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RESEARCH WORK/PROJECT DETAILS ARTICLES OF TEACHERS

Sr. No.	Name of Project/Article	Name of Student/Teacher	Project Submission
1	Review on Diabetes Mellitus Type 2, Constitutional Homoeopathic Approach with life style Management	Dr. Rajiran Appa Shinde Dr. Ramesh Ganacharya Dr. Pradya Sutar	International Journal of Advance Research in science
2	Understanding the holistic approach of Yoga and Homoeopathy for health lifestyle	Dr. Seema Deshpande	International Journal of Homoeopathic Sciences
3	Calcarea: Their Soups In Homoeopathy	Dr. Snehal Kavthekar	The Homoeopathic Heritage


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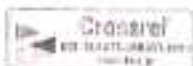
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Review on Diabetes Mellitus Type 2, Constitutional Homoeopathic Approach with Life style Management

Dr Rajlaxmi Aggarwal Srivastava¹, Dr Ramesh Ganeshkanya², Dr Pradeep Saha³
MD (Hons), Principal, Varanasi Homoeopathic Medical College and Hospital, Kashi Maharaksha, Varanasi¹
MD (Hons), Assistant Professor, Dept of Ophthalmology, Varanasi HMC, Kashi Maharaksha, Varanasi²
MD (Hons), Assistant Professor, Dept of Anatomy, Varanasi HMC, Kashi Maharaksha, Varanasi³
Corresponding Author: mail id-rajlaxmi1111@gmail.com

Abstract: Diabetes Mellitus Type 2 (DM2) is a chronic metabolic disorder characterized by insulin resistance and relative insulin deficiency, leading to hyperglycemia and associated complications. The optimal management of DM2 primarily involves pharmacological interventions, lifestyle modifications, and dietary control. However, there is an increasing interest in exploring alternative and complementary approaches, such as homeopathy, for the comprehensive management of DM2. Diabetes Mellitus is the fourth most common reason of premature disability and mortality. In several populations, and behind every chronic disease, necessary circumstances (Systems of medicine) play a big role. Life modifying diet, habit and exercises' which are proved factors to help in control complication. The review underlines the potential of constitutional homeopathic treatment and lifestyle management as integrative strategies for the comprehensive management of DM2.

Keywords: Diabetes mellitus type 2, constitutional Homeopathic approach, life style management

INTRODUCTION

Diabetes is fast gaining the status of a potential epidemic in India with more than 61 million diabetic individuals currently diagnosed with the disease. In 2010 India (71.7 million) topped the world with highest number of people with diabetes mellitus. According to Wild et al. the prevalence of diabetes is projected to double globally from 171 million in 2000 to 286 million in 2030 diabetes mellitus may affect up to 75.4 million individuals in India, India currently stands as a super-age future in relation to the potential impact that diabetes may impose upon the country. Many influence affect the prevalence of diabetes throughout a country, and identification of these factors is necessary to facilitate change that ailing health challenges. The etiology of diabetes in India is multifactorial and includes genetic factors coupled with environmental influences such as obesity associated with excess and high living standards, overly urban migration, and lifestyle changes. Yet despite the prevalence of diabetes within India, there are no nationwide and low ambulatory centers contacted to the prevalence of diabetes and its complications. The studies that have been undertaken are also prone to potential error as the heterogeneity of the Indian population with respect to culture, ethnicity, socioeconomic conditions, make that the extrapolation of regional results may give inaccurate estimates for the whole country.¹⁻⁴ In homeopathy medicine is believed which have the greatest similarity to the nature of symptoms observed in a given case of natural disease and by means of a similar affection developed by a homeopathically chosen remedy, it cures it. A remedial disease assumed greater its degree, as the natural world afflicts man no longer act upon the vital force, which then, food for the natural disease, but now only the ideal, somewhat isolated natural affections is entered with, struggle, against which it now directs its whole energy and which it now overpowers, whereby the vital force is liberated and enabled to return to the normal standard of health and to its proper function. "The maintenance of the life and health of the organism," without having suffered, during this struggle, any painful or debilitating results. Homeopathy treats as less is the disease.

What is Diabetes

Diabetes mellitus comprises a group of common metabolic disorders that stem from the dysregulation of hyperglycemia. Depending on the etiology of diabetes mellitus, factors contributing to hyperglycemia may include reduced insulin secretion, decreased insulin utilization, and/or increased glucose production. The metabolic dysregulation associated with diabetes mellitus.¹²

Classification**Type 1**

Insulin-dependent diabetes mellitus (IDDM)

Type 2

Non-insulin-dependent diabetes mellitus (NIDDM)

Gestational (Pregnancy-related) diabetes

It is temporary form of diabetes where symptoms occur in the second or third trimester of pregnancy related to hyperglycemia. But if there is previous history of DM type 1 and type 2 from pregnancy is under high risk medical supervision.

Table 1: Difference between type 1 & type 2 Diabetes

Properties	Type 1	Type 2
Type Diabetes	Type 1 or Juvenile Diabetes Mellitus	Type 2 or Maturity-Onset Diabetes Mellitus
Age of Onset	Usually occurs in children or at any age	It usually occurs in age of >40 yrs or in 30-40 yrs of age in India.
Onset of Onset	Sudden (Early Childhood)	Gradual (>30 yrs and onwards)
Prevalence	Rare (Accounts for 1 to 10%)	Common (Accounts for 90 to 95%)
Cause of Onset	Autoimmune deficiency of insulin due to destruction of beta cells in islets of Langerhans	Relative deficiency of insulin due to dysfunction of beta cells or due to insulin resistance
Body pattern	Normal BMI, Not Obese	Usually Overweight/Obese/ Central obesity
Risk Factor	Strong Family History	Overweight/Obese/Family History

Type 2 Non-insulin dependent diabetes mellitus (NIDDM)

Now days it is very common syndrome of type 2 diabetes, pathophysiologically similar to pancreatic islet cell function leading to reduction in insulin secretion and resultant suppression of glucose secretion or peripheral insulin resistance results in a decrease in the metabolic response to insulin. Defected utilization is widely characterized by "impairment in the first phase of insulin secretion during glucose stimulation" and may substitute the onset of glucose intolerance (a type 2 DM). Progression of the deterioration of pancreatic β cell function subsequently causes permanent elevation of blood glucose.

Whereas may be the type of diabetes does not lack of insulin absolutely or relatively. This lack of insulin hampers the metabolism, i.e. decreased oxidation and increased oxidation when the sign of uncontrolled hyperglycemia.¹³

Causative risk factors for type 2 DM.

- Family history of diabetes
- Obesity (BMI ≥ 25 kg/m²)
- Habitual physical inactivity
- Race/ethnicity
- Previously identified IFO or IGT
- HD of (IIM or delivery of baby > 4 kg)
- Hypertension
- Increased cholesterol triglyceride >250 mg/dl

- History of vascular diseases.
- Stress

Stress and diabetes

New data on the term "stress" is commonly used in the psychological, biological, and mental sciences. During the condition body going through three universal stages of Alarm phase (Fight-or-flight), Resistance phase, and the Exhaustion phase; it's thing is major factor in effective glucose control. Diabetes management is a lifelong process. This can add stress to your daily life. Stress can be a major factor in effective glucose control. Stress hormones in your body may directly affect glucose levels, expanding stress or trying them the Fight or Flight response. This response elevates your hormone levels and raises your nerve cells to fire.

During this response, your body releases adrenaline and cortisol into your bloodstream and your respiratory rate increases. Your body directs blood to the muscles and brain, allowing you to fight the situation. Your body may not be able to process the glucose released by your living nerve cells if you have diabetes. If you can't access the glucose into energy, it builds up in the bloodstream. This causes your blood glucose levels to rise. Causes: stress from long-term problems with blood glucose can also wear you down mentally and physically. This may make managing your diabetes difficult. For e.g.

- Depressed or Anxious.
- Life Events or Trauma
- General Emotional Stress, Anger/Hostility
- Work Stress
- Disturbed Sleep
- Potential Pathways That Link Stress

CLINICAL FEATURES:

- Polyuria.
- Nausea with increased frequency.
- Thirst and dry mouth.
- Changes in appetite (reduced or increased).
- Blurring of vision.
- Recent change in weight.
- Pruritic vulva and Itchiness.
- Recurrent genital candidiasis (Itching, Cop. discharge) and yeast.
- Musculoskeletal (joint) pain.
- Difficultly in concentration.

Diagnostic Criteria of Diabetes

- Fasting plasma glucose ≥ 126 mg/dL (7.0 mmol/L) (after 8 h fasting)
- Two-hour plasma glucose ≥ 200 mg/dL (11.1 mmol/L) during an oral glucose tolerance test.
- HbA_{1c} ≥ 6.5 (diagnosed hemoglobin concentration) (24,25).

Complications

Acute Complications: Hypoglycemia, Ketoacidosis, Diabetic complications (shortly renal failure (Nephropathy), Cardiovascular disease, Retinal damage (retinopathy), Nerve damage (Neuropathy), Vision (macular) damage (Maculopathy). Also poor healing wound, Gangrene, Impotence.⁷

Insulin-resistant Approach:

To control and prevention of diabetes as like we should give some medical treatment by some special people (diabetologist) from time to time with management.

Dr. Hakomura is mentioned in "Medicine of Diabetes" that diabetes, pneumonia, phthisis, cancer, & chronic ailments and that although a good number of cases of each of these diseases present a similar character, and therefore require a different treatment, yet more care is made to combine among themselves in their symptoms and mode cure that they should be considered as the same malady. This distinction, however, has not been practical, consequently little real value, for we ought to observe and investigate accurately each case, in order to find out what is the suitable remedy.¹⁰⁻¹¹

According to Dr. Samuel Hakomura, in §5 "Useful to the physician is entering him to state on the particulars of the most probable exciting cause of the acute disease, as also the most significant points in the whole history of the chronic disease, so enable him to discover its fundamental cause, which is generally due to a chronic ailment. In these investigations the assimilable physical constitution of the patient (especially when the disease is chronic), his moral and intellectual character, his occupations, mode of living and habits, his social and domestic relations, his age, sexual functions, etc., are to be taken into consideration."¹²

In addition Hakomura said "Here, as in a chronic case which so excited exciting or maintaining cause (microorganisms) has to be removed, we can prescribe nothing but the suitable symptoms, it must be the symptoms alone by which the chronic demands and points to the remedy suited to remove them; moreover, the utility of these in symptoms of this naturally collected picture of the internal course of the disease, that is, of the affection of the vital force, must be the principal, or the only reason, whereby the disease can make known what remedy it requires; the only thing that can determine the choice of the most appropriate remedy—and this, in a word, the utility of the symptoms must be the principal, indeed the only thing the physician has to take into of in every case of disease and remove by means of diet, is to state that the disease shall be cured and is confined to the truth."¹³

Also explain in chapters 1-229 "Considering the seriousness of the case proper necessary and in homoeopathic treatment, we can easily understand that during the treatment everything must be removed from the diet and replaced which can have any medicinal action, in order that the usual slow way can be reestablished and interrupted or disturbed by any foreign medicinal system." Under this style management advice to patient (not) walking, exercise, it helps to normal bodyweight, sugar under control. Structures techniques like evaluation, yoga, stress free conventional homoeopathy remedy.¹⁴⁻¹⁵

- Acute and chronic is common with diabetes, obesity, Diabetes with great thirst.
- Acid phos-phoric acid is diabetes, acute is covered with its nature and contains much sugar.
- An allo-pathy affluence more with pain and blood acid in Bright's disease, Diabetes.
- Lactic acid-Diabetes with Rheumatic pain, frequency of urination, pain medicine in the urine.
- Lycopodium-Every acute remedy carbonaceous, acridities, lymphatic impurities, loss of self confidence, dyspepsia, excessive hunger, polyuria during night, heavy red sediment in urine always protein, lipuria.
- Nux Vomica- Nux is pre-eminently remedy for many of the conditions border to diabetes, like, over eating, vomit sour acid, odors, light, nervous hunger, itching of entire face, apathetic, obstinate.
- Phosphorus- Nux has a picture of destructive metabolism, because of spirit, from the very cold water, hunger after eating, as is seen Bright's disease.
- Ureares obtusum- Cause glycosuria and increased urea produce nephritic disease good assimilation ability, urine and sleep.

II. CONCLUSION

The review highlights the potential of a conventional homoeopathic approach in conjunction with lifestyle management for the comprehensive management of Diabetes Mellitus (Type 2) (DM2). By addressing the underlying susceptibility and providing holistic healing, homoeopathy offers a personalized and patient-centered approach to managing DM2. Additionally, lifestyle modifications, including dietary changes, exercise, stress management, and adequate sleep, play a crucial role in optimizing glycemic control and reducing the risk of long-term complications associated with DM2. The review underscores the importance of integrating homoeopathic treatment with conventional medical care and lifestyle interventions to achieve optimal outcomes for individuals with DM2. While



existing evidence from clinical studies and case reports suggests potential benefits of homeopathic remedies in improving symptoms associated with osteoarthritis. Further well-designed clinical trials are needed to substantiate these observations.

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Prof. G. Prasad
Principal
Moolali Homeopathic Medical College & Hospital
Hosangar, Nuzvid District
Dist. Srisailam, 48478, Andhra Pradesh

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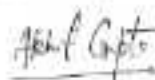
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Calcareo: Their Scope In Homoeopathy

Dr Sreeval Kavathekar

Asst. Professor (Pathology Dept) / Sri Sri Hanumantha Medical College
Kuvempu Medical Coll. Sangli, Maharashtra

Keywords

Calcium, insecurity, absorbed in job, timid, sluggish, endocrine affection.

Abstract

The name calcareo was derived from the Latin word *calyx* means lime. There is dynamic equilibrium between the calcium in the blood and that in the skeleton. Equilibrium maintained by parathyroid gland and calcitriol. 98% of calcium in the body is found in the bones. It constitutes 1.5-2% of the body weight of the adult human. Calcium is the major mineral element of the body. Calcium was used by earliest form of life to offer protection in the form of shell, exoskeleton etc. In human it occurs primarily in bones that gives us stability and protect vital organs like brain, lungs, heart and the spinal cord. The main feeling of calcareo group is need for stability and security. The person feels like an oyster without a shell and seeks protection. He strives to get protection from outside or develop it himself. Physically fat but unattractive skin, desires eggs, irritable things like lime, wood, slate pencil etc. Pathology of calcareo patient will usually affect structures like bones and joints.

Introduction

Calcareo, nothing but the oyster shell, slow protection and withdrawal. They withdraw and make a protective layer around them.

Theme → Stability + Security

Calcium is like a young child who wishes for stability in the outer world. Thus feels the need for the security of a home. Emotional insecurity of calcareo is because of over-protected, they feel insecure to take a risk, unable to take his decision.

Absorption At intestinal tract. Vitamin D, bile, fat helps in calcium absorption. Absorption increase during rapid growth in children, pregnancy, lactation. Absorption decrease with advancing age.

Excretion- Urine, Sweat, faeces

Impaired excretion

- Calcareae
- Calcarea brom
- Calcarea carb
- Calcarea fluor
- Calcarea iodata
- Calcarea nitra
- Calcarea oxalis
- Calcarea phos
- Calcarea plura
- Calcarea sulph
- Calcarea silicate

Constitution

1) Suited to lymphatic, scrofulous and tuberculous person. Fat person with less fibre. Fat children who are slow in movement, of irregular growth with enlarged and hard lymphatic glands.

2) People who are tall or huge: If their jaw bones are prominent and gives squarish look to the face.

- Calc are suited to lymphatic, scrofulous and tuberculous person. Fat women approaching climacteric. Fat person (mentally depressed and anxious).
- Calc brom: Suited to children who are of fat skin, lymphatic, nervous and irritable. Fair haired and fat children.

• Calc carb: Leucophlegmatic constitution, Large head and large features with pale skin and drabby look and in infants - open fontanelles. Scrofulous constitution - enlarged and hard lymphatic glands. Tendency to obesity in youth.

• Calc fluor: Scrofulous - indurated glands of stony hardness

• Calc phos: Is an exception to the common fatty, flabby constitution of calcarea which is scrofulous emaciated children who are slow in learning to walk, with swollen flabby abdomen

Remedy: Crilly

Miasm: psora, syphilitic, tubercular, sycchitic

Adversus frax

Fright, grief, disappointed love, malnutrition, suppression of eruption, wear and tear, over lifting, fracture, exposure to wind, delayed labour

Sphere of action

Bones, Mucus, Tendons, Ligaments, ducts, Tubes, Nerve cells and its - roots, Connective tissue, Endocrine gland, Peritonium, uterus.

Psychophysiological action

Free calcium ions regulate neuromuscular function and hormonal control.

• Calcium action parasympathetic than sympathetic.

• It regulates Acetylcholine.

• Calcium and phosphate ions precipitate and insoluble calcification of cartilage into bone formation.

• Calcium ions stimulate parietal cells of stomach Secrete HCL.

• Calcium activates number of enzymes including pancreatic lipase, adenosine triphosphatase and myosin kinase.

Characteristics mental symptoms

The remedy is prepared from the middle layer of inner part of the outer shell. Thus one of the features of calcarea is protection and withdrawal. They withdraw and make a protective layer around themselves.

Another strong aspect of Calcarea is anxiety and fear. There is a theme of insecurity. The fears &

anxieties center around losses such as money, health. When these basic aspects are not secure, they develop strong despair.

The calcarea are constantly worrying about what others will think about them. Therefore there is a strong sensitivity to criticism.

They get affected by their environment very fast and coupled with a lack of ability to meet a challenge, they become stubborn and obstinate.

Lack of initiative. But otherwise resolvable weakness. Slow but steady.

Ferry of fears and phobias, like fear of heights, disease, poverty, future, that something will go wrong. Depression, inability and aversion to work.

Lack of self confidence. Intelligent but lack of implementation due to slow and sluggishness at physical levels leads to poor performance.

Strong desire to company. Calcarea persons are people who don't go out much, don't want any adventure in life. Rather they choose for themselves friends and partners who are protective and on whom they can depend.

Children -

• Tend to be plump, tired and have weak resistance to infections. Usually have slow delayed development. They are nice, but obstinate.

• The child is usually curious, asking questions about religion. Ferry of fears and anxiety, esp. concerning security.

• Lack of stamina is indicative of calcarea.

• Children are impetuous to work.

• Calcarea are intellectual but the imbalance between the physical and mind is at fault. Due to this imbalance and also their passivity, they develop depression, despair and lose interest in work/business.

• Children who love to be magnetized.

Physical characteristics

Obesity

Desire indigestible things, kumkum, egg-porridge, sweet, salt.

Aversion tobacco, coffee, milk and meat.

Pain stitching type, both internally and externally.

Subjective

Dryness: both internally and externally

Sleeplessness

Hemorrhagic tendency

Constipation: and profuse

Excessive hunger with weak digestion

Menses too frequent, copious and perturbed

General exhaustion

Aggravation: Cold in general, draft of cold air, cold food and cold drink, change in weather and uncovering.

Amelioration: Heat in general, slow movement and lying on the abdomen.

Scope Of Calcarea Carb In Homeopathy

1. Complaints of the Lined

Calcarea Carb is very beneficial to treat cases of obsessive-compulsive disorder (OCD) with a marked fear of contracting germs and contagious diseases. It offers help in cases where there are great anxieties about the present, future and about health. The anxiety is attended with restlessness and palpitations, more so during the evening time. This remedy is also used to treat cases where a person is plagued by thoughts of misfortune or terrible things happening, fear of losing reason, fear that he/she is suffering from organic disease of the heart. Fear of death, nervousness and of being alone may also be present. It is also useful in cases of mental dullness and weakness (particularly while studying). There is a great confusion of mind, difficult concentration and difficult thinking. Sleeplessness from the result of thoughts in the mind also indicates the use of this remedy. Apart from the above, this medicine is also indicated in chronic, self-willed and imitable children. They are imitable without any cause and tend to be fretful, restless, stubborn and get easily offended. They also cry easily at the smallest trifles.

2. Nasal complaints

This medicine is of great service in treating chronic colds. People who use this remedy tend to catch a cold easily with every change of the weather. The nasal mucous membrane is swollen and the nose is plugged with yellow, thick, offensive discharge. In some cases, blood may be mixed in the discharge. There may also be profuse discharge (clear like water), along with sneezing and itching in the nose is present. The nose may also be weakly dry,

with the dryness getting worse at night. It is also indicated for stoppage of the nose during the night, and the person is unable to breathe through the nose. It is also a top-listed medicine to treat nasal polyps and frequent episodes of nose bleeding which is profuse. This may also be attended with itching. Use of this remedy is also considered in cases of loss of smell (anosmia).

3. Female Disorders

This remedy is highly recommended to treat a number of ailments in females. Perhaps the most prominent use is in the treatment of atonic sterility, where the uterus fails to lay down with a bearing down sensation in the pelvis. Weight and pressure in the uterus are marked. The menses are also very profuse and bright red in color. This remedy can also help rectify the complaint of menorrhagia when a female complains of early, very profuse and long-continuing menses. In the case of vaginal discharges, this medicine is used when the discharges are white and milky. They are attended with itching and burning in the vagina. They tend to be worse before or after menses. Excessive acidity appears with the vaginal discharge. This medicine also helps treat pain during periods (dysmenorrhea). The pain is felt in abdomen and back, it resembles labor-like pains. Pain in hip bones is present, acidity and nervousness, followed by itching may arise in a few cases. It is also indicated for treating sterility in females. In such cases, menses mostly occur prior to two early and too profuse menses. It also happens to be a wonderful medicine to treat itching of female genitalia. The itching is violent and attended with soreness of vulva. Burning and stinging in the genitalia are also felt. This itching tends to get worse towards the evening or after going to bed. Apart from these symptoms, it is also indicated for chronic or vaginal polyps. Hair fall in females after childbirth is also a good reason to use this remedy.

4. For Sore Throat, Tonsillitis and Enlarged Adenoids

This remedy is highly effective for treating a chronic sore throat where there is a swelling of the palate, uvula, and tonsils. A stinging and pricking sensation is felt at the back part of the palate. Pain in the throat that extends to the ears is also present. The throat feels contracted and painful when swallowing. A lump-like sensation in the throat may be marked. Tickling, roughness, and scratchiness in the throat are present. In the case

of *Trichuris sphinctri* (tapeworm) on tissue may be present. This medicine is frequently used to treat a tendency of chronic tonsillitis when the tonsils get inflamed frequently from exposure to cold. The best indication to use this medicine is enlarged almonds in children who have low immunity and catch a cold with every change of the weather.

5. Thyroid and Goiter Issues

This is a top-most medicine to treat hypothyroidism (underactive thyroid) and goiter. Complaints linked with hypothyroidism including weight gain/obesity (abdominal enlargement is most prominent), hair fall, chilliness, constipation, drowsiness, sluggishness, debility, profuse menses indicates the use of this medicine.

6. Bone and Joint Complaints

The remedy is very suitable to treat diseases of the bone and joints. It is a leading medicine to treat conditions like rickets, bone decay, osteoporosis, osteomalacia, weak ankles, loose joint pain (subacromioclavicular) and spine curvature. In case of arthritis of the knee, there is pain, swelling, heat and cracking in the knee joint. A tearing, drawing or aching pain in the knee may be persistent, and the knee may look loose and weak as if separated.

7. Infants and Children

It is a highly suitable remedy used to treat a number of complaints in infants and children, like digestion complaints (vomiting, diarrhea, irritability, slow feeding), developmental delays (late appearance of milestones like learning to walk and talk), hydrocephalus, night terrors, obesity in children with large bellies, open fontanelles, tendency to take cold, enlarged/infected tonsils, enlarged adenoids, and a tardy development of bones.

8. Gastrointestinal Troubles

This remedy has a wide scope of action to treat many gastrointestinal troubles like dyspepsia with heartburn and acid, sour belching. It is a significant medicine to treat diarrhea in infants during dentition. The stools are loose with a sour smell and may contain undigested, offensive, mixed, soft and lumpy particles. It is also useful to treat vomiting during dentition. Diarrhea and vomiting from taking milk may be present. This medicine is also used to treat constipation when the first part of the stool is hard, followed by mucus and liquid stool. It also smells very offensive and is passed with much straining. Burning and

stinging at the anus during stool may be felt. A complaint of worms complaints (mainly thread or pinworms, tapeworms, and ascariasis) are indicative to use this medicine. Itching of the anus is marked in such cases. Crawling in the rectum and burning at the anus may also be present. In addition to the above, it is also beneficial to treat gall stones and umbilical hernia. Specific craving including those for eggs, indigestible things, chalk, pencils may be present. An aversion to milk and a general aggravation from drinking milk may also be there.

9. Skin Issues

This is a well-indicated remedy to treat many skin issues. For example, it is a highly effective remedy to treat *Trich Capitis*. *Trich capitis* is enlargement of the scalp. There are yellow scabs present on the vertex (top of the head). Next, it is used to treat scabies capitis where eruptions on the scalp appear. These are covered with a layer of crust and small lead. This begins at the back of the head and then extends over the whole head. It is attended with itching, crawling and sore pain. The eruptions bleed when picked. This medicine is also used to treat small warts on the skin. These warts are soft at the base with a hard upper surface. They are usually skin-colored and tend to itch and bleed. Barber's itch is the best condition treated effectively with this medicine. This medicine is also used to treat increased sweating, especially on the hands, scalp, and soles. The scalp sweating on the scalp is debilitating. It mainly appears during the evening months and the pillow can become wet with sweat.

Clinical conditions: Obesity, Oedema, Rickets, Anaemia, Hypothyroidism, Delayed calcification, Fracture, Osteoporosis, Dental caries.

CONCLUSION

The function of calcium along with phosphorus, is to provide strength and durability to bones and teeth. 99% of the calcium is in the bones. The other 1% in the body is in the blood plasma or serum. Serum calcium is essential for some vital physiological processes, also for transmission of nerve impulses and neuromuscular excitability.

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Dr. S. S. Srinivasan
 M.D. (Ayurveda), Ph.D. (Ayurveda)
 Director, Sri Siddhaganga Medical College & Hospital
 Bangalore, Karnataka, India
 Tel: +91 80 2656 1000