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MEDICAL COLLEGE & RESEARCH CENTRE

NABH Accredited & NCH - QCI - NABET 'A+' Rated Institution

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PRINCIPLE'S MESSAGE

From the **Chief Editor's Desk**



Dr. P. Cheramannan

Principal,

Sri Sairam Homeopathy Medical College and Research Centre.

Sri Sai Ram Homoeopathy Medical College and Research Centre is proud to release the first issue of "Sai Homoeo Gen". We are enlightened to bring up the first issue of "Sai Homoeo Gen" on the topic "SUICIDE AND MENTAL HEALTH AWARENESS" This work is a total reflection of our academic activities, extension services and extra curricular activities. We are doing an extensive study on the above topic in various educational institutions identifying the Mental disorders through a carefully designed survey program. This data will help us in identifying, educating and treating these disorders at the earliest through our system of Homoeopathy.

This magazine carries the contributions reflecting ethos and aspirations of the students, faculty and other team members of the institution and I am happy to note that "SAI HOMOEEO GEN" will fulfill the need of the hour. Our vision is to impart skillful 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, and thus bringing in creativity, knowledge sharing experience as well.

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



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SUICIDE PREVENTION

September is dedicated to raising awareness for mental health and suicide prevention, with significant events including "Mental Health Awareness Month" and "World Suicide Prevention Day" (September 10). These initiatives focus on reducing stigma, promoting education, and encouraging self-care. Colors associated with the month are green and purple, while yellow represents suicide prevention under the theme "Creating Hope Through Action."



Key prevention strategies emphasize recognizing warning signs, providing non-judgmental support, and connecting individuals to resources such as the National Suicide Prevention Lifeline. Social media campaigns and community events play a vital role in spreading the message that open conversations about mental health can save lives. By participating in these awareness efforts, communities can work together to create a safer environment where individuals feel empowered to seek help and support for mental health challenges, reducing the risk of suicide. Homoeopathy approaches mental health holistically, treating the individual as a whole by addressing emotional and mental symptoms along with physical health. Common remedies include Arsenicum Album for anxiety, Natrum Muriaticum for depression, and Ignatia Amara for grief, with treatments tailored to each person's emotional state.

- DEEPIKA.H
I BHMS



HOMOEOPATHY IN THE TREATMENT OF ANXIETY DISORDERS

ABSTRACT:

Anxiety disorders are among the most common mental health conditions, traditionally treated with pharmacotherapy and psychotherapy. Increasingly, patients are exploring alternative therapies like Homoeopathy. This article evaluates homoeopathy's role in treating anxiety disorders, including its efficacy, mechanisms of action, and clinical implications based on current research.

INTRODUCTION:

Anxiety disorders, such as generalized anxiety disorder and panic disorder, can severely impact daily functioning. While conventional treatments like SSRIs and cognitive-behavioral therapy are effective, some patients prefer homoeopathy due to concerns about side effects or personal beliefs. Homoeopathy, based on the principle of "like cures like," offers a holistic alternative.

MECHANISMS AND EFFICACY:

Homoeopathy relies on the notion that diluted substances can treat similar symptoms in the ill. Critics question the efficacy due to high dilutions, while proponents argue for a potential "memory" in water. Research shows a modest effect of homoeopathic treatments, with some studies reporting significant improvements in anxiety symptoms. Proposed mechanisms include a holistic approach, the placebo effect, and possible neurotransmitter regulation.

CLINICAL IMPLICATIONS:

Homoeopathy may appeal to patients seeking individualized care. Healthcare providers are encouraged to integrate homoeopathic options, particularly for those resistant to conventional therapies. Future research is essential to validate the efficacy and safety of homoeopathy in treating anxiety disorders, as diverse treatment modalities may enhance overall patient care.

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- SANKARA NIVETHA.K
II BHMS

HOMOEOPATHY AS AN ALTERNATIVE APPROACH TO TREATING DISSOCIATIVE IDENTITY DISORDER

INTRODUCTION:

Multiple Personality Disorder, now referred to as Dissociative Identity Disorder (DID), is a complex mental health condition characterized by the presence of two or more distinct personality states within a single individual. Each identity may have its own name, age, and characteristics, often developed as a coping mechanism in response to severe trauma during early childhood. Traditional treatments include psychotherapy and medication. yet there is a growing interest in alternative therapies like Homoeopathy.

UNDERSTANDING DISSOCIATIVE IDENTITY DISORDER:

DID is often stigmatized and misunderstood, but it is a legitimate mental health condition requiring compassionate care. Symptoms can include gaps in memory, an altered sense of self, and significant distress that affects daily functioning. The primary goal of treatment is to integrate these identities while addressing the underlying trauma.

HOMOEOPATHY'S APPROACH TO DID

Holistic Understanding: Homoeopathy looks at the individual as a whole rather than isolating symptoms, addressing the complex emotional and psychological factors of DID.

Individualized Treatment: Homoeopathic remedies are personalized, recognizing that each person with DID may experience different symptoms, making tailored care especially beneficial.

Addressing Trauma: Certain Homoeopathic remedies, like Arsenicum album and Natrum muriaticum, may help process trauma and alleviate emotional distress.

Promoting Integration: Homoeopathy may support the integration of different identities by fostering emotional balance and mental clarity, aiding in the healing process.

EFFICACY AND EVIDENCE:

While research specifically focusing on Homocopathy for DID is limited, anecdotal evidence suggests positive outcomes.

Homocopathy has been recognized for its potential to reduce anxiety and improve emotional well-being, which is particularly relevant for individuals with DID.

CLINICAL CONSIDERATIONS:

Collaboration with Conventional Treatments Combining Homoeopathy with traditional therapeutic methods may enhance overall treatment effectiveness. **Education and Awareness:** Increasing awareness of Homocopathy among mental health professionals can promote discussions about alternative treatment options for patients with DID.



FURTHER RESEARCH:

More rigorous studies are essential to evaluate the safety and effectiveness of Homocopathic treatments for DID, focusing on long-term patient outcomes.

CONCLUSION:

Homoeopathy presents a promising alternative for individuals with Dissociative Identity Disorder, emphasizing holistic and personalized care. As awareness of DID increases, integrating alternative therapies like Homoeopathy into treatment plans can provide valuable support for patients navigating their complex identities and healing from trauma. Continued research and collaboration between traditional and alternative medicine practitioners are crucial for advancing care in this challenging area of mental health.

- ARADHANA R
III BHMS

HOMOEOPATHIC CLINICAL REMEDIES FOR ANXIETY DISORDERS

INTRODUCTION:

In clinical Homoeopathy, certain remedies are frequently used to address specific manifestations of anxiety disorders. These remedies are selected based on a person's unique symptoms, personality, and response to stress. Here's a look at commonly used Homoeopathic remedies for anxiety, with indications based on their clinical application:

1. ACONITUM NAPELLUS (ACONITE)

- Indications: Sudden and intense panic attacks with extreme fear, especially of death. Often suitable for individuals who experience palpitations, restlessness, and a sense of impending doom.
- Usage: Typically used in acute cases where anxiety appears suddenly, often after exposure to a shock or trauma

2. ARSENICUM ALBUM

- Indications: Anxiety with an intense fear of illness, loneliness, or poverty. Individuals who need Arsenicum are often very meticulous and perfectionistic, frequently worrying about their health and safety.
- Usage: Useful in cases of obsessive-compulsive tendencies, general anxiety disorder, and nighttime anxiety. Also beneficial for those with digestive disturbances related to anxiety

3. GELSEMIUM SEMPERVIRENS

- Indications: Anticipatory anxiety, often linked to fear of public speaking, exams, or social situations. Symptoms include weakness, trembling, and a sensation of being "frozen" or unable to act.
- Usage: Often used for those with performance anxiety, particularly when they feel paralyzed by fear or experience dizziness and fatigue.

4. LYCOPodium CLAVATUM

- Indications: Anxiety with low self-esteem, especially before social or performance situations. Often used for those who appear overly confident but feel anxious inside, particularly when facing new challenges.
- Usage: Effective for social anxiety, stage fright, and fear of failure, often combined with digestive symptoms like bloating or gas

5. PULSATILLA NIGRICANS

- Indications: Anxiety in people who seek reassurance and companionship. They may feel tearful, insecure, and emotionally sensitive. Pulsatilla is especially useful for those who feel better outdoors and with company.

- Usage: Often prescribed for generalized anxiety, particularly in individuals who experience mood swings and crave attention and affection.

6. KALI PHOSPHORICUM

- Indications: Anxiety accompanied by nervous exhaustion, irritability, and mental fatigue. It's often suited for individuals who are overstressed and overworked, leading to feelings of burnout.
- Usage: Helpful for anxiety with nervous system fatigue, often in those with stress-related exhaustion and insomnia.

7. ARGENTUM NITRICUM

- Indications: Anxiety with impulsiveness, particularly involving fears of crowded places, tall buildings, or enclosed spaces. Individuals may experience gastrointestinal symptoms, such as diarrhea, in connection with their anxiety.
- Usage: Commonly used for those with social anxiety or agoraphobia, and in people who worry excessively about future events.

8. SILICEA (SILICA)

- Indications: Anxiety in people who are deeply sensitive, introspective, and may have perfectionistic tendencies. Often suitable for those who fear public speaking or criticism, and who tire easily.
- Usage: Useful for anxiety tied to feelings of inadequacy and shyness, particularly when a person avoids social interactions or challenges due to self-doubt.

9. PHOSPHORUS

- Indications: Anxiety with sensitivity to others' feelings and a fear of being alone. People who benefit from Phosphorus may have vivid imaginations and are easily startled or worried about their loved ones.
- Usage: Suited for individuals with generalized anxiety disorder and high empathy, often accompanied by a fear of dark or solitude..

10. CALCAREA CARBONICA

- Indications: Anxiety stemming from overwhelming responsibilities, often seen in individuals who are methodical, cautious, and feel overburdened. Physical symptoms may include cold sweats and palpitations.
- Usage: Effective for people experiencing anxiety related to health, work, or finances, particularly those who are prone to fatigue and worry.

- SAIMEERA R
III BHMS

PUZZLE

S	Z	V	A	E	S	R	G	N	W	F	D	U	A	G
I	N	D	S	G	U	W	A	V	J	D	D	H	I	U
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D	I	S	V	D	C	F	Q	T	O	H	I	Q	E	H
E	G	X	R	O	I	I	P	Q	D	P	G	P	R	O
P	L	Q	E	F	D	K	A	E	Z	V	I	M	H	B
R	F	R	N	R	E	S	P	L	Q	C	X	B	P	I
E	A	Z	A	Z	O	R	M	S	I	T	U	A	O	A
S	T	Y	L	S	E	N	A	S	T	P	X	B	Z	H
S	B	B	U	S	U	I	A	E	A	D	O	M	I	K
I	D	S	S	I	M	Y	T	E	I	X	N	A	H	V
O	N	I	N	I	P	S	Y	C	H	O	T	I	C	G
N	O	M	L	D	X	G	P	A	N	I	C	J	S	W
N	N	U	W	T	K	V	I	H	I	B	Q	P	S	J
V	B	N	L	A	X	Z	M	X	O	P	G	Q	X	U

MENTAL DISEASES

Use the Clues to strike the words on left.

Words can go across or down.
Letters are shared when the words intersect

Clues:

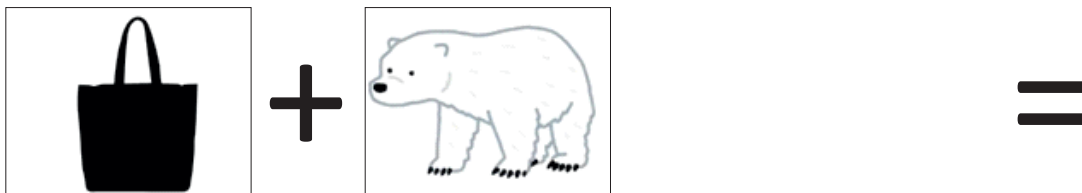
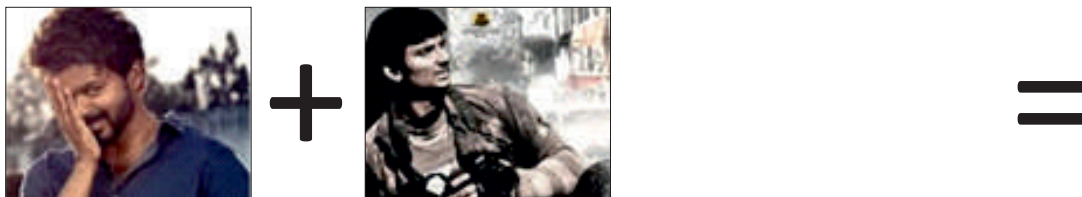
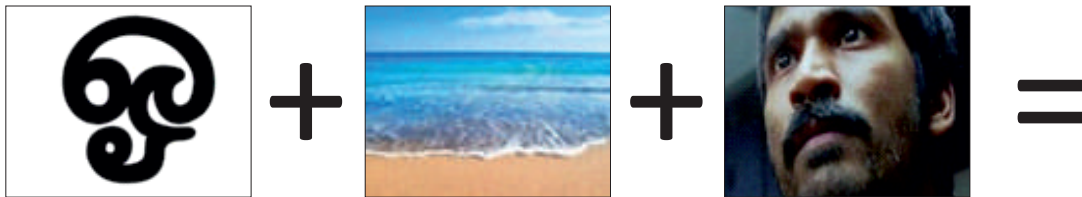
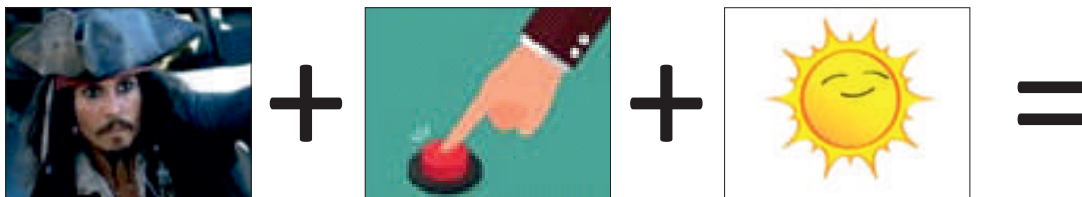
1. Suicide
2. Depression
3. Anxiety
3. Bipolar
5. Schizophrenia
6. PTSD
7. Panic
8. Social Phobia
9. ADHD
10. Autism
11. Anorexia Nervosa
12. Bulimia
13. Psychotic Depression

U	X	Q	P	O	X	M	Z	X	V	L	N	B	N	V
J	S	P	B	I	H	V	T	K	L	W	N	U	N	J
W	S	C	N	I	C	P	A	N	I	C	J	S	W	N
G	E	I	C	H	O	T	I	C	G	N	O	M	L	D
V	H	A	N	X	I	E	I	A	E	A	D	O	M	I
K	M	S	S	I	M	Y	T	E	I	X	N	A	H	V
H	Z	B	X	P	T	S	V	N	A	S	T	P	X	B
V	O	A	Z	A	Z	O	R	M	S	I	T	U	A	O
P	B	X	C	Q	P	S	J	N	N	U	W	T	K	V
B	H	M	E	K	F	D	K	A	E	Z	V	I	M	H
O	R	O	P	G	P	R	O	E	G	X	R	O	I	I
H	E	H	I	Q	E	H	D	I	S	V	D	C	F	Q
U	A	H	T	O	O	I	J	R	L	S	Y	F	D	N
G	A	G	N	W	F	D	U	A	S	Z	V	A	E	S

ANSWER

- SAKTHIKUMAR S
SHRIRAM S R
Final Year BHMS

CONNEXIONS MENTAL DISORDERS



ANSWER
1. Autism
2. Depression
3. OCD
4. Bipolar
5. Psycho

- ARVIND K S
KIRUTHIK U B
Final Year BHMS

Imagine the Future and Make it happen!



Together let's build a better world where there is **NO POVERTY** and **ZERO HUNGER**.
We have **GOOD HEALTH AND WELL BEING** **QUALITY EDUCATION** and full **GENDER EQUALITY** everywhere.
There is **CLEAN WATER AND SANITATION** for everyone. **AFFORDABLE AND CLEAN ENERGY**
which will help to create **DECENT WORK AND ECONOMIC GROWTH**. Our prosperity shall be fuelled
by investments in **INDUSTRY, INNOVATION AND INFRASTRUCTURE** that will help us to
REDUCE INEQUALITIES by all means. We will live in **SUSTAINABLE CITIES AND COMMUNITIES**.
RESPONSIBLE CONSUMPTION AND PRODUCTION will help in healing our planet.
CLIMATE ACTION will reduce global warming and we will have abundant,
flourishing **LIFE BELOW WATER**, rich and diverse **LIFE ON LAND**.
We will enjoy **PEACE AND JUSTICE** through **STRONG INSTITUTIONS**
and will build long term **PARTNERSHIPS FOR THE GOALS**.



For the goals to be reached,
everyone needs to do their part:
governments, the private sector,
civil society and **People like you.**

Together we can...

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