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University

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# HOMOEOPATHIC SPIRIT

Quarterly Bulletin  
VOL : 1 (MARCH) YEAR 2024

## THE OBJECTIVE OF THIS INSTITUTIONAL BULLETIN IS :

1. To provide regular updates and propagate information about the accomplishments of all the faculty members and students.
2. To share significant information regarding the exceptional services rendered by the corresponding departments.
3. To keep everyone in this institution well informed and engaged with the objective to maintain motivation and raise morale.
4. This bulletin is for internal circulation and for educative purpose only.

**Published By:**

**JAWAHARLAL NEHRU HOMOEOPATHIC  
MEDICAL COLLEGE**

PARUL UNIVERSITY CAMPUS, AT & PO LIMDA, TA: WAGHODIYA,  
DIST: VADODAR

# OUR STAKEHOLDERS



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President, Parul University



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Provost,  
Parul University



**Prof. MANISH PANDYA**  
Registrar,  
Parul University

# EDITORIAL

Here we are presenting the First volume of this year's Homoeo Spirit with all of you.

The Year 2024 has started with a lot of curricular and co curricular activities in the quarter.

Jawaharlal Nehru Homeopathic Medical College has shown a fourfold improvement in overall development of its students.

Students of 2nd , 3rd and 4th BHMS will be facing their Final University Exams and we wish them all the very best for the same.

On the research front, two major developments took place, as Faculty of Homoeopathy Parul University entered into a MOU with "Rajasthan Ayurveda University Jodhpur" and "Homoeopathy University Jaipur", to do various academic and research activities in the field of Homoeopathy.

Moreover, Former Director of CCRH, Dr Raj Manchanda Visited the Parul Campus under SCOPE and conducted a Faculty Development Programme for the teaching staff.

Our services to the suffering mankind are well evident as the Hospital team keeps on planning awareness programs and organizes various medical camps from time to time.

The College also thank the management for providing world class amenities and infrastructure for nurturing the students.

True to say, feel the difference, "Be Here Be Vibrant."

# "TRIVIA GALORE – APPLIED ANATOMY AT YOUR FINGERTIPS"



**Dr Poorav Desai**  
**Professor & H.O.D**  
**Dept. Of Human Anatomy**



**Dr Sunderlal Longjam**  
**Assistant Professor**  
**Dept. Of Human Anatomy**

The sole purpose of starting the series "Trivia Galore – Applied Anatomy at your fingertips" is to simplify Human Anatomy for the students as well as to enlighten and refresh the knowledge of the practicing doctors. Every part will highlight five points everytime in the sequence. With this volume we are sharing the first part

No	QUESTION	ANSWER
1	<p>45-year-old woman complained of a firm painless mass in the upper lateral quadrant of her left breast. The nipple was also raised. Axillary lymph nodes were palpable and firm. It was diagnosed as cancer breast</p> <p>1. Where does the lymph from upper lateral quadrant drain?            2. What causes the retraction of the nipple?</p>	<p>The lymph from the upper lateral quadrant drains mainly into the pectoral group of axillary lymph nodes. The lymphatics also drain into supraclavicular and infraclavicular lymph nodes. Blockage of some lymph vessels by the cancer cells causes oedema of skin with dimpled appearance. This is called peau d'orange. When cancer cells invade the suspensory ligaments, glandular tissue or the ducts, there is retraction of the nipple</p>
2	<p>A patient came with inability to:</p> <p>(i) abduct right shoulder,            (ii) flex elbow joint and            (iii) supinate the forearm.</p> <p>1. What is the site of injury of the nerves?            2. What is the point called?</p>	<p>The site of injury is called Erb's point.</p>

# "TRIVIA GALORE – APPLIED ANATOMY AT YOUR FINGERTIPS"

No	Question	Answer
3	<p>A patient came dehydrated with history of diarrhoea and vomiting. He needed intravenous fluids.</p> <p>1. Which vein is most convenient for intravenous infusion of glucose and why?</p>	<p>Median cubital vein is most conveniently placed anterior to the elbow joint. Deep to the vein is bicipital aponeurosis which mostly prevents the needle from entering into the underlying brachial artery.</p>
4	<p>A young adult suffering from chronic anaemia was asked to get sternal puncture done to find out the reason for anaemia.</p> <p>1. What is sternal puncture/bone marrow biopsy?</p>	<p>The sternum is single median line bone in the anterior part of the thoracic cage. It is a flat bone. Its upper part, manubrium is wider and comprises two plates of compact bone with intervening cancellous bone. During sternal puncture, a thick needle is pierced through the skin, fascia and anterior plate of compact bone till it reaches the bone marrow in the cancellous bone. About 0.3 c.c of bone marrow is aspirated and slides are prepared immediately to be stained and studied to find out, if the defect is in maturation of RBC or WBC.</p>
5	<p>A young man practising tennis complained of pain over lateral part of his right elbow. The pain was pin-pointed over his lateral epicondyle.</p> <p>1. Why does pain occur over lateral epicondyle during tennis games? 2. Which other games can cause similar pain?</p>	<p>The pain is due to lateral epicondylitis, also called tennis elbow. This is due to repeated microtrauma to the common extensor origin of extensor muscles of the forearm. It can also occur in swimming, gymnastics, basketball, table tennis, i.e. any sport which involves strenuous use of the extensors of the forearm. It may be a degenerative condition.</p>

# HOMOEOPATHY UTILITY IN CASE OF ALOPECIA



**Dr Gaurav Sharma**  
Associate Professor  
Dept. Of Hom. Materia Medica



**Dr Dhvani Parikh**  
Assistant Professor  
Dept. Of Hom. Materia Medica

## **ABSTRACT:**

- Alopecia is a medical condition characterized by partial or complete hair loss from the scalp or other parts of the body.
- There are various types of alopecia, including androgenetic alopecia, alopecia areata, scarring alopecia, alopecia universalis, telogen effluvium, traction alopecia and trichotillomania.
- Alopecia can be caused by genetics, autoimmune disorders, hormone imbalances, stress, medications, or medical problems.
- Alopecia can be diagnosed and treated with topical treatments, medicines, or surgical techniques, depending on the severity of the disorder.
- Alopecia can significantly reduce an individual's quality of life, causing emotional distress and social isolation.

# HOMOEOPATHY UTILITY IN CASE OF ALOPECIA

## INTRODUCTION:

- Alopecia areata is an autoimmune disease that attacks your body's hair follicles, causing patchy hair loss. Which is in form of partial or complete hair loss.
- It can occur in different forms, including androgenetic alopecia, alopecia areata, scarring alopecia, telogen effluvium, anagen effluvium. Androgenetic alopecia, also known as male or female pattern baldness, is the most common form of alopecia, and it typically affects men more than women.
- Alopecia areata is an autoimmune disorder resulting in hair loss in patches on the scalp, face, and other regions of the body.
- Scarring alopecia is a rare form of alopecia that occurs when hair follicles are replaced with scar tissue, causing permanent hair loss.
- Alopecia universalis also known as alopecia areata universalis, is a medical condition involving the loss of all body hair, including eyebrows, eyelashes, chest hair, armpit hair, and pubic hair. It is the most severe form of alopecia areata.
- Telogen effluvium is a form of non-scarring alopecia characterized by diffuse, often acute hair shedding. Telogen effluvium is a reactive process, triggered by metabolic stress, hormonal changes, or medications.
- Traction alopecia occurs in individuals having hairstyles that produce a continuous pulling force on the hair roots. It usually occurs in women of African descent who have tight and curly spiral hair.
- Trichotillomania is a disorder characterized by persistent, overwhelming impulses to remove body hair.
- Alopecia can be caused by a variety of factors, including genetics, hormonal changes, autoimmune disorders, medications, stress, and certain medical conditions.
- Treatment options for alopecia include medications, hair transplant surgery, and other therapies, depending on the type and cause of the condition

# HOMOEOPATHY UTILITY IN CASE OF ALOPECIA

## REVIEW OF LITERATURE:

- Alopecia is a medical condition that causes hair loss on the scalp, face, or other parts of the body. Homeopathy is a natural form of medicine that uses highly diluted substances to stimulate the body's own healing mechanisms. While there is limited research on the effectiveness of homeopathy for alopecia, some studies have been conducted.
- Some study evaluated the effectiveness of a homeopathic complex remedy in treating androgenetic alopecia, a common form of hair loss that is caused by genetics. The study involved 20 patients who received the complex remedy for six months. At the end of the study, 70% of the patients showed improvement in their hair loss and reported satisfaction with the treatment.
- A systematic review of homeopathic treatment for alopecia published in the journal *Complementary Therapies in Medicine* in 2018 included six studies that met the criteria for inclusion. The review found that the studies provided some evidence for the effectiveness of homeopathic treatment in alopecia areata, but the evidence was limited and more research is needed.
- In conclusion, while there is limited research on the effectiveness of homeopathy in treating alopecia, some studies have shown promising results in reducing hair loss and promoting hair regrowth. However, more research is needed to determine the optimal homeopathic remedies for different types of alopecia and to further establish the efficacy of homeopathy in treating this condition. It is important to consult a qualified homeopathic practitioner before starting any treatment.

# HOMOEOPATHY UTILITY IN CASE OF ALOPECIA

## STAGES OF HAIR LOSS

### MALE PATTERN BALDNESS



STAGE 1



STAGE 2



STAGE 3



STAGE 4



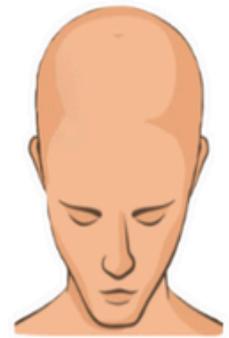
STAGE 5



STAGE 6



STAGE 7



STAGE 8

## AETIOLOGY OF DIFFERENT TYPE OF ALOPECIA :

- **Androgenetic Alopecia:** This type of hair loss is caused by a combination of genetic and hormonal factors. It tends to run in families and is more common in men than in women. Hormones like Dihydrotestosterone (DHT) can shrink hair follicles, making it difficult for hair to grow.

# HOMOEOPATHY UTILITY IN CASE OF ALOPECIA

- **Alopecia Areata:** This type of hair loss is an autoimmune disorder, in which the body's immune system attacks hair follicles, leading to hair loss. The exact cause is unknown, but it is thought to be related to both genetic and environmental factors.
- **Telogen Effluvium:** This type of hair loss can be triggered by a variety of factors, including stress, illness, medication, surgery, or hormonal changes. It occurs when hair follicles enter the resting phase of the hair growth cycle prematurely.
- **Traction Alopecia:** This type of hair loss is caused by repetitive pulling or tension on the hair, typically from hairstyles like tight braids, ponytails, or cornrows. It can also be caused by the use of hair extensions or weaves.
- **Alopecia Universalis:** The exact cause of this type of hair loss is unknown, but it is thought to be an autoimmune disorder, similar to alopecia areata.
- **Trichotillomania:** This type of hair loss is caused by a psychological disorder characterized by the compulsive urge to pull out one's own hair. It can lead to hair loss and baldness.

# HOMOEOPATHY UTILITY IN CASE OF ALOPECIA

## HOMEOPATHIC TREATMENT IN DIFFERENT TYPES OF ALOPECIA:

1. Syphilinum & Ustilago have been used for ALOPECIA TOTALIS and UNIVERSALIS.
2. Telogen effluvium or Diffuse Alopecia:-
  - The patient should be encouraged to clean the hair regularly with shampoo. Calcarea Carbocarbonica, Cantheris Vesicatoria, Carbo Vegetabilis, Lycopodium Clavatum, Natrum Muriaticum, Sepia, Secale Cornutum, and Sulphur are used in cases of falling hair after pregnancy and parturition.
  - Arsenicum Album & China are used in cases due to surgical shock and after haemorrhage respectively.
  - Natrum Muriaticum & Phosphoricum Acidum are used in cases with mental stress.
3. Alopecia or (Male pattern baldness):-
  - Anacardium Orientale, Fluoric. Acid, Graphitis, Phosphorus, Silicea and Natrum Muriaticum have been used for treatment for Male pattern baldness.
  - All these drugs are given on the basis of constitution of patient.
4. Traction Alopecia:-
  - Main steps of treatment lies in correction of hair styles to reduce traction on the hair.
  - The early stage changes revert back after correction, however, scarring, Hair does not regrow.
5. Trichotillomania (Traumatic) or hair pulling Tics:-
  - Usually the patient is treated psychologically through repeated assurance and explanation
  - In a few cases who do not respond, psychiatric advice is essential. Bell, Lachesis, Lil. tig. and Tarentula are useful.
6. Secondary alopecia:-
  - Such types of alopecia do not required any special treatment because the ultimate outcome depends upon the progress of the original.
  - In case of syphilis, tineacapitis and lupus erythematosus where follicles are not destroyed, hair regrows when the original disease is treated properly. However, in condition like morpheed, lichen planus, lupus vulgaris and mechanical trauma where the hair follicles are destroyed, chances of regrowth are very poor.

# HOMOEOPATHY UTILITY IN CASE OF ALOPECIA

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# EFFICACY OF COLOCYNTH IN CASES OF SCIATICA



**Dr Mayank Roy**  
Associate Professor  
Dept. of Organon Of Medicine

## **Definition:**

- **Sciatica, a debilitating condition characterized by radiating pain along the sciatic nerve, affects millions worldwide. While conventional treatments often include medication, physical therapy, and in severe cases, surgery, alternative remedies like colocynth have gained attention for their potential efficacy in managing symptoms.**
- **Colocynth, also known as bitter apple or bitter cucumber, is a plant native to the Mediterranean region and parts of Asia. Historically, it has been used in traditional medicine systems for its purported anti-inflammatory and analgesic properties. Recent studies have investigated its potential in alleviating sciatic pain with promising results.**

# EFFICACY OF COLOCYNTH IN CASES OF SCIATICA

## Mechanism of Action:

Colocynth contains bioactive compounds such as cucurbitaceae and flavonoids, which are believed to possess anti-inflammatory and pain-relieving properties. These compounds may act by modulating inflammatory pathways and reducing nerve irritation, thereby providing relief from sciatic pain.

## Clinical Evidence:

Several clinical studies have explored the efficacy of colocynth in sciatica treatment. Similarly, a meta-analysis of existing research concluded that colocynth supplementation was associated with a significant reduction in sciatic pain severity and disability levels.

## Safety and Considerations:

While colocynth shows promise as a complementary approach to sciatica management, it's essential to consider safety concerns and potential side effects. Like any herbal remedy, colocynth may interact with medications or pose risks for certain individuals, particularly those with pre-existing medical conditions. Consulting a healthcare professional before incorporating colocynth into treatment regimens is advisable.

## Case:

Summary of case:-

opd no. 22009539

AGE/SEX:- 68 years/female

C/O: Stitching pain in right knee joint, back pain descending type, stiffness of toes < night

Locomotor:- Pain in right lower limb, difficulty in walking and any physical movement

LOCAL EXAMINATION: Bragard test:- positive Dorsiflexion reduces the SLR angle

# EFFICACY OF COLOCYNTH IN CASES OF SCIATICA

<b>03/10/2022</b>	Backache, stitching pain of right leg Rx Colocynth 30 4-0-4-0 x 7 days
<b>10/10/2022</b>	Backache, stitching pain of right leg reduced Rx Colocynth 30 4-0-4-0 x 7 days
<b>24/10/2022</b>	Backache reduced, stitching pain of right leg reduced Rx Colocynth 30 4-0-4-0 x 7 days
<b>07/11/2022</b>	Backache reduced, patient feels better Rx SL 30 4-0-4-0 x 7 days

## RESULT:

Patient get relief in her complaints after regular medication.

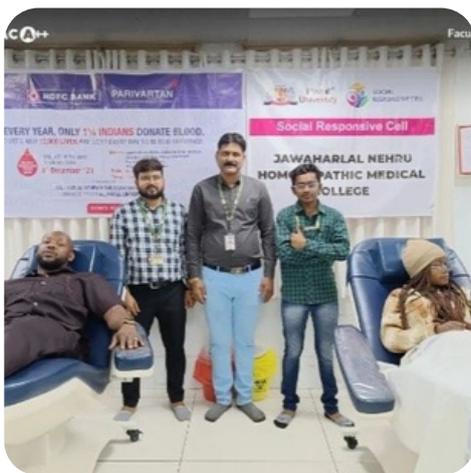
- **Conclusion:**

In conclusion, colocynth holds potential as a natural remedy for sciatica, offering relief from pain and improving functional outcomes. However, further research is needed to elucidate its mechanism of action and long-term safety profile. As with any alternative therapy, individuals should approach its use cautiously and under the guidance of a qualified healthcare provider. With continued investigation and clinical validation, colocynth may emerge as a valuable adjunctive therapy in the management of sciatica.

## "GALLERY" (DEC 2023 – JAN 2024 – FEB 2024)

### 8th dec, 2023 – Blood donation camp

Donate blood and save lives at the JNHMC blood donation camp on December 8th. The registration of the blood donation camp were held at Jawaharlal Nehru Homoeopathic Medical College Hospital, and the blood collection was done at Blood Bank, Parul Sevashram Hospital.



## 12th dec, 2023 – Infectious Disease Hospital visit by Community Medicine dept

The visit to the infectious disease hospital in Vadodra was organised by Community Medicine Department of Jawaharlal Nehru Homoeopathic Medical College, Parul University to educate students about infectious diseases and their prevention



## 13th dec, 2023 – Article Published in International journal of Homoeopathic Sciences (Dr. Nirav Khunt)

**Topic : Efficacy of Homoeopathic Medicine Skookum Chuck Aqua in Eczema.**  
Congratulations, Dr. Nirav, on the Publication of your article in the International  
Journal of Homoeopathic Sciences.



Faculty of Homoeopathy

### CONGRATULATIONS DR. NIRAV KHUNT

MD Part 2, Department of Materia Medica,  
Jawaharlal Nehru Homoeopathic Medical College

#### Article Published in



*International Journal  
of  
Homoeopathic Sciences*

Topic: Efficacy of Homoeopathic  
Medicine Skookum Chuck  
Aqua in Eczema

Vol: 7, Issue 4.



# 19th dec, 2023 – Article Published in International journal of Homoeopathic Sciences (Dr. Vaishnav Goswami )

**Topic : Nature's remedy: Homoeopathic intervention in non-Insulin dependent diabetes mellitus: A case unveiling therapeutic success**

Congratulations on your research Publication, Dr. Vaishnav Goswami! Your work on homoeopathic intervention in non-insulin dependent diabetes mellitus is a testament to the strides we are making in medicine.

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Faculty of Homoeopathy

## Congratulations on your achievement

**Article: Nature's remedy:  
Homoeopathic intervention in non-  
insulin dependent diabetes mellitus:  
A case unveiling therapeutic success**

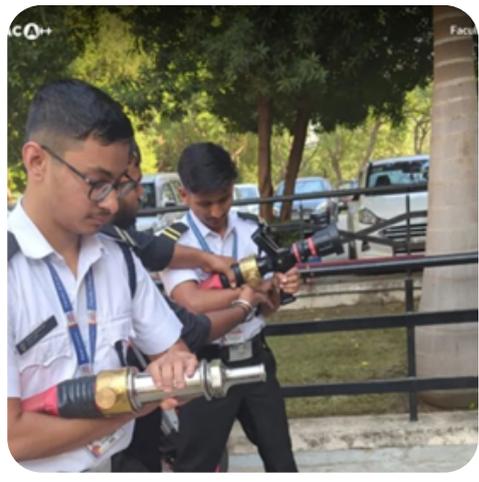
**Published in:**

 *International Journal  
of  
Homoeopathic Sciences*

**Dr. Vaishnav Goswami**

MD Part 2, Dept. of Practice of Medicine,  
Jawaharlal Nehru Homoeopathic  
Medical College

**JNHMC hospital conducted a mock drill on fire safety, equipping staff with essential knowledge and protocols to handle fire emergencies effectively. Safety first, always!**



## 20th feb, 2024 – celebration of years of contribution of faculties

**Congratulating our esteemed teachers at Jawaharlal Nehru Homoeopathic Medical College for their unwavering commitment and invaluable contributions. Here's to many more years of inspiring and shaping young minds!**



**Jawaharlal Nehru Homoeopathic Medical College organised a day of literary delight on the 22nd of december at our Book Exhibition Cum Sale.**

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Faculty of Homoeopathy

## Book Exhibition Cum Sale!

organised by  
JNHMC Library



22nd December

10:00 AM onwards

Ground Floor, JNHMC



**" You can't buy happiness, but you can buy books. And that's kind of the same things."**

## 22nd feb, 2024 – Visit of Dr. R. K. Manchanda organised by SCOPE team of Parul University

**Glimpses of visit of Dr. R. K. Manchanda Ex. Director General of CCRH, New Delhi organized by SCOPE team of Parul University under FDP for the Faculty of Homoeopathy – Parul University.**



## 26thFeb, 2024 – Article Published in International journal of research and analytical review. (Dr. Snehal Gohil)

**Topic: A case report of Vitiligo treated with constitutional Homeopathy by using VSS**

Congratulations to Dr. Snehal Gohil for article being published in the International Journal of Research & Analytical Reviews! Here's to your continued success and impactful contributions!



Faculty of Homoeopathy

## CONGRATULATIONS ON YOUR ACHIEVEMENT

Article published in



**INTERNATIONAL  
JOURNAL OF RESEARCH  
& ANALYTICAL REVIEWS**



### Topic:

A case report of Vitiligo treated with constitutional Homeopathy by using VSS

### **Dr. Snehal Gohil**

MD 2, Dept. of Practice of Medicine,  
Jawaharlal Nehru Homoeopathic  
Medical College



### **Co-author: Dr. Kirtida Desai**

PG Guide, HOD & Professor, Dept. of Practice of Medicine,  
Jawaharlal Nehru Homoeopathic Medical College

## 27th feb, 2024 – Article Published in International journal of Homoeopathic Sciences (Dr. Akansha Barot)

**Topic : The role of homoeopathy in the management of specific developmental disorder of scholastic skills in children.**

Congratulations to Dr. Akanksha Barot on the publication of her article in the prestigious International Journal of Homeopathic Sciences! Your dedication to research and academic excellence shines bright. Here's to many more successes on your scholarly journey!

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## Congratulations

### Dr. Akanksha Barot

PG Scholar - 2, Dept. of Organon, Jawaharlal  
Nehru Homoeopathic Medical College

Article published in



*International Journal  
of  
Homoeopathic Sciences*

**Topic:**  
The role of homoeopathy in the management  
of specific developmental disorder of  
scholastic skills in children: A review.

**Volume: 7, Issue: 4**

**Co-author:**  
Dr. Kirtida Desai (PG Guide, HOD & Professor,  
Dept. of Practice of Medicine, JNHMC)  
Sr. P.S. Mandal (PG Guide, HOD & Professor,  
Dept. of Organon of Medicine, JNHMC)

## 28th feb, 2024 – The Faculty of Homoeopathy, Parul University entered into a MOU with Dr. Sarvapalli Radhakrishnan Rajasthan Ayurved University, Jodhpur

**The Faculty of Homoeopathy, Parul University entered in to a MOU with Dr. Sarvapalli Radhakrishnan Rajasthan Ayurved University, Jodhpur to do various academic and research activities in the field of homoeopathy on 28/02/2024 at Parul University, Vadodara**



**Congratulating Dhruv from JNHMC for final shortlisted proposal under STSH**

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**CONGRATULATIONS!**

**FOR FINAL SHORTLISTED PROPOSALS UNDER STSH**



**DHRUV**

**Mentor:-Dr.Poorav Desai**

**JAWAHARLAL NEHRU HOMOEOPATHIC MEDICAL COLLEGE**

# Medical Camps

Month	Number of Camps	Total Beneficiaries
<b>December 2023</b>	06	600
<b>January 2024</b>	06	544
<b>February 2024</b>	05	400



# Medical Camps



Tarsva, Gujarat, India  
 Unnamed Road, Tarsva, Gujarat 391761, India  
 Lat 22.255672°



Chhota Udepur, GJ, India  
 Chhota Udaipur, Chhota Udepur, 391165, GJ, India  
 Lat 22.303291, Long 74.015908  
 22/01/2024 10:58 AM GMT+05:30  
 Note - Captured by GPS Map Camera



Fulvadi, Gujarat, India  
 VJ88+M7, Fulvadi, Gujarat 393155, India  
 Lat 21.866925°  
 Long 73.618418°  
 21/12/23 11:47 AM GMT +05:30



Chhota Udepur, GJ, India  
 Chhota Udaipur, Chhota Udepur, 391165, GJ, India  
 Lat 22.303278, Long 74.015911  
 22/01/2024 11:00 AM GMT+05:30  
 Note - Captured by GPS Map Camera



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