

OCTOBER 2025

VOL. 02

MALWANCHAL **MIRROR**

QUATERLY BULLETIN



Index Homoeopathic College,
Hospital & Research Center

*Leadership has never been about position – it's about progress.
About daring to dream, daring to do, and helping others rise with me.*



**Mr. Mayank Raj Singh
Bhadoria**

Vice-Chairman,
Index Group of Institutions

**TOP
EVENTS OF
OCTOBER
2025**

From the desk of Principal ...

Medical students will be groomed to become health professionals to know the state of the art in Homoeopathic medicine. Our faculty will ignite the minds of young medicos towards perfection. Creating World Class medical Professionals who posses' knowledge, skill, attitude and values are of paramount importance.

We have excellent members of faculty, an energetic administration team and talented staff who are experts at dealing with young students and preparing them for a bright and promising future in the world of medicine. With all these IHCHRC is well geared for achieving marvels in medical education and has the privilege to have healthy and harmonious ambience.

The credit goes to the blessings of Our Elite College Management and the diligence put in by learned teachers.

Our management is always open to new ideas in the medical field and a 'medical culture' is aimed in and outside the campus.

Thank you all.

-Dr. C. L. Yadav

Principal,
Index Homoeopathic College, Hospital
& Research Center



CAMPUS NEWS

Swasth Nari, Sashakt Pariwar

"Swasth Nari, Sashakt Parivar" (Healthy Woman, Empowered Family) is a major Indian health initiative launched in September 2025 by Prime Minister Narendra Modi to improve the health and well-being of women and children across India through comprehensive health screenings, nutritional counseling, and access to quality healthcare services. The campaign utilizes a network of health camps and digital platforms like

the SASHAKT portal to track progress and promote community involvement in creating a healthier, more empowered society. The Index Homoeopathic College, Hospital & Research Centre, Indore also participated in this "Swasth Nari, Sashakt Parivar" and Conducted Woman's health awareness programs like Yoga, Anemia prevention program and Menstrual hygiene etc.



Did You Know?

- A woman's health directly influences her family's well-being – a healthy mother can reduce child mortality by up to 20%.
- Women invest up to 90% of their income back into their families, compared to 30–40% by men.
- A nutritious diet and regular exercise can prevent 70% of lifestyle diseases in women.



17 सितम्बर से 2 अक्टूबर 2025

#SwasthNariSashaktParivar

CAMPUS NEWS

FIT INDIA CAMPAIGN 2025

The Fit India Movement is a nationwide Indian government campaign launched on August 29, 2019, to promote physical activity and make fitness a part of daily life for all citizens. The movement encourages a shift from sedentary lifestyles to more active ones, with goals including promoting easy and fun fitness, increasing awareness through campaigns and initiatives, supporting

indigenous sports, integrating fitness into schools and communities, and providing platforms for sharing personal fitness stories.

The Index Homoeopathic College, Hospital & Research Centre, Indore also Participated in this "Fit India Campaign" in which different Sports activities conducted like kho-kho, Cricket, Kabaddi, Sitoliya etc. from 29th to 31st 2025.



Did You Know?

- The Fit India Movement was launched by Prime Minister Narendra Modi on 29th August 2019, National Sports Day.
- The goal of Fit India is to make physical fitness a way of life for every Indian citizen.
- Even 30 minutes of daily physical activity can reduce the risk of heart disease, diabetes, and obesity.
- Consistent physical activity can increase lifespan by up to 7 years.



Faculty Corner

ECZEMA AND HOMOEOPATHIC TREATMENT

Eczema is a common, chronic, non-infectious skin condition and is the most common form of dermatitis. It is also known as atopic dermatitis and is an inflammatory skin disease.

DR. GANESH VISHWAKARMA

ASSOCIATE PROFESSOR

DEPARTMENT ORGANON OF MEDICINE

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- Causes:-
 - The corneal layer doesn't provide enough protection because it is damaged by the inflammatory response occurring in the skin.
 - Another possible cause is a mutated gene. Environmental factors or other substances that are not allergens may also irritate the skin.
- Symptoms:-
 - Red and itchy skin.
 - Sometimes presents with blisters that easily break and weep (discharge liquid). The skin may become dry, cracked and thicken.
 - Its structure may also change, making it rougher.
- Homoeopathic Medicines:-
 - Top five Remedies for Eczema is Graphites, Merc. Sol., Natrum Mur., Petroleum & Sulphur.

Faculty Corner

MIGRAINE AND HOMOEOPATHIC TREATMENT

Migraines are a debilitating neurological condition characterized by intense headaches, often accompanied by symptoms like nausea, sensitivity to light and sound, and visual disturbances. Homeopathy offers a holistic approach to managing migraines, focusing on individualized treatment and addressing underlying causes.

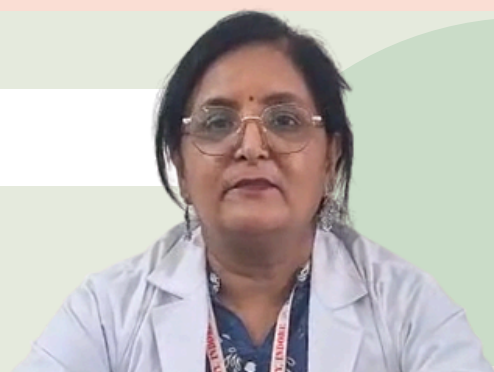
- *Understanding Migraines*

- *Types: Classic migraines (with aura) and common migraines (without aura).*
- *Causes: Hormonal changes, stress, certain foods, environmental triggers, and genetics.*
- *Symptoms: Throbbing pain, usually on one side of the head, nausea, vomiting, and sensitivity to light and sound.*

Dr. Jyoti Sharma

HOD & PROFESSOR
DEPT. HUMAN ANATOMY

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- *Homeopathic Treatment*

- *Belladonna: Sudden, intense, throbbing headaches with sensitivity to light and noise.*
- *Bryonia: Migraines worsened by movement, with a feeling of pressure or heaviness in the head.*
- *Sanguinaria: Right-sided migraines worsened by sunlight, improved by resting in a dark room.*
- *Nux Vomica: Migraines triggered by stress, overindulgence, or digestive issues.*

Faculty Corner

“Dynamic Equilibrium: The Role of Homoeopathy in Endocrine System Disorders”

The endocrine system plays a vital role in maintaining the body's internal harmony by secreting hormones that control metabolism, growth, reproduction, and emotional balance.

Disorders of the endocrine glands, such as diabetes, hypothyroidism, hyperthyroidism, and adrenal dysfunction, disturb this equilibrium, leading to various physical and mental health issues.

Modern lifestyles, stress, and poor nutrition further aggravate these conditions.

Dr. Niranjan Joshi

Assistant Professor

Dept. of Homoeopathic Pharmacy

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Restoring balance requires an approach that not only corrects hormonal levels but also revitalizes the body's innate healing power.

Homoeopathic Management :

Homoeopathy aims to re-establish dynamic equilibrium through individualized remedies chosen according to totality of symptoms.

Remedies like Thyroidinum (for thyroid imbalance), Calcarea carbonica (for sluggish metabolism), Lycopodium clavatum (for liver and digestive-related hormonal issues), and Sepia officinalis (for female hormonal disorders) are frequently prescribed. These remedies stimulate glandular activity, regulate hormonal secretions, and promote natural healing without side effects, offering a gentle, holistic management of endocrine disorders.

Student's Corner

Homoeopathy: Myths, Facts, and the Future

Homoeopathy, founded by Dr. Samuel Hahnemann in the 18th century, is one of the most popular systems of alternative medicine worldwide. Built on the principle of “like cures like”, it uses highly diluted remedies to stimulate the body’s natural healing power. Despite its wide use, homoeopathy is often surrounded by myths.

One common myth is that it works only as a placebo or takes months to show results. In fact, homoeopathy can act quickly in acute conditions like fever or flu. Another misconception is that it causes side effects; in reality, remedies are safe and non-toxic when prescribed properly.

The facts show that homoeopathy is practiced in more than 80 countries and recognized by the World Health Organization as a popular complementary therapy. Its holistic approach focuses on treating the individual as a whole—mind and body together—rather than just the disease. Research into nanoscience and molecular medicine is also providing new insights into how these medicines might work.

Looking ahead, homoeopathy has potential in integrative healthcare, preventive medicine, and personalized treatment. While scientific validation is still evolving, its gentle and cost-effective nature makes it a valuable healthcare option for the future.

KANHA PATIDAR

BHMS First Year

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Student's Corner

Homoeopathy: A Gentle Science of Healing

Homoeopathy is a refined and holistic system of medicine that emphasizes treating the individual as a whole rather than merely addressing isolated symptoms. Established by Dr. Samuel Hahnemann, its foundation lies in the law of similars— "Similia Similibus Curentur"—meaning "like cures like." This principle signifies that a substance capable of producing certain symptoms in a healthy person can, when administered in minute doses, cure similar symptoms in a diseased state.

Unlike conventional therapies that often suppress symptoms, homoeopathy seeks to stimulate the body's inherent self-healing mechanism. Remedies are derived from natural sources—plants, minerals, and animals—and prepared through a process of potentization, ensuring efficacy with safety. Due to their minimal dosage, homoeopathic medicines are free from toxic side effects, making them suitable for individuals of all ages.

For students of medicine, homoeopathy holds a unique significance. It broadens their perspective beyond the physical dimension of disease, encompassing mental, emotional, and environmental factors. This individualized approach develops keen observation and sensitivity toward patient care. In an era marked by lifestyle disorders and psychosomatic illnesses, the relevance of homoeopathy is ever increasing. It represents not only a scientific method of treatment but also a compassionate art of healing rooted in harmony and balance.

Khushboo Rana

BHMS First Year

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