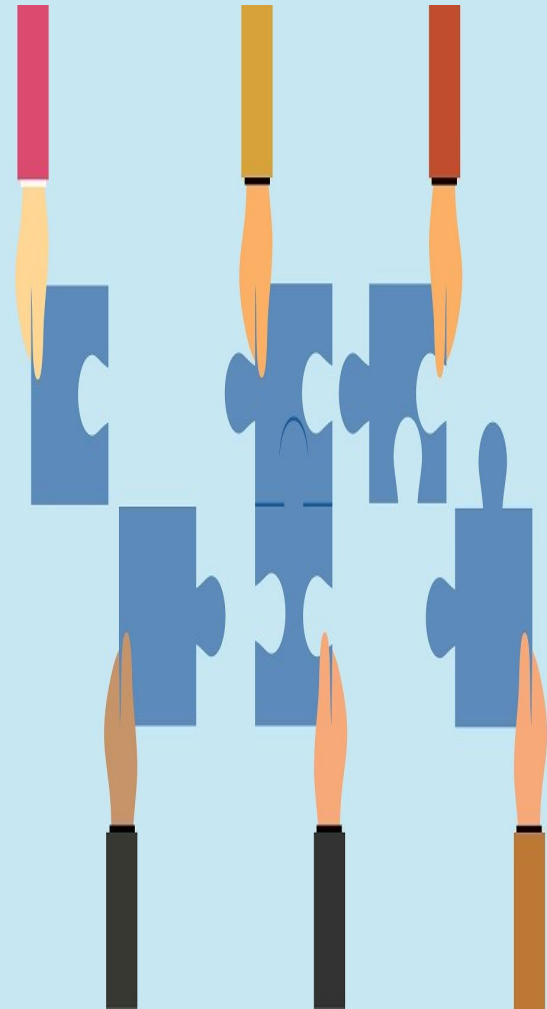


# Practical Homeopathic Clinical Tips



**Dr Muhammed Rafeeqe**  
**Medical Officer, Department of Homeopathy,**  
**Government of Kerala, India.**

## Mind our failures first!



- **Fever/infection goes out of control.**
- **Febrile convulsions goes ,, ,,**
- **Pain goes ,, ,,**
- **Breathlessness goes ,, ,,**
- **Profuse menses/bleeding goes,, ,,**
- **Vomiting, diarrhea, weakness ,, ,,**
- **Emotional breakdown ,, ,,**

# Rule out the following in all patients

- ❑ High blood pressure
- ❑ Anemia
- ❑ Diabetes
- ❑ Ischemic heart disease
- ❑ Hypo/hyper thyroidism
- ❑ Renal failure
- ❑ Liver failure
- ❑ Respiratory failure
- ❑ Any obstructions
- ❑ Organ damage
- ❑ Tumor/Cancer



# Never forget the 'NAME' of the patient

**Profession**

**Life and family situation**

**Major health issues**

**Causative factors**

**Investigations done**

**Given remedy**

**Master XYZ**

**Significant history**







# Creating Rapport with the patient

1. Smile, greet, address by name
2. Body language and attentive posture
3. Listen, respond to their words
4. Ask about family, life situation, work, etc
5. Witty situational dialogues
6. Support them when they express sorrow





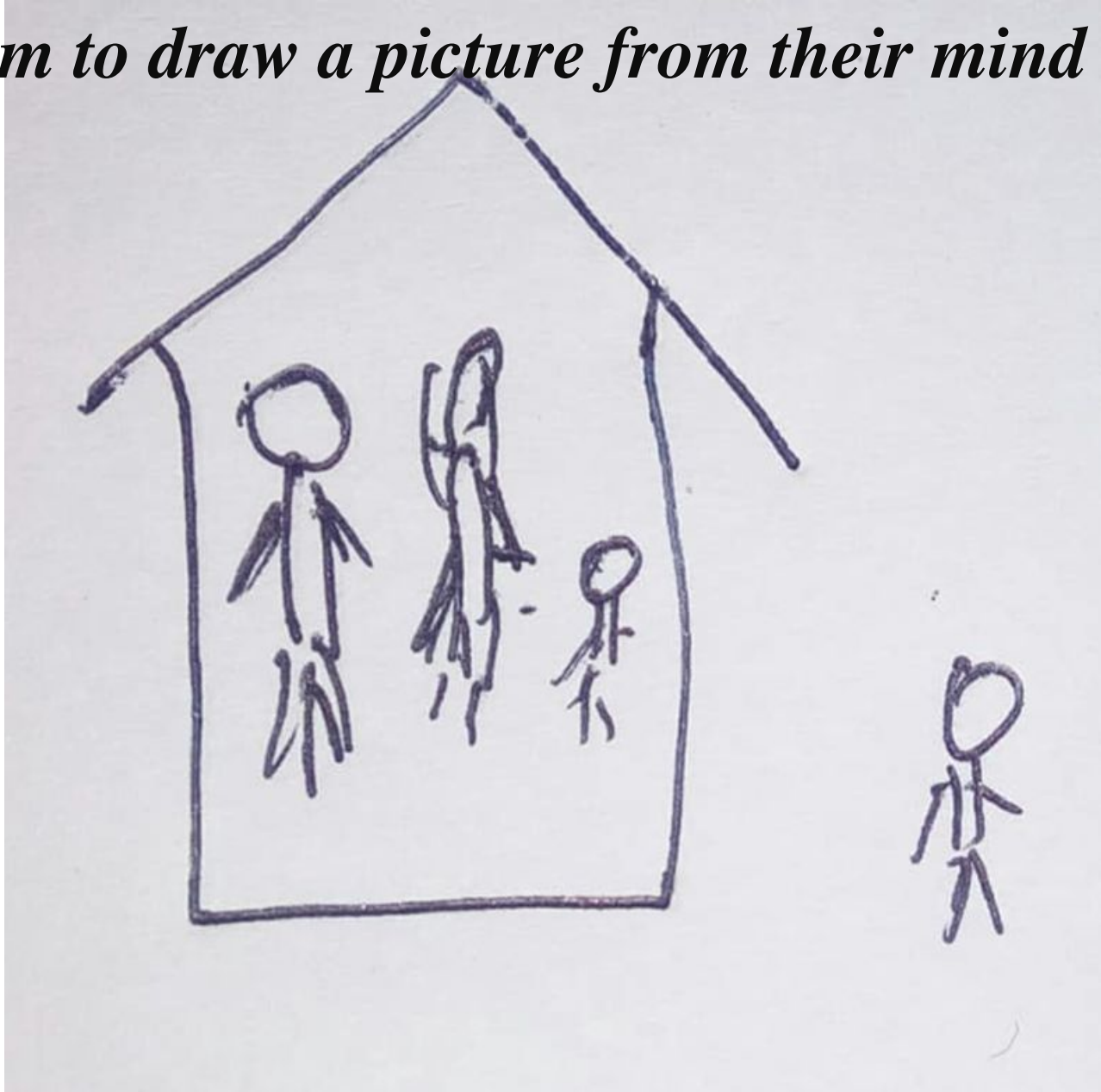
**Interpretation of patient's words in terms of:**

- Materia medica language**
- Repertory rubrics**
- Therapeutic indications**
- Disease diagnosis**

# Let the patients go out of topic!



*Ask them to draw a picture from their mind*



*Interpretation: "I am out from my home"*

**We need to have a bird's eye view on  
the cases we get!!!**



**and select the most suitable remedy**

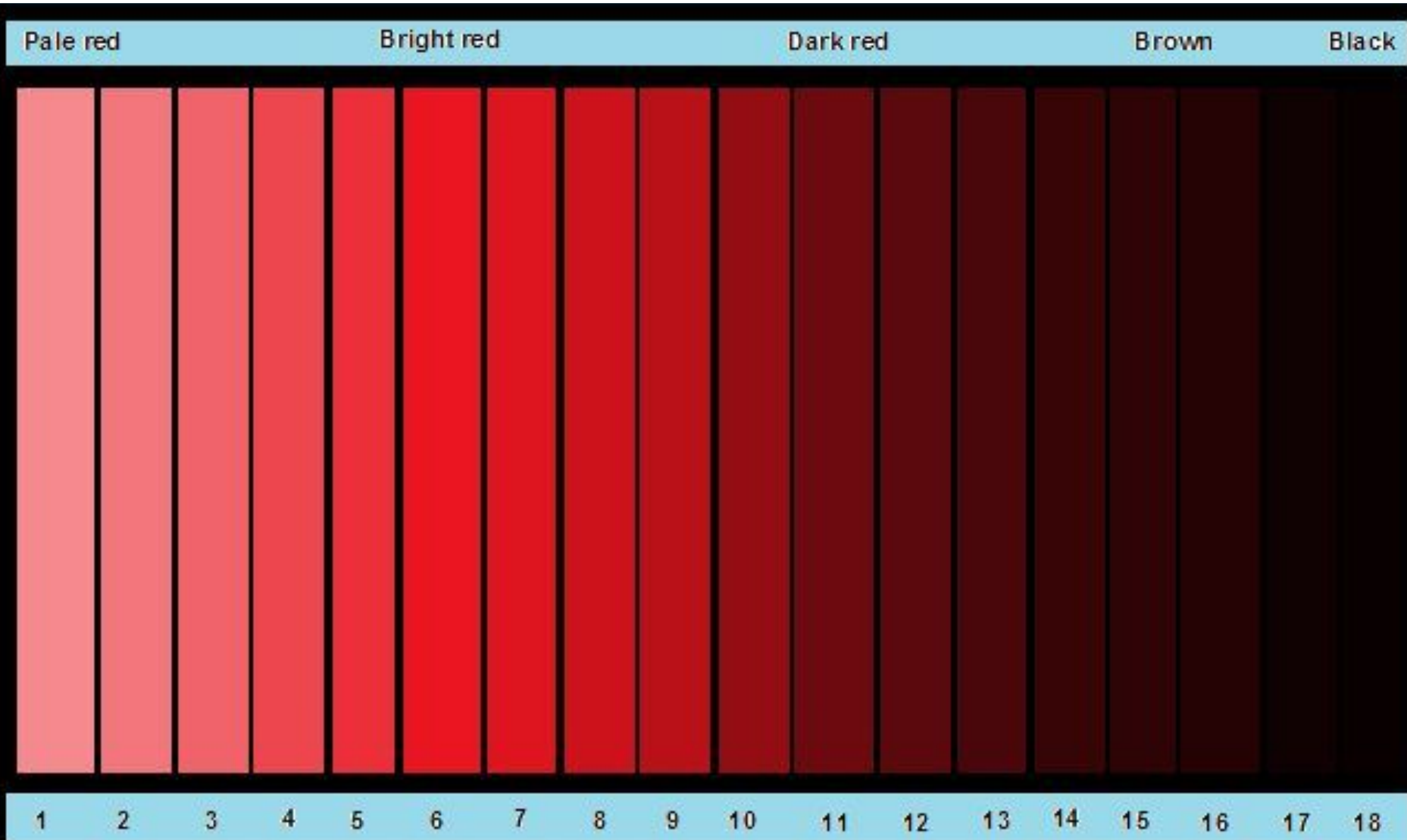


**Never suffocate our computer with rubrics**



**‘No repertorisation’ is far better than ‘wrong repertorisation’**

# RAFEEQUE'S BLOOD COLOUR STRIP FOR DIFFERENTIAL REMEDIAL DIAGNOSIS



# Remedies as per the color of blood

## Pale red blood

apis  
cabr ac  
carb an  
carbo v  
ferr  
graph  
kreos  
**phos**  
sabad  
sulph  
tarent

## Bright red blood

abrot, ACON, am c  
ant t, arn, ars, bar c,  
**bell**, bor, bov, bry, calc,  
canth, carbo a, carbo v,  
chin, cinnam, **croth**,  
digi, dros, **dulc**, erech,  
**erig**, ferr, ferr p, graph,  
ham, hyos, IP, kali n, kali P,  
kreos, laur, led, **mag-aust**,  
mag m, meli, **MILL**, Nat c,  
**nat m**, nit ac, nux m, phos,  
plb, sabin, stront c, tril, ust

## Dark red blood

**CROC**  
cupr  
ham  
kreos  
lach  
mag c  
**merc**  
naja  
sec  
ust  
verat

## Brown blood

benz n  
bry  
Calc  
carb v  
con  
ferr  
puls  
rhus t  
sul h

## Black blood

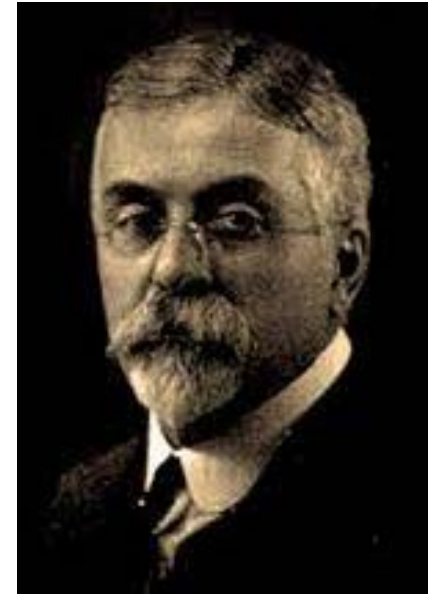
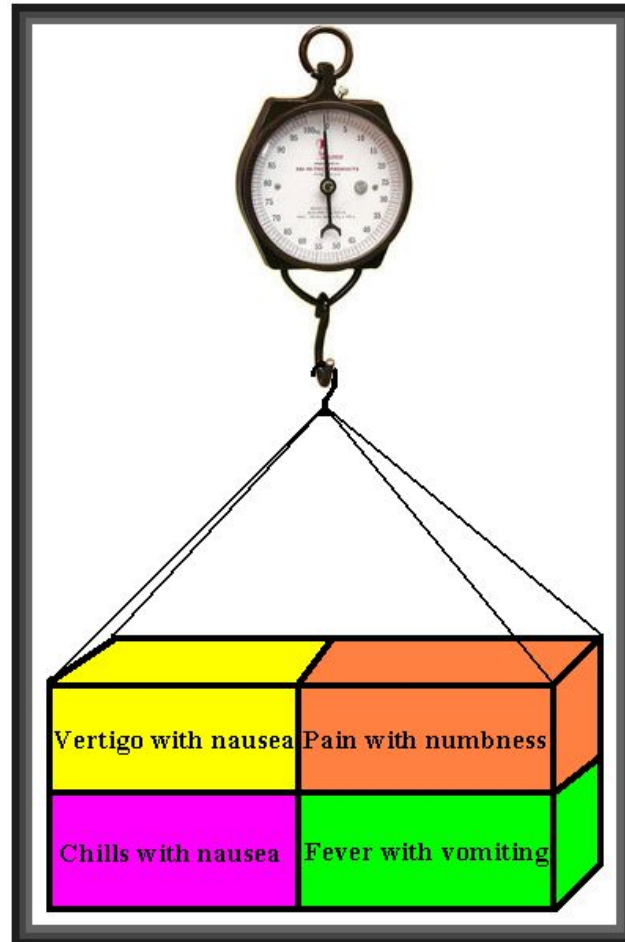
amc, anthr, arn, ars  
asar, bapt, benz n  
both, canth, carb v  
**chin**, **croc**, **croth**  
elaps, **ferr**, el ac  
graph, ham, kalin  
kreos, lach, led  
**mag c**, mag m, mag s  
nat c, **nat m**, nat s  
nit ac, ol-an, op, **puls**  
sec, stram, sulph



# The Value of Concomitants



Dr Boenninghausen



Dr C M Boger

# Examples of Concomitants



- Acute nasal engorgement associated with high blood pressure: *Iodum*
- Bitter vomiting at close of chill: *Eup per*
- Painless diarrhea with good appetite: *Ferrum met*
- Collapse with scanty discharges: *Camph*



- Gout with offensive urine: **Acid benz**
- Backache with uterine dysfunction: **Kali carb**
- Emaciation with glandular affections: **Iod**
- Canine hunger with emaciation: **Psorinum**

- Loquacity with asthmatic constriction of throat: **Lachesis**
- Bleeding with cracked muco cutaneous junction: **Nitric acid**
- Tonsillitis with joint pains: **Guaiacum**

# Location Affinity of Remedies

- Ankle pain: **Ledum, Stront c**
- Auditory canal: **Picric acid**
- Eustachian tube: **Merc dul, Kali mur**
- Root of nose: **Kali bi, Sticta**
- Mastoid: **Capsicum**
- Back of ear: **Graph, Psor**
- Cardiac end of stomach: **Abies N**
- Cerebellum: **Theredion**
- Coccyx: **Hypericum**
- Finger joints: **Guaiacum, Caulophyllum, Viol od**





- Inguinal hernia (right): **Lyco**
- Inguinal hernia (Left): **Nux v**
- Intercostals muscles: **Ran bulb**
- Margin of hair: **Natrum mur**
- Mucocutaneous junction: **Acid nitric, Condurango**
- Neck stiffness: **Lachnanthus, Rhus tox**
- Oesophagus: **Cajuputum, Condurango**



- Pleura: **Bryonia**
- Pneumo gastric nerve: **Ipecac**
- Renal calculi (Right): **Lyco, Sars**
- Renal calculi (Left): **Nux v , Berb V**
- Shoulder (right): **Sanguinaria**
- Shoulder (Left): **Ledum**
- Shoulder (Right & Left): **Medorrhinum**
- Temporo-mandibular joint: **Angustura V**
- Wrist pain: **Actea spicata**

When one Remedy does not help  
Consider the Nosode counterparts

**In Psoric cases when Sulphur fails - Psorinum.**

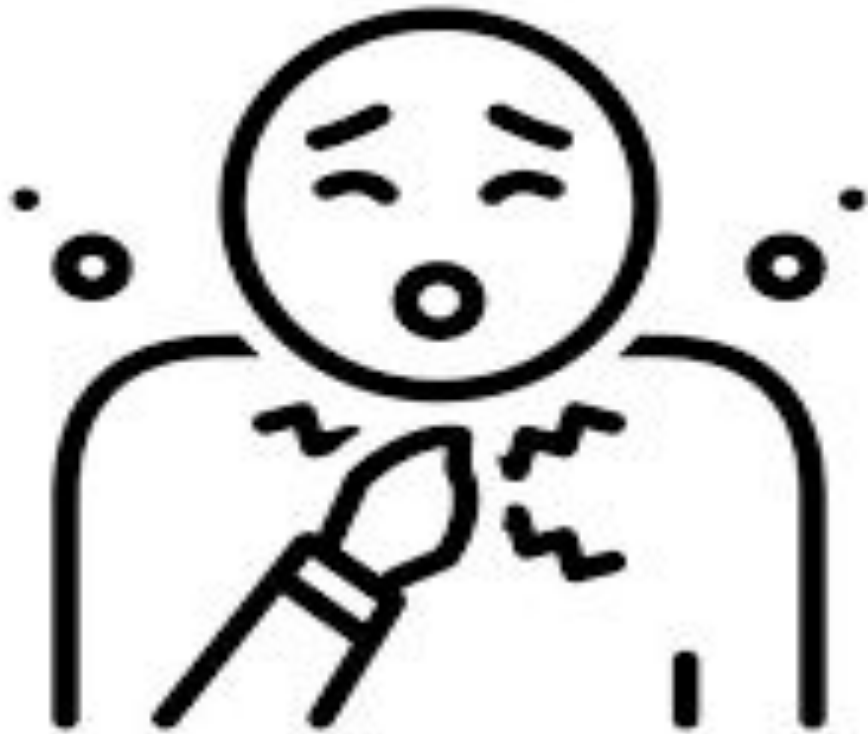
**In Syphilitic cases, when Merc. S fails - Syphillinum**

**In Sycotic cases, when Thuja fails - Medorrhinum**

**In tubercular cases, when Phos fails - Tuberculinum**



# Hiccough in a young boy



**Nux vom 30** did not help, then **Ran bulb 30**  
cured after knowing the actual cause for hiccough

**When nothing works, clinical tips work!**



# Mind and its Reflection



- Cramps in all levels including mind: **Cuprum met**
- Stiffness of mind as well as joints: **Rhustox**
- Emotionally dry, with dry membranes: **Bryonia**
- Injury to the body as well as mind: **Arnica**
- Changeability in all levels including mind: **Puls**
- Contradictions in all levels including mind: **Ignatia**

# Success story of Mountaineering

## Coca

- Troubles in high altitudes, mountain climbing, flying.
- High altitude sickness: Breathlessness, dizziness, weakness, hoarseness, headache, palpitation.
- Eye pain from the sunshine, photophobia
- Difficulty in walking, radiating pains from the spine to the sacrum, then to the legs followed by complete exhaustion.

**Coca 200**

Courtesy: Mr Ijas





**Who said there is no  
remedy for jealousy and  
baldness?!**



**Rx, Sulphur 200**

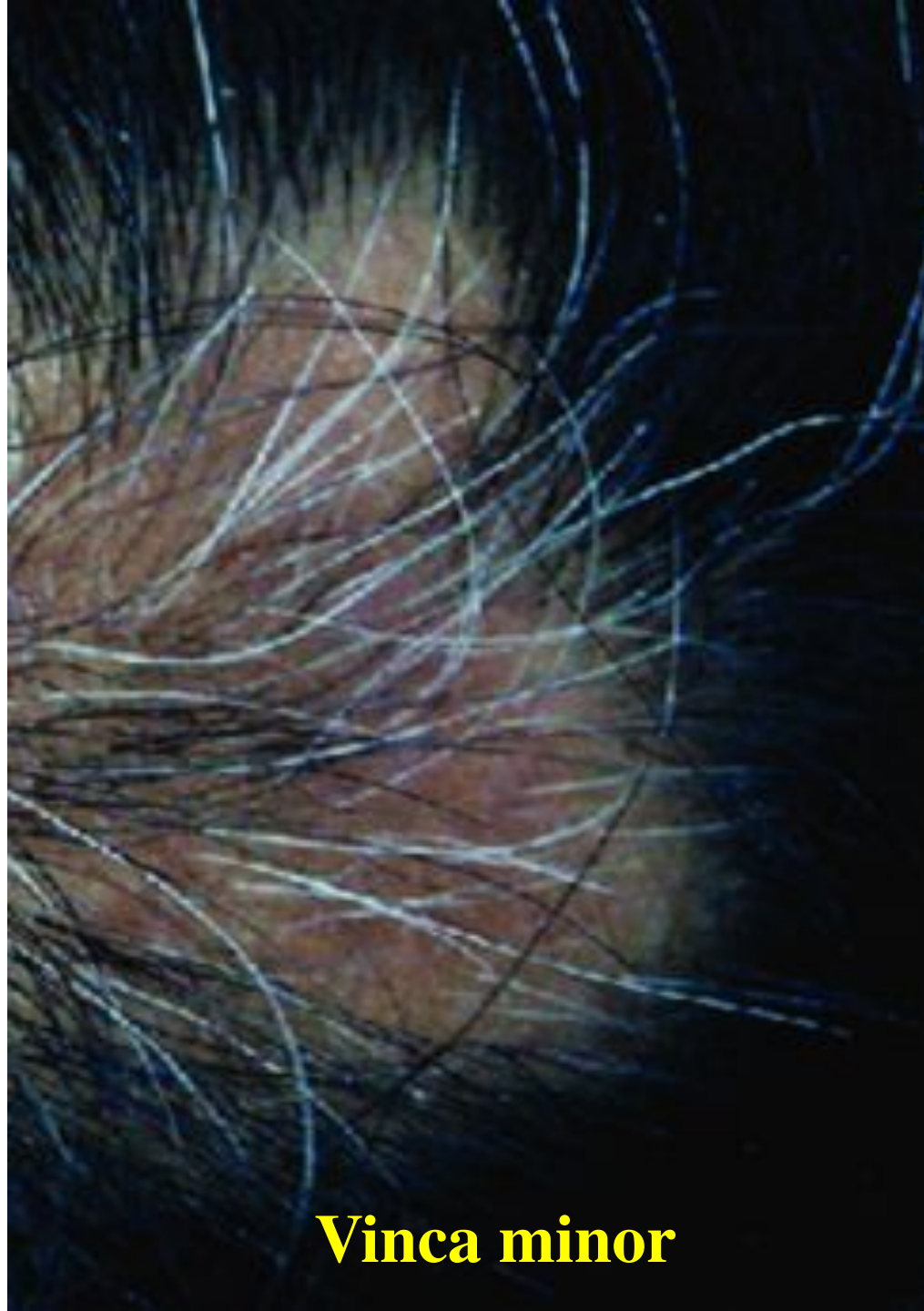
- ✓ Too much philosophical
- ✓ Laziness
- ✓ Aversion to bathing
- ✓ Stoop shouldered
- ✓ Craves sweets



**Homeopathy can  
manage both!!!**



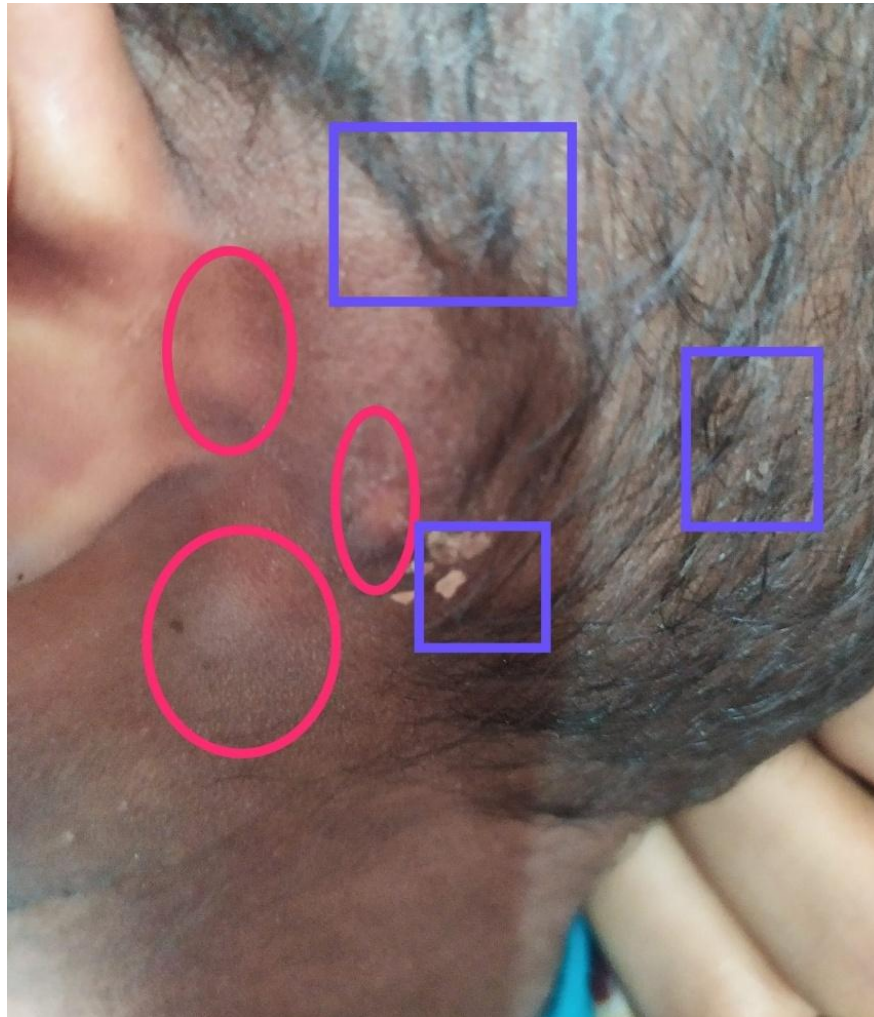
**Never miss  
such  
findings!!!**



**Vinca minor**



# Eruptions with enlarged lymph nodes



**Viola tric**

# Seborrhoic dermatitis (Cradle cap)



**Sulph, psor, vinca minor, Jab Q ext**





## Alopecia areata



**Rx: Acid Flr 200, a few doses given, followed by placebo.**





**Alopecia areata : Acid flour 200**





**Alopecia areata : Acid flour 200**

# Traction alopecia







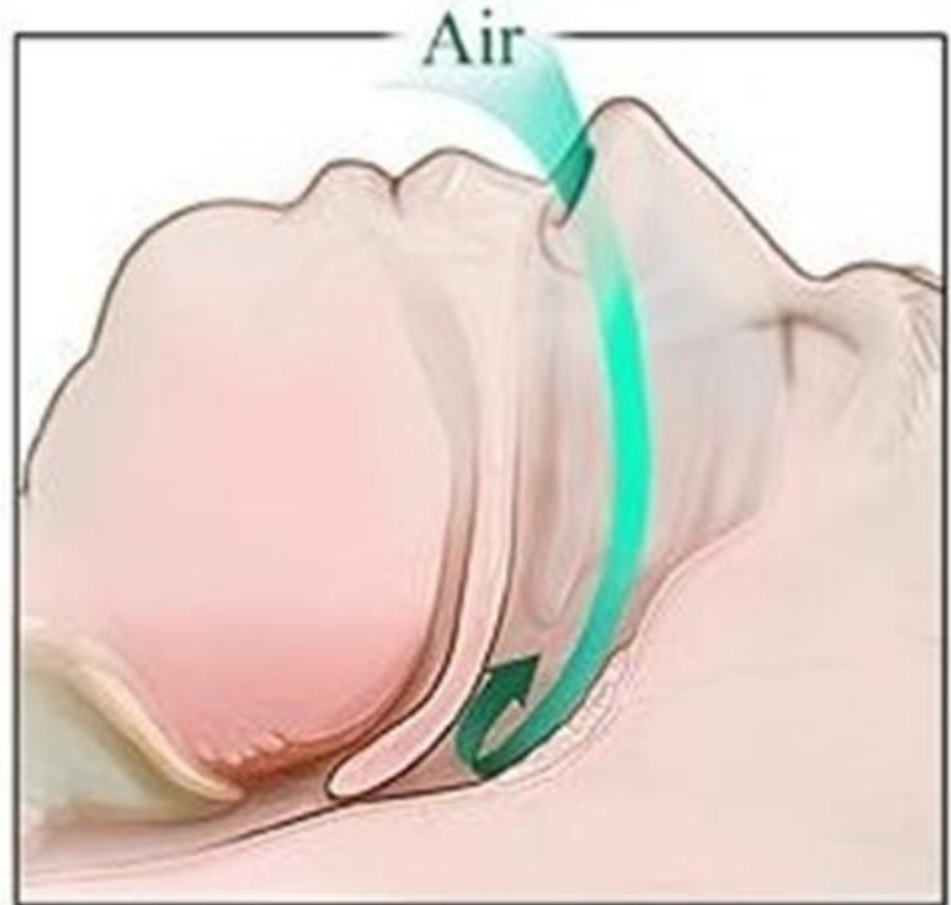
**Boil in the ear canal: Picric Acid 30**

# Obstructive Sleep Apnea (OSA)

Can lead to:

- Heart attack
- Stroke
- Dementia
- Depression
- Loss of vision

1. Lachesis
2. Opium
3. Ant tart
4. Stram
5. Laurocerasus Q



When You Don't Smell it, Homeopathy Can Heal it



**Anosmia:**

**Aurum met, allium cepa, Sticta, Sang nit, Arnica, Silicea**

Look at both sides before we  
diagnose



**It is DNS (Deviated nasal septum)**

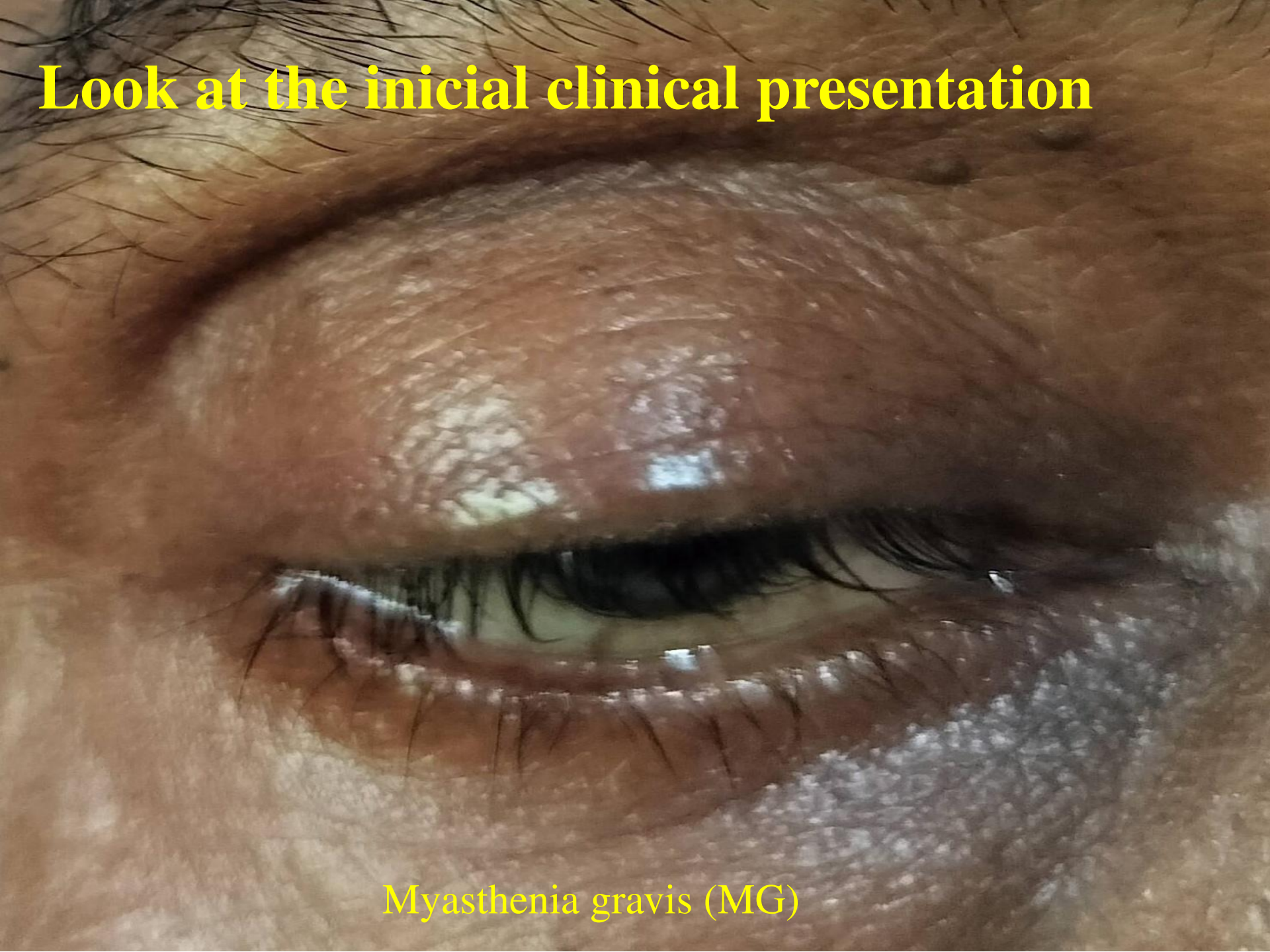


# “Dim vision, with milk in the breasts”

- With high prolactin levels
- Gradual loss of vision
- Headache
- Rule out Micro or macro adenoma of Pituitary gland by CT



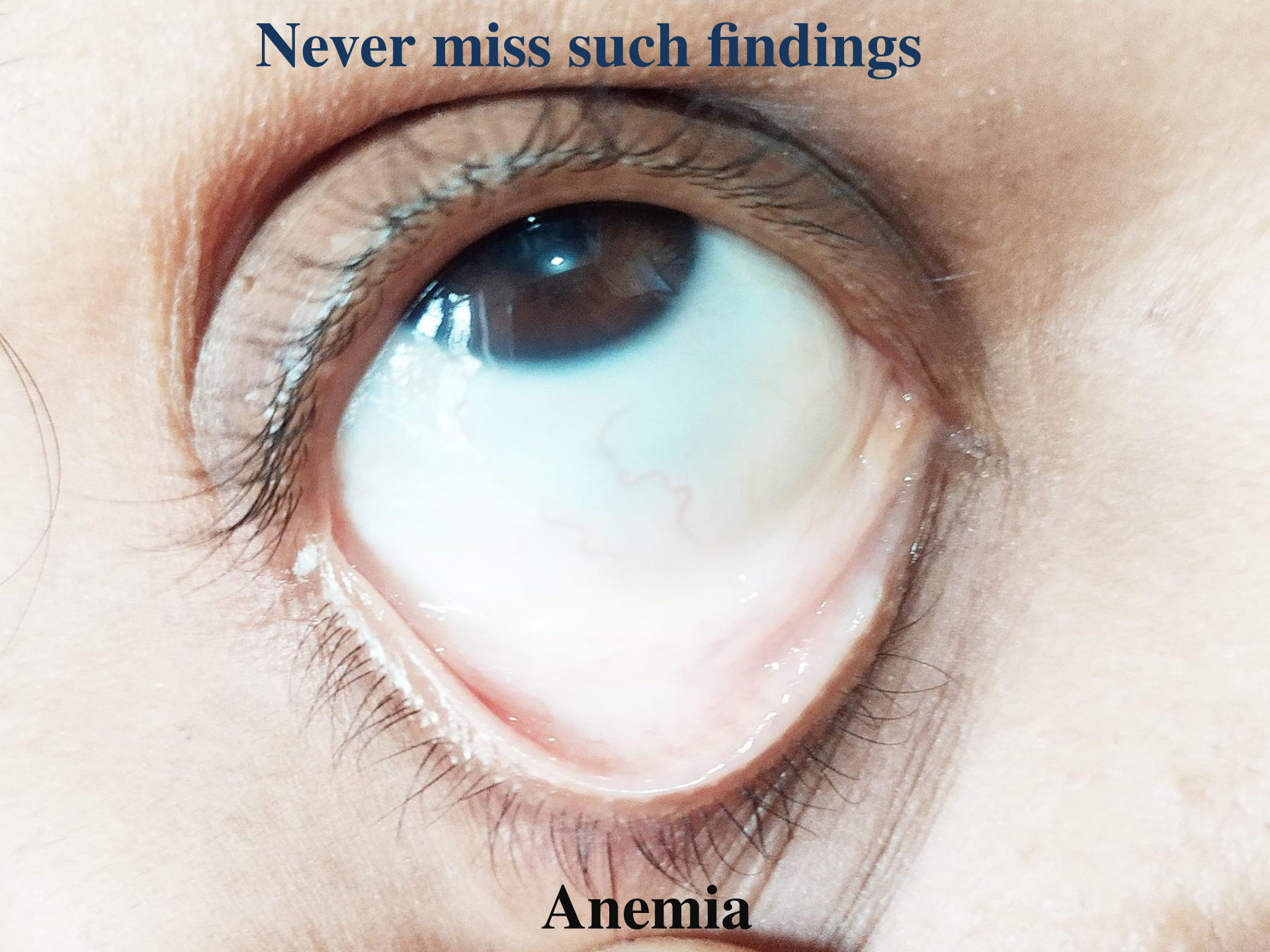
**Look at the inicial clinical presentation**



**Myasthenia gravis (MG)**



**Never miss such findings**



**Anemia**

# Styes, persists for long



**Staphy, sulph, silicea, puls, etc.**



# Black eye



**Arnica, Ledum, Symph**



**Rx, Ledum200**

## Herpes Zoster Ophthalmicus Managed by Homeopathy



**Ranunculosis Bulb 30, 2 pills 4 times, with placebo.**

© Dr Muhammed Rafeeqe, FamilyHomoeopathy.com



**Ran bulb 30,  
2 pills 4 times**



**Pyogenic Granuloma at the Muco cutaneous  
Junction: Acid nit 200**



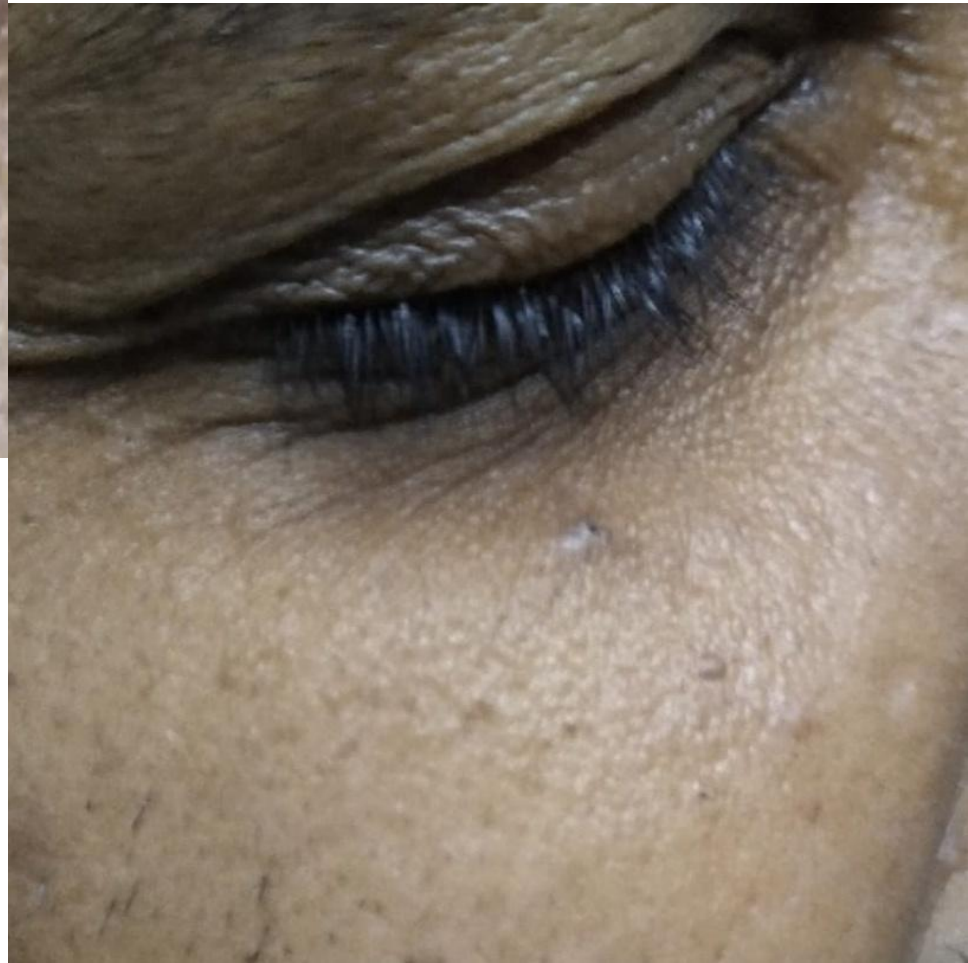
# Dacryocystitis



**Sensitive to touch, with pus, chilly:**

**Hepar sulph 30**

# Milia bumps



**Nat mur 200**, 1/w

Rhinitis, alopecia, sun  
headache, agg by  
warmth, sentimental

Acne, painful even from a distance



**Eugenia Jamb**





**Clinically diagnosed as SLE, but skin biopsy confirmed Pemphigus**

**Psorinum 0/1**

# Fever blisters



Bry, Rhtox, Nat mur, Acid nit





Basal cell carcinoma

# Angina bullosa haemorrhagica



**Rx, Acid nitric 200**



# Don't forget the tongue!



**Also make sure that the discoloration is real or not!**

<https://hpathy.com/homeopathy-papers/the-tongue-in-disease-and-renal-diagnosis/>

# Easy way to examine tongue in children



Gently press the chin with thumb, and open the mouth, the baby will protrude the tongue automatically.



**Nux Vom**





Ipecac



Rhus tox

# Tonsillolith Removal



**Allen's Keynotes:** *“hawking of pea like balls of disgusting taste and carrion like odor”*

**Psorinum:** It often removes the tendency to form Tonsilloliths.

# Suspected Diphtheria case







Diphtherinum 200

# We can incorporate homeopathy in Emergency care



Arnica, Aconite, Mosch, Ignatia, Ars alb, Camph,  
Amyl nit, Spig, Opium, Ant t, Meph, Cactus, Lactro,  
Lach, Carbo v, Nux v, Nat mur, tarent c, Glon, Nat  
carb, China, etc.

# Suspected DVT

1<sup>st</sup> Visit

© Dr Muhammed Rafeeqe

2<sup>nd</sup> Visit

3<sup>rd</sup> Visit

**Rx: Vipera 30, 4 doses, every one hour. Echinacea Q**

# Pain on distant parts on coughing



Capsicum



# Lumps of sputum expells with cough



© Dr Muhammed Rafeeqe

**Badiaga**



**Sailors asthma better at sea**



**Worse when they come to land**

**Bromium**

# COPD Cases

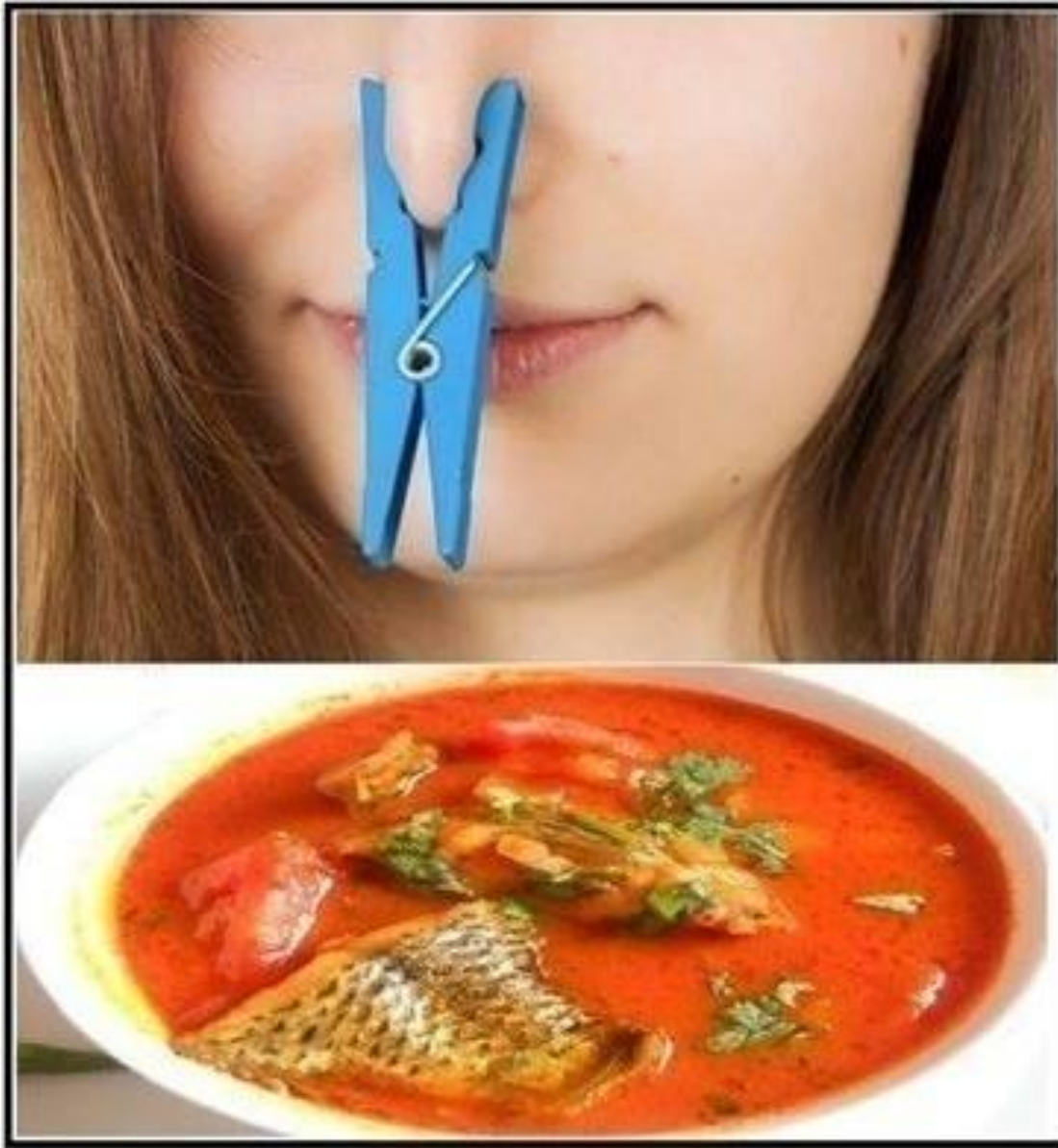


Postural drainage after giving **Balm Peru Q**

# Why not make use of indicated remedy in asthma?







**Colchicum, Ars alb, Sepia**

“Can tolerate only boiling liquids”



**Chelidonium**

# Stool: “Scum on a frog pond”



**Mag carb, Ipeac, Arg nit**



# First remove the causes





# Injury to parts rich in sensory nerves



**Hypericum**

# Carpal Tunnel Syndrome cases recurring after surgery



**Case 1**



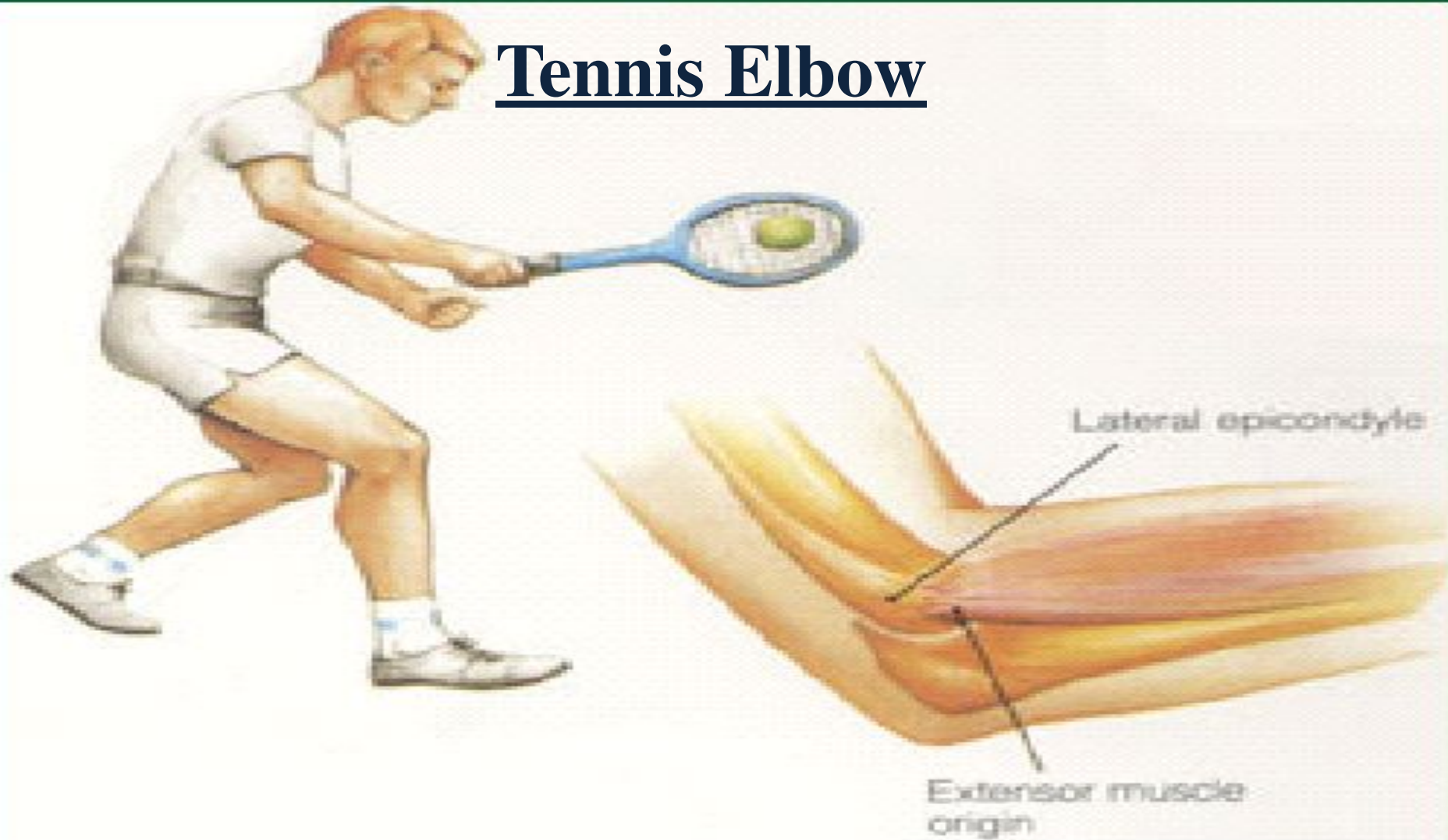
**Case 2**

Rhustox, causticum,  
Hypericum, Ruta, Plumb m,  
Act spic,...



**Case 3**

# Tennis Elbow



**I have cured more than 500 cases of Tennis elbow!!!**

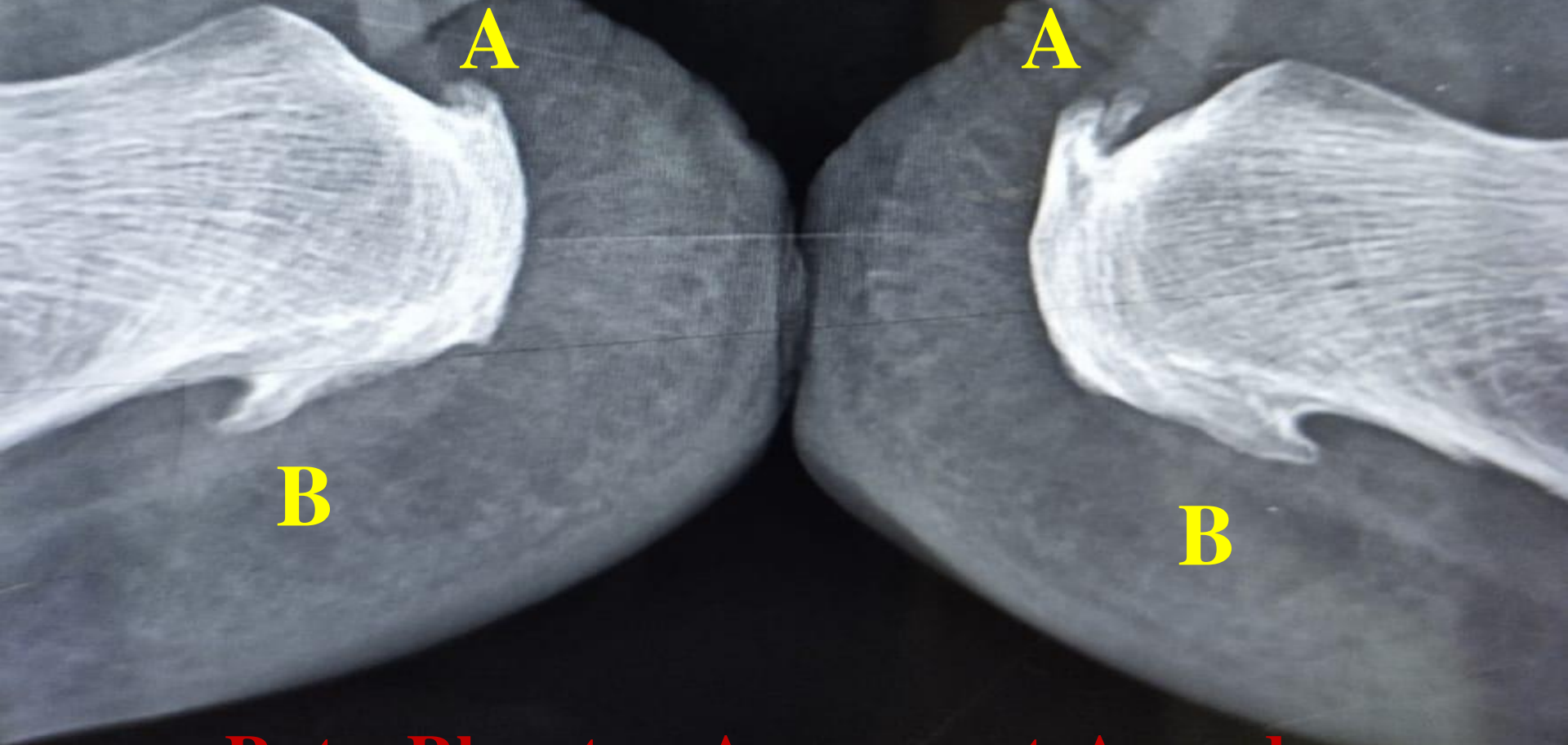
**Commonly indicated drugs:**

**Ruta, Rhustox, Arnica, Phytolacca**



**Most of the ‘body pain’ cases have this**

**Calcaneal spur**



**Ruta, Rhus tox, Aurum met, Aran d**



# Ankle sprain



Arnica, Ruta, Rhustox, Ledum, Strontium carb

Avoid the things that aggravate the troubles!



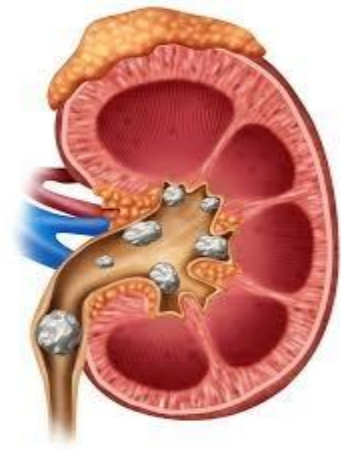
**He was walking 3 to 5 kilometers daily!!!**

# How they enter the consultation room?!



Some hints on disease diagnosis  
Some hints on remedial diagnosis

# Renal calculi Tips



- Identify the type of stone
- Accordingly change the chemistry of urine by Diet changes and water
- Jogging is must
- Remove the cause
- Stop non veg in Urinary infection and calculi



# Renal calculi (1.5cm) – Right sided



**Rx, Lyco 200, Sars Q**



Never ignore the skin lesions

- Not Eczema
- Not pyoderma
- Not psoriasis
- Not Lichen planus
- Not pigmented scar
- Not Leucoderma

**It is a case  
of Leprosy**

# Bullae on the soles



**Mancinella, hepar, apis, canth, Strepto**



"Eruptions ulcerate and forms thick scabs  
under which purulent matter exudes":  
Mezereum, Chrys-ac. (William Boericke)

**Mezereum 30**



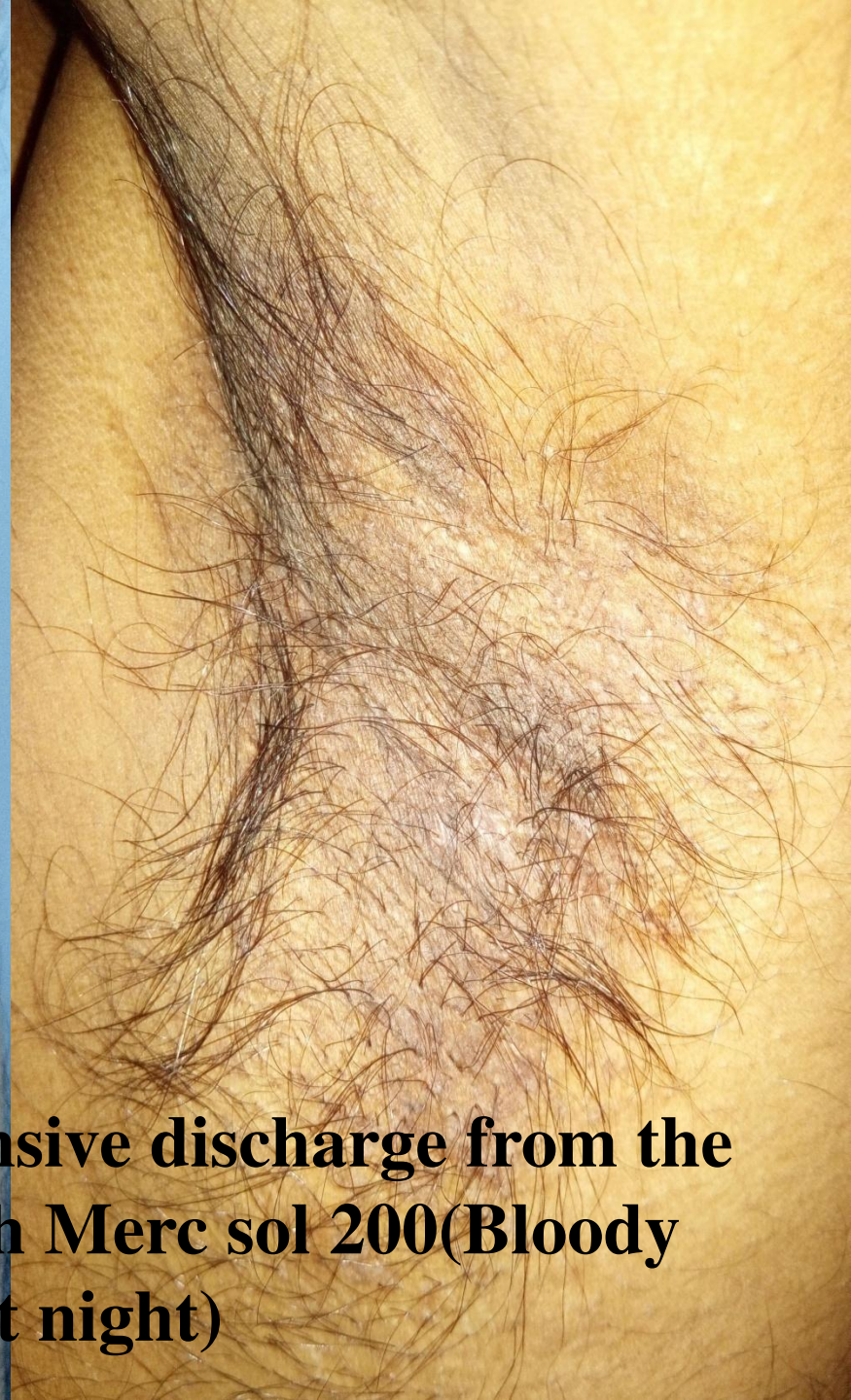
# Generalized Exanthematous eruption



**Baby active and restless:**

**Rhus tox 30**





**A case of Hidradenitis with offensive discharge from the axilla, managed successfully with Merc sol 200(Bloody pus with offensive sweat, more at night)**



**Neurodermatitis**



**Psorinum 200**



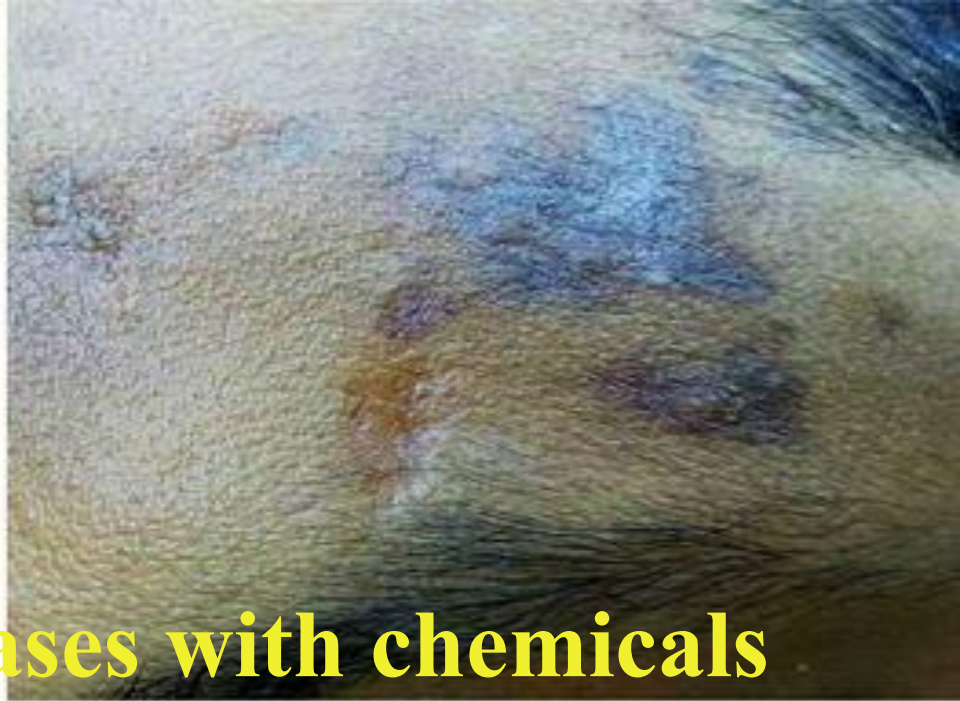


# Itch Scratch syndrome

- Stop scratching
- Cut nails properly
- Stop non veg
- Moral support
- Baby soap







**Ill treated warts cases with chemicals**





**Still Warts is our cup of tea!**



**Thuja 1M**

**Warts cured by Thuja 1M, one dose every week**





# Corns cured by **Antim Crude 30**



Old Ulcer with Maggots  
Cured by **Mezerium 30**, 1 dose daily for 7 days.



# Pitted keratolysis



**Silicea 30:** Sweating,  
constipation, Chilly



# Pilonidal sinus



**Myristica Sebifera 30**

# Ingrown toenail



**R x, Magnetis Polus Australis 30**

**(Magnetis Polus Australis , silicea, acid nit)**



## Homeopathy curing three years-long Diabetic Foot ulcer



Rx: Arsenicum album 200c, one dose, once in a week. Cured completely in 4 months treatment.

©Dr Muhammed Rafeeqe

Kerala, India.



# Piles in a child



**Muriatic acid 30, one dose/week**

# Phimosis



**Acid nit 200**



# Practice of Homeopathy in India



**Dr Johann Martin Honingburger  
(1795-1869)**

**Calcutta Homeopathic Medical  
college: 1881**

**Approved system: 1973 (CCH  
act)**

**AYUSH Ministry: 2016**

**Nearly 300000 Homeopaths**

**260+ Homeopathic colleges**





MINISTRY OF  
**AYUSH**

, Government of **India**

A - Ayurveda

Y - Yoga and Naturopathy

U- Unani

S - Siddha

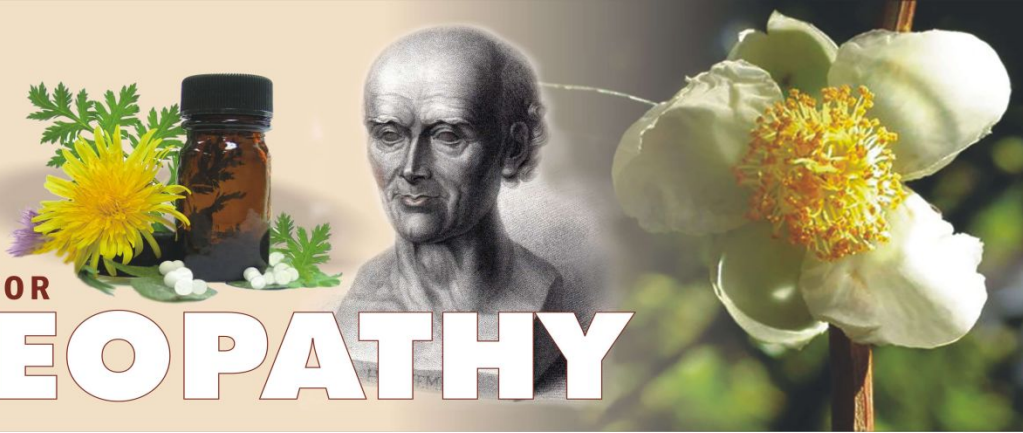
H -Homeopathy





NATIONAL COMMISSION FOR

**HOMOEOPATHY**



The National Commission for Homoeopathy (NCH) is the authority in india, constituted by an act of Parliament known as The National Commission for Homoeopathy Act, 2020.  
(After dissolving Central Council of Homeopathy formed in 1973)

**Improve quality of homeopathic education**

**High quality of homeopathic practice**

**Quality of homeopathic institutions**

**Homeopathic medical register**

**NCH act, rules, regulations, guidelines**

**<https://nch.org.in/>**



## **Central Council for Research in Homoeopathy (CCRH)**

Apex research organization under Ministry of AYUSH, Govt. of India.

- Headquarters -New Delhi
- 26 Institutes/research units.

- Drug proving
- Clinical verification
- Drug standardization
- Clinical research
- Documentation and publication
- Fundamental, collaborative research
- Public health programs
- Specialty clinics
- Extramural research
- Education research
- Technical support to institutions and homeopaths
- CME for practitioners
- Survey, collection and cultivation of medicinal plants
- Foreign collaboration





Homeopathic practitioners  
registered under Kerala Medical  
Council: 15739

# Homeopathic Institutions by the Kerala Government



- Homeopathy Directorate
- 14 District Medical offices
- 34 hospitals with IP
- 709 Regular GHDs
- 409 NHM dispensaries
- 29 SC dispensaries
- 3 floating dispensaries
- Mobile dispensaries
- Homeopathic Medical colleges: 2 Govt., 3 Aided
- ESI Dispensaries
- Corp. dispensaries 32+
- 1 central Medical store, 13 district medical stores
- HOMCO Medicine manufacturing unit



# Achievements of AYUSH - Homeopathy Department, Govt of Kerala



- Kerala model health system
- RAECH: 'Karuthalode munnottu' – Covid Prophylaxis
- 'Janani' project came in economic review
- 'Sadgamaya' helped many special children
- Other projects: Seethalayam, Ayushmanbhava, Punarjani, Pain and Palliative care, Nisarga, etc
- Special clinics: Allergy and asthma, Endocrine and liver clinic, Renal clinic, Autism clinic, festival dispensaries
- Tribal medical camps
- HEART: Homoeopathic Evidence based Advanced Research and Training
- Floating Homeopathic dispensary



# Homeopathy as the best option for prophylaxis

  
കേരള സർക്കാർ  
ആയുഷ് ഹോമിയോപ്പതി വകുപ്പ്

  
NATIONAL AYUSH MISSION

## കരുതലോടെ, മുന്നോട്ട്

സ്കൂൾ വിദ്യാർത്ഥികൾക്കായുള്ള  
ഹോമിയോപ്പതി ഇമ്യൂണിറ്റി ബുസ്റ്റർ  
മരുന്ന് വിതരണം

2021 ഒക്ടോബർ 25, 26, 27

സംസ്ഥാനതല ഉദ്ഘാടനം

ഒക്ടോബർ 25, രാവിലെ 11.45 ന്  
ശ്രീ : പിണറായി വിജയൻ  
ബഹു : കേരള സംസ്ഥാന മുഖ്യമന്ത്രി  
ഓൺലൈനിലൂടെ തിർവ്വഹിക്കുന്നു



  
ശ്രീമതി. പിണാ ജോർജ്ജ്  
ബഹു. ആരോഗ്യവും വനിതാശിശുക്ഷേമവും  
വകുപ്പ് മന്ത്രി

  
ശ്രീ. വി. ശിവൻകുട്ടി  
ബഹു. പൊതുവിജ്ഞാപനവും  
തൊഴിൽ വകുപ്പ് മന്ത്രി



[http://www.ahims.kerala.gov.in/ahims/hib\\_index.php](http://www.ahims.kerala.gov.in/ahims/hib_index.php)

പ്രവർത്തനങ്ങൾ വകുപ്പ് ആദ്യ ഓണ്ലൈൻ മിഡിയാ ഫോർമിംഗ് പ്രോഗ്രാമിലെത്തി





11 Research Proposals under the training of  
HEART (Homoeopathic Evidence based  
Advanced Research and Training) got  
approval from SAB (Scientific Advisory Board,  
Department of Homoeopathy).

*Congratulations*  
to all investigators.



### Research Study Report

A Retrospective Study to Evaluate the Prophylactic Efficacy of  
Arsenicum album 30C administered in Kerala during the Covid-19 Pandemic



Rapid Action Epidemic Control cell – Homoeopathy  
(RAECH)  
Department of Homoeopathy  
Government of Kerala  
2021

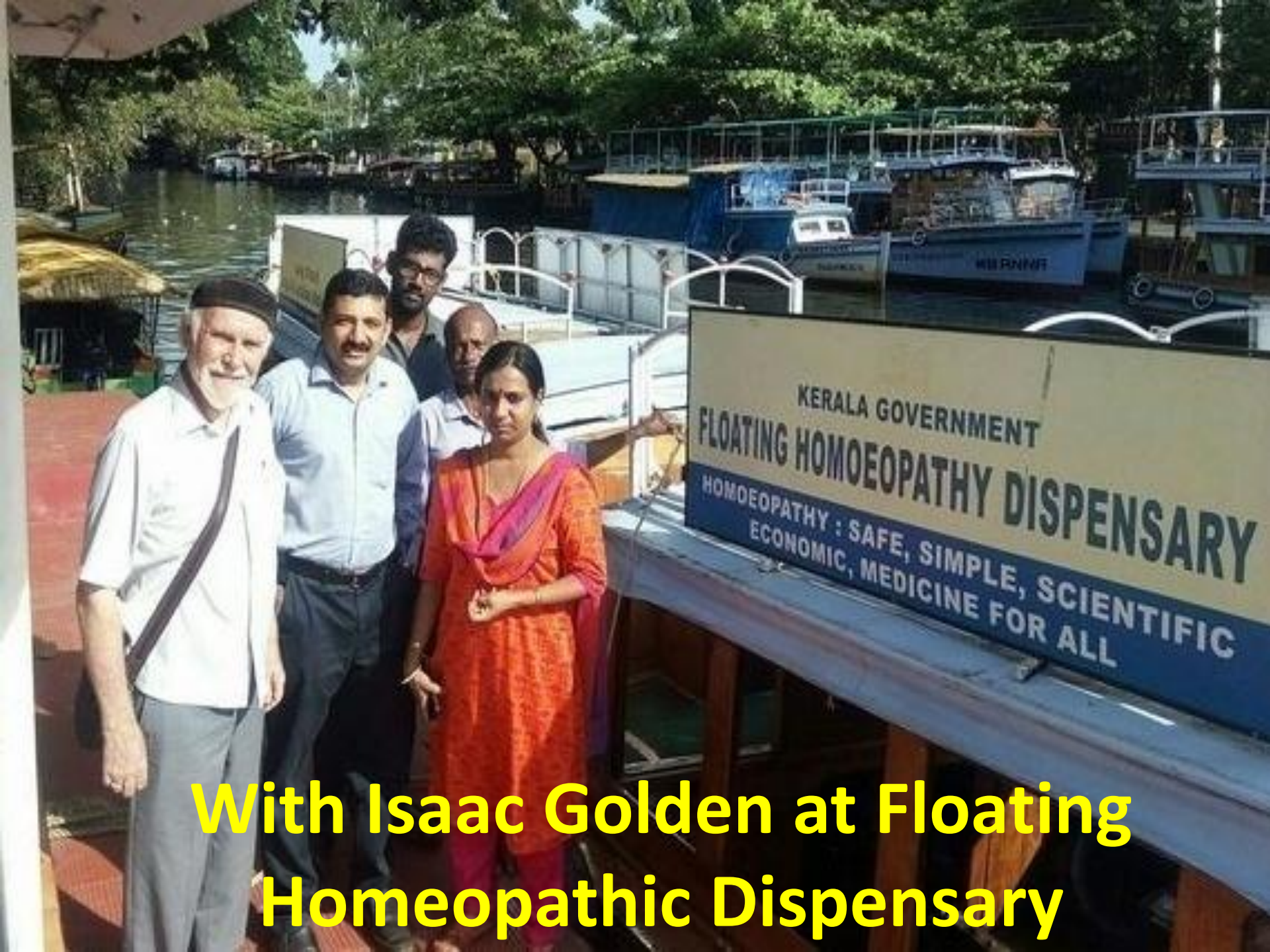


Department of Homoeopathy  
Government of Kerala

**FLOATING HOMOEOPATHIC DISPENSARY**







**With Isaac Golden at Floating Homeopathic Dispensary**



# A few more achievements by Dept.



- AHIMS has UHID system
- Stock management system
- SAB constituted (Scientific Advisory Board)
- IEC being re constituted
- IT CELL
- Mass media cell

# District Homeopathic Hospital, Thrissur









# Sadgamaya, Dept. of Homeopathy, AYUSH Dept.



<https://homoeopathy.kerala.gov.in/en/sad>

# Seethalayam

## Dept. of Homeopathy, AYUSH



<https://homoeopathy.kerala.gov.in/en/seethalayam/>

# 'Janani' Project for Infertility







Government of Kerala  
AYUSH Homoeopathy Department



**JANANI**  
Homoeopathy Fertility Care Centre  
Government of Kerala

**10 YEARS - 2658 BABIES**  
STATE WIDE DATA - 4 YEARS

YEAR	TOTAL POSITIVE CASES	TOTAL LIVE BIRTH
2019 -20	531	343
2020 -21	512	336
2021 -22	654	383
2022 -23	675	466
<b>TOTAL</b>	<b>2372</b>	<b>1528</b>



Published by Homoeopathy State Mass M



**Government of Kerala**  
AYUSH HOMOEOPATHY DEPARTMENT



**JANANI HOMOEOPATHY  
INFERTILITY CENTRES**

**DATA DASHBOARD (2024-2025)**  
2024 April 1st to 2025 March 31st

Number of New Couples treated at  
Janani centres during 2024-2025

**3119**

Number of Old Couples treated at  
Janani centres

**27869**

Total number of couples treated  
at Janani centres till date

**30988**

Positive pregnancy  
during the year  
2024- 2025

**487**

Total Live birth  
during the year  
2024-2025

**343**

Cumulative  
Pregnancy  
till date

**5152**

Cumulative  
Live Birth  
till date

**3450**





- National AYUSH Mission is a Centrally Sponsored Scheme under the Ministry of AYUSH. The government of India launched National AYUSH Mission (NAM) during the 12th plan in 2014.
- In Kerala, NAM started activities in 2015.



# NABH (National Accreditation Board for Hospitals and Healthcare Providers)

- A constituent board of Quality Council of India
- Focus on patient safety and quality of the delivery of services

## NABH Accreditation Levels:

1. Entry-Level Accreditation
2. Progressive-Level „ „
3. Advanced-Level „ „
4. Platinum-Level „ „





# The Kerala State Homoeopathic Co-operative Pharmacy Ltd.



**Kerala State Homoeopathic Co-operative Pharmacy Ltd.**

**GMP Certified**

(Sponsored by Govt. of Kerala)

Pathirappally South, Pathirappally P.O., Alappuzha, Kerala - 688 521, Ph: 0477 2258665, 2258012, Fa:

E-mail : [homcokerala@gmail.com](mailto:homcokerala@gmail.com), Web : [www.homcokerala.com](http://www.homcokerala.com)



**The Kerala State Homoeopathic Co-operative Pharmacy Ltd.,**

**ISO 9001 - 2008 Certified**

(Sponsored by Govt. of Kerala & Aided by Govt. of India)

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**Manufacturers of Homoeopathic Medicines Since 1978**



# Homeopathic Medical Colleges

Government colleges 2 and Aided Colleges 3

- OP
- IP
- Special op
- Peripheral OPS
- BHMS, MD, NCP course
- Physiotherapy, audiology, Xray, ECG, Lab, etc
- Out reach activities.
- Medical camps – Regular, festivals, disasters



A tropical scene featuring a traditional red-roofed house on the left, a boat on a canal in the foreground, and several tall palm trees in the background. The scene is lush and green, with a clear blue sky.

# **Merci beaucoup**

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