?

Ever since the development of medical science, the Scientists have considered the question of mental retardation seriously. But not a single person has succeeded in solving this problem successfully. But there is a hope. From my own experience I

can tell you, without any doubt, that homoeopathy can treat these children. If any system of medicine can cure such children, that is our system, the system of homoeopathy. Thank God, that we belong to such an unfailing system of medicine.

YOU CAN TREAT

A Good homoeopath who is a master in his profession must have noticed a lot of medicines which are symptomatically similar to that of these children. If any one of you have noticed these symptoms before and thought upon that, you are the right person to treat a mentally retarded child. Here, to-day I will give you a brief survey of different types and levels of mental retardation and related medicines. You may meditate upon these points, study the subject in detail and come forward to extend a helping hand to the suffering humanity.

1. IDIOT

The first group I take into consideration is IDIOT. They are slow in understanding things; foolish in behaviour. Their mind will be mostly inactive. They are absolutely unaware of

the normal practice of communicating their emotions in language or in gestures. Even a minor cause will create great fear in them. They will shout or cry aloud when feared. An idiot at any age will have the speech of a little child. They do not like company; they always want to be alone. Their hunger is insatiable.

REMEDIES

If you take up the case of such a child for treatment you will be astonished to see the chain of medicines coming one after another. Aethusa Cynapium, Baryta Carb; Baryta Mur Calcaria Phos, Calcaria Sulph, Helleborus, Phosphorus, Tuber-culinum are the important remedies. All these have the prominent symptoms of an idiot. Closely following are absinthium, Agaricus, Anacardium, Antimonium Crudum, Belladonna, Bufo, Capsicum, Chamomilla, Hyosiamus, Mercurius, Nux Moschata, Plumbum Metallum Sarsaparilla, study these medicines closely. I am sure, you will be able to treat an idiot child successfully.

2. IMBECILE

Secondly let us take the case of the group of children whom the pathologists call IMBECILE. They are weak minded. They may grasp things quickly but only on the surface level. They can-

not go deep into a subject. They cannot think or formulate ideas on any subject. They can only imitate; but cannot create. It is practically impossible for them to concentrate on any matter. Perhaps they may be attracted to any object having surface beauty; but not for long. They are shallow; they are doubtful, tell lies, always laugh foolishly. But they are great eaters. These children can be reared but cannot be educated properly.

FIRST RANK

The medicines that come in the first rank in the treatment of these children are Aloe, Ambra, Anacardium, Bary Carb, Bufo, Carbosulph, Conium, Hyosyamus, Lycopodium, Nux Vom, Phosphoric acid, Silica, Stramonium, Sulphur, Baryta Mur, Bell, Lachesis, Nux mosch, Opium, Picric acid, Veratrum Album.

SECOND RANK

Second in rank are, Alumina, Ammonium Carb, Argentum nitricum, Ars alb, Aurum met, Calcarea carb, Cannabis Sativa, Capsicum, Causticum, Chelidonium, Cocculus, Crotalus Horridus, Dioscorea, Flouric acid, Helleborus, Ignatia, Kali Bromatum, Kaliphos, Medorrhinum, Merc cor, Nat Mur, Petroleum, Phosphorous,

Platina, Puls, Sepia, Staphysagria, Natrum Phos, Oxytropis, Paris Quadrifolia, Plumbum, Rhustox, Sabadilla, Sabina, Spigelia, Theridion, Verbena Hastata.

THIRD RANK

In third comes Aconite, Agaricus, Antimcrud, Antim Tart, Apismel, Artemisia vul, Asarum Europum, Bovista, Calcarea phos, Calc sulph, Carbo animalis, Carbo Veg, Chamomilla, China, Crocus sativus, Cuprum met, Cyclamen Digittalis, Dulcamara, Kali carb, Melilotus, Mezereum, Moschus, Muriaticum Acid, Nitric acid, Oleander, Ranunculus Bulb, Rheum, Ruta, Selenium, Senega, Spongia, Stannum, Sulphuricum acid, Thuja, Viola Odorata, Zincum Metallicum.

We have to take all these medicines into consideration. When we study these remedies in detail we will identify these idiots and imbecile in them.

3. MAD GROUP

Now let us move to the group called MAD. They are recklessly adventurous. They have strange ideas. They will be attractive in appearance. Poor in intelligence, failing in concentration, they show extremes of happiness and sorrows. They are short tempered at objections. They may sit silently for a long time. At times they

may speak but not be legible. Stay idle if not prompted. Weak in memory they stand very low in studies. Chronic enlargement of tonsils with inflammation and pus, sweat with foul smell on foot. These are their important symptoms.

In the treatment of these children the medicines come in the first rank are Ars Alb, Bell, Hyoscyamus, Kali bromatum, Kali chloricum, Lycopodium, Mercurius, Nux Vomica, Stramonium, Veratrum Album.

Second in rank are Anacardium, Arg Met, Aurum Triphyllum, Aurum Met, Baryta Mur, Calc Carb, Cannabis Indica, Cimicifuga, Conium, Cuprum Met, Helleborus, Hepar sulph, Ignatia, Kaliphos, Lachesis, Opium, Phosphorous, Psorinum, Sepia, Sulphur, Tarentula, Alumina, Apis, Arnica, Bromium, Caladium, Camphora, Cantharis, China, Cyclamen, Nux Mosch, Oxalic acid.

In third comes Absinthium, Aconitum, Aethusa, Antim Crude, Baryta Carb, Bufo, Chelidonium, Chininum Sulpha, Cicuta Virosa, Coca, Cocculus, Coffea, Colchicum, Crotalus Horridus, Ledum Pal, Mercurius, Natrum Mur, Oenanthe Crocata, Pulsatilla, Rhododendron, Sabadilla, Terebinthina, Veratrum Viridi.

BARTYA CARB

If you take all these medi-

cines into account and study them in depth you can see all these group of children, called idiot, imbecile, mad, epileptic and infantile, but take only Baryta Carb and make an in depth study on that. You will see the complete picture of idiot, imbecile and mad reflected in it.

Here I will give you a picture of Baryta Carb. It has childish behaviour, Foolish behavior, Idiocy, Idiotic actions, imbecility, absent mindedness, aversion to strangers and company, child does not want to play but sits in corner doing nothing, aversion to amusement, anger, irritability, violent anger at times, anxiety, anxiety about future, bashful, timidity, concentration difficult, cowardice frightful, forgetfulness, perspiration scalp, idiotic actions before epilepsy, imbecility before epilepsy, anxiety with fear, violent anxiety during fever, capriciousness, delirious, dullness, difficulty of thinking and comprehending, fear during fever, easily frightened, irresolution dullness-comprehension difficult, confusion, mania, mood changeable, salivation, timidity-fear. Take this picture of Baryta Carb and make a comparative study with that given in the Chronic diseases V.I. Of Dr. Samuel Hahnemann.

4. EPILEPTIC

Epileptic is the next group of children. They show nearly a normal attention to matters around them. Perhaps they may be slow in grasping, and may not have consistency in understanding things. They are not enthusiastic; but cruel. They will not express pain; very often react violently to their friends or even to their parents.

They are always tempted to do dangerous and risky, violent actions. Quarrelsome, egotical, always hungry, wandering, feel happy and be sad without any reason, irrational, unrelated expressions. These are important symptoms of these children, particularly of those who had convulsions in infancy. These symptoms can be seen in our stramonium also.

Extreme neurosis, convulsion and epilepsy, too much rage and shouting, insensitive to pain, heightened emotions, rush out in an effort to escape, tendency to destruct. Red and bloody face, roaring laughter, frightened appearance, great fear during night, wake up with frightening look, fear to be alone, fear in darkness, need light during night.

In the treatment of these children the medicines come in the first rank are Arg met, Arg nit, Baryta mur, Bufo, Calcarea-

Ars, Causticum, Cuprum, Hyoscyamus, Oerantho crocata, Plumbum, Silica, Sulphur, Viscum Album.

REMEDIES

Second in rank are Absinthium, Aethusa, Agaricus, Alumina, Anacardium, Ars, Artemisiavul, Asterias Ru, Baryta Carb, Bell, Calc Carb, Calc Phos, Cantharis, Carbo Animalis, Cedron, China, Cicuta, Cina, Cocculus, Conium, Crotalus Cascavella, Crotalus Horr, Cuprum Ars, Curare, Formica Rufa, Gels, Glonine, Helleborus, Ignatia, Indigo, Kali Bromatum, Kali Chloricum, Lachesis, Laurocerasus, Lyco-podium, Lyssin, Mag Carb, Mag Phos, Medorrhin, Natrum Mur, Nux Vom, Opium, Phos Acid, Phosphorus, Platina, Psorinum, Pulsatilla, Secale Cor, Stannum, Stramonium, Strychinum, Syphilinum, Tarentula Hispania.

But a few more medicines that are not of much importance, are also to be considered. For those who want to master in this matter the third ranking medicines are Acetic acid, Ammonium carb, Camphora, Cannabis indica, Carboneum Sulph, Carbo Veg, Chinnum Sulph, Digitalis, Hydrocyanic Acid, Iodum, Kali Carb, Kali Sulph, Mercuries, Moschus, Naja, Natrum Sulph, Nitric acid, Nux Moschata, Ranunculus Bulb, Sepia, Staphysagria, Tabacum, Thuja, Vera-

trum Album, Vipera.

If you master all these remedies you can be a perfect physician of the epileptic type.

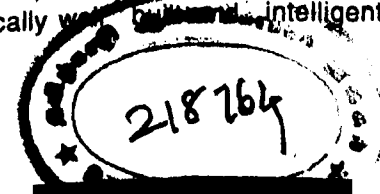
STRAMONIUM

A reference to stramonium was made in the beginning. So let us have a picture of Stramonium also. Childishness, imbecility, constipation, fear, bashful, epileptic, suspicious, concentration difficult, frightened easily, dullness, comprehension difficult, confusion, mania, perspiration, photophobia, vertigo, puffed face, hunger voracious, company desire, light desire, speech difficult, delusions, plethora, torpor, laughing, indolence, insanity, irritability, jesting, jumping, jumping bed out, lasciviousness, mania-a-potu, mirth-hilarity, quarrelsome incoherent speech, stupifaction, suspicious.

I know that this picture is incomplete. But take this as a sign post to enter into the world of Materia Medica Pura. There you will meet a Sea of symptoms of these medicines.

5. INFANTILE

Now let us move on to the next group INFANTILE. They have memory power but no imagination. They cannot concentrate for long; slow in attending. They are loving, understanding, but have fear, generally inactive, always slow and lazy, physically weak, but intelligent,



but without schooling. They are eager to know, minor hobbies like collection of stamps may be there. They are very perfect in imitating but very poor in studies. In this case the first remedy is Calcaria Carb.

BIG HEAD BIG STOMACH

Children with big head and big stomach. Congestion in chest while walking or climbing stairs, aversion to play, pale white coloured skin. Perspiration on head during sleeping or taking simple exercises. At times they perspire even when thinking.

They have a strong desire for eggs. (Even though the Materia Medica has stated that this fact has been proved clearly, in my own experience not a single case of Calcaria Carb has shown this symptom). They have an aversion to milk. Boils with itching on their legs from knee to toe.

In fact, in each of the above stated conditions, a type of mental retardation is present. If the Infantile type detailed on the basis of educational abilities converges with the conditions caused by the inefficiency of functioning of Thyroid gland, it goes with Calcaria Carb. Calcaria Carb acts not only on the defective glands but on the general conditions of a patient who has some physio-neurotic complaint.

We cannot ignore the importance of medicines like Baryta

Carb, Calcaria Carb, Stramonium etc. These medicines bring wonderful results in the above said cases. These are the first ranking remedies. Second in rank comes Apis, Arg Nit, Baryta Carb, Carbonium Sulph, Crocus, Ignatia, Nux Moschata.

Third rank belongs to Aconitum, Alumina, Anacardium, Bufo, Caladium, Carbo Animalis, Carboveg, Kali Bromatum, Pulsatilla, Rhustox.

In studying the causes of the general conditions of these children we have to adopt a miasmatic study of the case. Syphilitic miasm is the prime cause for any type of backwardness in children. For a detailed study of this area you may read the text 'Chronic Disease' of Dr. Samuel Hahnemann.

Syphilinum will speed up the action of Baryta Carb and Stramonium and help you to bring good results. Here Syphilinum acts like an agent to lessen the power of syphilitic miasm in the body. In such cases the constitution of the patient also requires much attention.

COMMON CHARACTER

Now, I would like to invite your attention to a different matter. Each and every child has a common character; interchanging states of mind; laughter and sobbing overlaps. Pulsatilla one of the important remedies in homoeopathy has such symptom Pulsatilla acts well in

tubercular patients. Tuberculosis is a strong out-break of Psora Miasm. To make it more correct, it is a combination, a child of Psora and Syphilis. Then it becomes clear, that, whenever and wherever there is an interchange of symptoms there is an attack of syphilitic miasm, pulsatilla purifies the organ affected by tuberculosis.

I have given you a list of medicines grouping them into three grades, for the treatment of the backward and difficult children. Now I ask you to study in detail the medicines Baryta Carb, Calcaria Carb and Stramonium. This will help you a lot.

What I have said here are not sufficient for the right understanding of the patients

and medicines or which you should study, firstly, The Materia Medica Pura of Dr. Samuel Hahnemann and for medicines which are not included in that; you may go in for 'Clinical Materia Medica' of Dr. E.A. Farrington, 'The Homoeopathic Materia Medica with new remedies' of Dr. Kent, the guiding symptoms of our materia medica by Cering M.D. 'The Pocket Manual of Homoeopathic Materia with repertory' of Dr. William Boericke and 'The Materia Medica' of Dr. Vithoulkas George.

- Dr. Chidanandan

Kerala

[From his speech delivered at the MPHA Camp at Madras]

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"HEHNEMANN'S 10 QUESTIONS TO HOMOEOPATH"

Dr. Steinestel of Stuttgart wrote Hahnemann a long letter. He declared himself to be a follower of homoeopathy, and that he had already established close connections with leading physicians in Paris, Switzerland and Baden, and he mentioned these persons by their correct names. In stuttgart where he was staying, at the time for a lecture, and as a missionary teacher, he is said to have attracted much attention through some successful cures which he had carried out, and had even gained the protection of the king. But the Board of Health was persecuting him, and he was threatened with expulsion from the town unless he was able to prove that he had the right to practice as a homoeopathic physician. For this reason he asks Hehnemann to give him a written testimony, stating that he had the necessary knowledge to practice homoeopathy. Hehnemann was careful not to grant his request without further proof, and he put ten examination questions to the petitioner instead-whom he did not quite trust, on account of his letter.

DEAR MR. STEINESTEL,

I have much pleasure in making your acquaintance, and in answer to your request I put the following questions to you, and from your answers to them I shall be able to judge of your capability to practice homoeopathy, and to treat patients of all kinds.

1. What course does a true (homoeopathic) physician pursue in order to ascertain the disease symptoms, and consequently what does he treat him for?
2. Why does the name of a disease not suffice to instruct the physician as to what he has to do to cure the patient? Why for instance should he not give at once Cinchona-bark, when the patient tells him that he has a temperature (as the Allopath does)?
3. How does the true Physician learn what each medicine is useful for and consequently in what particular diseased condition it will help and cure?

4. Why does the true physician view with horror the mingling together of several medicinal substances in one prescription, ordered for a patient.
5. Why does the true physician consider it an abomination to see blood drawn from a patient whether by venesection, or blood sucking leeches, or by cupping glasses?
6. Why is it an abomination for the physician to see poppy juice prescribed by allopaths for all sorts of pains, for diarrhoea, or for sleeplessness?
7. Why does the homoeopath prepare gold, plumbago, lycopodium-pollen, culinary, salt, etc., by triturating them for hours with a non medical substance, such as sugar of milk, and by shaking a small dissolved portion of them with water and alcohol, which process is called potentising?
8. Why must the true Physician not give his patients medicine for one single symptom (for a single morbid sensation)?
9. When the true physician has given the patient a small dose of medicine

which has been selected by reason of its similarity to the most characteristic symptoms of the disease, that is to say, a medicine capable of itself to produce a similar disease in a healthy organism, and the dose has been successful (as might naturally be expected)-When it will be time again for him to give another dose of medicine?

How does he then perceive what medicine he ought to give?

10. Why can the homoeopathic medicines never be dispensed by the apothecary without injury to the public?

When you have replied to these questions for me in writing, I shall be able to judge if you are a true homoeopathic practitioner.

Hail to the king, who cherishes only wholesome truth, and who with a vigorous hand overthrows many injuries and time honoured customs; such a one is the vice regent on earth of the all bountiful and all wise Godhead.

Yours faithfully
S.H.

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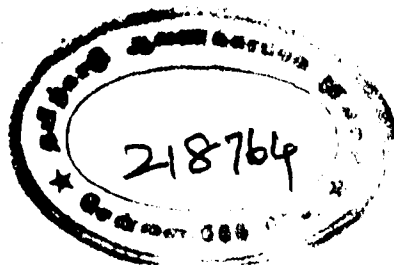
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Sri. T. Pius Joseph Honourable Guest who distributed the award to the best Doctors and Students is being honoured by Dr. Lion K.V. Govinda Rao, Editor Wisdom.



The Chief Guest Honourable Justice (Retd.) Sri. N.S. Ramaswamy is being honoured by our legal adviser Dr. M.V.L. Narasimhan M.A. M.L.

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QUARTERLY

CONGRATS



One of the students who received the
Diploma (DHBM) from Justice N.S. Ramaswamy,
Chief Guest at the convocation of the M.P.H.A.
on 24.9.94 (News Item Page 12).

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