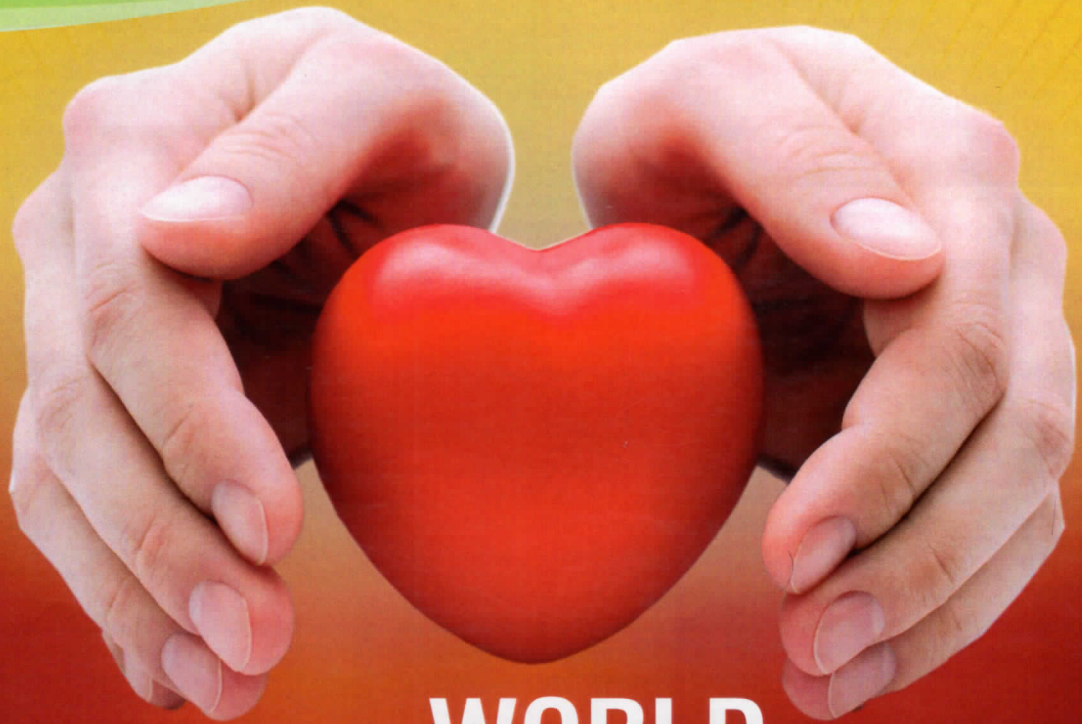


Sai Homoeo Gen

September 2016 - Issue 1



WORLD HEART DAY - 2016

Care for your Heart...



Sri

**SAI RAM HOMOEOPATHY MEDICAL COLLEGE
& RESEARCH CENTRE**

(An ISO 9001 : 2008 Certified Institution)

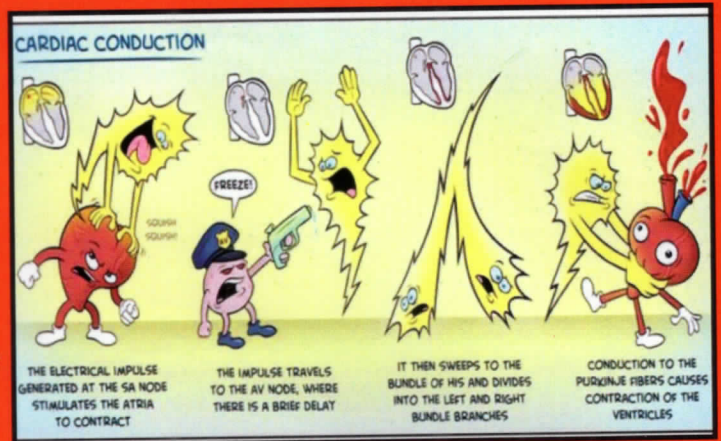
Sai Leo Nagar, West Tambaram, Chennai - 44. www.sairamhomoeo.edu.in

UNDERSTANDING THE HEART BLOCKS

MARRIAGES AND HEART BLOCKS

The title will make sense soon... I promise..

It's an easy way to memorize the different heart blocks and how to recognize them. It all revolves around a story about a couple named "P" and "QRS". Different stages of their relationship will represent the blocks



Normal Sinus:

P and QRS are in the honeymoon phase of their marriage. They are always together and never leave each other's sight. Life is good for P & QRS!

HEART BLOCK	P AND QRS RELATIONSHIP	ECG
> First Degree AV Block	P and QRS are getting irritated with each other. While they still remain true to the relationship, they are keeping their distance for now.	
> Second Degree AV Block (Type I)	P and QRS have entered the viscous cycle of breaking up and getting back together. They get together, they start fighting and keeping their distance, and they break up again.	
> Second Degree AV Block (Type II)	P and QRS have decided to get back together again. However, P is still quite disgruntled and has decided to go out every night or two and fool around on QRS.	
> Third Degree AV Block	QRS caught P cheating and moved out. They have filed for divorce and are completely separated. There is absolutely no relationship between P and QRS now.	

Sai Homoeo Gen

September 2016 - Issue 1

From The Editorial Desk:

Sri Sai Ram Homoeopathy Medical College and Research Centre is proud to release "Sai Homoeo Gen" for the very first time on its successful completion of 15 years of journey in the academic field of homoeopathy. The recent improvement in our academic and clinical standards intended us to bring up "Sai Homoeo Gen". This includes events like activities that took place in our campus and articles related to Homoeopathy. We wish that "Sai Homoeo Gen" will reveal the light of wisdom, thought of vision and strength to produce clear statement with better communication and knowledge.

Chief Editor:

Dr. P. Cheramannan
Principal

Editorial Team:

Dr. G. Nagendra Babu,
Dr. Jerin J. P,
Dr. V. Jenifer

Advisory Board:

Dr. K. Mahadevan,
Dr. C. Gayathri,
Dr. J. Preena Jane

Forward Messages

I am delighted to know that Sri Sai Ram Homoeopathy Medical College and Research Centre is releasing "Sai Homoeo Gen". I am glad that Sri Sai Ram Homoeopathy Medical College and Research Centre is running successfully its 16th year by producing eminent physicians during this period.

I appreciate this earnest effort of releasing a bulletin which will be a proved platform to share new ideas and clinical experience with the reader. It is always better to share information and knowledge through focused ways so in this aspect; publication is one of the ways of communicating our ideas. I do hope the "Sai Homoeo Gen" being brought out will highlight all about our institution and about homoeopathic system.

I am sure that the academic and professional world would accept this work with pleasure and gratitude. I look forward to further editions of this publication from time to time.

I extend my appreciation to Sri Sai Ram Homoeopathy Medical College and Research Centre for their great care bestowed in publishing the bulletin.

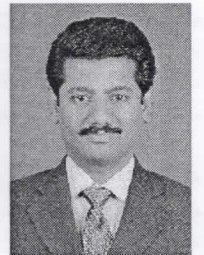


Shri Sai Prakash LeoMuthu
Chief Executive Officer

I consider it a privilege to be asked by the editorial members to contribute a foreword to this bulletin "Sai Homoeo Gen" which gives me a sense of pride.

Homoeopathy - one branch of Department of AYUSH is serving the mankind with palatable, no adverse effect and cost effective medicines. Mother and Child Care and Skin Care are among the specialities that Homoeopathy treats very well.

Hope this publication will continue to serve not only homoeopaths but also those in other profession. All the very best for the upcoming publications.

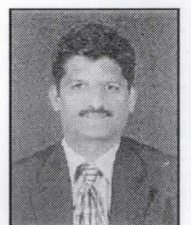


Mr. R. Sathish Kumar
Co-ordinator

It gives me an immense pleasure to present before you our college bulletin "Sai Homoeo Gen". This work is a total reflection of our academic activities, extension services and extra-curricular activities.

Our vision is to impart knowledge, value based education and to render service to suffering humanity. There is no question that this bulletin will be a choice addition to homoeopathic field.

I congratulate the Editorial team for their tireless effort to bring out "Sai Homoeo Gen".



Dr. P. Cheramannan
Principal

MIASMATIC INFLUENCE OF HEART

Dr. P. Cheramannan, Principal

INTRODUCTION:

Miasms are nothing but the producer of all sorts of disease. Nobody can become a classical Homoeopath without a proper perception of the miasms. The prevalence of the miasm in heart affection is well indicative in all the three miasms- PSORA, SYCOSIS & SYPHILIS.

Psora is the sensitizing miasm, sycosis is miasm of incoordination and syphilitic is the degenerative miasm.

PSORA:

Psora is mother of all miasm. In affection of heart, it is the miasms of functional disturbance.

CARDIAC SYMPTOMS OF PSORA:

AILMENTS;

- Cardiac and emotional symptoms alternate
- Fear, disappointment, loss of friends and over- excitement
- Great anxiety and fear of incurable disease or death
- Mental shocks

SENSATIONS:

- Feeling of increased circulatory function, congestion, plethora.
- Pericardium may feel empty or heavy
- Hammering sensation in region of heart
- Experiences violent rash of blood to the chest
- Sensation of weakness, goneness, soreness or fullness around the heart
- Sharp, cutting, piercing neuralgic pain about the heart
- Pulsation of heart which shakes the whole body
- Sensation as if there were a band around the heart

MODALITY:

- < evening, from movement, from coughing, laughing, after eating.
- > eructation, from rest and lying down

CONCOMITANTS

- Always thinks the hearts action is about to stop and that he will die soon
- Complaints accompanied by much anxiety, mental distress, depression and sadness

PULSE:

- Bradycardia
- Pulse is full and bounding

MANIFESTATION:

- Dyspnea is painful with features of cyanosis
- Hypotension

THERAPEUTIC:

Kali.Carb, Aco, Actea.Race, Amm.Carb, Ana.Or, Apis,Arni, Baryta. Carb, Bell, Bry, Cactus, Cal. Ars, Con, Crota.Hor, Caust, Dig, Gel, Glon, Ign, Iod, Lach, Liliu.Tig, Mur.Acid, Nux.Mos, Nux.V, Puls, Sec.Col, Spi,Abies.Nigra, Amyl.Nit, Ars.Iod, Lob.Infl, Tuberculinum, Menya.Trifoliata.

SYCOSIS:

In heart affection, it is the miasm of muscular affection.

CARDIAC SYMPTOMS OF SYCOSIS:

AILMENTS:

- Heart is affected as a result of suppression of rheumatic complaints
- Sycosis has incoordination, dilatation and abnormality of cardiac valve
- Hypertrophy of the heart
- Patients are generally fleshy and puffy and their dyspnea is caused by obesity

SENSATIONS:

- Pain radiate from the precordium to the shoulder or scapular region or vice versa
- Cardiac pains are like an electric shock, which comes and goes suddenly
- Soreness or tenderness around precordium is made worse by the motion of the arms
- Suffers from fluttering, throbbing with oppression and difficulty in breathing at intervals

MODALITY:

- < heat; change of weather
- > slow walking or riding, any abnormal discharges

CONCOMITANTS:

- Dyspnea with pain about the heart
- Gout and rheumatism of heart
- Marked anasarca and dropsy

PULSE:

- Tachycardia
- Pulse is slow and feeble, soft and easily compressible
- Pulse lacks tension

MANIFESTATIONS:

- Thrombosis
- Embolism
- Myocardial infarctions
- Dropsy
- Angina pectoris
- Congestive cardiac failures
- Hypertension
- Rheumatic heart disease

THERAPEUTIC;

Nat.mur,Baryta.mur, Viola .odo, Thuja, Stan.met, Sepia, Bovista, Nux.mos, Dig, Phyto.dec, Puls, Syphillinum, Apocy.can, Liliu.carb, Kalmia, Dios.vill, Coca, Causticum.

SYPHILIS:

In heart affection, it is the miasm of valvular degeneration

CARDIAC SYMPTOMS OF SYPHILIS:
AILMENTS;

- Liable to suffer from ulcerative bacterial endocarditis
- Heart affection with valvar degeneration
- Congenital abnormalities

SENSATION:

- Sensation of heaviness in the precordium with a lack of expression

MODALITY:

- < at night, from sunset, perspiration, and extremes of temperature, movement and from warmth of the bed
- > during day, from change of position and from cold in general

CONCOMITANTS:

- Palpitations

PULSE:

- Irregularity in the pulse

MANIFESTATIONS:

- Heart troubles for year with occasional dyspnea and pains
- Massive cardiac failure
- Hypertension
- Patent ductus arteriosus
- Ulcerative bacterial endocarditis
- Fallot's tetralogy

THERAPEUTICS:

Col.can, Merc, Valeriana.off, Thyroidinum, Theridion, Scilla maritime, Arg.met, Aur.met, Crocus.sati, Pyrogen,

REFERENCE:

- Indication of Miasm ;second edition ,author: dr.harimohanchoudhury
- A miasmatic prescriber; fifth edition ,author: bannerji
- The principles and art of cure by homoeopathy ; third edition:H.A Roberts

DIFFERENCE BETWEEN HEART ATTACK AND CARDIAC ARREST

HEART ATTACK:

A heart attack occurs when a blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without treatment, the greater the damage. Symptoms of a heart attack may be immediate and intense. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with sudden cardiac arrest, the heart usually does not stop beating during a heart attack. The heart attack symptoms in women can be different than men.

CARDIAC ARREST:

Sudden cardiac arrest occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

SYMPTOMS OF HEART ATTACK:

Symptoms of a heart attack can vary from person to person. They may be mild or severe. Women, older adults, and people with diabetes are more likely to have subtle or unusual symptoms.

Symptoms in adults may include:

- Changes in mental status, especially in older adults
- Chest pain that feels like pressure, squeezing, or fullness. The pain is usually in the center of the chest. It

may also be felt in the jaw, shoulder, arms, back, and stomach. It can last for more than a few minutes, or come and go.

- Cold sweat
- Light-headedness
- Nausea (more common in women)
- Numbness, aching, or tingling in the arm (usually the left arm, but the right arm may be affected alone, or along with the left)
- Shortness of breath
- Weakness or fatigue, especially in older adults and in women.

FIRST AID:

If you think someone is having a heart attack:

- Have the person sit down, rest, and try to keep calm.
- Loosen any tight clothing.
- Ask if the person takes any chest pain medication, such as nitroglycerin, for a known heart condition, and help them take it.
- If the pain does not go away promptly with rest or within 3 minutes of taking nitroglycerin, call for emergency medical help.
- If the person is unconscious and unresponsive, call your local emergency number, then begin CPR.
- If an infant or child is unconscious and unresponsive, perform 1 minute of CPR, then call 108.

DO NOT:

- Do NOT leave the person alone except to call for help, if necessary.
- Do NOT allow the person to deny the symptoms and convince you not to call for emergency help.
- Do NOT wait to see if the symptoms go away.
- Do NOT give the person anything by mouth unless a heart medication (such as nitroglycerin) has been prescribed.

Sweta Saraf, Intern

A 'HEART'Y SMILE

A rich businessman decided to stroll in the marketplace for a few hours to get relieved from his stressful tour to a foreign country. While he was looking at different stores his eyes caught up for a shopping mall. He decided to shop for a little when he saw a lady in her 40s wearing an employee dress code and welcoming each customer with a beautiful smile and a humble bow. The smile felt warm and positive and the businessman decided to watch her for few more minutes without her knowledge. And to his surprise he found that each time she bowed and smiled it never faded and each smile brightened up the whole atmosphere. After waiting for 2 more hours he was so inquisitive to ask the secret of her smile and waited for the shop to close and went straight for the lady and the lady smiled again. He asked "Mam, how do you manage to smile at all customers with the same love and warmth? Do you not get fed up with your job?"

The lady gave a hearty laugh and replied "Sir, this is the job i love the most. I have been doing the same for 10 years. The smile I give makes customers who come here happiness which makes them want to shop more. You do look like you are not from our country, when you shop more from our shop it makes our manager happy and then he gives us more salary and in turn when more things are bought by foreigners like you then our export charges increases and our country also develops. This makes me want to spread happiness more. This is not a tiring job. It makes me happy"

The businessman had no words for an unexpected reply. He expected a "I do not like this job" or "yes it is tiring job" reply but he was taken aback by her attitude towards life. He was not in a high position but her life was devoid of stress as she thought everything in a positive manner and did her job happily. The businessman took away the biggest lesson and to the greatest burden he felt in his life "STRESS".

"Life can give us many problems that make us stressful but thinking positive of each event of life makes us want to do more and also reduce the stress factor in our life. Spread the smile, it is not going to cost anything. Let's have a happy world around us"

This also reduces risk of heart disease which is caused by stress! It's a bonus we get for spread of happiness and a smile.

S. Keerthana III BHMS

THE LAUGHING HEART

Laughter is linked to the healthy function of blood vessels.

Laughter causes the tissue that forms the inner lining of blood vessels (the endothelium) to expand in order to increase blood flow, while stress has the opposite effect, constricting blood vessels and reducing blood flow.

The endothelium regulates blood flow, adjusts coagulation and blood thickening, and secretes chemicals and other substances in response to wounds, infections or irritation. It also plays an important role in the development of cardiovascular disease. □The endothelium is affected by atherosclerosis or hardening of the arteries, a major cause of heart disease and death.

Laughing maintains a healthy endothelium and reduces the risk of cardiovascular disease, heart attack and stroke. When you laugh, the blood flow increases and the blood pressure rises; but when you stop laughing, blood pressure drops back to its baseline. This relaxing effect helps bring down blood pressure. This generates deeper breathing, which in turn sends more oxygenated blood through the body.

Laughter reduces the risk of heart attack and stroke

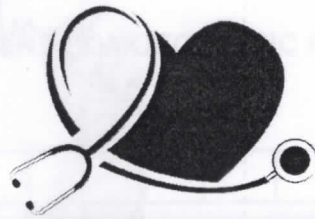
Laughter helps reduce the stress hormones produced in the hypothalamus section of the brain, lowering blood pressure, reducing risk of heart attack and stroke. Significant reductions can occur in minutes and last for days.

Negative emotion or attitudes have been found to be related to a number of diseases. Among patients with heart disease, those with a pessimistic outlook about their ability to recover enough to eventually resume their daily routine were more than twice as likely as optimists to have died one year later, even when severity of the condition was taken into account.

Here is how to make laughter safe and foolproof:

- Follow your heart, but take your brain with you. If you have any kind of concerning medical condition don't ask for trouble. Always get the advice of your doctor first before starting this or any other exercise regime. If you chose to ignore this advice, you are doing so at your own risk
- Enjoy everything you do. Respect your own limitations, and take it very easy. A smile is as good as a laugh if that is all that is available to you today;
- No new pain! Avoid extremes. Stop immediately if anything becomes painful or uncomfortable, even to the slightest degree. When in doubt always ask a medical professional before engaging in laughter or any other kind of exercise regime.
- If you laugh more, drink more water. It may not be much, but considering that many people are chronically dehydrated, sometimes even a little dehydration can be too much. If you experience some heaviness in the head or mild to moderate headaches after laughter, that could be a warning sign. Always listen to your body. Be gentle next time and drink more water!

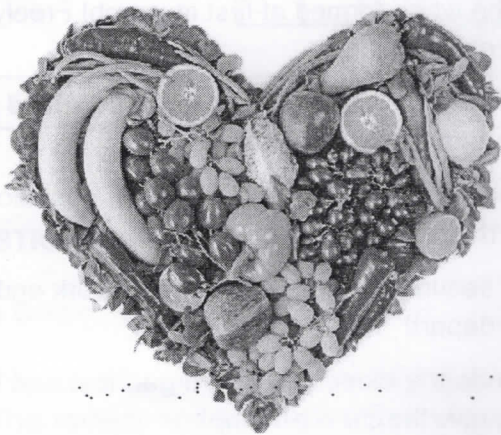
S.E. Vinithra, Intern



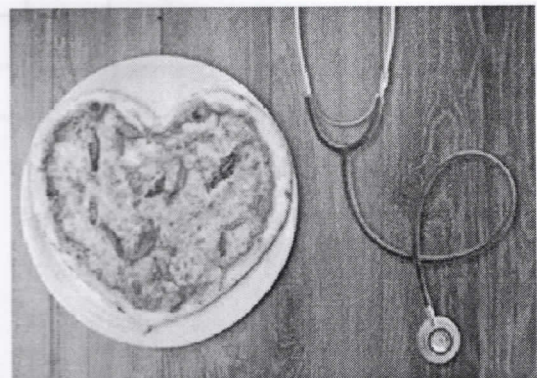
WORLD HEART DAY 2016

Tender Care For A Healthy Heart

Do's



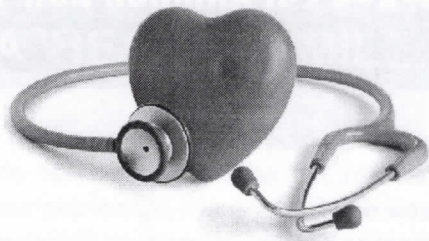
Don'ts



Tomato	Refined, processed grains & carbohydrates
Red chilli	Soft drinks and sugary drinks
Red capsicum	Canned vegetables
Strawberry	Sausages
Apple	Hydrogenated oils
Red bell peppers	Deep fried foods
Tart cherries	High butter fats and other animal fats
Red grapes	Salty foods
Pomegranate	Soda
Beets	Potato

Red Foods for a Good Heart and Blood.

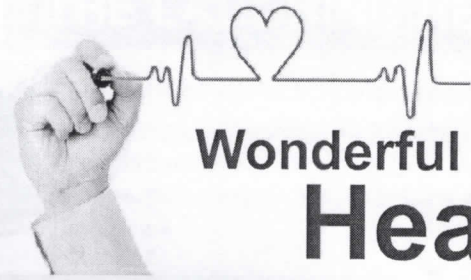
R. Sindhu - Intern



Heart - WHO AM I ?

Am I an organ of circulation or an organ of love?? Who am I? What is the best role played by me?? If circulation is the best. What about love?? If love what about circulation?? There are some more contradiction in this world about ME. Any way I am proud of myself because I can save a life if there is any urgent need of me. So I am a hero at that time. Okay let's leave about that and come to the present. Circulation? or love? A perfect medico could understand my circulation better and start to love others instead of me. And if that becomes a failure they would blame me that I didn't show that right person or a right thought towards them. If I am good I am a hero if I am bad I am a villain. But could everyone do this stupid thing and blame me whether they too don't know the value of me or they are absent minded at that time. If so they will blame me that for that too. Oh What a stupid world is?? If they were met in with failure they would stuff all their sadness on me and say that they don't want to show their weakness to this world. If so Am I a dustbin to stuff all those sadness in me. _If am I a dustbin to stuff all their sadness inside me then where are those muscles have gone that was present inside me. If the circulation is good where are those feelings have gone. If you fed me with all those bad things and the sadness and make myself weak by all those drugs and emotions.

C.Vaahini, II BHMS



Wonderful Heart

What an incredible wonder is the human heart! The great powerhouse that stores up blood,

Through pipelines of arteries and veins. The most vital organ and great human machine that works incessantly day & night neither taking rest nor seeking respite.

A little tube when formed at first in womb! Freely work until man enters tomb.

Hundred times or more it beat when born and slows down per minute with added age.

It is formed completely at 10th week of gestation and beat with rhythm throughout life.

It is kept securely in a bony cage and work endlessly until man depart!

Heart sends the blood to every organ fast and if they stop, they give the chest a thump!

If heart doesn't restart, all turn aghast. It pushes the blood in a pulsatile way.

From aorta, it course in tubes, divides so small and supply sufficient blood to vital parts.

Its syncytium muscle works night and day, by ventricular force the pressure mounts.

Coronary artery supplies the heart muscle, the rate increases on climbing up rungs.

Heart's pacemaker is sinus node in wall, electric impulse pass through a route,

And spread with specialized conducting fibre.

Angina is heart's ischaemic call;

Pericardium is heart's protective suit.

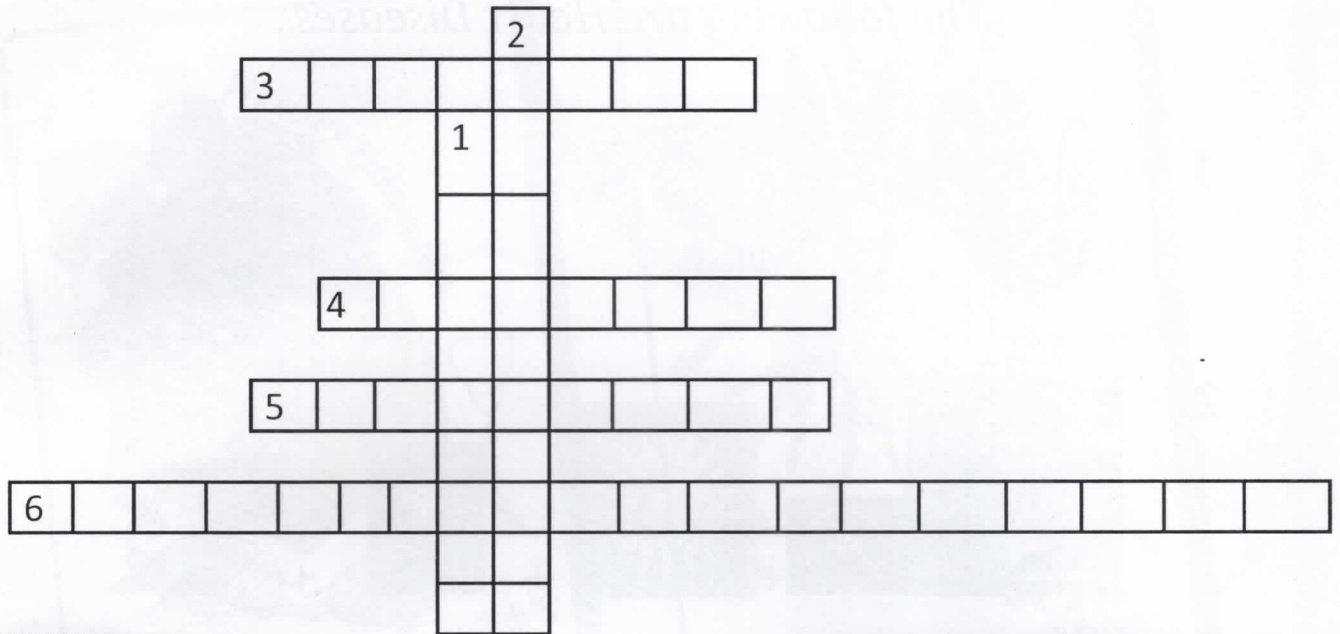
When heart stop pumping, man is pronounced dead!

There is nothing greater vouchsafed to man, than the gift of a palpable heart.

K. Vaishali, IV BHMS

CROSSWORD PUZZLE

COMMON NAME OF IMPORTANT HOMOEOPATHIC REMEDIES FOR HEART DISEASES



QUESTIONS:

Up to Down:

1. Palpitations, with anxiety, fainting&tingling in fingers. This remedy has sudden & violent onset of symptoms.
2. Heart's action ceases suddenly, impending suffocation. Mania occurs in nervous, historical women.

Left to Right:

3. Sensation as if Heart would cease beating, if he moves.
4. Visible, audible, violent& roaring Heart is very well marked in this remedy.
5. Trembling & palpitations when sitting still Triangular red tipped tongue is marked
6. Heart feels as if clasped & unclasped rapidly by an iron hand; as if bound "had no room to beat".

Answers:

1. Monk's hood [Aconite]
2. Black cohosh [Cimicifuga]
3. Fox glove [Digit.]
4. Pink root [Spigelia]
5. Poison oak [Rhus.]
6. Night blooming cereus [Cactus.]

Hearty Homoeopathic Poem

I am the BOOST AND ENERGETIC SECRET FOR YOUR HEART,
Usable when your ventricles are over distended dilatation begins
But complete absence of compensatory hypertrophy with
Marked venous stasis

You have sense of your heart ceased to beat then starts
Very suddenly feels of palpitations from least exertion.

- *Convallaria Majalis*

My heart rules me and make me to roam always

If not it blames me

If u stop to roam i will not function for you

Pulse is slow when quiet

But greatly accelerated on motion

Pulse is soft, weak, full and flowing

Suitable to old people with absolute lack of fear

- *Gelsemium Sempervirens*

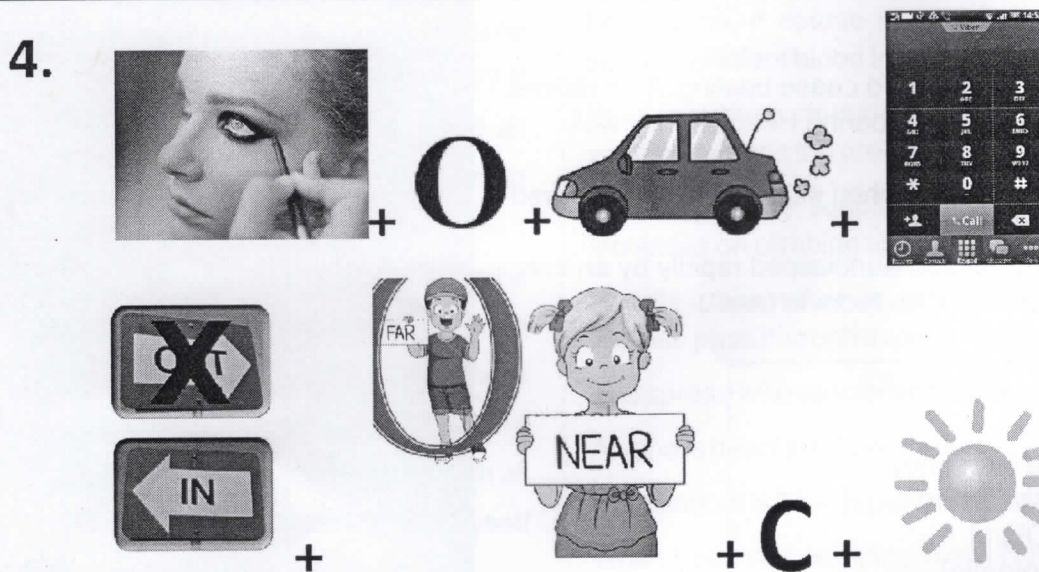
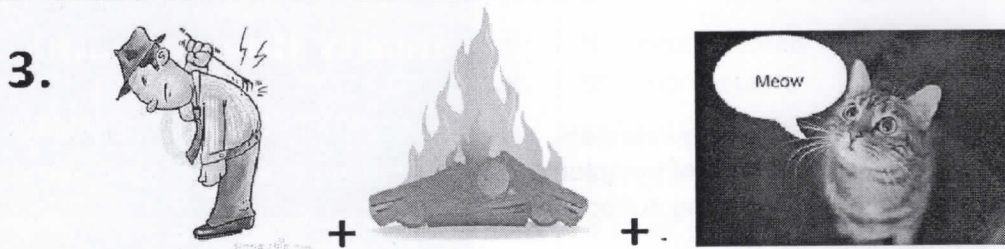
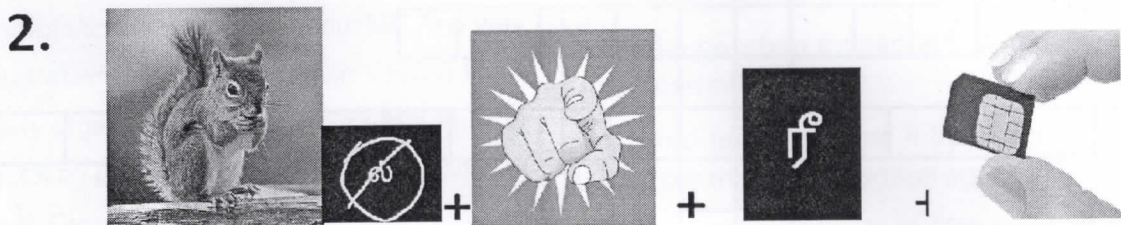
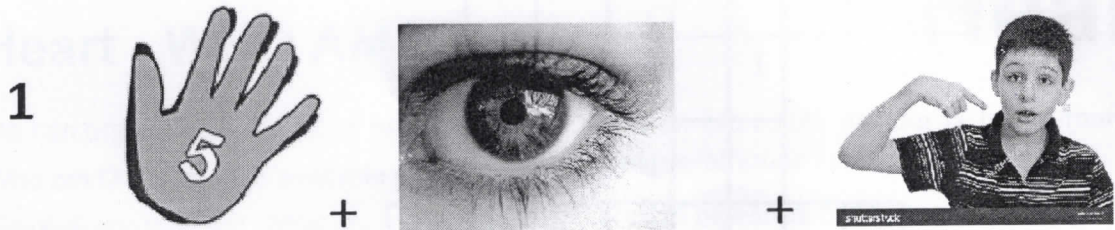
V. Renuka Devi, Intern

D. Meena, II BHMS

Lets play...

CONNEXIONS!

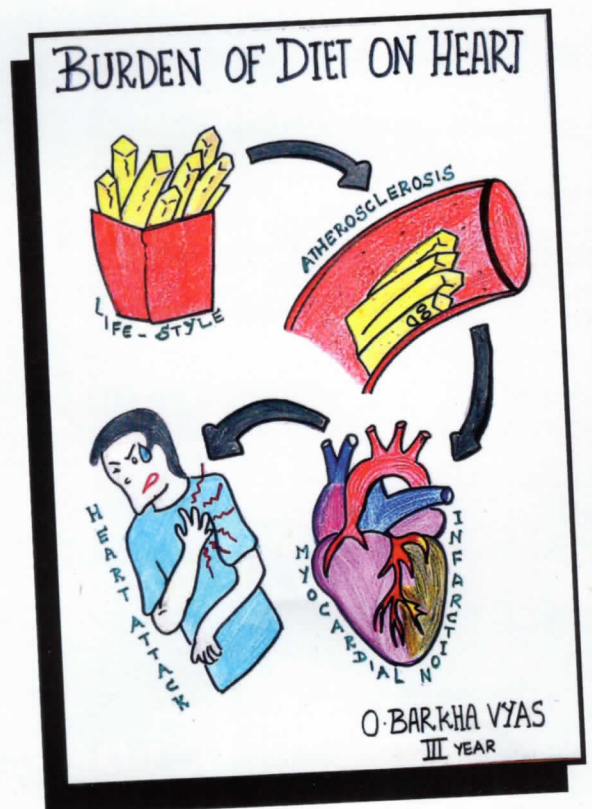
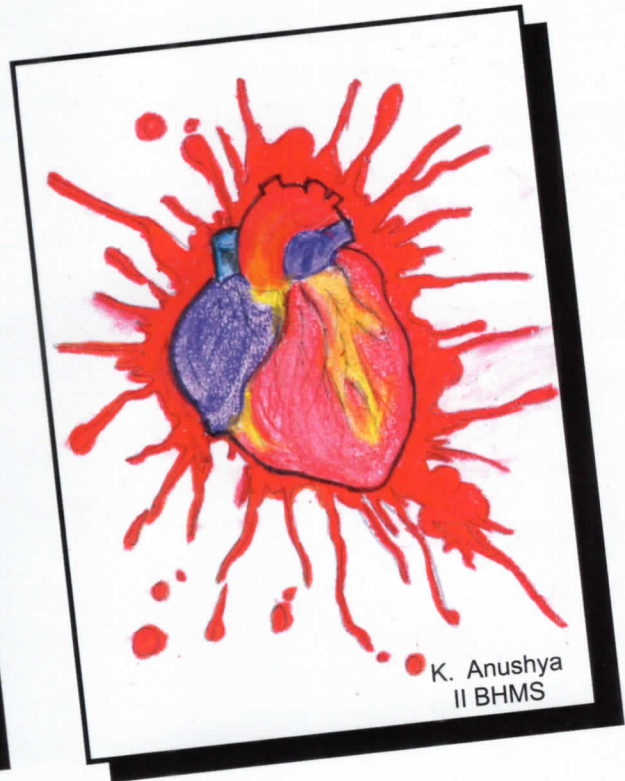
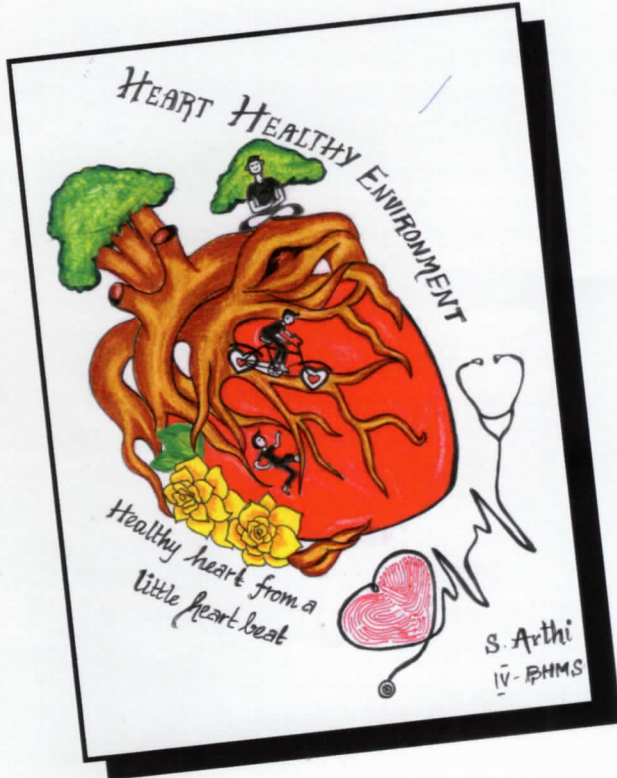
The following are Heart Diseases..



ANSWERS: 1. Angina 2. Aneurysm 3. Arrythmia 4. Myocardial Infarction

S. Arif Sofia, III BHMS

Art Gallery



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