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MALWANCHAL MIRROR

QUATERLY BULLETIN



Index Homoeopathic College,
Hospital & Research Center

*Our mission was never just to teach or to treat.
It was to empower, to uplift, and to lead change.*

**Shri Suresh
Singh Bhadoria**

Chairman,
Index Group of Institutions

TOP
EVENTS OF
JULY 2025

From the desk of Director ...

Index Homoeopathic College, Hospital & Research Centre, Indore has a unique organizational culture that enshrine care values and ethos of accountability, openness, and transparency. The multidisciplinary faculty team constitutes an enabling environment for learning. We are moving ahead with our vision of expanding the quality of medical education. Our dream to become a world class institution of providing good education in homoeopathy, focusing on relevant, dynamic, and flexible learning systems for the development of good healthcare providers.

Education is the foundation and cornerstone of society, the guiding light as humanity made its way in quest of the unknown. While the art and science of education have evolved, a sense of virtue and knowledge, as well as sensitivity to others needs have remained constant.

Habits, attitudes, and skills enable us to explore and flourish. At Index Homoeopathic College, Hospital & Research Centre, we strive to understand the fundamental purpose of education by providing opportunities and an environment that is encouraging, inspirational and exciting to our students.

I wish the prospective students a bright and successful learning experience with our institute.

-Dr. Ritesh Vishwakarma

(Director,
Index Homoeopathic College,
Hospital & Research Center)



From the desk of Principal ...

I am humbled and feel privileged in assuming the office of the Principal of Index Homoeopathic College Hospital & Research Centre. It's a huge responsibility, but given the positive attitude and spirit of all the people around serving this institute, I feel comfortable and assured.

At Index Homoeopathic College Hospital & Research Centre, my objective is to raise the educational standard advanced training methodologies in homoeopathic science. To develop competent Homeopathic physicians who can true Homoeopathic practitioners.

A message for students,

To all the students of Index Homoeopathic College Hospital & Research Centre, I wish you a great journey. Your dedication and disciplined attitude will undoubtedly aid you in achieving your goal of becoming a good homoeopathic practitioner. Your mentors are your teachers. They're ready to help you grow as a health-care practitioner.

We provide the greatest facilities and instructors to our students and encourage them to participate in a variety of co-curricular activities. Our devoted and highly educated faculty is dedicated not only to providing high-quality Homoeopathic education, but also to preparing our students to cure the diseased person using Homeopathic principles. Our faculty makes a sincere effort in experience-based learning to create change in the educational system at the university level and throughout the country.

We will continue to provide highly qualified and competent Homeopathic experts by our constant efforts, breakthroughs in fundamental scientific research, technology, and patient care at this prestigious institution.

-Dr. C. L. Yadav

(Principal,
Index Homoeopathic College,
Hospital & Research Center)



CAMPUS NEWS

Woman's Day Celebration at Index Homoeopathic College

On March 8, 2025, Index Homoeopathic College, Hospital, and Research Center, affiliated with Malwanchal University, Indore, celebrated International Women's Day with a vibrant event. Principal Dr. C.L. Yadav delivered a keynote address highlighting women's vital roles in education and healthcare, and the importance of gender equality. Dr. Usha Yadav (SMO)

and Dr. Jyoti Sharma (HOD, Anatomy) were honored for their outstanding contributions. The program featured a cake-cutting ceremony, cultural performances by students, and concluded with a vote of thanks by Dr. Sharma. The celebration recognized and empowered women, honoring their significant impact in academia and beyond.



Did You Know?

- Homoeopathy treats the root cause, not just the symptoms—focusing on the whole person, not the disease alone.
- Remedies are made from natural substances and are safe for children, elderly, and even during pregnancy.
- It's over 200 years old and still practiced in more than 80 countries worldwide!



CAMPUS NEWS

INTERNATIONAL YOGA DAY

Index Homoeopathic College Hospital & Research Centre celebrated International Yoga Day on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world.

Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. International Yoga Day was celebrated by the students and the faculty members of Index Homoeopathic College Hospital & Research Centre

on 21st June 2025 with great eagerness and enthusiasm. Principal Dr. C. L. Yadav also joined the International Yoga Day celebration. The theme for international Yoga Day 2025 is 'Yoga for Self and Society' and revolves around self-enlightenment. This year's theme of international yoga day focuses on Yoga, a transformative practice, representing the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment for self & society.



The function began with a brief introduction of Yoga Day by Dr. Jyoti Sharma HOD & Professor. She explained that regular practice of Yoga helps to achieve better mental and physical health. Mr. Praveen Solanki, Yoga Instructor demonstrated Surya Namaskar Asanas and various Yoga Asanas which were performed by the all teaching staff, Hospital staff, paramedical, Non teaching staff members and all the students enthusiastically.

They were encouraged to practice Yoga and meditation on a regular basis for a healthy body and mind. The program concluded with the recitation of Shanti Mantra and the students and teachers carrying home the message that.



Did You Know?

- Yoga is over 5,000 years old, making it one of the oldest physical, mental, and spiritual practices in the world.
- June 21 was chosen for Yoga Day because it's the longest day of the year in the Northern Hemisphere
- Yoga is recognized globally as a tool for stress relief, flexibility, mental focus, and holistic healing.



CAMPUS NEWS

National Doctors' Day

In India the National Doctors' Day is celebrated on 1 July all across India to honor the legendary physician and the second Chief Minister of West Bengal, Dr. Bidhan Chandra Roy. Dr Roy was honored with the country's highest civilian award, Bharat Ratna on 4th February 1961. The celebration of the Doctors' Day is an attempt to emphasize on the value of doctors in our lives and to offer them our respects by commemorating one of their greatest representatives. India has shown remarkable improvements in the medical field and July 1 pays a perfect tribute to all the doctors who

have made relentless efforts towards achieving this goal irrespective of the odds. Index Homoeopathic College Hospital & Research Centre celebrated 'National Doctors' Day' on 1st July 2025. Celebration made by cake cutting with motivation speech by Principal Dr. C. L. Yadav and followed by cultural program, in this Dr. Amit Belekar sang a song. The students had one on one interaction with the medical specialists and acquired knowledge as both, the pharmaceutical and medical field go hand in hand.



Thus, the students and faculty played their part and tried to imbibe awareness related to the most important field of human science. Program conducted by students of BHMS 1st year and concluded by Dr. Jyoti Sharma HOD & Professor and giving vote of thanks.



Did You Know?



Dr. Bidhan Chandra Roy

(1 July 1882 – 1 July 1962)

Dr. B.C. Roy was a legendary physician, freedom fighter, educationist, and the second Chief Minister of West Bengal. A pioneer in Indian medicine, he played a key role in establishing institutions like AIIMS and IMA. Honored with the Bharat Ratna in 1961, his birth and death anniversary—July 1st—is celebrated as National Doctors' Day in India, recognizing his unparalleled contribution to healthcare and society.

Faculty Corner

Sinusitis (sinus) and Homoeopathic Treatment

Sinusitis is the inflammation of the paranasal sinuses (air-filled cavities within the skull bone). Sinusitis usually results from infections, affecting the paranasal sinuses, which can be viral, bacterial, or fungal, and also allergies.

Homeopathy has proven to provide wonderful treatment for sinusitis cases. Homeopathy uses natural remedies free from any adverse effects, so they are thoroughly safe to treat sinusitis. Homeopathy provides superb symptomatic relief in sinusitis. This mode of treatment reduces sinus inflammation helps in thinning the accumulated mucus filling the sinus and aids its easy outflow to reduce sinus congestion and eases the sinusitis symptoms arising therefrom. Cause And Risk Factors Sinusitis results when there is blockage of sinus openings by mucus. There are certain factors and health problems that increase the risk of sinusitis.

Dr. Rohit Yadav

Associate Professor

Department of Homoeopathic Materia Medica

*Index Homoeopathic College Hospital &
Research Center*



1. Common cold (that can be caused by virus or bacteria) can cause inflammation of sinus and obstruct the drainage of mucus.
2. Nasal allergies and upper respiratory tract infections.
3. Nasal polyps are the non-cancerous growths in nose or paranasal sinuses that block nose or sinus
4. Deviated nasal septum means cartilage that divides the nose is not straight is causing nasal blockage
5. Weak immune system
6. A dental infection, cystic fibrosis (a genetic disease that causes a build-up of mucus which is thick, and sticky mainly in the lungs and pancreas), and smoking are some other contributory factors.

Top 5 Homeopathic Remedies:

Some of the leading remedies to treat sinusitis are Belladonna, Kali Bichrome, Hydrastis, Pulsatilla, Lemna Minor.

Faculty Corner

ADHD (Attention Deficit Hyperactivity Disorder)

Attention deficit hyperactivity disorder, ADHD is a neurological disorder and a common psychiatric condition affecting children's ability to function. it is characterized by the difficulty paying attention and hyperactive or impulsive behavior.

*It is more frequent in males than in females with ratio of about 2:1 .
The etiologies of ADHD are by the time of their occurrence:*

- 1.Prenatal: It include developmental cerebral abnormality, toxemia of pregnancy, alcohol and cocaine abuse, tobacco smoke. Exposure to viral infections*
- 2.Perinatal: It include premature birth cerebral haemorrhage, meningitis and encephalitis.*
- 3.Postnatal: It include a history of head injury, meningitis, encephalitis or low blood sugar. Drugs used to treat childhood illnesses, asthma and epilepsy.*

There are 3 sub-type of ADHD:

- 1.Predominantly in attentive*
- 2.Predominantly Hyperactive – impulsive type*
- 3.Combined type*

The child have the following symptoms

Symptoms of inattention:

- Be easily distracted, switches from one activity to another.*
- Faces difficulty in focusing in one thing.*
- Gets bored quickly.*
- Difficulty in focusing and attention on*
- Have trouble completing or turning in homework.*

Faculty Corner

Hyperactivity symptoms:

- *Fidget and squirm in their seats.*
- *Non-stop talking.*
- *Dash around, touching or playing with anything*
- *Impulsivity*
- *Impatience*
- *Blurt out inappropriate comments, show their emotions without restraint*

Diagnosis

A child meets the diagnostic criteria for ADHD by documentation of

- *Presence of at least six of nine behaviors described in inattentive domain (ADHD/I), or the hyperactive or impulsive domain (ADHD/HI), or in both domains (ADHD/C)*

Dr. Amit Belekar

Associate professor

Dept. of Human Anatomy

*Index Homoeopathic College Hospital &
Research Center*



MANAGEMENT

It begin with educating the parents about ADHD and helping them in setting realistic goals of treatment. Treatment involves a combination of behavioral therapy and medications.

Useful behavioral strategies:

- *clear and explicit instructions to the child about desirable and non desirable behavior*
- *punishment strategies like verbal reprimand, nonverbal gestures or 'time out' for undesirable behavior*

Prevention

A healthy diet and regular doctor visits are important avoid smoking

Homoeopathic Management:

- *Tarentula Hispana*
- *Tuberculinum*
- *Chamomilla*
- *Argentum Nitricum*
- *Cina*

Faculty Corner

IRRITABLE BOWEL SYNDROME(IBS) AND ITS HOMOEOPATHIC MANAGEMENT

Introduction: Irritable bowel syndrome (IBS) is one of the most commonly diagnosed gastrointestinal diseases. Irritable bowel syndrome is group of symptom that affect your digestive system. It's a common but uncomfortable gastrointestinal disease, or Condition that affect your intestine.

Etiology/causative factors: The etiology of IBS is broad and not clearly understood. If you have IBS, you may have noticed that certain things trigger symptoms. A trigger doesn't cause the condition itself, but it can cause or worsen a symptom flare-up.

Common triggers include: Food intolerance –Food triggers vary from person to person. Still, common culprits that can trigger an IBS symptom flare-up include dairy, foods that contain gluten (like wheat) and foods/drinks known to make you gassy.

Dr. Dinesh Kumar Goyal

Assistant professor
Dept. of Human Anatomy

Index Homoeopathic College Hospital & Research Center



Clinical features: Abdomen pain with cramps, constipation. Diarrhoea, you will have frequent, loose, watery stools.

Homoeopathic medicine for IBS

i. *Nux vomica*

iii. *Sulphur*

v. *Natrum Carb.*

vii. *Asafoetida*

ii. *Lycopodium,*

iv. *Lilium tigrinum*

vi. *Colocynthis*

viii. *Alumina*

Diet Advice: Avoid from your diet: Spicy food, Dairy Products, Fried Food, Caffeine and Alcohol. Investigation advice : CBC, Stool, USG Abdomen, Endoscopy.

Student's Corner

Homeopathy makes the difference - 1796

The quality of medicine is more important than the quantity. Said master Hahnemann, who discovered this system, based on the universally therapeutic law of nature "Similia Similibus Curantur" means "like cures like".

Homeopathy is the system of cure based on minimum dose and self-healing process. The core principles are "like cures like", "individual treatment", i.e. the aim of physician to tailor treatment to the specific symptoms and characteristics of each patient. Potentisation i.e. Homeopathic remedies are prepared through a process of repeated dilution and shaking.

Homeopathy is widely used as -

Complimentary medicine - for eg. it's used alongside conventional medicine, particularly for managing side effects of cancer treatment, for ec
Calendula used as intercurrent remedy for cancer.

Specific condition - the explored use of homeopathy for conditions like dengue, fever, acute encephalitis syndrome and COVID-19.

Homeopathy in India

Indian Subcontinent is supposed to be like the biggest market of Homeopathy, and the system is most popular here though the system originated in Germany.

Around 10% of India's population - more than 100 million people depend solely on homeopathy for their healthcare. According to the Indian Government, the nation has almost a quarter of a million registered homeopathic doctors - more than any other country in the world, there are total 31025 Homeopathic registered practitioners in the country. Homeopathy came to India as early as 1810, hence, roots of Homeopathy in India are as old as the birth of Homeopathy.

Homeopathy was introduced in India, the early 19th century. It flourished in Bengal at first and then spread all over India. The western state of Maharashtra reported the highest no. of homeopathy doctors with over 75000 in the same year.

The top Homeopathic Company in India -

Adel German Homeopathy

B Jain Pharmaceuticals pvt.

Reckeweg Germany

Powell Laboratories (P) Ltd,

ALLEN

Bharat Homeopathy

SBL Global

Hahnemann Scientific Laboratory (India) Pvt.

ADVION

NewLife

Being a Homeopath has taught every one that despite scepticism of about the plausibility of homeopathy, some random placebo-controlled trials and laboratory research report unexpected effects of homeopathic remedies.

Conclusion

Homeopathy makes the difference as it stands on its own principles for the cure using holistic system of approach.

Niharika Singh

BHMS First Year

Index Homoeopathic College
Hospital & Research Center



Student's Corner

Homoeopathy – A Comprehensive Approach with an Encouraging Future

Homoeopathy is a unique medical system based on the principle of “Similia Similibus Curentur”—let similar things heal similar things. Created by Dr. Samuel Hahnemann in the 18th century, homeopathy uses highly diluted natural substances (potencies), made through repeated dilution and succussion, to activate the body's self-healing ability.

Homeopathic practice is highly personalized, necessitating comprehensive case-taking that includes physical, mental, and emotional symptoms, in addition to modalities—elements that affect symptom severity. Remedies are chosen with traditional methods such as the repertory and materia medica, and they are prescribed through different methods: classical (single remedy), complex (multiple remedies), fixed, isopathy, and phytotherapy.

In India, homeopathy is officially acknowledged by the AYUSH ministry and is essential for public healthcare, especially for chronic and recurring issues. Its low cost and non-invasive characteristics render it available to all socio-economic classes, including those in rural areas.

In spite of persistent discussions about its ultramolecular dilutions, homeopathy has demonstrated sustained expansion. The advancement of homeopathy in India depends on thorough clinical studies, changes in education, and collaboration with contemporary medicine to improve scientific trustworthiness.

With robust government backing and increasing public confidence, homoeopathy is set to flourish as a viable, holistic, and patient-focused healthcare approach.

Satyam Rajpoot

BHMS First Year

Index Homoeopathic College
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