

DAY 2 SESSION – V
11:00 a.m. – 12:00 noon

HALL 6 (SEATING CAPACITY 378)

Theme: Scientific Explorations with Evidence Based Homoeopathy in Practice

Convenor: Dr. Abhishek Dalmia (Consultant (Exam) –NCH

Session Chair: Dr Janardanan K Nair

1. Dr. Vijaykrishna V., Professor and PG guide, GHMC and H, Bengaluru
Clinical Outcomes in Primary Hypothyroidism

Theme: A Comparative Look at TSH Values Pre and Post Homoeopathic Therapy

This session highlights that Homoeopathic therapy may play a supportive role in the management of primary hypothyroidism. The observed improvements in the study conducted on Clinical Outcomes in Primary Hypothyroidism: A Comparative Look at TSH Values Pre and Post Homoeopathic Therapy emphasizes the potential of individualized treatment in modulating endocrine function and improving quality of life. However, variability in response underscores the need for careful case selection and long-term monitoring. This retrospective study was conducted at Nishika Homoeo Clinic, Bengaluru. Medical records of patients diagnosed with primary hypothyroidism were reviewed. Inclusion criteria consisted of patients with documented elevated TSH levels and those who underwent individualized homoeopathic treatment for a defined follow-up period. Data collected included baseline TSH values, follow-up TSH levels, symptom profile, and duration of treatment. Major take away from this session will be that Homoeopathic treatment has demonstrated promising outcomes in reducing TSH levels and improving symptomatology in patients with primary hypothyroidism. Further prospective, controlled studies with larger sample sizes are recommended to validate these findings and establish stronger clinical evidence.

2. Dr. Manoj Patel, Professor, Dr. MLD Trust, Palghar

Theme: Unexplored field of Homoeopathy in Public Health

This session specifies the role of homoeopathy in Public health systems, which are increasingly challenged by malnutrition, adolescent anaemia, maternal stress, mental health disorders, chronic diseases and geriatric health concerns, particularly in rural and resource-constrained settings. Many of these conditions are influenced by complex interactions among biological susceptibility, emotional stress, lifestyle factors, and socio-economic determinants. Homoeopathy, with its individualized, holistic, safe, and low-cost therapeutic approach, offers an underutilized opportunity to strengthen person-centered public health care, particularly in conditions requiring long-term follow-up and improved treatment adherence.

Major take away from this session is to understand the DOER Model: This presentation proposes an innovative DOER (Delivery of Organised Evidence-based Response) model that places Homoeopathy at the centre of a cost-effective and scalable community-based care system integrating patient care, education, and research. The model introduces *Ayush Swasthya Karyakarta (ASK)*, a trained multipurpose worker (minimum 12th pass), working in coordination with ASHA workers to support last-mile delivery of individualized Homoeopathic care. Priority population groups include antenatal mothers, malnourished children, adolescents with anaemia,

individuals experiencing mental health challenges and senior citizens with chronic illnesses. Background and benefits of the model will be outlined in brief for understanding of the audience

3. Dr. K. M. Dhawale, Director, Dr. M.L. Dhawale Memorial Organisations

Scope of Homoeopathy in Psychiatry in The Indian Context

This session outlines the Mental Health Scenario in the Indian Context in brief with current statistics of mental health disorders. The proportional contribution of mental disorders to the total disease burden in India has nearly doubled from 2.5% in 1990 to 4.7% in 2017. The National Mental Health Survey estimated the weighted current prevalence of common mental disorders (CMDs) which include depression, anxiety, and related conditions at 5.1%, translating to approximately 70 million Indian adults. Substance use, affective, and anxiety disorders were found to account for the bulk of the psychiatric burden, with common mental disorders making up roughly 95% of current prevalence. There is a Treatment Gap in Mental Health in India with Shortage of Mental Health Professionals. The availability of mental health professionals, including psychiatrists, psychologists, and psychiatric nurses is insufficient to meet the growing demand for mental healthcare in India. The shortage is particularly prominent in rural areas. Inadequate Infrastructure and Resources, Lack of Awareness and Stigma and Insufficient Integration into Primary Healthcare are the challenges in treating these disorders

Rapporteur –Dr. Vibha Mewada Sharma, Consultant (Hom) -NCH

