



# VINHOMOEEO



**VINAYAKA MISSION'S  
RESEARCH FOUNDATION**  
(Deemed to be University under section 3 of the UGC Act 1956)  
(Accredited by NAAC & Ranked in NIRF)



**VINAYAKA MISSION'S  
HOMOEOPATHIC MEDICAL  
COLLEGE & HOSPITAL**  
(NABH Accredited Hospital)



Volume : 1 Issue : 3

**Quarterly E- News Bulletin**

July - Sep 2021

**Co-Sponsored by VMHMC&H Old Students Association**

## **Bulletin Board**

**Managing Editor : Dr. E. Rathnasabapathi, M.D. (Hom),, Editor : Dr. A. Praveen Kumar, M.D. (Hom),,  
Student Editors : Dr. A. Shanmathi (PG), S. Sanjuktha (I yr)**

## *Editorial...*

*With the Blessings of our heavenly Founder Dr. A. Shanmugasundaram and our Father Dr. Hahnemann, I am happy to bring forth the 3rd Quarterly E-bulletin of Vinayaka Mission's Homoeopathic Medical College and Hospital for the year 2021. This Bulletin aims to inform, enlighten, inspire the readers with timely information of the activities carried out periodically in our Institution.*

*After getting revived off from the second wave of Covid -19 Pandemic, we the faculties, students and non-teaching staffs have geared up our activities with utmost possible precautionary measures. I would like to mention the credit to Prof. Dr. S. Gokulakannan , H.O.D, Dept. of community Medicine for suggesting the name for our E-News Bulletin as "VINHOMOEEO", who is well known among us to be supportive in every activity, planning and have strive tirelessly throughout until its execution.*

*The Article titled "Ginkgo biloba – a living fossil" by our Faculty, Prof. Dr. A. T. Senthil Kumar and "A Case of polycystic ovarian syndrome" by Dr. M. Nagarajan M.D(Hom) Alumnus – 2017-2020 (P.G BATCH), is exceptionally well written and has created many insights on the subject.*

*It's my pleasure to pen a few lines about Alumni association of VMHMC&H. The Bulletin what we bring out here is not only to showcase our scholastic work but also to remain united through Alumni which is strong, lively and enthusiastic. I am sure that the present students also get attracted towards your association at the end of their studies in our college. I am certain that the Alumni association will grow vibrant and will bring all its members together. I conclude by saying thank you for supporting this E-bulletin through your co-sponsorship.*

*Finally, We all need to share and someone to listen. We the Editorial committee are eager to listen from all our Faculties, students, Alumni in regards to your achievements, experiences and accomplishments which can be shared to [vinhomoeobulletin@gmail.com](mailto:vinhomoeobulletin@gmail.com) to cherish the scientificity of Homoeopathy.*

*Enjoy Reading...*

*Dr. A. Praveen Kumar, M.D. (Hom),,  
Editor*

## ACADEMIC ACTIVITIES

### 14<sup>th</sup> CONVOCATION OF VMRF-DU, SALEM

Vinayaka Mission's Research Foundation (Deemed to be University) Salem, Tamilnadu, Conducted 14th Convocation Virtually on 07-07-2021.

In this Occasion One Ph.D Scholar in Homoeopathy, 25 Postgraduates (M.D in Homoeopathy) and 43 Undergraduates (B.H.M.S) were awarded the Degree. In this occasion, 7 Gold medals, 8 silver medals, and 1 Bronze medal were received by the Post Graduate students of various specialities of M.D (Hom) Degree during this 14th Convocation.



Vinayaka Mission's Research Foundation, Salem, Tamil Nadu has been ranked by National Institutional Ranking Framework (nirf), Ministry of Education, Government of India Rankings 2021: University (**Rank-band: 101-150**).

Dr. E.Rathnasabapathi, Head of the Department & P.G Guide, Dept of Paediatrics was appointed as Principal of Vinayaka Missions Homoeopathic Medical College & Hospital, Salem on 12.07.2021.



#### VINHOMOEEO

The Quarterly E News Bulletin Volume 1, Issue 1 & 2 was released by Honourable Vice-Chancellor **Dr. P. K. Sudhir** on 13th Sep. 2021



Parents Teachers Meeting was conducted on 19.07.2021 through virtual mode (ZOOM). In this meeting about 100 Parents of the I, II, III – B.H.M.S students participated.



- ❖ Dr. H. Venkatesan, Associate Professor, Dept of Practice of Medicine has presented a paper titled '**A Report of the RCT in the Modulation of Serum Ig-E levels of Atopic patients treated with Azadirachta indica-Q and Echinacea angustifolia-Q**' at the International E-Conference on Research on 01.08.2021.



Prof.Dr.J.Senthilkumar M.D.(Hom), H.O.D and P.G. Guide, Department of Repertory, was invited as a resource person and Dr.M.Prabhu, Assistant Professor, Dept.of Repertory participated as a trainee in the **Continuing Medical Education Programme On Repertory (U.G)**, for teachers of Homoeopathic Medical Colleges, Module no.3, conducted at Sarada Krishna Homoeopathic Medical College, Kulasekharam, Kanniyakumari District, Tamil nadu, India from 13<sup>th</sup> - 18<sup>th</sup> september, 2021





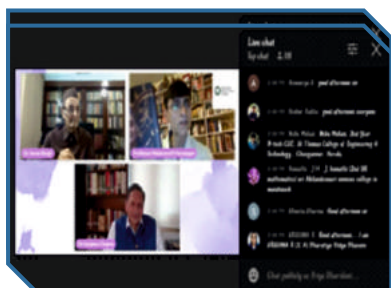
Prof. Dr. K. Rajamanickam M.D(Hom), HOD and P.G Guide, Department of Homoeopathic Pharmacy, was invited as a resource person on 28.09.2021, for a webinar programme, entitled **“Drug Development, Industrial Pharmacy And Medicinal Chemistry”** jointly organized by Dept.of Chemistry, Trinity womens forum and Eco green club of Trinity college for Womens (Arts and Science), Namakkal, Tamil nadu,India.

## NDLI



**“VINAYAKA MISSIONS HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL”** was registered as a NDLI Club under the National Digital Library of India on 02/08/2021. Around 434 members including U.G, C.R.R.I, P.G students and Faculties have been registered in this club.

Department of Library in Association with National Digital Library of India Club organized a Webinar on “Users Awareness on National Digital Library Of India” for all NDLI Club members on 03.09.2021. Dr. Vignesh Sornamohan gave a detailed presentation under Youtube platform on Why, When, Where & How about NDLI. Apart from this he explained about how NDLI is different from Google. Around 434 members participated.



AWARENESS PROGRAMME ON NATIONAL DIGITAL LIBRARY OF INDIA CLUB was organized by the NDLI Club Central Team in collaboration with the Valley of Words for 2514 pan India NDLI Clubs on 12.09.2021 through Youtube and Facebook by Dr. Karan Singh. From our institution NDLI CLUB around 287 members participated in this programme.

## **« HOSPITAL ACTIVITIES »**

The Hospital Activities are carried out as a part of internship curriculum and NABH to become Competent and incite the skills of C.R.R.I students and Hospital staff's.

❖ **Basic Life Support and ACLS** was conducted on 17.08.2021 by Dr.V.P. Chandrasekaran, M.D (Accident & Emergency Medicine) Deputy Medical Director (Corporate) VMKVMC & H, Salem

❖ **Personality Development Programme** – Expand your Personality and Transform on 23.09.2021 by Dr. Vidyaa Hari Iyer, B.D.S, M.S, M.Phil., (Director and founder of Dr. Vidyaa's Smile Dental Clinic)



**Code Blue -Training & Mock Drill - 06.09.2021**



**Code Red –Training & Mock Drill –20.09.2021**



**Code Pink –Training & Mock Drill - 24.09.2021**



**Code Brown –Training & Mock Drill - 28.09.2021**

“Azadi ka Amrit Mahotsav” Celebrating INDIA @ 75 - Distributed homoeopathic Prophylactic Medicine with special focus on senior citizens at Rakkipatty, Ettimanickampatty and Sengodampalayam on 29.09.2021. About 50 senior citizens above the age of 60+years benefited and 21 C.R.R.I. students participated in this camp.

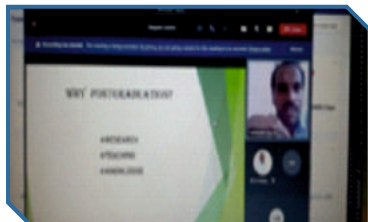




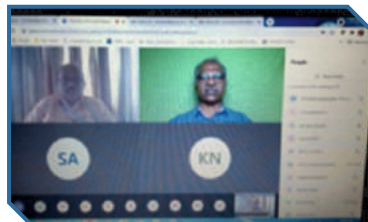
“Azadi ka Amrit Mahotsav” Celebrating INDIA @ 75 - Distributed medicinal plant saplings to households in Sengodampalayam on 29.09.2021. About 30 medicinal plants (belonging to Siriyangai, Thippili, Vallarai, Vetrilai, Thoothuvalai) were distributed to 30 residents and 22 C.R.R.I. students participated in this camp

## ORIENTATION PROGRAMME

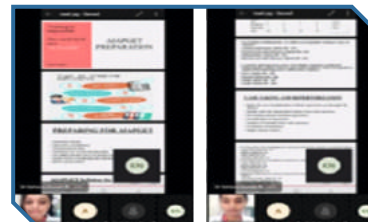
Orientation Programme for C.R.R.I. students to motivate them towards AIAPGET examination.



**Dr. Venkadathri** Alumni  
of VMHMCH & 2020  
AIAPGET topper grading  
12<sup>th</sup> Rank - 04.09.2021



Quick Review of AIAPGET  
**Dr. Mansoor Ali, M.D.(Hom),**  
**Govt. Homoeopathic Medical**  
**College & Hospital, Calicut, Kerala**  
08.09.2021



**Take Home Points For CRRRI**  
**Towards AIAPGET by**  
**Dr. Shahana and Dr. Priyanga,**  
**Part-II, P.G - Department of**  
**Paediatrics - 09.09.2021**

## RESEARCH ACTIVITIES

### Short Term Studentship in Homoeopathy 2019 Result

The Research Project titled '**Single Blind RCT in the modulation of Serum Ig-E Levels of Atopic Patients treated with Azadirachta indica-Q and Echinacea angustifolia-Q**' completed by Mr. Nandha Gopal, 30<sup>th</sup> Batch C.R.R.I. under the supervision of Dr.H.Venkatesan, Associate Professor, Dept of Practice of Medicine has been awarded with Short Term Studentship in Homoeopathy 2019 with a Stipend of Rs.20,000/- to the student in the month of Sep 2021.



### Ongoing Research Project

An Inter disciplinary Research on the '**Molecular Level Study of the Homoeopathic Medicine Arsenicum album**' by VMHMCH & AVIT has commenced in the Month of Sep 2021. Prof. Dr. P. K. Sudhir, Vice Chancellor, VMRF-DU is the Principal Investigator, Prof. Dr. R. N. Viswanath, Dept of Physics, AVIT and Dr. H. Venkatesan, Associate Professor, VMHMCH are the Co Investigators of the Research Project.

### Sanctioned Research Proposals

Research Proposal Titled '**Randomized Open labeled Non Controlled Experimental Study to Assess the Efficacy of the Homoeopathic Medicine Simarouba glauca 6CH and 30CH in the Treatment of Rheumatoid Arthritis Patients**' by Dr. H. Venkatesan, Associate Professor, Dept of Practice of Medicine has been selected for Seed Money Funding of Rs.40,000/- offered by VMRF-DU.

A Research Proposal to Assess the Efficacy of the Homoeopathic Formulation Medicine of Dr. Willmar Schwabe India Pvt Ltd in the Treatment of Spondylosis Patients by Dr. H. Venkatesan, Associate Professor, Dept of Practice of Medicine has been approved for commencement under MoU with Dr. Willmar Schwabe India Pvt Ltd.

## VARIYAR FITNESS

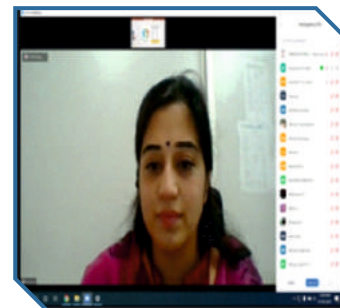
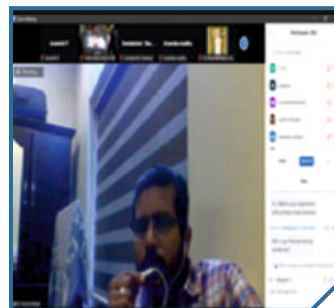


“VARIYAR FITNESS” has been launched at Variyar Students Centre in the Vinayaka Mission's Kirupananda Variyar Medical College & Hospital Campus on 9.9.2021. This Centre offers Services for the students of the Constituent Colleges of VMRF-DU, Salem at Free of Cost.



## NATIONAL HOMOEOPATHIC WEBINAR

Vinayaka Mission's Homoeopathic Medical College and Hospital, Salem conducted a **“NATIONAL HOMOEOPATHIC WEBINAR”** in the commemoration of the **“College Foundation Day”** on 07.09.2021, Tuesday through Zoom Virtual Platform.



- Dr. Vinu Krishnan, M.D(Hom) was the resource person of the first scientific session on the topic **Homoeopathic Oncology**.
- Dr. K. Srinivasan, M.D(Hom) was the resource person of the second scientific session on the topic **Are you a Donor? Solve it with Knerr Repertory**.
- Dr. Anupriya Chaudhary, M.D(Hom) CCRH, New Delhi was the resource person of the third scientific session on the topic **Research Perspective in Homoeopathy**.
- In the fourth scientific session, Prof. Dr. J. Senthilkumar presented on the topic **Study of Homoeopathic Management in Uterine Fibroids**. Prof. Dr. K.S. Lalithaa presented on the topic **Effect of homoeopathic Drugs in Geriatric Depression**. Prof. Dr. K. Rajamanickam presented on the topic **Effect of Cardus Marianus and Chelidonium Majus in Hepatic Damage** and Dr. T. Alagu Manivannan P.G Scholar presented on the topic **Efficacy of Homoeopathic Medicine in Infertility of Cows**.

More than 350 delegates attended the webinar.

## CME PROGRAMME

All the CME Programmes were conducted through Online Virtual Mode due to current Pandemic situation.

S.NO	DATE	TIME	RESOURCE PERSON	CME TOPIC	NUMBER OF U.G STUDENTS & C.R.R.I. PARTICIPATED	NUMBER OF P.G'S & Ph.D SCHOLARS PARTICIPATED	NUMBER OF STAFF'S PARTICIPATED	TOTAL
1.	01.07.2021	11.AM-1.PM	Dr.S.Bhuvaneswari, B.H.M.S., Consultant Homoeopath, Adiesha Holistic Homoeo Clinic, Chennai.	<b>“The Curative prospectives of difficult cases through Hahnemanian Homoeopathy”</b>	120	30	25	175
2.	28.08.2021	11.AM-1.PM	Dr. Muhammed Rafeeqe, B.H.M.S., Medical Officer, Govt. of Kerala	<b>“Homoeopathy in Dermatology”</b>	135	25	30	190
3.	17.09.2021	2.PM-4.PM	Dr. N. P. Veenavani, B.H.M.S. M.B.A. (Hosp.admin & HRD), M.Sc(Psychology & counseling and Psychotherapy)	<b>“Stress Management – A complete overview”.</b>	160	30	30	210

## GUEST LECTURE PROGRAMMES

S.NO	DATE	TIME	RESOURCE PERSON	TOPIC	STUDENTS PARTICIPATED
1.	21.08.2021	11.00 am -1.00 pm	Dr. M. Shanmuga Sundaram, B.H.M.S.,M.Sc.,Ph.D., Professor & HOD, Department of Anatomy, Best Dental Science College, Ultra Nagar, Madurai	<b>Abnormal Anaphase in cell division &amp; Chromosomal Numerical Aberrations</b>	I-B.H.M.S
2.	08.09.2021	2.00 -4.00 pm	Dr. Manoj Radhakrishnan, M.B.B.S.,M.D(Patho),MF(Hom) Professor, Department of Pathology, Sarada Krishna Homoeopathic Medical College, Kulasekharam	<b>Pathology from Homoeopathic Perspective</b>	II- B.H.M.S

## Professor Emiratus Guest Lecture Programme

S.NO	DATE	TIME	RESOURCE PERSON	TOPIC	STUDENTS PARTICIPATED
1.	22.09.2021	11.00a.m -1.00 p.m	Prof. Dr. Eswara Das, M.D(Hom), Ph.D., Former Advisor, Ministry of AYUSH, Govt. of India, Former Director, National Institute of Homoeopathy, Kolkata.	<b>SWOT Analysis of Homoeopathy</b>	Postgraduate Students and Ph.D scholars

## « CELEBRATIONS »



**Hon'ble Pro-Chancellor Birthday Celebration & Tree Plantation Programme - 09.08.2021**



**Independence Day Celebration - 15.08.2021**



**Teachers Day Celebration Programme - 04.09.2021**



**Vinayakar Chadurthi Festival - 09.09.2021**

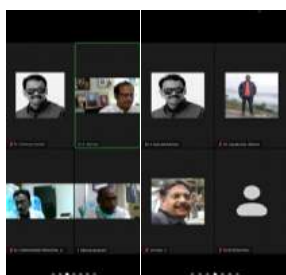
## « ALUMNI »

OLD STUDENTS ASSOCIATION (ALUMNI) of Vinayaka Mission's Homoeopathic Medical College & Hospital Salem Donated a Maruthi Eeco Mobile Van to the College Hospital, for rendering the medical services to the public on 06.08.2021 at VMRF - DU Campus. Alumni General Secretary Prof. Dr. G. Kannan (Principal, Sivaraj Homoeopathic Medical College and Hospital, Salem) along with their office bearers handed over the Mobile Van key to Honourable Vice Chancellor Prof.Dr.P.K.Sudhir in the presence of Prof. Dr.P.S.Manoharan, Pro Vice Chancellor, Prof. Dr.B.Jaykar, Registrar, of VMRF-DU, Salem, Former Principal Prof. Dr. A. Nagarajan. and Principal Prof. Dr.E. Rathnasabapathi. On behalf of Old Student Association, Alumni Co Ordinator Prof. Dr.T.Saravanan, Treasurer Prof. Dr.S. Gokulakannan & ALUMNI'S Prof. Dr.J. Senthilkumar, Prof. Dr. A.T. Senthilkumar, Prof. Dr.K.S. Lalithaa, Dr. B.Manojini Rameshshankar, Dr. P.Adhisivam and Dr.N.Prasathrajan participated in this function.



Alumni planted tree saplings and donated 105 Tree & plant saplings to Vinayaka Mission's Homoeopathic Medical College and Hospital Salem in the presence of Principal, Prof. Dr. E. Rathnasabapathi for the development of Green Campus in the college.

## Alumni meet 2021 -3rd Quarterly annual meet



VMHMC&H Salem Old Student Association organized III rd Quarter ALUMNI MEET 2021 on 30.09.2021 by 02.00 pm through Online platform. Dr.A. Jimriz Shathik, President, VMHMC&H Alumni welcomed the gathering, Dr G Kannan, General, Secretary of Alumni submitted the Annual report of Alumni, Felicitation Address was given by Prof. Dr.E.Rathnasabapathi, Joint Secretary & Principal, VMHMC&H. Prof.Dr.T.Saravanan, U.G & P.G Alumni & Principal EHMC&H, Dr.H.Venkatesan, U.G & P.G Alumni, Dr. M. Jayakumar, P.G Alumni participated in this meet. Prof. Dr.S.Gokulakannan, Treasurer, delivered vote of thanks.

## Alumni Visit to the Institution



Dr.K.Ezhilarasu -Alumni student from 1990 Batch visited our institution campus on 16.09.2021 to inaugurate Environmental Students Club.

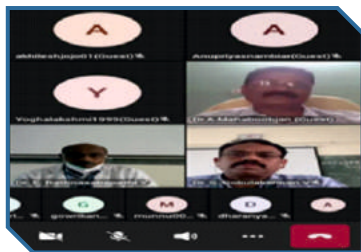


Alumni - (2004 & 2007 Batch) visit to the Institution Campus on 22.09.2021 as Resource Person for sensitising P.G's & Interns on Career Guidance and Placement Opportunities in Corporate Hospitals.



## INSTITUTIONAL SOCIAL RESPONSIBILITIES-N.S.S & R.R.C

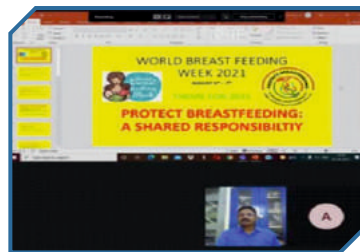
In addition to our N.S.S activities, we had conducted many programs under “Azadi Ka Amrut Mahotsav -Celebrating INDIA @ 75” which means elixir of energy of Independence - a series of events organised by the Government of India to commemorate the 75th Anniversary of India's Independence.



**Orientation Programme  
"Olympic Learning"  
17.07.21**



**Celebrating one year of National  
Education Policy 2020 on 29.07.2021  
Live Watch on Honourable  
Prime Minister's Speech**



**Webinar on  
"Protect Breastfeeding :  
A Shared Responsibility" 02.08.21**



**Swachha Pakhwada  
Pledge - Programme on  
07.08.21**



**International Youth Day  
Awareness Campaigns  
12.08.21**



**Sadbhavana Diwas Pledge -  
Programme on 20.08.21**



**World Sanskrit Day- 22.08.21**



**Fit - India Freedom Run 2.0  
23.08.21**



**All India Institute of Ayurveda -  
National Webinar Participation  
30.08.21**



**National Nutritional Week  
01.09.21**



**Distribution of Homoeopathic  
Prophylactic Medicine  
Arsenicum album 30 for Senior  
Citizens - 02.09.21**



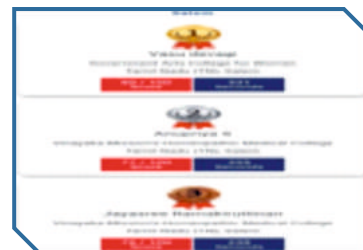
**Hamaara Ayush  
Hamaara Swasthya -  
live telecast-04.09.21**



**World Ozone Day 2021 -  
Essay Writing Competition  
Programme - 16.09.21**



**Azadi ka Amrit Mahotsav-  
Yoga Training Programme  
17.09.21**



**RRC Volunteers Won Prize  
New India @ 75 Quiz  
Programme - 20.09.2021.**



**Orientation Programme -  
World Alzheimer's Day-2021  
21.09.21**



**Prof. Dr. S.Gokulakannan  
Participated District Level  
Committee Meeting-Salem  
DAPCU-TANSACS (RRC) - 22.9.21**



**Tree Plantation Programme  
NSS Day Celebration  
24.09.21**



**"Young Warrior NXT" Programme  
anchored by UNICEF India &  
YuWaah's - 29.09.2021**

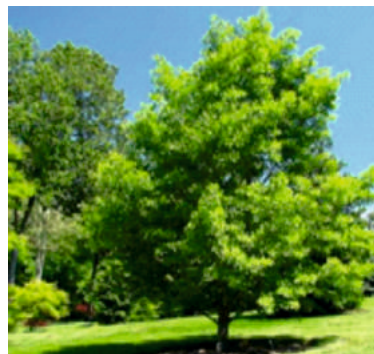


We the editorial regret to inform the readers, that in our previous issue (Volume 1 and 2), the article named Managing Hemorrhoid's in everyday life - the First Prescription were found missing due to error while editing. The Missed words are as follows: **"First Prescription on 19-3-2019- 1.Arsenic album 200 / 5 dose OD, 2.Calendula Q for e/u"**

## GINKGO BILOBA – A LIVING FOSSIL



**Prof. Dr.A.T. SENTHILKUMAR, BHMS,MD (Hom),**  
Head of the Department & PG Guide,  
Dept. of Homoeopathic Materia Medica,  
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### Abstract

Ginkgo biloba, commonly called the maiden hair tree, has been grown in China and Japan since ancient times. The tree is popular because it is resistant to disease and draught, and partly also because it is able to tolerate the smoke and fumes of city. The tree is considered to be a "living fossil," meaning that it has continued to survive even after major extinction events. The therapeutic properties of the ginkgo plant are said to include treatment for blood disorders and memory problems, enhancement of cardiovascular function and to improve eye health.

**Keywords:** Ginkgo biloba, health benefits, homoeopathic therapeutics

### Introduction

Ginkgo biloba, commonly known as ginkgo or gingko is a species of tree native to China. The tree was cultivated early in human history and remains commonly planted. The ginkgo has distinct leaves. The fan shaped leaves of Ginkgo are flat and irregularly notched. Ginkgo leaf extract is commonly used as a dietary supplement, but there is no scientific evidence that it supports human health or is effective against any disease

### Scientific classification:

- Kingdom : Plantae
- Clade : Tracheophytes
- Division : Ginkgophyta
- Class : Ginkgoopsida
- Order : Ginkgoales
- Family : Ginkgoaceae
- Genus : Ginkgo
- Species : G. biloba

### Phytochemicals

Ginkgo contains high levels of flavonoids and terpenoids, antioxidants that provide protection against oxidative cell damage from harmful free radicals.

**Biological effects of Ginkgo:** Ginkgo biloba purported biological effects include: scavenging free radical; lowering oxidative stress; reducing neural damages,

reducing platelets aggregation; anti-inflammation; anti-tumor activities; and anti-aging.

### Homoeopathic uses

#### Clinical indications

Absent-minded, Asthma, Alzheimer's disease, Attention weak, Concentration, poor, Dyslexia, Influenza, Memory, weak, Mental weakness, Mumps, Laryngitis, Senility, Tonsillitis.

**Mind:** Mentally weak and exhausted. Poor concentration. Dullness of mind. and inability to solve mental tasks. Senility and Alzheimer's disease. Mental work is an effort to carry out. Irrational fears with rapid speech. Nebulous condition with the impression of unreality. Needs to criticize others and himself. Suppressed anger with desire to tear up something.

**Head:** Frontal headache. Heaviness in the frontal region. Pain above the left orbital nerve. Vertigo. Eyeballs painful, especially on looking up and to the right. Sensation of impaired vision with a veil in front of the eyes. Ophthalmic migraine. Buzzing noises in ears. Dry Mouth. Tongue yellow towards the root. Swallowing difficult with scraping sensation in the pharynx.

**Throat:** Pharyngitis. Congestion of the parotid glands. Rising pain along the line of the lower maxilla. Prickling pains in the left tonsil with need to clear the throat regularly.

**Extremities:** General cramps and writer's cramp. Clenching of the right hand with trembling. Legs feel like jelly, feet feel icy. Pains at the nape of the neck, at the tips of the scapulae.

**Lungs:** Difficult expectoration of thick sputum. Dyspnoea. Laryngitis. Laryngeal irritation with cough. Asthma.

**Male:** Urethral discharge of yellowish pus. Diminished sex drive.



**Female:** Premature menses. Pre-menstrual lumbar pains. Leucorrhea.

**Stomach & Abdomen:** Sensation of emptiness in the stomach. Heaviness and burning in the stomach. Dyspepsia Abdomen tense and swollen. Colic, followed by diarrhea-like stools. Intestinal diseases caused by worms. Pain in the region of the bladder and loins. Diarrhea-like stools. Worms. Sensation of heat in the anus.

**Skin:** Transient Small-pox like eruption. Vesicular, burning, itching eruption. Eczema.

**Sleep:** Sleep heavy with nightmares. Dreams of corpses. Insomnia between 2 a.m. and 3 a.m.

**Modalities:** Better from the heat, rest. Worse from cold, walking, drinking, looking up and to the right, around 2 a.m.-3 a.m. Worse right side.

**Conclusion:** In the past decades, interest by the general public in the use of herbal dietary supplements has risen exponentially. Ginkgo biloba is an herb used to treat

altitude sickness (prevention), cerebral vascular insufficiency, cognitive disorders, dementia, dizziness/vertigo, intermittent claudication, macular degeneration/glaucoma, memory loss, premenstrual syndrome, SSRI-induced sexual dysfunction, and as a vasodilator.

#### References:

1. [https://en.wikipedia.org/wiki/Ginkgo\\_biloba](https://en.wikipedia.org/wiki/Ginkgo_biloba)
2. <https://www.nccih.nih.gov/health/ginkgo>
3. Robin Murphy, Lotus Materia Medica, Iii Edition, B.Jain Publishers Pvt Ltd, 1921, Chuna Mandi, Paharganj, New Delhi - 11055, Page No: 741-742.
4. Smith, J.V., Luo, Y. Studies on molecular mechanisms of Ginkgo biloba extract. Appl Microbiol Biotechnol 64, 465-472 (2004). <https://doi.org/10.1007/s00253-003-1527-9>
5. [https://www.rxlist.com/consumer\\_ginkgo\\_biloba/drugs-condition.html](https://www.rxlist.com/consumer_ginkgo_biloba/drugs-condition.html)

## A CASE OF POLYCYSTIC OVARIAN SYNDROME



**Dr. M. NAGARAJAN, M.D (HOM)., ALUMNUS – 2017-2020 (P.G Batch)**  
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Homoeopaths always enjoy a privilege of being a family doctor. One such incident happened to me. One of my chronic female patient whom I cured few months ago brought her daughter who was working in IT at Bangalore and said that she was about to get married soon with a relative boy. I thought she came to me for an invitation, but she followed, "Sir, I'm in a great worry now". I exclaimed at her, "You should be happy though". However, she told that her daughter is having an irregular menses since few years and consulted several doctors and had been diagnosed as having polycystic ovarian disease. Following is the case history.

**CHIEF COMPLAINT:** Date of Case taking: 12-11-12

1. Irregular menses since 5 years: delayed for 3-6 months; appears only on taking allopathic tablets. Profuse, lasts for 20 days. Dark red clots, No pain. LMP: 29-10-12 – spots present; Again flow started on 5-11-12, Profuse flow present till now for 5 days. Menarche: 12 years.
2. Headache since 3 years: Temples <Right, Occiput. Occurs daily at night. A/F: Loss of sleep. Pain: < Watching computer, TV, Head bath, Cold exposure, Night2+; > After sleep
3. Recurrent H/o. Throat Pain: A/F. Drinking Cold water, Sensation of Mucus in throat. Hoarseness of voice <on waking at morning. Pain < Swallowing, Cold food & drinks, > Warm food & drinks

4. Leucorrhoea: Whitish, Semi-solid; Itching; Offensive; < Physical exertion

**Past History:** No H/o any major illness in the past.

**Family History:** No H/o any major illness among family members.

#### Physical Generals:

Appetite/Thirst/Stool/Urine/Sweat: Normal

Sleep: Normal, 10pm-7am.

Dreams of being chased (in Childhood); of unknown persons coming home2+, targeting and raping her; of being murdered; of Gods

Thermal: Chilly patient

Craving: Chocolates 3+, Sweets 2+, Ice cream

#### Life Space Investigation:

- Patient belongs to Upper-class family. She is the Elder daughter. Has one younger sister. Father is a Government official; Mother is a teacher in Reputed Higher Secondary School at Salem.
- Since her Childhood, Mother always insists her to get high marks. She got first rank in school always. She tries at her extreme and achieves the rank every time. She was the Class and School Topper
- She wants to be the first in everything and wants to be rewarded always. From childhood finishes her works in prompt timings. She gets disturbed if anyone finds fault with her works.
- Her mother scolds a lot for every work. She was much affected by her parents' scolding. She used to weep a lot due to her scolding. She also said, "Whatever my sister does she gets a good name from my parents, but I am not".
- Since Childhood, she has fear of animals.

## On Clinical Examination

General: All vital Signs normal, NAD; Systemic: Clinically Normal

Local Examination of Throat: Redness of Fauces; No ulcerations present

## Miasmatic Analysis:

Psora	Sycosis	Syphilis	Tubercular
Desires: Sweets leucorrhoea HA> Sleep < Cold > Warm Achiever/Topper	Profuse flow Clotted flow Pathology: Cyst Dreams: Religious Jealousy	Irregular menses Offensive leucorrhoea HA< Night Hoarseness of Voice Dreams : Violence	Sensation of Mucus in throat

## Repertorial Result:

1. MIND - DELUSIONS - appreciated, who is not (24) 3  
2. MIND - FEAR - animals, of (22) 1  
3. MIND - SENSITIVE - reprimands, to (28) 1  
4. GENERALS - FOOD and DRINKS - chocolate - desire (104) 1  
5. GENERALS - MURDERED - being (27) 1  
6. DREAMS - PURSUED, being (70) 1  
7. DREAMS - RAPE (7) 1  
8. DREAMS - RELIGIOUS (50) 1  
9. FEMALE GENITALWSEX - LEUCORRHOEA - itching (50) 1  
10. FEMALE GENITALWSEX - LEUCORRHOEA - offensive (42) 1  
11. FEMALE GENITALWSEX - MENSES - late, too (222) 1  
12. FEMALE GENITALWSEX - MENSES - clotted - dark clots (136) 1  
13. FEMALE GENITALWSEX - MENSES - late, too (42) 1  
14. HEAD - PAIN - right (10) 1  
15. HEAD - PAIN - Temples and Occiput (10) 1  
16. LARYNX AND TRACHEA - VOICE - hoarseness - morning - waking, on (10) 1

## Repertorial analysis:

Sulphur – 20/11, Pulsatilla – 15/11, Positron – 10/10, Hamamelis – 13/9, Aids – 12/9, Carcinisin – 11/9, Platina – 11/9

## Reasons for remedy selection:

Craving for Chocolate , Fear of animals (Vithoukas) , Dreams of being pursued by someone, Discharges Thick, Acrid, Causations: Night-watching , Passionate people who over-extend themselves , Aversion to reprimand or contradiction, Fastidious , Encysted tumors: cyst in ovaries, Headache: esp. Right Temples, Sensation of Lump in the throat < empty swallowing; Hoarseness

**Prescription: 12-11-12: Carcinisin. 200/ 1 dose in 100ml Aqua/ 10 succussions- 10 drops- OD.**

## Follow Up:

**30-12-12** - Menses stopped on 20-11-12. Dreams stopped. Leucorrhoea still present. Headache occurs on & off - R 1. Continue drops , 2. SL-OD for 1 month.

**26-01-13** - LMP: Menses Not yet appeared. Headache once occurred severely. R 1. Continue drops 2. SL-OD for 1 month.

**15-03-13** - LMP: 05-01-13. Flow still present, profuse & last for 15 to 20 days , Headache on & off; Leucorrhoea present - R 1. Continue drops 2. SL-OD for 1 month.

**23-05-13** - LMP: 20-5-13. Profuse flow but no clots present now. Headache not appeared later. Dreams not recurred. R 1. Continue drops 2. SL-OD for 1 month.

**16-08-13** - LMP: 10-08-13 present till date. Profuse flow. No Clots. This time menses occurred once in 2 months. Leucorrhoea only on severe exertion. R 1. Continue drops 2. SL-OD for 1 month.

**31-10-13** - LMP: 30-10-13 started yesterday. Normal flow. No H/o Leucorrhoea. R 1. Continue drops 2. SL-OD for 1 month.

**28-02-14** - Menses once in 45 days now. But profuse. C/o. Throat pain on & off for 1 month. R 1. Continue drops 2. SL-OD for 1 month.

**19-06-14** - Menses absent suddenly since 2 months. C/o. Profuse leucorrhoea, itching and burning pains. A/F: Patient has been compared by her future in-laws with her sister-in-law for dowry. Marriage not yet done but this created a stress in her mind since she is being compared R 1. Carcinisin. 1M/1dose in 100 ml Aqua- 10 strokes – 10 drops – OD 2. SL – OD for 1 month

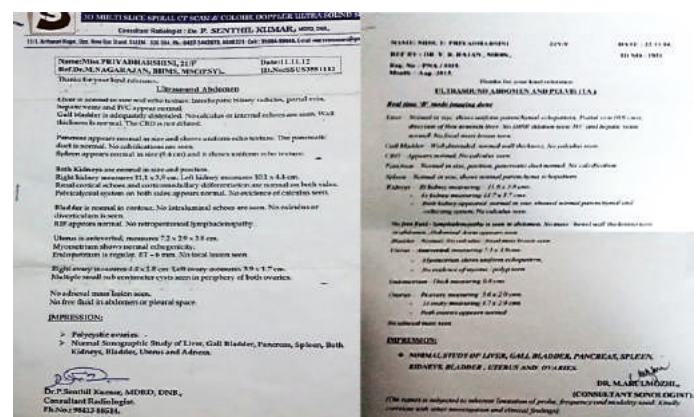
**05-08-14** - Menses appeared on 30-06-14. Flow profuse and clotted. Throat pain on & off after taking cold food and drinks. R 1. Continue drops 2. SL – OD for 1 month

**09-11-14** - Menses appeared on 29-08-14, 30-09-14 & 25-10-14. Flow lasted for 1 week every time with pain. Leucorrhoea present, watery & scanty. Advised for USG scan. R 1. Continue drops 2. SL-OD for 1 month

**30-11-14** - USG taken. Normal study. LMP 28-11-14. Flow normal. Medicine stopped

## Discussion:

The case was followed for a period of about two years with daily administration of water dose medicine. In between the follow up visits, timely adjustments of the water doses of the same medicine according to the trouble. At some times, acute remedies were also given according to the exciting cause. Later, her constitutional remedy was followed back and continued further. Once potency change was done and it brought on a rapid improvement. Now patient got married on January 2015 and she is having a male child now. This case had taught another lesson, homoeopathy could do wonders where there is no scope for allopathy. The USG scan reports at the beginning of treatment and at the end of treatment are attached for reference.

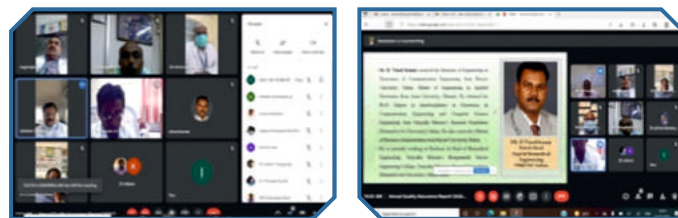




## IQAC ACTIVITIES

### TWO DAYS WORKSHOP ON ANNUAL QUALITY ASSURANCE REPORT AQAR

IQAC cell of Vinayaka Mission's Homeopathic Medical College and Hospital Salem conducted Two-Days online google meet Workshops on Annual Quality Assurance Report **AQAR New Framework** on 19th and 20th July 2021 for All Teaching Faculties of VMHMC.



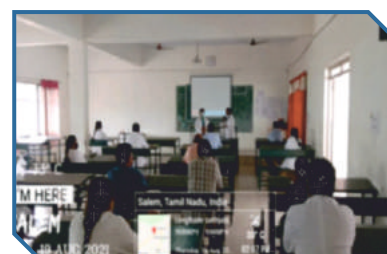
### AWARENESS PROGRAM ABOUT SEXUAL HARASSMENT



**Internal Compliance Committee** conducted an "Awareness program about sexual harassment for all women employees" on 29.07.21. ICC Staff member Dr. R. Srivaisnavi presented on sensitizing women of VMHMC regarding prevention of sexual harassment. In this Programme Teaching, Non Teaching faculties and Hospital Women staff's participated. Dr. D. Esther Deva Ramya, ICC Chairperson delivered the vote of thanks.

### INSTITUTIONS INNOVATION COUNCIL (IIC)

An awareness programme on **Institutions Innovation Council** was conducted for all Teaching faculties on 19.08.2021. IIC Coordinator Dr. C. Rajalakshmi, Associate Professor, Dept. of Repertory had sensitised the gathering. All the Teaching staffs participated in this programme.



### CODE OF CONDUCT SENSITIZATION PROGRAMME



An awareness programme was organised on 27.08.2021. Dr. T. Satesh, Assistant Professor, Dept. of Pharmacy had presented the gathering on the topic **Code of Conduct Sensitization**. All Teaching and Non Teaching staffs participated in this programme.

### INAUGURATION CEREMONY OF STUDENTS COUNCIL (2021 -2022)

The first Students council was formulated and Inauguration ceremony was conducted on 03.09.2021. The Principal Dr. E. Rathnasabapathi, Nominated, Dr. P. Geetha, Asst Professor, Dept. of Surgery, as Faculty of Students council & introduced the Office bearer's. They were honored by the Senior faculties and the respective Faculty In-charge of the Events. Prof. Dr. Shivasaravanan, IQAC coordinator of VMHMC, presented few words about Students Council and its role.



### INAUGURAL CEREMONY OF WOMEN EMPOWERMENT CELL

**Inaugural ceremony of Women Empowerment Cell** was organised on 20.09.2021. In connection with this a sensitization program on "Awareness on Women Empowerment" by Dr. Shahana PG Scholar was given to the women teaching and non teaching faculties, UG / PG students and CRRI students. About 74 students and faculties participated in this programme.



### CAREER GUIDANCE AND COUNSELING CELL ORIENTATION PROGRAMME

**Career Guidance and Counseling Cell** has conducted an "Orientation Programme" on 22.09.2021. The Resource persons Dr. M.G. Karthikeyan, BHMS.,M.Sc(Psy), ALUMNUS – VMHMC&H (2004 - 2010), Former Branch Head, Homoeocare & Dr. T.N. Jyothi, BHMS.,M.Sc(Yoga), ALUMNUS – VMHMC&H (2007- 2013), Former Unit Doctor, Homoeocare delivered Lectures on "Placement Opportunities in Corporate Hospitals". All the Postgraduate Students and Internees participated in the program





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(Accredited by NAAC & Ranked in NIRF)



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(Approved by Govt. of Tamilnadu, Recognised by "AYUSH" Ministry of Health and Family Welfare,  
Govt. of India and National Commission for Homoeopathy, New Delhi)

## **COURSES OFFERED**

### **B.H.M.S**

**(Bachelor of Homoeopathic Medicine & Surgery)**

**Duration :** 4½ years + 1 Year compulsory rotatory residential internship

**Minimum Eligibility:** H.Sc / + 2 / equivalent, pass with science subjects

### **M.D(Hom) - Doctor of Medicine in Homoeopathy**

**Duration:** 3 years

**Minimum Eligibility:** BHMS / Graded BHMS or its equivalent recognized by CCH

#### **SPECIALITIES:**

- |                               |   |
|-------------------------------|---|
| ❖ Practice of Medicine        | ❖ Organon of Medicine and Homoeopathic Philosophy |
| ❖ Paediatrics                 | ❖ Repertory                                       |
| ❖ Psychiatry                  | ❖ Homoeopathic Pharmacy                           |
| ❖ Homoeopathic Materia Medica |   |

#### **SPECIAL FEATURES OF THE COLLEGE:**

- |  |   |
|--|---|
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| ❖ Separate Hostels for Boys and Girls.                                     | ❖ Involvement of students and interneers in National Service Scheme and peripheral health care.             |
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