



# MALWANCHAL MIRROR

QUATERLY BULLETIN



*Index*

Homoeopathic College,  
Hospital and Research Centre

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



**Mrs. Gauri Singh  
Bhadoria**

Chancellor,  
Malwanchal University

## FROM THE DESK OF DIRECTOR ...

### **Dr. Ritesh Vishwakarma**

Director, Index Homoeopathic College  
Hospital and Research Centre



It gives me immense pleasure to welcome you to Index Homoeopathic college Hospital & R. C. Indore, a center of excellence that strives to shape the future of medical education, healthcare, and research. Established under the divine guidance of Hon'ble Chairman Shri Suresh Singh Bhadoriya Sir.

IHCHRC is built upon the principles of selfless service, compassion, and holistic development. Our vision is to create a nurturing environment where students not only gain world-class medical education but also imbibe the values of integrity, empathy, and dedication that are at the core of the medical profession.

The National Commission for Homoeopathy (NCH) has granted approval to IHCHRC to offer the BHMS program, and we are proud to welcome 100 students to our institution starting from the academic year 2024-25.



## FROM THE DESK OF PRINCIPAL...

### **Dr. C. L. Yadav**

Principal, Index Homoeopathic College,  
Hospital and Research Centre

It is with great pride and enthusiasm that I extend a warm welcome to all the students, faculty, and staff of Index Homoeopathic college Hospital & Research Centre, Indore. As we embark on this exciting journey, I would like to share our commitment to providing an exceptional educational experience in the field of medicine, grounded in the noble principles of service, compassion, and excellence.

Index Homoeopathic college Hospital & R. C. Indore Institute is not just an academic institution; it is a place where aspiring doctors are nurtured to become compassionate healthcare professionals, equipped with the knowledge and skills required to meet the healthcare challenges of today and tomorrow.

IHCHRC is a reflection of their vision for a brighter future—one that combines academic excellence with a deep sense of responsibility towards society.

# CAMPUS NEWS

## GOLDEN JUBILEE CELEBRATIONS OF HMAI

Golden Jubilee Celebrations of The Homoeopathic Medical Association of India (HMAI), 23rd All India Homoeopathic Congress and Homoeo Expo 2025 was organised at Biswa Bangla Convention Centre in Kolkata for 3days on 26th to 28th December 2025, hosted by the HMAI West Bengal State branch.

Mrs. Chandrima Bhattacharya Hon'ble Minister of Health and Family Welfare Govt. of West Bengal was the Chief Guest. Dr. C L Yadav principal index Homoeopathic College Indore & President -The Homoeopathic Medical Association of India Branch Indore Madhya Pradesh also attended the this Golden Jubilee Celebrations of The Homoeopathic Medical Association of India (HMAI). He also shows his view in front of all the delegates.



## "Vande Mataram" 150th Anniversary

The year 2025 marks the 150th anniversary of the creation of the "Vande Mataram" song, a powerful national symbol and battle cry during India's freedom struggle. The government of India is leading year-long national commemorations that began in November 2025.

The 150th anniversary of "Vande Mataram" was celebrated at Rajwada, Indore with presence of Hon'ble State minister shri Kailash Vijayavargiya ji and participated by Principal, faculties and students of Index Homoeopathic College, Hospital and Research Centre, Indore dated 07/11/2025.



## CAMPUS NEWS

### NASHA MUKTI ABHIYAAN

Drug addiction is a significant and growing concern across India, posing serious challenges to individuals, families, and society at large. It particularly affects the younger generation, leading to severe consequences, including rising crime rates, strained interpersonal relationships, limited economic prospects, and a broader detrimental impact on societal well-being. Substance use disorders constitute a major public health issue, intertwined with psychological distress, prejudice, stigmatisation, and community instability. Additionally, factors such as genetic susceptibility, mental health conditions, and dysfunctional family environments, including child abuse or neglect, significantly increase the vulnerability of individuals to substance abuse.

On this occasion of Nasha Mukti Bharat Abhiyaan, a pledge for Nasha Mukti is taken by Principal, all faculty members and students of Index Homoeopathic College, Hospital and Research Centre, Indore dated 31/10/2025.



### Swasth Nari Sashakt Parivar Abhiyan

Women and adolescent girls are central to the strength and progress of society. Under the Swasth Nari Sashakt Bharat and Swasth Nari Sashakt Parivar Abhiyan, the Government of India aims to enhance the health, nutrition, and empowerment of women and adolescent girls through preventive and holistic healthcare initiatives.

As part of this initiative, activities were conducted at Mount Index School, Indore, and Index Homoeopathic College, Hospital and Research Centre. The program focused on menstrual hygiene and adolescent health awareness, holistic nutrition, promotion of AYUSH-based dietary and lifestyle practices, yoga for physical and mental well-being, and yoga interventions for obesity management.

The objectives were to create awareness about menstrual and reproductive health, promote balanced nutrition, encourage regular yoga practices for fitness and stress reduction, support preventive healthcare through AYUSH principles, and address overweight and obesity through structured yoga sessions.

This initiative reflects a committed effort toward empowering young girls with knowledge, confidence, and healthy lifestyle practices.

## FACULTY CORNER

### ROLE OF HOMOEOPATHY IN ENHANCING IMMUNITY



**Dr. C.L. Yadav**

Principal,  
Index Homoeopathic College,  
Hospital and Research Centre

Immunity is the body's natural ability to defend against infections, toxins, and external threats. In today's stressful lifestyle, weakened immunity is one of the major reasons for chronic and recurrent diseases. Homoeopathy, a holistic and individualized system of medicine, aims not only to cure illness but to strengthen the vital force—the body's dynamic energy that maintains health. This article explores how homoeopathy enhances immunity, the concept of vital force, preventive applications, and the important medicines proven to improve resistance and vitality.

#### Types of Immunity

- **Innate Immunity (Natural Immunity):**

- Present from birth.
- Non-specific defense mechanism.
- Provides the first line of defense.
- Components include:
  - Physical barriers: skin, mucous membranes
  - Chemical barriers: stomach acid, enzymes in tears and saliva
  - Cellular defenses: phagocytes (neutrophils, macrophages), natural killer (NK) cells Inflammatory response

- **Acquired Immunity (Adaptive Immunity):**

- Develops after exposure to a specific pathogen or via vaccination.
- Specific and has memory — faster and stronger response upon re-exposure.

#### Homoeopathic Medicines that Enhance Immunity

Arsenicum Album, Calcarea Carbonica, Sulphur, Silicea, Gelsemium Sempervirens, Echinacea Angustifolia, Tuberculinum and Bacillinum (Nosodes).



## FACULTY CORNER

### Psoriasis and Homeopathy



#### Dr. Omprakash Patidar

Assistant Professor  
Dept. of Human Anatomy,  
Index Homoeopathic College,  
Hospital and Research Centre

#### Introduction

Psoriasis is a chronic, non-contagious skin disease marked by red, thickened patches covered with silvery white scales. It commonly affects the scalp, elbows, knees, palms, soles, and lower back. The disease follows a relapsing course and often causes physical discomfort along with emotional stress. Homeopathy offers a holistic approach by treating the patient from within.

#### Causes

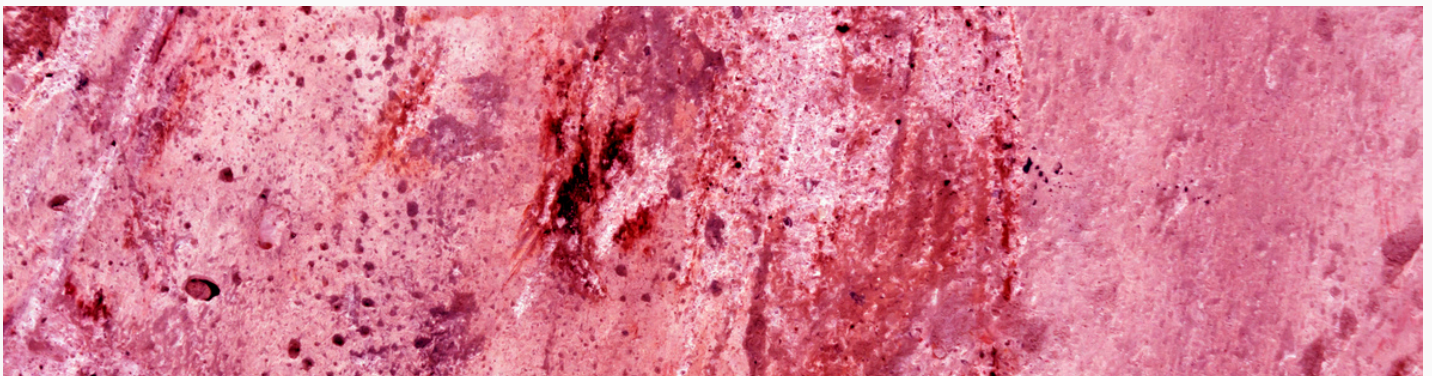
The exact cause of psoriasis is not clearly known. It is considered an autoimmune disorder in which rapid multiplication of skin cells occurs. Genetic predisposition, stress, infections, hormonal imbalance, skin injury, unhealthy lifestyle, smoking, alcohol, and prolonged use of topical steroid ointments can trigger or aggravate the condition.

#### Symptoms

The main symptoms include well-defined red plaques with dry, silvery scales, intense itching, burning sensation, dryness, cracks with bleeding, and thickened or pitted nails. In some cases, joint pain may be present, known as psoriatic arthritis. Symptoms often worsen during winter and periods of mental stress.

#### Homeopathic Treatment

Homeopathy aims to treat the root cause rather than suppressing skin eruptions. At the Index Homoeopathic College OPD, treatment is based on detailed case taking and individualised constitutional remedies such as Sulphur, Graphites, Arsenicum album, Sepia, and Natrum muriaticum.



## FACULTY CORNER

### Homoeopathy and Cancer



**Dr. Sandeep  
Vishwakarma**

Professor,  
Dept. of Hom. Materia Medica,  
Index Homoeopathic College,  
Hospital & Research Center Indore.

In 2022, Globally, there were an estimated 20 million new cancer cases and 9.7 million cancer related deaths. The cancer burden is expected to increase, reaching 29.8 million DALYs (Disability - Adjusted Life Years) by 2025.

#### Understanding Homoeopathy

Homoeopathy is a traditional method based on principal; "Similia Similibus Curentur" which means like cures like.

#### Homoeopathic treatment

Homoeopathic remedies are highly dynamic, diluted and tailored to the individual's specific symptoms. This individualized approach aims to trigger the body's healing response without causing harm.

#### Enhanced treatment outcomes

Homoeopathy's personalized approach considers not just the physical aspects of the disease but also the emotional and mental state of the patient. This comprehensive approach can contribute to improved overall well being and potentially better treatment outcomes.

#### Homoeopathic Medicines;

Abrotanum, Apocynum, Ars-Alb, Acidum Muriticum, Acidum Nitricum, Asterius Rub., Bartya Carb, Carcinocinum, Condurango, Epihysterinum, Phosphorus, Scrophularia Nodosa, Scirrhinum etc.

#### Conclusion

In the realm of cancer treatment, the quest for effective Cancer treatment without side effects has lead to innovative approach with Homoeopathy.



## STUDENT CORNER

### “HOMOEOPATHY” AS A SYSTEM OF MEDICINE



**Arman Pathan**

Students of BHMS  
Index Homoeopathic College  
Hospital and Research Centre

Homoeopathy is a system of alternative medicine founded by Dr. Samuel Hahnemann in the late 18th century. It is based on the principle “Similia Similibus Curentur”, meaning like cures like. According to this principle, a substance that produces symptoms in a healthy person can cure similar symptoms in a diseased person when given in a highly diluted and potentized form.

Homoeopathic medicines are prepared from plants, minerals, and animal sources through a special process of potentization, which involves serial dilution and succussion. This process is believed to enhance the medicinal properties of the substance while minimizing toxicity. Homoeopathy treats the individual as a whole, focusing not only on physical symptoms but also on mental and emotional aspects.

One of the main features of homoeopathy is individualization of treatment, where the same disease may be treated with different medicines in different persons depending on their constitution and symptom picture. Homoeopathic remedies are generally safe, gentle, non-addictive, and suitable for people of all ages, including children and the elderly.

It is used in the management of acute and chronic diseases and aims to stimulate the body’s natural healing power to restore health.

### EDUCATION - IMPORTANCE OF EDUCATION

Education plays a vital role in shaping society and bringing positive social change. It is not limited to acquiring degrees or securing jobs, but it helps individuals develop awareness, values, and responsibility toward society. Through education, people learn to think critically, differentiate between right and wrong, and challenge social evils such as poverty, discrimination, illiteracy, and gender inequality.

An educated person is more aware of social issues and is capable of contributing meaningfully to society. Education empowers individuals by providing knowledge, confidence, and skills needed to uplift not only themselves but also their communities. It promotes equality by giving everyone an opportunity to grow, irrespective of their background.

Education also plays an important role in spreading awareness about health, hygiene, environmental protection, and human rights. When people are educated, they become responsible citizens who respect laws, values, and social harmony. In today’s rapidly changing world, education acts as the strongest tool for social reform. A society that invests in education builds a foundation for progress, peace, and sustainable development. Therefore, education is truly the most powerful instrument for bringing positive social change.



**DIVYA SAWAI**

Students of BHMS  
Index Homoeopathic College  
Hospital and Research Centre

## STUDENT CORNER

### HOMOEOPATHY: A RAY OF HOPE FOR CHRONIC SUFFERERS



**Shahina Khan**

Students of BHMS  
Index Homoeopathic College  
Hospital and Research Centre

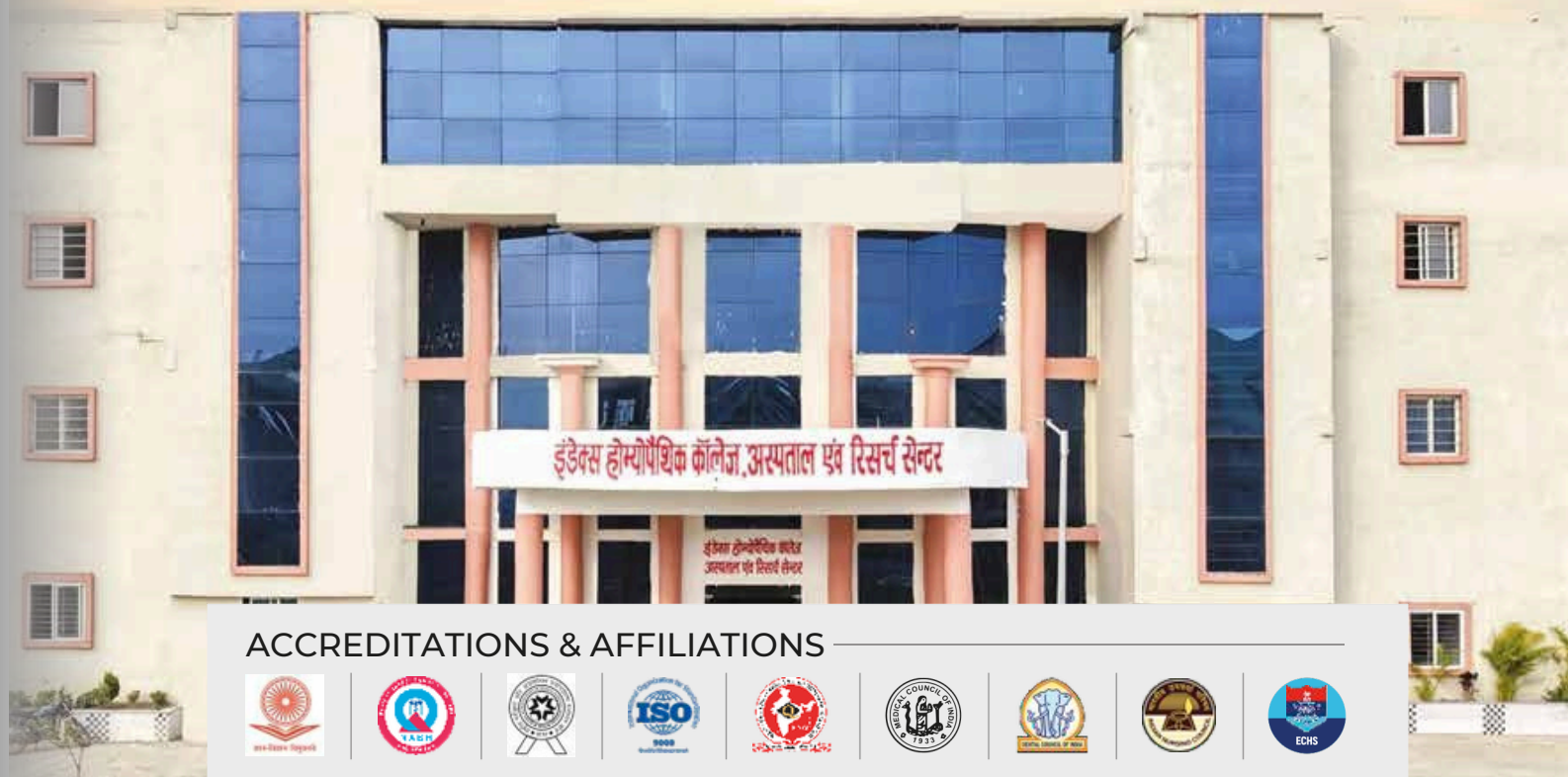
Chronic diseases such as asthma, skin disorders, arthritis, migraines, allergies, and anxiety affect millions of people worldwide. These conditions do not only disturb the body but also impact the mind and daily life. Many patients live for years with pain and discomfort, depending on temporary relief. In such situations, Homoeopathy stands as a true ray of hope.

Homoeopathy does not focus only on symptoms; it treats the individual as a whole. Every patient is unique, and so is their treatment. By understanding physical complaints along with emotional and mental states, homoeopathy works on the root cause of disease. This holistic approach makes it highly effective in managing chronic illnesses where long-term healing is required.

One of the greatest strengths of homoeopathy is its gentle and safe nature. The medicines are natural, non-toxic, and free from harmful side effects, making them suitable for all age groups—from children to the elderly. With regular and proper treatment, many chronic sufferers experience not just relief, but true recovery and improved quality of life.

As a BHMS student, I feel proud to be part of this healing science. Homoeopathy gives patients hope, comfort, and a chance to live healthier, happier lives.





### ACCREDITATIONS & AFFILIATIONS



### EDITORIAL CORNER



Every page of Malwanchal Mirror captures growth, innovation, and the heart of our institution.

**Mr. Sankalp Ojha**  
Editor

Malwanchal Mirror's design celebrates learning, achievement, and the vibrancy of campus life.

**Mr. Pranav Sharma**  
Creative Designer



### GROUP INSTITUTIONS



Campus: Index City, NH-59A, Nemawar Road, Indore - 452016 (M.P.)

☎ 0731-4013774, 4013370 ✉ registrar@malwanchaluniversity.in

www.malwanchaluniversity.in