

MALWANACHAL MIRROR

QUATERLY BULLETIN



Index

Homoeopathic College,
Hospital and Research Centre



Mr. Mayankraj Singh Bhadoria
Vice-Chairman,
Mayank Welfare Foundation

Shri Suresh Singh Bhadoria
Chairman,
Mayank Welfare Foundation

Mrs. Gauri Singh Bhadoria
Chancellor,
Malwanchal University

LEADERSHIP. VISION. IMPACT.

FROM THE DESK OF DIRECTOR ...

Dr. Ritesh Vishwakarma

Director, Index Homoeopathic College
Hospital and Research Centre



Welcome to Index Homeopathic College, Hospital and Research Center.

Index Homeopathic College, Hospital and Research Center is located in a serene campus at Khudel Village Nemawar Road Indore (M.P.)

"Our communities need us more than ever and our medical professionals have answered the call to serve with great courage, ingenuity, and determination". Our teaching faculty show composure, diligence, equanimity, passion, and compassion to extend their knowledge to the students. "Medicine is an art as well as a science practiced by doctors and researchers here. At Index we have the latest technology and training and inculcate humanity, caring, and concern as a part of the training."

With the redefining curriculum by the National Commission for Homoeopathy (NCH), we have successfully managed to initiate and carry out several vital changes in the area of teaching standards by supporting them to contemporary demands. Here at Index Homeopathic College Hospital and Research Center we are educating doctors and physician associates of the future, clinicians who will go on to make a real difference in the communities they serve for generation to come.



FROM THE DESK OF PRINCIPAL...

Dr. C. L. Yadav

Principal, Index Homoeopathic College,
Hospital and Research Centre

The vision behind establishing the Index Homoeopathic College Hospital & Research Centre, Indore is to give best medical education to the students as well as to provide best quality tertiary level treatment to the people residing in the land of Ahilya Devi. Our intent is to assimilate the exuberance, wisdom and flamboyance of young with modesty, etiquette, and allegiance through best education. The focus of the college is to create such a healthy working atmosphere for all the faculty members and support staff so that individually they blossom and ultimately medical college flourishes.

Our mission is to imbibe in every student to be the role model for others filled with confidence, decency, decorum, discipline enabling India to be a dominant G1 country especially in medical education and patient care.

CAMPUS NEWS

BASANT PANCHAMI CELEBRATION

Basant Panchami was celebrated with great enthusiasm and devotion at Index Homoeopathic College Hospital & Research Centre. The event began with the worship of Goddess Saraswati, seeking blessings for knowledge, wisdom, and success. Students, faculty members, and staff actively participated in the celebration. The college campus was beautifully decorated with yellow flowers, symbolizing prosperity and learning. Cultural programs, including devotional songs, speeches, and performances, added joy to the occasion. The celebration promoted the values of education, creativity, and cultural heritage, inspiring students to pursue academic excellence and personal growth with dedication and confidence.



CELEBRATION OF REPUBLIC DAY

The 76th Republic Day was celebrated with great enthusiasm at Index Homeopathic College, Hospital and Research Centre on 26 January. The program began with the hoisting of the national flag, followed by the singing of the National Anthem. Faculty members, students, and staff participated actively in the celebration. Various cultural performances, patriotic songs, and speeches highlighting the significance of the Constitution and national unity were presented. The Principal addressed the gathering and encouraged students to contribute positively to society and the nation. The event concluded with a vote of thanks and the distribution of refreshments among all attendees.

WORLD HOMOEOPATHY DAY

World Homoeopathy Day was celebrated with great enthusiasm at Index Homoeopathic College Hospital and Research Center to honor the contributions of Dr. Samuel Hahnemann, the founder of homoeopathy. The event brought together students, faculty members, and healthcare professionals to promote awareness about the principles and benefits of homoeopathic medicine. Various academic activities, including seminars, lectures, and discussions, were organized to enhance knowledge and understanding of homoeopathy. Participants reflected on the role of homoeopathy in modern healthcare and its contribution to patient well-being. The celebration inspired students to uphold the values of compassionate care, scientific learning, and professional excellence in homoeopathic practice.



CAMPUS NEWS

EDUCATIONAL INDUSTRIAL VISIT

The Educational Industrial Visit organized by Index Homoeopathic College, Hospital & Research Center, Indore , from 05–08 April 2026 , provided valuable practical exposure to 84 BHMS 1st Prof. (A.Y. 2024-25) students and 5 faculty members . The visit included academic and industrial tours to Willmar Schwabe India (WSI) and the Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H), where students learned about homoeopathic drug manufacturing, quality control, standardization, research methodologies, and advanced laboratory techniques. Students also visited important historical sites in Delhi. The program successfully bridged theoretical knowledge with practical experience, enhancing professional skills, confidence, and career awareness.



FACULTY CORNER

EVALUATING THE EFFICACY OF HOMEOPATHY IN AESTHETIC DERMATOLOGY: A MODERN PERSPECTIVE ON TRADITIONAL HEALING.



Dr. Riya Jain

Associate Professor in Surgery,
Index Homoeopathic College,
Hospital and Research Centre

The integration of alternative medicine into dermatological practice has seen growing interest, particularly in the field of aesthetic dermatology, where patients often seek gentle, holistic, and non-invasive treatment options. Among these alternatives, homeopathy—a centuries-old system of medicine based on the principle of “like cures like” and the use of highly diluted substances—has gained attention for its claimed benefits in improving skin appearance and overall wellness. This article evaluates the efficacy and relevance of homeopathy in the context of aesthetic dermatology, focusing on conditions such as acne, hyperpigmentation, melasma, skin aging, and scarring.

This aesthetic treatment can fasten the recovery. As in this treatment we can use superficial machine which can penetrate the product inside the skin. In homeopathy we use external application, So, why we can't use this new era of homeopathy.

If we adhere to the fundamentals of homeopathy then it is the best system. We can say this could be the revolution in the field of homeopathy. While homeopathy is more of a holistic and natural approach, aesthetic machines and devices are used for non-invasive and invasive treatments to improve the appearance of the skin, body, and face. These devices often focus on rejuvenation, tightening, and skin texture improvement. Homeopathy can also be useful in such new immerging field of aesthetic with non-invasive way, with proper indicated medicines.



FACULTY CORNER

How Homeopathic Miasm Correlate with Pathology



Dr. Shefali Khandelwal

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Hospital and Research Centre

Miasmatic analysis helps select the remedy and understand disease progression. Example: Eczema that itches without discharge = Psora. If it starts forming thick crusts/warts = Sycosis. If it ulcerates = Syphilitic.

Miasm theory is specific to classical homeopathy. Modern medicine explained by genetics, pathogens, environment, and immune factors.

Pneumonia and Miasmatic Correlation in Homeopathy

Pneumonia isn't caused by just one miasm. The miasmatic background depends on the pattern of the pneumonia, its stage, tendency to recur, and the person's constitution.

1. Tubercular Miasm

Pathology : Rapid onset, hemorrhage, destruction of lung tissue, emaciation, night sweats, restlessness. The tubercular miasm has traits of both Psora and Syphilis: weakness + destruction

Patient picture: Recurrent chest infections since childhood, family history of TB/asthma, desire for change/travel, sensitive to cold

Remedies indicated: Tuberculinum, Phosphorus, Calcarea phos, Drosera

2. Psoric Miasm

Why: Early stage, functional disturbance before consolidation

Pathology: Dry stage of pneumonia, initial inflammation, dry cough, fever without much tissue change yet. Poor vital reaction

Patient: Chilly, anxious, skin eruptions in history, allergic tendency

Remedies indicated: Aconite, Bryonia, Ferrum phos_ in first stage

3. Sycotic Miasm

Why: When pneumonia leads to complications with exudation and overgrowth

Pathology: Excessive pleural effusion, empyema, fibrotic changes post-pneumonia, thick mucus, asthma as sequelae. Tendency to infiltrations

Patient: History of suppressed gonorrhoea, warts, rheumatism, worse in damp weather

Remedies indicated: Natrum sulph, Thuja, Medorrhinum

4. Syphilitic Miasm: Destructive forms of pneumonia

Pathology: Lung abscess, gangrene of lung, necrosis, ulceration, perforation. Hemorrhagic pneumonia. Very low vitality

Patient: Offensive discharges, destruction, night aggravation, history of destructive pathologies

Remedies indicated: _Mercurius, Kali iod, Hepar sulph, Syphilinum

FACULTY CORNER

Evidence – Based Practice in Homoeopathy: Bridging Tradition and Research



Dr. Shubhangi Tiwari

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Department of Organon of Medicine,
Index Homoeopathic College,
Hospital & Research Center Indore.

Abstract:

Evidence based Medicine is emerging as the pivotal point of the modern healthcare, integrating the best research evidence and clinical expertise with traditional literature. Homoeopathy as a system of medicine also is witnessing growing interest in evidence- based approaches. This article explores the Evidence based practices in Homoeopathy, its significance, current research landscape, challenges, and future directions.

Introduction:

Homoeopathy founded by Dr Hahnemann is based on the principle of “Similia Similibus Curenter” and practical implications of it are based on the principles of Organon Of Medicine. The concept of evidence based practice in Homoeopathy emphasizes that treatment should not only rely on traditional beliefs or personal experience but should be supported by reliable research and systemic evaluation.

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STUDENT CORNER

THE SOCIAL FABRIC OF HOLISTIC HEALING



Suraj Kumar Nagar

Students of BHMS
Index Homoeopathic College
Hospital and Research Centre

Starting out in a medical college can feel like entering a whole different world. For most of us just beginning this journey, medicine seems pretty straightforward: you focus on the biological glitch, find the right remedy, and clear the illness. But when you look closer, health isn't just about what is happening inside a laboratory or under a microscope. It is completely tied to the world outside.

This is where Homoeopathy naturally connects with the social side of medicine. A person's daily stress, their financial worries, and their living environment affect their health just as much as any physical trigger. You can't truly understand an illness without understanding the community and the conditions a person lives in.

As first-year students, we are learning that healing means looking at the bigger picture. Homoeopathy teaches us to listen to the whole human story, blending clinical observation with genuine social empathy. It's an exciting shift from just studying textbooks to understanding how deeply our health is shaped by the society around us.

IMPORTANCE OF GENDER EQUALITY IN THE MEDICAL FIELD

The medical field is built on the values of care, compassion, and service. Therefore, gender equality is essential to ensure that every healthcare professional receives equal opportunities and respect. Today, women form nearly 50% of medical students in many countries, including India, showing remarkable progress in medical education. However, their representation in senior leadership positions remains much lower. Despite their growing presence, women in medicine continue to face several challenges. Many experience gender bias, unequal pay, limited opportunities for promotion, and difficulties balancing professional responsibilities with family commitments. Some women also encounter workplace harassment and stereotypes that question their abilities in demanding specialties such as surgery and emergency medicine. Promoting gender equality helps create a healthier and more productive work environment. When women and men are given equal opportunities, healthcare institutions benefit from diverse perspectives, better teamwork, and improved decision-making. Patients also benefit from a medical workforce that reflects the diversity of society. Gender equality is not merely a women's issue; it is a healthcare issue. By removing barriers and ensuring fairness, we can build a medical system where talent, dedication, and competence—not gender—determine success.



Aarif Khan

Students of BHMS
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STUDENT CORNER

MENTAL HEALTH AWARENESS AMONG STUDENTS AND RISING STRESS IN THE MEDICAL FIELD



Mahak Jaat

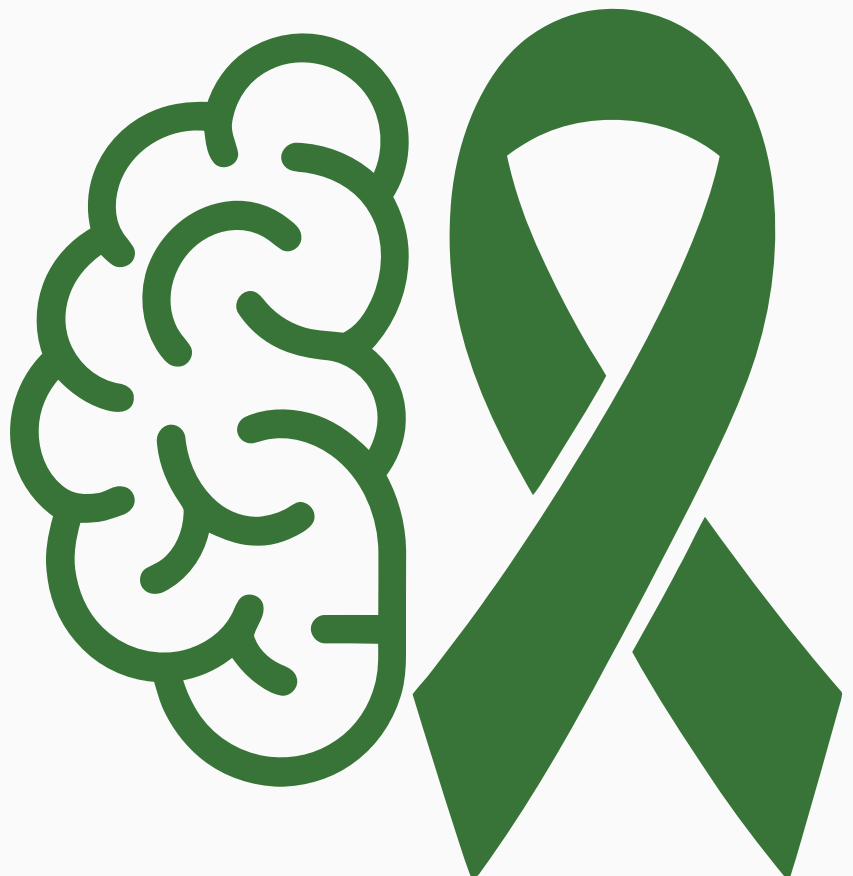
Students of BHMS
Index Homoeopathic College
Hospital and Research Centre

Mental health is an essential part of overall well-being, yet it is often overlooked, especially among students. Academic pressure, competition, social expectations, and uncertainty about the future can lead to stress, anxiety, and burnout. Raising awareness about mental health is important to help students recognize their struggles and seek support without fear of judgment.

The issue is particularly significant in the medical field. Medical students and healthcare professionals often face long study hours, demanding schedules, frequent examinations, and the emotional burden of caring for patients. Studies have shown that medical students experience higher levels of stress, anxiety, and depression compared to many other student groups. The constant pressure to perform well can negatively affect both mental and physical health.

Mental health awareness encourages open conversations, reduces stigma, and promotes healthy coping strategies such as exercise, proper sleep, mindfulness, and seeking professional help when needed. Educational institutions should provide counseling services and create supportive environments for students.

By prioritizing mental health, we can help students and future healthcare professionals lead healthier, more balanced lives and perform their responsibilities more effectively.





AFFILIATIONS & ACCREDITATIONS



EDITORIAL CORNER



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

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Editor

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

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