

WORLD HOMOEOPATHY DAY

Central Council for Research in Homoeopathy under Ministry of AYUSH is organising a scientific convention on the occasion of the World Homoeopathy Day on April 10, 2023 at New Delhi. Vice President Jagdeep Dhanukhar will inaugurate the scientific convention and Minister of Ayush and Ports, Shipping & Waterways Sarbananda Sonowal will grace the occasion. MoS for Ayush and WCD Dr Munjpara Mahendrabhai, Member of Parliament Dr Manoj Rajoria and Secretary Ayush Vaidya Rajesh Kotecha will also present. World Homoeopathy Day is observed to commemorate the birth anniversary of the founder of Homoeopathy, Dr Christian Fredrich Samuel Hahnemann to mark his 268th birth anniversary. The theme of the scientific convention is 'Homoeoparivar- Sarvajan Swasthya, One Health, One Family'. The delegates of the convention would include homoeopathic researchers, scientists from interdisciplinary streams, practitioners, students, industrialists as well as representatives of various homoeopathic associations. The MoUs will be exchanged between CCRH & various homoeopathic colleges and also between CCRH & Directorate of Homoeopathy, Government of Kerala. On this occasion, one documentary, one portal and 8 books of CCRH will also be released. During the convention, various sessions on policy aspects, advancement in Homoeopathy, research evidences and clinical experiences in Homoeopathy will be conducted. The eminent speakers such including Ajit M Sharan, Former Secretary, Ministry of Ayush; Rahul Sharma, IAS, Joint Secretary, Ministry of Ayush, Dr Sangveta A Duggal, Advisor (Homoeopathy), Ministry of Ayush, Dr Raj K Manchanda, Director (Ayush), Delhi & Former DG, CCRH, Dr Anil Khurana, Chairman, NCH & Former DG, CCRH, Dr Subhash Kaushik, DG, CCRH, Dr Shailendra Saxena, Vice Dean, Professor & Head, Centre for Advanced Research, King George's Medical University, Lucknow, Dr Subhas Singh, Director, National Institute of Homoeopathy, Kolkata, etc. will deliver their lectures during the event. This flag-off event at Vignan Bhawan will be followed by the zonal World Homoeopathy Day events in five locations in India. This scientific convention will give insights into a future roadmap to Homoeopathic integration in research, education and integrative care through deliberations of various key stakeholders.

India and Bhutan: Evidence of age-old friendship

■ PRIYANKA SAURABH

India as a friendly and helpful neighbor has been responsive to the needs of Bhutan. Bhutan plays a very important role in India's foreign policy and is strategically important to India. Relations between India and Bhutan are based on the pillars of trust, goodwill, and mutual understanding. The two neighbors share close civilizational, cultural, and economic ties that go back centuries. India regards Bhutan as Gyagar or Holy Land because Buddhism originated in India, which is the religion practiced by the majority of Bhutanese. Both countries are proud of our relationship which is based on trust, shared cultural values, mutual respect, and partnership in sustainable development. Relations between India and Bhutan are based on the pillars of trust, goodwill, and mutual understanding. The two neighbors share close civilizational, cultural, and economic ties that go back centuries. The basic framework of India-Bhutan relations is the Treaty of Friendship and Cooperation signed between the two countries in 1949, which was renewed in 2007. India and Bhutan have multi-sectoral cooperation; India is Bhutan's largest trading partner in trade and economic relations and remains a major source of investment in Bhutan. In 2021, India formalized the opening of seven new trade routes for Bhutan's bilateral and transit trade with India. New market access was also granted to allow the formal export of 12 agri-products from Bhutan to India. In recent times digital cooperation and collaboration have taken place in new areas beyond the traditional scope of cooperation. For example the setting up of digital infrastructure such as the 3rd International Internet Gateway. In addition, the integration of Bhutan's Drukren with India's National Knowledge Network is a significant collaboration in the field of e-learning. India is not only Bhutan's largest development partner but also its most important trading partner, both as a source and market for its trade in goods and services. India not only provides a transit route to land-locked Bhutan but is also the largest market for many of Bhutan's exports, including hydropower, semi-finished products, ferro-silicon, and dolomite. Under Financial Cooperation/Integration, the first phase of the RuPay project was launched in Bhutan. India's Bharat Interface for Money was also launched in 2021. Space cooperation is a new and promising area of bilateral cooperation. Both the Prime Ministers of India and Nepal jointly inaugurated the ground earth station of the South Asia Satellite in Thimphu in 2019, which was built in collaboration with ISRO. In addition, the India-Bhutan SAT is slated to be launched into space by ISRO's Polar Satellite Launch Vehicle in 2022. Mutually beneficial hydropower cooperation with Bhutan is the core of bilateral economic cooperation. 4 Hydro Electric Projects (HEP) including Mangedehlu are already operational in Bhutan and supplying electricity to India. India and Bhutan have close bilateral cooperation in the educational and cultural fields for educational, cultural cooperation, and people-to-people exchanges. More than 950 scholarships are awarded annually by the Govt of India for Bhutanese students to study in India in various disciplines including medicine, engineering, etc. Many Bhutanese pilgrims visit Bodhi Gaya, Rajgir, Nalanda, Sikkim, Udayagiri, and other Buddhist sites in India. Strengthening the strategic relationship, India stationed its Military Training Team in Bhutan in 1961 to train Bhutanese security forces and since then has been responsible for Bhutanese security. Several activities relating to security and border management issues, threat perception, coordination of India-Bhutan border entry/exit points, and real-time information sharing among other aspects are being regularly undertaken by the two countries. Over time relations between India and Bhutan have matured into a comprehensive partnership and cooperation on a wide range of issues including energy security, trade and business, security and intelligence sharing, digitization, space technology, and conservation biology sectors. India has always stood by Bhutan in times of adversity and challenges past and Bhutan has acknowledged this. As a friendly and helpful neighbor, India has been responsive to Bhutan's needs, exemplified by the support extended to Bhutan from time to time, supplying essential goods and services and whatever is required. Harmonious and sustainable relations between India and Bhutan require addressing certain issues such as the China factor. The country's geo-strategic location makes Bhutan very important in India's perception of national security. The possibility of a boundary settlement between China and Bhutan should be seen in the light of its implications for India's strategic interests in the region. One of the issues pointed out by experts is India's paternalistic attitude towards Bhutan. A crisis in India-Bhutan relations erupted in 2013 over India's alleged attempt to thwart the Bhutanese bid to diversify its foreign policy. Interference in internal politics Critics argue that there has been interference from India in Bhutan's internal politics at times. Experts argue that the economic benefits of cooperation on hydroelectric projects reduce has come Interest rates have risen and profits per unit of electricity have plummeted, leading to a large increase in Bhutan's debt. Relations between India and Bhutan are based on the pillars of trust, goodwill, and mutual understanding. The two neighbors share close civilizational, cultural, and economic ties that go back centuries. Bhutan regards India as the Gyagar, or Holy Land because Buddhism originated in India, which is the religion practiced by the majority of Bhutanese. India as a friendly and helpful neighbour has been responsive to the needs of Bhutan. Bhutan plays a very important role in India's foreign policy and is strategically important to India. Therefore, further steps should be taken to maintain a lasting relationship while addressing the above issues.

Homoeoparivar - 'Sarvajan Swasthya' or 'One Health, One Family'

■ DR SATISH KUMAR ATTRI & DR NEENA VERMA

The 10th day of April is a red lettered day in the history of medical reforms as there born a reformer in field of medical science Dr. Christian Friedrich Samuel Hahnemann MD, an eminent Allopath who founded a new science Homoeopathy. Dr Samuel Hahnemann born on 10th April 1755 in Saxony, Germany in the poor family of porcelain painter but still he achieved such a name and fame for his hard work that even today humanity is getting benefitted from his work and remembers him with high respect. World Homoeopathy day is celebrated every year across the world on occasion of his birthday and following whole week is observed as world homoeopathic awareness week. Dr Samuel Hahnemann completed his MD in 1779. At the time of his graduation, scientific advances were beginning to be seen in the fields of chemistry, physics, physiology and anatomy. The clinical practice of medicine however was rife with superstition and lack of scientific rigor. The treatments of those days, such as purgatives, bleeding, blistering plasters, herbal preparations and emetics lacked a rational basis and were more harmful than effective. Dr Samuel Hahnemann recognized this and wrote critically about the practices of that time in several papers on topics such as Arsenic poisoning, hygiene, dietetics and psychiatric treatment.

Dr Samuel Hahnemann was the progenitor of several modern medical approaches. Deeming the treatment of insane patients to be cruel and harmful, he advised a humane treatment for the insane. He treated many insane patients with homoeopathy, and became famous for this success. Dr Samuel Hahnemann was quick to recognize poor personal and social hygiene as a contributory cause to the spread of disease. His success with cholera & typhoid fever gave him more recognition. Dr Samuel Hahnemann also emphasized the importance of nursing, diet, bed rest, and isolation of patients during epidemic diseases. Dr Samuel Hahnemann discovered the remedial powers of drugs and inert substances such as gold, platinum, silica, vegetable charcoal, snake poison etc. Dr Samuel Hahnemann espoused the law of cure known as 'Similia Similibus Curentur', or 'Like Cures Like'. This means that a substance in crude form produces some symptoms in a healthy person and same substance in medicinal form cure those same symptoms when manifested by a person in a diseased state. This law of cure has been verified by millions of homoeopaths and by many other Physicians of other systems of medicines (many of them converted to homoeopathy after seeing the results) all over the world since 1796. Dr Samuel Hahnemann showed how natural diseases become chronic in nature when suppressed by improper treatment. Dr. Hahnemann treated thousands of difficult and chronic cases that defied best care from other Physicians all over the Europe. Thus, he became so famous that physicians from Europe and America came to him for learning Homoeopathy.

So, is it possible that a world renowned much illuminated, visionary and conscientious German Physician having a qualification of MD in 1779 from and who firstly wrote about hereditary links of Diseases in man-kind, one who is regarded as father of Experimental Pharmacology and possesses knowledge of more than dozen of languages and one who linked role of emotions and thoughts as a reason behind ones sickness and discovered a holistic concept of treatment and after seeing the results of whom many Physicians of America and Europe left allopathic practice and turned to homoeopathy can discover something like 'Desi' or 'Unscientific'? Absolutely not, it is very inappropriate to call Homoeopathy as Desi or unscientific system of treatment. Homoeopathy as many people thinks to be a system of Desi medicines is not true, in fact homoeopathy is a German system of treatment which is very advanced and highly scientific if practiced on basis of true principles. Homoeopathic medicines are mostly prepared from various parts of plants, some from animal, minerals and metal substances. Homoeopathy believes in the

'vitalistic' philosophy. According to this belief, along with some external causes, continuous abnormal emotional causes creates a disturbance in the 'vital force' (homoeostasis) which negatively affects the health of a person and that is why Homoeopaths questions Patients many things about the likings/ dis-likings, behavior and emotional reactions to different situations of life and correlate them with the symptoms of diseases. Homoeopath takes into account the psychological state of Sick along with the physical symptoms of sickness and the modalities which help to individualize the case study for a better prescription. Only Homoeopathy treatment is based on individualization of patient and it chiefly treats the whole man 'sick' in disease not only the physical symptoms of sickness. In homoeopathy, the overall goal is to cure rather than palliate the condition by stimulating the organism as a whole to restore the health, to cure. Follow-up criteria of homoeopathy is highly scientific and is as per embryological developmental layers of human, and also in reverse order of appearance of symptoms and for the same reason it is used for treating advanced pathologies and many complex & chronic diseases. The theme for this year World Homoeopathy Day is Homoeoparivar - 'Sarvajan Swasthya' or 'One Health, One Family'.

World Homoeopathy is celebrated to build the capacity and skills of homoeopaths, teaching faculty, researchers, practitioners and students to enhance their skill and quality of homoeopathic treatment. Interactions of Homoeopaths occur on this day which helps to bridge the gaps and create an environment of learning for qualitative transformation of Homoeopaths and Homoeopathy. The discussions over the results, research, experiences and education standards so evolved would help to enhance patient care more effectively. Together we need to make Homoeopathy the first choice of treatment and wellness for suffering humanity. Practitioners get the chance to interact with senior experienced persons to discuss various issues regarding practices and other related issues and on Govt policies also. Some Practitioner/Researchers showcase their work with evidence based results. Practitioners will get an opportunity to interact with researchers, educationists, other practitioners to imbibe best practices in their clinical care. Budding homoeopaths gets learning experience after interacting with educationists and practitioners to evolve as competent professionals. Scientific conventions and seminars on the occasion of the World Homoeopathy Day happens throughout the world. This year the Convention in our country is being organized jointly with the National Commission for Homoeopathy and the National Institute of Homoeopathy. To promote and conduct high quality research programs/projects in fundamental and applied aspects that contributes towards the development of Homoeopathy globally. To Conduct scientific and ethical research thereby enhancing success rate of clinical practice, promotion of safe, efficient and effective treatment in health care delivery and ensuring global acceptance of Homoeopathy. All the organizations are attempting to create an environment of comprehensive development of Homoeopathy in education, research, practice and governance within the country.

The history of Homoeopathy in India is linked with the name of Dr.John Martin Honigberger, a French man who brought homoeopathy to India. He arrived at Lahore in 1829 and was later invited to treat Maharaja Ranjit Singh of Punjab in 1839. Dr Honigberger later on went to Calcutta and started practice there. This system came to be practiced in India during the life time of Dr. Hahnemann, the father of Homoeopathy, when a German Physician and Geologist came to India round about 1810 for geological investigations and remained for some time in Bengal where he distributed homoeopathic medicine to the people. People still had many myths about homoeopathy and because of that they call it to be Desi. Some of the popular myths and true facts are:

Myth- Some people says that Homoeopathy is an unproved

science.

Fact- Homoeopathy is based on experimental pharmacological and clinical data recorded by proving of medicines on healthy human beings only. Over the years, homoeopathic medicines have been extensively studied for their efficacy in a variety of indications. Clinical studies have been conducted in India as well as other countries. All the principles of homoeopathy are based on sound logic and experimental data only.

Myth- Homoeopathy is slow acting and cannot be used in acute cases.

Fact- Homoeopathy is fast acting in acute cases and can be effectively used in treating acute infections. Unfortunately, people tend to go to a homoeopath only when the acute problem becomes chronic and complex. Naturally, these cases take longer to treat. Also, most people take recourse in homoeopathy in cases of arthritis, allergic asthma, thyroid disorders, PCOD or chronic Skin conditions etc., which sometimes had become complex diseases due to suppression of some diseases and hence take a longer time to treat with homoeopathic treatment.

Myth- Homoeopathy is a 'magic remedy' that can treat any disorder.

Fact: Homoeopathy like any other field of medicine has its limitations. For example, it cannot treat cases where surgery is unavoidable to save life, bone fractures and many dental caries, etc.

Myth- Homoeopathy cannot be used in diabetic patients due to sweet taste of pills.

Fact: It can be used, the minute amount of sugar in the globules (the little round sweet pills) taken daily does not matter. Sugar intake in the daily diet is significantly higher than that taken by a few globules. In very severe cases, the liquid medicine is prescribed as drops in water or over tasteless lactose powder.

Myth- The homoeopath gives the same white pills for all types of illnesses. How can they be really effective..?

Fact: Depending on the illness, homoeopaths medicate the white sugar pills with different medicines. The white sweet sugar pills serve only as a vehicle for transfer of the medicine to body. The other solid vehicles are lactose powder, pellets, cones and liquid vehicles used are Ethyl Alcohol, Glycerin, distilled water, etc.

Myth- Are there really no side effects of homoeopathy medicine?

Fact: Generally there are no side effects of homoeopathic medicine if given as a single remedy in a proper principled way. But just like any other medicine, homoeopathy medicines should be used with caution and always, they should be taken after consulting a qualified homoeopath.

Homoeopathic treatment is natural and there are no chances of developing any resistance to any medicine. Moreover the need to hospitalize the patient is very less thereby it reduces the cost of treatment. Homoeopathic medicines causes Immunomodulation, it is a kind of regulatory modification in the immune system so as to bring the desired response. Many renowned Personalities of world and India had supported and recommended homoeopathy. Mahatma Gandhi Ji said Homoeopathy cures a greater percentage of cases than other methods of treatment and is the latest & refined method of treating patients economically and non-violently. If taken carefully with proper individualization and under a qualified homoeopath, usually homoeopathy has no side effects. The primary goals of World Homeopathy day & Awareness Week are to raise public awareness on homoeopathy &improve accessibility to homoeopathy. For the first time in the history of J&K, world homoeopathy day is also being celebrated at Government level by the Directorate of AYUSH J&K and it's a welcome step by the department and is hailed by all the homoeopaths.

(The authors are Homoeopathic Physicians.)

Pleasure: Secrets of unlimited benefits

■ DR RAJKUMAR SINGH

'Pleasure' is a positive emotional and physical sensation that can be experienced in many different ways, depending on the individual and their preferences. In daily life some common sources of pleasure include food, sex, exercise, music, art, socializing, and other enjoyable activities. It can be a healthy and important part of our lives, as it can promote well-being, happiness, and relaxation. However, it's important to balance pleasure with other aspects of life, such as work, responsibilities, and self-care, while excess of pleasure can lead to negative consequences, such as addiction, physical health problems, and relationship issues. Here, it's important to note that pleasure can be subjective and vary from person to person. What brings pleasure to one person may not bring pleasure to another. At large, cultural and societal norms can influence what is considered pleasurable or acceptable in different contexts. The status of pleasure in society can vary depending on cultural and social factors. Historically, pleasure has been viewed with suspicion and considered a potential source of moral corruption or temptation. This view is often associated with certain religious and philosophical traditions that view pleasure-seeking as a distraction from spiritual or intellectual pursuits. However, in contemporary society, pleasure is often valued and pursued as an important aspect of personal well-being and happiness. In nutshell, the status of pleasure in society is complex and multifaceted, and can vary depending on a variety of factors such as cultural, religious, and social beliefs, as well as individual attitudes and experiences.

Origin of pleasure: The origin of pleasure is a complex topic that has been debated by philosophers, psychologists, and scientists for centuries. In the context, there are several theories and according to one pleasure evolved as a mechanism to encourage behaviours that are beneficial for survival and reproduction. It is deeply associated with eating which encourages us to seek out and consume food, which is necessary for our survival. Similarly, sexual pleasure encourages reproduction, which is essential for the survival of our species.



Another theory suggests that pleasure is a by-product of brain activity that evolved for other purposes and it is attached with music or art, a by-product of our brain's reward system, which evolved to reinforce behaviours that promote survival and reproduction. Recent research has also suggested that pleasure may be influenced by genetics and the environment. In some individuals' case it may be predisposed to experiencing greater pleasure from certain activities, while in others it may have learned to associate certain stimuli with pleasure through their environment and experiences. We feel pleasure when our brain releases neurotransmitters, such as dopamine and serotonin that produce positive emotions and sensations in response to certain stimuli or activities. The specific triggers, there are five activities which are responsible for variation in person to person;

1.Eating delicious food: The taste and smell of food can activate pleasure centres in the brain and release dopamine, which produces feelings of pleasure and reward.

2.Physical relationships: Sexual activity can also activate pleasure centres in the brain and release dopamine, which can produce feelings of pleasure and euphoria.

3. Exercising: Physical activity can release endorphins, which are natural

painkillers that can produce feelings of pleasure and well-being.

4. Listening to music: Music can activate pleasure centres in the brain and release dopamine, which can produce feelings of pleasure and enjoyment.

5. Socializing: Spending time with loved ones and engaging in social activities can activate pleasure centres in the brain and release oxytocin, which is associated with feelings of trust, bonding, and pleasure.

Ways of getting pleasure: There are many different ways to experience pleasure, that brings it to one person but may not bring pleasure to another, however, these are some common ways to get pleasure: Engage in enjoyable activities: Participate in activities that you find enjoyable, such as playing sports, listening to music, reading a book, or spending time with loved ones. Indulge in your senses: Take time to enjoy the simple pleasures of life, such as savouring your favourite foods, enjoying the beauty of nature, or indulging in a relaxing massage. Explore new experiences: Try new activities and experiences to discover what brings you pleasure. This could include traveling to new places, trying new foods, or learning a new hobby. Focus on self-care: Taking care of yourself can promote feelings of pleasure and well-being. This could include activities such as getting enough sleep, practicing

mindfulness, or engaging in regular exercise. Cultivate positive relationships: Building positive relationships with others can promote feelings of pleasure and happiness. This could include spending time with friends and family, joining social groups or clubs, or volunteering in the community. In the context, it's important to note that everyone experiences pleasure differently, and that what brings pleasure to one person may not bring pleasure to another. In general, it's also necessary to balance pleasure with other aspects of life, such as work, responsibilities, and self-care, to ensure overall well-being and happiness.

Pleasure and individual development: Experiencing pleasure can be an important part of individual development, as it can promote feelings of happiness, well-being, and personal fulfillment. It's an important part of life because pleasure can contribute to overall individual development which commonly include; Increased motivation: When we experience pleasure, it can motivate us to continue engaging in activities that promote our personal growth and development. For instance, if we find pleasure in learning, we may be more motivated to pursue education and career opportunities that align with our interests. Mostly, it contributes in: Positive self-image: Experiencing pleasure can contribute to a positive self-image, as it can promote feelings of confidence, self-worth, and satisfaction with life. Improved relationships: Building positive relationships with others can be an important part of individual development, and experiencing pleasure with loved ones can strengthen these relationships and promote feelings of social connection and belonging. Increased creativity and innovation: Engaging in activities that bring pleasure, such as creative pursuits, can stimulate our minds and promote new ideas and innovations. Better stress management: Experiencing pleasure can promote feelings of relaxation and well-being, which can help us better manage stress and cope with challenges in our lives.

(The author is a Youth Motivator and Professor of Political Science and Dean of Social Sciences at B N Mandal University, Madhepura, Bihar.).