

A concise textbook of

OBSTETRICS

And

NEONATOLOGY

with homoeopathic therapeutics



DR TRUPTI M. DEORUKHKAR

A Concise Textbook of Obstetrics and Neonatology with Homoeopathic Therapeutics

By
Dr Trupti Mangesh Deorukhkar



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Dedicated
to
all my students.

Foreword

It is indeed a great pleasure to introduce a new book “Textbook of Obstetrics with Homoeopathy” written by Dr Trupti M. Deorukhkar B.H.M.S, M.D. (Hom).

The author has made proper justification by giving the details of clinical history, examination and investigations to be carried out in antenatal and postnatal patients.

Modern obstetrics emphasising “safe motherhood” gives importance to high risk mothers and antenatal screening to lower the risk of maternal and perinatal mortality and morbidity. This book has given proper justification to bring out all these details.

The book has rightly brought out details of major and minor complaints during antenatal and postnatal period, and has given a homoeopathic solution for such complaints. This book will enlighten many beginners and homoeopathic medical students.

Dr Trupti M. Deorukhkar, HOD of Obstetrics and Gynaecology at CMPH Medical college has vast experience in this field and has been able to bring out various clinical tips while giving homoeopathic treatment to the antenatal patients. These clinical tips will undoubtedly help the medical students. This is one of the outstanding feature of this book.

I wish Dr Trupti M. Deorukhkar success in reaching deeply to the medical community via this book.

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Preface

As a student, I was always fascinated by the subject of Obstetrics and neonatology. I was very eager and later amazed to see the effects of homoeopathic medicines in female complaints during pregnancy and in new born. After graduation, I joined the teaching faculty at Smt. Chandaben Mohanbhai Patel Homoeopathic Medical College, Mumbai in the year 1999 and started attending the Gynaecology and Obstetrics OPD with my Head of Department, Dr Daksha Vaishnav. I learnt a lot just by observing and assisting her. After few years, I worked in an independent obstetrics and gynaecology OPD, wherein I had an overwhelming experience observing the wonderful actions of homoeopathic medicines. I wanted to share my experience with homoeopathic fraternity, in order to further increase one's belief in this beautiful system of medicine.

A beautiful phrase says “a child gives birth to a mother” and it is so true. Pregnancy is a beautiful transformation that a woman undergoes in her life. There are not only physiological changes but also changes at mental and emotional level which take place during this phase. It is, in true sense, the rebirth of a female, which is also a popular traditional belief.

In this book, antenatal care and postnatal care has been described in detail. Also, the judicious use of supportive measures has been included. One will get immense benefit from the clinical tips and the short cases that have been mentioned in the book. The clinical tips are solely based on my experience, and suggest the most important indication of the particular homoeopathic remedy that I have seen in my practice. Rubrics with remedies from *Kent's repertory* that can be used for quick references have been mentioned in the book. Also the

common ailments of neonates along with the role of homoeopathy in such cases have been included.

As a physician, one should always aim at the constitutional remedy which will bring about the ideal cure as said by our Master, Dr Samuel Hahnemann. Homoeopathic therapeutics can be used as our first line of treatment when there are obstacles to cure. Knowledge about homoeopathic therapeutics and specifics will help us in overcoming the initial hurdle. These therapeutic remedies also helps to treat the acute complaints.

Hope this book serves as a source in managing obstetrics and neonatology complaints.

Acknowledgment

First and foremost, I thank the Almighty for blessing me with a good life.

I would like to thank my parents, for imbibing the right values in me and for always supporting me in my decisions.

I would like to thank my husband for his immense encouragement and confidence in me. Thank you for being a strong pillar in my life.

I would like to express my gratitude to all my family members for their unconditional love and support.

I would like to thank all my teachers for their constant support and imparting invaluable knowledge.

A big thanks to all my friends, for all their inspirations, motivation and advice.

I would like to express my gratitude to each and everyone associated with Smt. Chandaben Mohanbhai Patel Homoeopathic Medical college and Mumbadevi Homoeopathic Hospital, a place where I have grown as a homoeopath.

An important mention of my son, Samarth, and nephew, Om, for making me experience the joy of motherhood.

Publisher's Note

A Concise Textbook of Obstetrics and Neonatology with Homoeopathic Therapeutics is an outstanding work of the author, Dr Trupti Mangesh Deorukhkar and the Editor, Dr Akshay Swami, has tried his best to make the subject as complete as possible by explaining all the topics from the basic principles of reproduction to diagnosis of pregnancy to antenatal care to the mechanism of normal and abnormal labour in a very simplified way, easy to grab by a student as well as special therapeutic tip for a clinician. A special mention has also been made of the operative procedures in obstetrics. The book also includes a section on neonatology constituting all the relevant topics for examination point of view as well as the obstetric cases encountered in day-to-day practice. It includes care of the newborn, neonatal examination and all the diseases the new born may suffer from. An attempt has been made to include all the important homoeopathic therapeutics in each topic. Hence, the reader does not have to refer to different books for homoeopathic management. Also, in the end, a question bank has been added to help the students to prepare well for their exams. The language of the book simple so that not only students and practitioners can make use of it but also the layman, can use it as a self-help book, giving them the much needed information about the obstetrical part of medicine. We wish all the readers a happy reading and welcome their suggestions, if any.

Kuldeep Jain

CEO, B. Jain Publishers (P) Ltd.

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She graduated in the year 1998 from Smt. Chandaben Mohanbhai Patel Homoeopathic Medical College, Mumbai and completed her post-graduation from Y. M. T. homoeopathic college, Kharghar, Navi Mumbai in the year 2009. A homoeopathic practitioner and a lecturer since 20 years, she always had a keen interest to write something on women's healthcare. Currently, she is a private consultant in Mumbai and is attached to the Gynaecology and Obstetrics OPD at Mumbadevi Homoeopathic Hospital, Vile Parle, Mumbai. She has multiple national and international paper presentations to her credit.

Dr Trupti is always emphasised over the importance of disease diagnosis and promotes an integrated approach between homoeopathy and modern medicine, especially while treating pregnant females.

This book reiterates the same and encourages students & practitioners to maintain a balance between the diagnosis, supportive treatment along with the role of homoeopathy in obstetrics and neonatology.

The clinical tips verified from her practice are an added feature that will benefit all the readers.

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