

**STATE HEALTH MISSION
(streaming of AYUSH)**

**Directorate of ISM & Homoeopathy
Homoeopathic Wing
CSC-IIIrd, 1st floor, B Block, Preet Vihar, Delhi-92.**

**Report of workshop on
Homoeopathy for Healthy Mother & Happy Child
24th-25th September 2009**

Smt. Shiela Dixit, Hon'ble Chief Minister, Delhi, launched the campaign on "Homoeopathy for Healthy Mother and Happy Child" in Delhi on 24th September, 2009, which was followed by 2 days workshop. The launch ceremony was presided over by Prof. Kiran Walia, Hon'ble Minister of Health & Family Welfare, Govt. of Delhi, and Sh J. P. Singh, Principal Secretary (H & FW), GNCTD & Prof. C. Nayak, Director General, Central Council for Research in Homoeopathy, GOI, were the Guests of Honour.

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 workshop was attended by about 250 delegates which included Policy makers, 94 Allopathic physicians (Gynecologists, Obstetricians, Pediatricians, RCH doctors), Ayurvedic/ Unani physicians, and Homoeopathic physicians from Government, NGO & Private sector (list as Annexure I). The main objective of the workshop 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 five sessions in which 14 expert speakers (enclosed as Annexure II) 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. The following recommendations can be summed up:

nutritional deficiencies like anemia do not improve even on regular supplementation, this is where homoeopathy can improvise their condition by constitutional treatment and make the efforts of the Govt. more effective.

- Practical training in MCH health sector should be given to Homoeopaths working in Govt. and private sector. Their skills are required to be upgraded. With suitable clinical exposure Homoeopathic physicians can provide efficient Antenatal care with safe medication and suitable referrals.
- 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.



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- **Contraindications to Homoeopathy:**
 - **Contraindications to Homoeopathy:** 1. Mild headache 2. Mild fever 3. Mild diarrhoea 4. Mild vomiting 5. Pain abdomen- false labour 6. Threatened Pre-term labor (PTL) 7. Repeated UTI 8. Intractable cough (TB excluded) 9. Anemia 10. 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 7. Pyelitis/pyelonephritis 8. Cough due to Pulmonary tuberculosis 9. Severe anemia 10. malaria & high fever 11. 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

cavity; Painful white leg, Deep Vein (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.
- Awareness about Homoeopathy may be increased through IEC campaigns/ activities at district level. The IEC material released in the forms of posters and folders shall be provided to all the Hospitals/ dispensaries in Delhi

ers and ASHA need to be sensitized to the Ayurvedic System of Medicine and the first aid ASHA kits (released by Hon'ble Chief Minister & Hon'ble Health Minister of Delhi) should be provided.

- Accessibility to homoeopathic health care facilities through cafeteria approach of Delhi Govt/ Co-location of health services. The website inaugurated by Hon'ble Chief Minister www.homeo.delhigovt.nic.in shall further the cause.
- Cost- effectiveness of the system is well documented by studies
- 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.
- Field studies with Homoeopathic interventions should be undertaken. A rural area/ slum setting should be selected and surveyed; the total population including female population from 15-45 years and children below 15 years as well as health service facilities available should be identified. Health services may then be provided by this team along with the existing health services for 12-18 months and the results should be statistically analyzed. Only such type of studies, will be a living document to show the effectiveness of the services provided



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languages were released on the
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**Homoeopathy Ensures
"Healthy Mother & Happy Child"**

Launch

**of
Campaign on Homoeopathy
for Mother and Child Care**

**&
www.homeo.delhigovt.nic.in**

by
Smt. Sheila Dikshit
Hon'ble Chief Minister of Delhi

Thursday, 24th Sept., 2009 at 11:00 am.

at
**Auditorium, Delhi Secretariat,
1st Estate, New Delhi**

Emceed by
Prof. Kiran Walia
Hon'ble Minister of Health & Family Welfare,
Women & Child Development & Languages, Govt. of Delhi

Guests of Honour:
Prof. C. Narula, President Homoeo. 11389 Shri J.P. Singh, Principal Secretary, H&FW

Homoeopathic medicines are:

- Extremely safe
- Gentle in action
- Cost effective
- Effective
- Easily accepted by children

And:

- Boost the natural healing mechanism of body
- Prevent falling sick again and again
- Work wonders in problems of:
 - Pregnancy
 - Lactation
 - New born babies
 - Growing children

**Department of Health & Family Welfare
Govt. of NCT of Delhi
1st Level, Delhi Secretariat, 1st Estate, New Delhi**

**Directorate of ISM & Homoeopathy
Homoeopathic Wing
CDC-4, B-Block, Patel Vihar, Delhi, Ph: 22440022**

Dr. C. Narula
President Homoeo. 11389

Dr. Kiran Walia
Minister of Health & Family Welfare,
Women & Child Development & Languages, Govt. of Delhi

Smt. Sheila Dikshit
Hon'ble Chief Minister of Delhi

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Delegates of the workshop (0866)



Dignitaries on the dais (0689)



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Welcome of the Hon'ble Guests by ASHA worker (0694)



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Welcome address by Sh Virender Kumar, Director (ISM&H)
(0702)



Key note Address by Prof. C. Nayak , Director General CCRH
(0708)



Address by Sh J. P. Singh, Principal Secy (H&FW) (0711)



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Address by Prof. Kiran Walia, Hon'ble Minister of H&FW (0714)



Release of Posters by dignitaries (0747)



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Release of folders (0751)



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Release of ASHA kits (0760)



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Address by Chief Guest, Smt Sheila Dikshit, Hon'ble Chief Minister of Delhi (0777)



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Participants of the workshop in rapt attention (0705)



Vote of Thanks by Dr R. K. Manchanda, Dy Director (H) (0783)



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Session I, Day One (0783)



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Session 2, Day One (0845)



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Session 3, Day Two (0914)



Session 4, Day Two (0981)



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Session 5, Day Two (1037)



Concluding session (1072)



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Valedictory session (1101)