

## HUMAN RIGHTS

Indeed, human rights are fundamental rights and freedoms that all individuals are entitled to, regardless of factors such as gender, caste, creed, religion, culture, socioeconomic status, or location. They encompass a range of rights, including civil, political, economic, social, and cultural rights, and are protected by law at both national and international levels. Despite the universal recognition of human rights, violations still occur worldwide. These violations can take various forms, such as discrimination, violence, censorship, torture, and more. Often, these violations are perpetrated or condoned by state actors, although they can also occur within societal or familial contexts. To address and prevent human rights abuses, various mechanisms have been established at both national and international levels. The United Nations plays a significant role in this regard, with committees and agencies dedicated to monitoring and investigating human rights violations.

### Two wrongs cannot make one right

**■ K V SEETHARAMAIAH**

Two wrongs cannot make one right. AAP leader Atishi needs to understand this. Addressing a press conference over the show cause notice issued to her by the Election Commission (EC) in response to a complaint from the B-JP, instead of responding to the show cause notice issued to her, she has chosen to question the EC casting aspersions on it that it has become a subsidiary unit of B-JP. Same allegations were made by different parties against ED, CBI and IT. She has questioned the EC as to why it has not issued notice to the ED for arresting Kejriwal when the model code of conduct is in force. Constitution has not given liberty to anybody to abstain from attending to the investigative agencies when called upon to appear even when model code of conduct is in force. Summonses were issued to Kejriwal when the model code of conduct had not come into force. He evaded ED. If he had attended to the summonses earlier, he could have been arrested before the model code of conduct came into force and he could have been unshackled from ED also if there had been any merit. Model code of conduct will not prohibit any office from functioning. Undertaking new developmental works by the government after the election date is announced has been prohibited on the ground that it may influence the voters to vote for a particular party. ED has not been barred from discharging its legitimate duties during the period the model code of conduct is in existence. Atishi has shed crocodile tears at the 'freezing' of bank accounts of Congress party. She is not unaware that the Income Tax Department had only recovered the amount due to it by the Congress party. Account was not frozen. Now the Congress party owes a little over Rs. 3500 crore to the Income Tax Department towards income tax and the penalties for violation of the provisions of the Income Tax rules. The IT has given an undertaking to the Supreme Court that it would not take coercive action against Congress to recover the dues until the election is over. She has glossed over the Income Tax dues of Congress party with the sole aim of blaming the NDA government at centre and to create a bad impression among the voters. Atishi has charged the BJP with misusing the CBI, ED and Income Tax Department. Were these departments not in existence before the NDA came to power? Were these departments dysfunctional when the non-NDA government was in power? If these departments had functioned during the time the non-NDA government was in power, how can the discharge of their duties then can be viewed as 'use' and the functioning of the department during the NDA regime can be viewed a 'misuse'? Avoidance of wrongdoings can keep the investigative agencies away. Misuse of power and position by the people at the helm prompts the authorities concerned to make use of investigative agencies against them. If the investigative agencies fail to produce concrete evidence against the deponents, the courts pull them up. Not all the cases investigated by the investigative agencies have succeeded in the past like not all the cases have fallen flat in courts. Success and failure both are part of the life of investigative agencies like they happen in the case of individuals. Atishi has been spending more time in accusing the EC of not paying heed to the suggestion of interim change of directors of the Income Tax Department, CBI and ED until the elections. EC has taken and will take suo motu action if there is need for change of officers. Can EC dance to the tune set by the political parties opposed to the present dispensation in the investigative agencies? If every political party can keep its house in order, the role of EC or any other investigative agencies would be minimal. Anyone who indulges in wrongdoings for personal and political gains must risk the investigation by agencies concerned. There are many honest and sincere politicians who have never faced any enquiry by any agency even in their political career of over 50 years. Greedy persons must face the music.

#### ■ OMKAR DATTATRAY

Ours is the spiritual and religious land of unity in diversity and we celebrate and observe our festivals jointly and this is the shining example of our communal harmony and amity...Navratri is celebrated in honor of Ma Shakti and dedicated to her power and supreme bliss. Hindus celebrate navratri through fasting, mediating and worshipping the nine divine forms of goddess. Navratri means nine nights -Nav means nine and Ratri means night .Night provides rest and rejuvenation .During the night you turn inwards through sleep and you wake up feeling refreshed and rested in the morning .In the same way ,Navratri or nine nights is that time of the year when you get the chance to experience deep rest .This deep rest brings freedom from all kinds of botherations ,deep relaxations and creativity .Fasting ,meditations ,prayers and other forms of spiritual practices performed during this period help bring about deep rest. Even refraining from over indulging in sense objects during this time and the process of deep rest .Our spirit has existed since times immemorial .It is boundless and eternal source of energy of this universe .During Navratri even the subtle energies in the environment enhance and assist one's experience of reaching the spirit .The prayer, chanting and meditation performed during Navratri connect us with our spirit .Getting in touch with the spirit invokes positive qualities within us and destroy laziness ,pride ,obsession ,carvings, and aversions .When stress in the form of negative emotions is destroyed ,we experience the deep rest of the transforming nine nights .Devi represents the omnipresent cosmic energy .The whole creation is permeated by this energy .The prosperity we enjoy in our daily lives is a manifestation of Devi .Mother earth serves us in many forms .The forms of our mother ,father ,friends ,husband ,wife ,son ,daughter ,and also the Guru .The revolving planets and the moon is Devi performing aarti to us .Through puja we say,' Oh mother whatever you give to me I give back to you .For example during the puja we offer food ,grains ,to Devi as nature provides us food .Devi puja is an expression of expended consciousness showing reverence to the whole creation .The puja that we perform during nine days of Navratri is a way of honoring the Devi and showing our gratitude to the mother divine .While attending the puja ,we give up all our worldly activities for a while and enter into deep meditation .Guru Shri Shri Ravishankar says, "There is the Devi energy -Shakti within us all .Devi is not somewhere else ,not in some other world .If we sit deep in meditation ,the glow within the body will brighten and will expand and spread outside .This is Devi puja. While some people fast for all nine days, others remember and meditate during these pious days and get the blessings of the Ma Shakti who is all powerful and merciful . Navratri is a Hindu festival observed in honor of the goddess Ambika and Durga

#### ■ G L KHAJURIA

The Devipurana has a very interesting and astonishing narration as how sage nard perplexing supplicated lord of lords the supreme Shiva: oh lord Mahadeva, yourself, the Bharama and the Vishno are unison the supreme trinity. But it is mystifying that all of you are in deep adoration. And further revered lord Mahadeva to let know about his deep meditation which lasts for centuries and centuries together: Who then is above and superior in Shakti (Super Power). Smilingly, lord Mahadeva impressed, "oh Muniraj, we adore and worship the prashakti, the primordial." She is superb and supreme. She is the creator, sustainer and destroyer of all the worlds. The Shakti Goddess is one with varied manifestations or embodiments and is all pervading Maha Shakti. She is knower of unknown, perceiver of the unperceived and the controller of all times-The present, the past and the future. She is the Aditi, the mother of gods. She is overflowing with the love of mother to all and is benign enough to forgive even to the erring. She protects, safeguards us against all oddities and squabbles. Though formless, her manifestations come to the world as Mahashakti, Durga and Saraswati in unison epitomize as shri Mata Vaishno Devi. The worship of Shakti or female principle is a widespread cult in India. It is as old as human civilization and along with Shivism and Vaishnavism constituting thereby one of the three principle divisions, though never with rigid demarcating line of Saguna worship viz worship of gods with attributes.

In prehistoric times, in the cities of Mohanjodaro and Harappa Shakti worship was believed to be common. In the words of Gibbet the Edinburgh professor of archeology, the numerous clay figurines of women suggest that as in Babuchistan, some forms of worship of mother goddess in which these figurings played their prominent part in house hold shrines which was very much common in India during Indus Valley civilization.

In vedic times, the mother goddess was being worshipped as Ushaamongst Aryans. In rig Veda as srigayatri and in yajur Veda as mahalakmi and Durga in other Veda and puranas. Mother Goddess has as well been signified as Uma and Umaivati in the

# Navratri and its religious significance

It spans over nine nights (ten days) first in the month of Chaitra - March-April of the Gregorian calendar, and again in the month of Sharada that is October/November. It is observed for different reasons and celebrated differently in parts of the country .Theoretically there are four seasonal Navratri's. However in practice, it is the post -monsoon autumn festival called Sharad Navratri .The festival is celebrated in the bright half of the Hindu calendar month of Ashwin ,which typically falls in the Gregorian month of September or October .Chaitra Navratri falls in the Hindu calendar month of first fortnight of Chaitra and falls in the month of March/April and is celebrated with much devotion and fanfare by the people in India and abroad .The festival is associated with the prominent battle that took place between Durga and the demon Mahishasura to celebrate the victory of good over evil .These nine days are solely dedicated to Durga and her nine avatars -the Navadurga .Each day is associated to an incarnation of the goddess .Day first is known as pratipada the first day and is associated with Shailaputri (Daughter of Mountain) ,an incarnation of Parvati .It is in this form that Durga is worshipped as the daughter of Himavan (the Guardian God of Himalaya) ,she is depicted as riding the bull ,Nandi with a trishula in her right hand and louts in her left hand .Shailputri is considered to be the direct incarnation of Mahakali .The color of the day is yellow ,which depicts action and vigor .She is also considered as the incarnation of Sati (Shiva's first wife who then reincarnated as Parvati) and is also Known as Hemavati .Day second is associated with Ma Brahmachari .On Dvitiya (second day) .Goddess Brahmacharini ,another incarnation of Parvati ,is worshipped .In this form ,Parvati becomes yogini ,as her unmarried self .The red color portrays prayer and assures the devotees that Goddess will protect them from harm .On third day Devi Chandragantha is the presiding deity .Devi Chandragantha is the special form that Devi Parvati assumed at the time of her marriage with Lord Shiva .Chandra refers to moon .The moon represents our mind .The mind is restless and moves from one thought to another .Ghanta is the bell which produces only one kind of sound always .The significance is that when our mind is established at one point ,i.e. Divine then our prana gets consolidated leading to harmony and peace .Thus the day signifies withdrawing from all vagaries of mind with a single focus on mother Divine .On fourth day Mother Divine is worshipped as Devi Kushmanda .Kushmanda means pumpkin .Ku means little ,Ushma means energy and means egg. The entire universe which arose from cosmic egg is manifested from an infinitesimal energy of Devi .A pumpkin also represents prana as it has the unique capacity of absorbing and radiating Prana. It is one of the most Pranic vegetables .On this day we worship Devi Kushmanda who

showers us with her divine energy .Fifth day is dedicated to Skandamata which means mother of Skanda .On the fifth day ,the motherly aspect of Devi Parvati is worshipped .In this form she is the mother of Lord Karthikeya . She represents motherly affection .Worshipping this form of Devi brings abundance of wisdom ,wealth ,power ,prosperity and liberation .On sixth day ,Davi manifests as Katyayni .It is the form which mother Devine assumed to annihilate the demonic forces in the universe .She was born from anger of gods .She is the one who slayed Mahishasura .She is the anger that arises in the creation to restore the balance .Devi Kantayayni is invoked on the sixth day to put an end to all our inner foes that are an obstacle on the path of spiritual evolution .On seventh day we invoke devi Kalaratri .Mother nature has two extremes .One is terrifying and devastating and the other is beautiful and serene .Davi Kalaratri is the fierce form of Devi .Kalaratri represents dark night .Night is also considered as an aspect of mother divine as it is night which brings solace ,rest, and comfort to our souls .It is only at night that we get a glimpse of infinity in the Skies .In eastern India .Day eight is celebrated in honor of Mahagauri and she symbolizes intelligence and peace .It is believed when Kaalratri took a bath in the Ganga river ,she gained a warmer complexion .The color associated with this day is pink which depicts optimism .She is celebrated on Ashtami -eight day .In eastern India ,Maha Ashtami is observed on this day and starting with Pushpanjali ,Kumari Puja etc .It is very important titih and considered as birth day of Mahishasura mardani rupa Chandi .The ninth and the last day of navratri is dedicated to and observed in honor of Siddhidatri .On the last day of this festival ,also known as Navmi -ninth day ,people pray to Siddhidhatri. Sitting on lotus ,she is believed to possess and bestow all types of Siddhis on devotees .Here she has four hands .Also Known as Mahalakshmi ,purple color of the day portrays an admiration towards nature's beauty. As the Siddhidatri is Parvati ,the wife of Lord Shiva .Soddhidatri is also seen as Ardhanarishwara form of Shiva and Shakti .It is believed that one side of Lord Shiva's body is that of Goddess Siddhidatri and therefore he is also called by the name of Ardha narishwara .According to Vedic scriptures ,Lord Shiva attained all Siddhis by worshipping this goddess .In most parts of India ,tools and weapons are worshipped in a ritual called Ayudha Puja .Many businesses also grant a holiday to their employees on this day. Navratri can bring a turning point to your thoughts,mind ,and body by helping you to undergo a deep rejuvenation..In brief the importance of Navratri cannot be penned down in small space as it is very ,very big and great and reforms and illuminates the lives of all the people.

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## Shakti Worship-in India

oupanishads and other puranas. In agamas she has been addressed and worshipped as Maha Kali, Tripura sundry and raja rajarayeshwri. As such, there is an unbroken tradition of Shakti worship as a mother goddess for the unknown years in India. In this long tradition of Shakti worship in India two prominent aspects of godliness can be discerned, first, the fierce formofity which is most fearful and is propitiated and the second most benign aspect of her love and benevolence. The first on is, of course, mostprimitive and tamasik are rajasik personification of the maa Shakti. Fear, ofcourse, is predominantly related to emotion in the devotee. And in disrespect, the fear of natural dimates, illness, poverty, ignorance and even death are apprehensive. Her frightening form is imagine with multihued heads and hands, carrying deadly weapons. She resides in secludeness of forests, cremation grounds and she is worshipped to win favours for personal objectives. She is offered wine and the sacrifice of living being such as goats, buffaloes, other animals and birds to the extent of human beings. The second being 'Satvik' form of Shakti which more sublime. And this concept is as a result of the project of upanishadic thought, virtues and actions and under the shadow of mother sublimity, the devotee shed the fear of ferocity and attains great good of knowledge and wisdom. He feels utmostly affectionate towards Shakti goddess. The goddess mother is found sit in lotus, gardens, beautiful lakes and other multihued surroundings of peace and tranquility. She is being worshipped with the sole objective realizing higher and higher reaches of consciousness of knowledge with offerings of flowers, milk and honey. She is mahasarawati object of Shakti who presenting the aspirant with the ultimate reality, the AtamaHana which deeds him to self-realization. In Hindu theology Shakti Hinduism or Shaktiism or tantraism, the latter name is derived from the word tantra. The worship feminine form of divine power had taken a particular exclusivity. Here, the worship focuses exclusively on goddess so much so that the male aspect become secondary. The credit goes to sriSankra for rescuing various schools of Hindu worship, particularlyShakti worship from these odious practices and reestablishing it in its pristine vedantic purity as right hand path

are samaya- Mata. This samayachara is the ritual adopted in the monastic institution established by srisankara where the presiding diety is srisarala. The samayachara, like all other disciplines of Hinduism, is a system of integrating within itself the yoga of mantra, laya, Shakti and inana.

In his book hindu epics, myths and legends, vassilissvitsoxis writes, " In order to understand the idea of Shakti, and the part that this concept plays in Hinduism, one should start from fundamental idea of universal unity, which involves both a continuous division into pairs of opposites in conflict with one another and a continuous merger of these into a harmonious synthesis. The absolute splits into pairs of opposites, in conflict as well as incorporation with one another. The most common of these pairs is expressed by the opposites and complementary character of the two sexes". On the parallel, and on the same level of worship of the supreme triad(Bharama, Vishna, Shiva) stands the female diety or the female expression of the devine. In hindu mythology; this is a fundamental and infinite aspect of the trinity, and it takes the shape of a woman par excellence , daughter of the Himallaya, (Parvati), spiritual means the one from mountains or Parvat . Indria , the story has it that he manged to send Kama, the god of love to evoke lord Shiva who was in deep meditation . After doing his all bits of tricks Kama filed and ultimately he arrowed the fore head of lord Shiva . The lord Shiva overwhelmingly infuriated and when he opened the third eye, Kama was reduced to ashes. Mata Parvati understood the entire episode and so she planned to divert the Shiva'sattention . She ascended the Himalayas and did an arduouspace of lord Shiva for thousands of years to win his favours . Only then lord Shiva realized that she was worthy of becoming his wife .From thence onwards the two were became a couple for an everlasting love. Concludingly , it is added that justlike heat cannot be separated from fire, Shakti is inherent from Lord Shiva . Both are in unison are quite inseperable . So, the workshop of MaaDurga, Parvati or Mahakali is ultimately the worship of Lord Shiva . Shiv-Shakti is a combined super - power and the supreme.

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# World Homoeopathy Day

#### ■ 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 FriedrichSamuel 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 current practices 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 potentized/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 possess knowledge of more than dozen of languages and one who linked role of emotions and thoughts as a reason behind ones sicknessand 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 whyHomoeopaths questions Patients many things about the likings/dislikings, behavior and emotional reactions to different situations of life and correlatethem with the symptoms of diseases. Homoeopathy takes into account the psychological state of Sickalong with the physical symptoms of sickness and the modalities which help to individualize the case study for a better prescription.OnlyHomoeopathy treatment is based on individualization of patient and it chiefly treats the whole man THE 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: Homoeopathy : People's Choice for Wellness. 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 Dayhappens 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 nd 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.Thisssystem 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- Myths- 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 acutecases. 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 complexdiseases 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 areEthyl 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 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 writers are Classical Homoeopathic Physician).