



**DR. M. L. DHAWALE MEMORIAL GROUP OF ORGANIZATIONS**

**Cordially invites you to**

**ICR DAY AND FOUNDER'S DAY**

**(Birth Anniversaries of Dr. M. L. Dhawale and Dr. L. D. Dhawale)**

Being celebrated *online* on **Sunday, the 19th July 2020**

**Timing**

10.30 am-12.30 pm.

**Programme**

**TOPIC: CHALLENGING MULTIPLE SCLEROSIS (MS): INTEGRATIVE  
MANAGEMENT WITH HOMOEOPATHY**

**Presentation**

Dr. Kishore Mehta, Director,

Homoeopathic Education and Research Institute (HERI), Mumbai

***Dr. K. M. Dhawale***

**Hon. Director**

## **CHALLENGING MULTIPLE SCLEROSIS (MS): INTEGRATIVE MANAGEMENT WITH HOMOEOPATHY**

In the last few years, Multiple Sclerosis (MS) has taken a great toll on human health all over the world and now more so in India. In 2016, there were 2,221,188 cases of multiple sclerosis globally ([https://doi.org/10.1016/S1474-4422\(18\)30443-5](https://doi.org/10.1016/S1474-4422(18)30443-5)). The exact Indian numbers are not available. The nature of the illness creates a great fear, threat, helplessness and hopelessness in the patient's mind. It has also posed a great challenge to the medical fraternity in controlling it and preventing its perilous effects. But now a new hope has emerged with Homoeopathy and Integrative Management to control the disease and improve quality of life.

### **What is MS?**

**Definition of ICD-10 G35:** MS is an autoimmune disease that affects the nervous system, launching an attack on its own tissue. It can range from relatively benign to somewhat disabling to devastating, as communication between the brain and other parts of the body is disrupted. It affects balance, coordination, strength, and other body functions to varying degrees, based on severity and form. MS manifests as acute, focal, inflammatory demyelination and axonal loss with limited remyelination, ending up with chronic multifocal sclerotic plaques from which the disease gets its name.

Autoimmunity plays a predominant role in its development. Acute inflammatory injury of axons and glia, recovery of function and structural repair, post-inflammatory gliosis, and neurodegeneration decides the course and outcome. As with all complex traits, the disorder results from interplay between as yet unidentified environmental factors and susceptible genes. Mental stress, faulty living and habits, nutritional deficiency, climacteric changes, pollution, infections and immune deficiency, endocrine imbalance- all these are known to trigger MS. Patient can remain symptom free or can have multiple expressions based on the level of damage and extent of disease. Presentations can be varied ranging from somatic to psychiatric, visual problems, paresthesias, pains and spasms, weakness or fatigue, problems of balance, dizziness, bladder issues,

sexual dysfunction or cognitive problems. MS can severely impact the life of the individual and can gravely impact the family along with the added financial strain.

### **Homoeopathic perspective**

Being an autoimmune illness, Homoeopathy has a lot to offer in MS with a clearly formulated approach based on the concept of susceptible constitutions (Organon § 30-32,117,129,136,181 and elucidated in the Principles of Practice of Homoeopathy). Quality case taking based on the holistic concept and evaluation of susceptibility along with miasm plays an important role in the management of MS. Arriving at similitum and managing posology is a challenging task which requires a comprehensive synthesis to manage the susceptibility and reduce further distress. All knowledges, skill and attitude of the Homoeopath are called in to manage this difficult disease.

### **Integrative Management with Homoeopathy**

Integrative medicine is a rational fusion of one or many medicinal therapies (Homoeopathy with Allopathic or Homoeopathy with Ayurveda) and Auxiliary treatment (Organon § 286 to 291). These include counselling, physiotherapy, yoga, acupressure, massage, occupational therapy, video games or some indoor/outdoor games, music, etc. This approach accelerates the process of recovery or cure. Care is required to see that selected approaches are not inimical to each other and detrimental to the patient.

**Dr Kishore Mehta** along with his team has done pioneering work in the management of MS at HERI's Ghatkopar medical Centre in association with Dr Sushil Tandel, a neurologist.

On the occasion of **ICR day and Founder's day**, Dr Mehta, one of the early students of MLD sir, now a veteran homoeopath, known as teacher of teachers, has graciously consented to share his insights and experience of treating MS based on Hahnemannian guidelines along with scope and limitations. He will share how an integrated approach with Homoeopathy can improve the quality of life of these patients.

His sharing will enrich us and also show us a scientific way of treating MS.