

**DELHI STATE HEALTH MISSION  
(Mainstreaming of AYUSH)  
Directorate of ISM & Homoeopathy  
Homoeopathic Wing  
CSC-IIIRD, 1<sup>st</sup> floor, B Block, Preet Vihar, Delhi-92.**

**Report of West District Orientation Programme  
under campaign on  
Homoeopathy for Healthy Mother & Happy Child  
29<sup>th</sup> January 2010**

Prof. Kiran Walia, Hon'ble Health Minister, Delhi, initiated the campaign on "Homoeopathy for Healthy Mother and Happy Child" in West District of Delhi on 29<sup>th</sup> January, 2010, during the One day Orientation Programme organized in the Seminar Hall, Ward Block of Guru Gobind Singh Hospital. Sh Mohan Lal, Director (ISM&H) welcomed all the guests and participants in the launch ceremony, which was presided over by Sh A. Dayanand Chandila, MLA, Rajouri Garden.

The distinguished dignitaries on the dais released 6 posters and 17 folders for the campaign in all the 4 languages of Delhi, namely English, Hindi, Urdu & Punjabi. The Hon'ble Minister also provided ASHA kits to the ASHA workers from the NW District.

The workshop had an overwhelming response and was attended by more than 100 delegates which included Policy makers, 80 Allopathic physicians (Gynecologists, Obstetricians, Pediatricians, RCH doctors), Ayurvedic/ Unani Physicians, and Homoeopathic physicians from Government, NGO & Private sector. The main objective of the District orientation programme was to sensitize the diverse participants about the benefits of Homoeopathy in the provision of Mother & Child Health, which shall go a long way in reducing 'Mother & Child' morbidity and mortality in Delhi.

The workshop had three sessions in which 6 expert speakers, both allopathic and homoeopathic, from all over the country voiced their experiences and ideas about mainstreaming of Homoeopathy in health care sector especially in provision of Mother & Child Health and clearly highlighted the role of homoeopathy:

- ❖ Homoeopathy has been found to be beneficial in the various diseases of Woman/ Mother:
  - ✓ Pre-conceptual conditions:
    - Fertility challenges especially unexplained/ other
    - H/o repeated pregnancy loss

- H/o congenital anomalies
  - Pre-existing anemia
  - H/o repeated Foetal Growth restriction (FGR) babies
- ✓ Specific Antenatal Conditions: First Trimester
- Exclusive use of Homoeopathy: 1. Mild & Moderate nausea & vomiting, 2. Anxiety, fear, emotional lability, pica 3. Constipation 4. Hemorrhoids (piles) 5. Heart burn & indigestion 6. Anemia 7. Mild fever with coryza
  - Use along with modern medicine: 1. Hyper emesis gravidarum 2. Gross psychosis 3. Severe constipation with acute abdomen 4. Severe non-responding bleeding piles 5. Severe discomfort with hematemesis 6. Severe anemia with or without heart failure 7. High fever 8. Malaria 9. Bleeding per vaginum
- ✓ Second & Third Trimester
- Exclusive use of Homoeopathy: 1. Worrisome skin changes, comedones 2. Unexplained excessive weight gain 3. Epulis, gum & tooth problems 4. Backache, mild headache 5. Pain abdomen- false labour; threatened Pre-termed labor (PTL) 6. Repeated UTI 7. Intractable cough (TB excluded) 8. Anemia 9. Breech after 37 weeks without Cephalo-pelvic disproportion (CPD) or risk factors
  - Use along with modern medicine: 1. Severe itching with altered LFT, HELLP (Hemolytic Anemia, Elevated Liver Enzymes and Low Platelet Count) 2. Weight gain associated with HTN, Albuminuria 3. Severe head ache with blurred vision/loss of vision/ convulsions/unconsciousness 4. Established PTL/Labour 5. Decreased fetal movements, Premature Rupture of Amniotic Membranes (PROM) 6. Bleeding per vaginum 6. Pyelitis/pyelonephritis 7. Cough due to Pulmonary tuberculosis 8. Severe anemia 9. malaria & high fever 10. Breast abscess & Mastitis
- ✓ Specific situations in low risk labours
- Exclusive use of Homoeopathy: Delays in latent phase; Uterine inertia - hypo tonic; Anticipation of PPH

- Use along with modern medicine: Delays in active and second stage; Hypertonic, inco-ordinate uterine action
- ✓ Puerperium
  - Homoeopathy as first line: Poor Lactation or failure; Breast engorgement; Poor and painful voiding of urine; Depression; Anemia; Fatigue, exhaustion; Pain in the perineal sutures and injuries; Swelling of feet; Sub involution due to mechanical factors unrelated to sepsis; Contraception in addition to Lactational Amenorrhoea Method (LAM)
  - Along with modern medicine: Retracted nipples; Breast abscess; Retention of urine despite homoeopathic management; Frank psychosis; Severe anemia requiring BT; High fever, purulent lochia, wounds, Retained Products of Conception (RPOC) in cavity; Painful white leg, Deep Vein Thrombosis (DVT)

❖ In the Child Health Sector:

- ✓ Integrated Management of Neonatal & Childhood Illnesses(IMNCI): As per the curative, preventive and promotive strategy developed by World Health Organization in collaboration with UNICEF and many other agencies, the illnesses of children under 5 years have been classified into 3 groups: Mild- Green; Moderate- Yellow; Severe- Pink. The guidelines represent an evidence based syndromic approach for case management. Homoeopathy is synonymous with syndromic approach and with specific capacity building can provide adequate management and health care services to Mild & Moderate Categories and refer Severe cases to tertiary care referral units.
- ✓ Introduction of Homoeopathy for School Going children- Homoeopathic medicines are free from side-effects and are easily palatable and can resolve numerous common infections/ functional diseases in this age-group.
- ✓ Adolescent Health: (Girls from 15-19 years) is an area mainly not covered by any system of medicine unless they have some specific problem- the area where homoeopathic intervention as a Family Physician providing counseling as well as safe and cost effective

medication can make a difference. By covering adolescent age group, certain problems of that age can be corrected, before she gets pregnant. Thus she is in better physical and mental health.

The accessibility to homoeopathic health care facilities has increased through the Cafeteria approach of Delhi Govt. Moreover, the cost-effectiveness of the system is also well documented by studies. But, in order to achieve the full potential of the campaign at the grass root level, the experts unanimously opined that:

- ❖ Practical training in MCH health sector should be given to Homoeopaths working in Govt. and private sector as their skills are required to be upgraded. With suitable clinical exposure Homoeopathic physicians can provide efficient Antenatal care with safe medication and suitable referrals.
- ❖ Collaborative research studies with well designed protocols are required to be undertaken for increasing the use of Homoeopathy in MCH. The areas are required to be identified. One of the successful work being undertaken in collaboration with INMAS is evaluation of role Homoeopathy in sub acute hypothyroidism. More such experiments should be undertaken. The outcomes of these studies should then be published.