



MULLERIAN



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Quarterly Bulletin of Father Muller Homoeopathic Medical College & Hospital

January - March 2014

Editorial

Dear Readers,

Greetings for a Happy New Year and welcome to go through this very first issue of the year 2014.

I am happy to share the events at the Father Muller Homoeopathic Medical College in the new academic year. Medical education has been undergoing enormous changes and making great advances in the last few years pose a challenge to all Medical Institutions. At Father Muller's also new courses are being implemented with focus on Medical Research. Each year the number of students graduating from this prestigious Institution is increasing which can be seen in this issue of mullerian in the Institution's Daycum Graduation Ceremony. The intent of

this bulletin is also to showcase two challenging cases of Dengue treated by our own Alumni which could bring about a fundamental change in the minds of upcoming doctors.

I am overwhelmed by the response we are receiving from the Alumni and staff of FMHMC making this bulletin so informative.

I profusely thank and request all our Alumni to send their successful cases & other news for publications for the future issues also.

Enjoy reading.....

Dr Jyoshna Shivaprasad
Editor

Dengue Hemorrhagic Fever

Dengue hemorrhagic fever is a severe, potentially deadly disease. It is an infection spread by mosquitoes, mainly the species *Aedes aegypti*.

Causes

Four different dengue viruses are known to cause dengue hemorrhagic fever. Dengue hemorrhagic fever occurs when a person is bitten by a mosquito that is infected with the flavi virus.

There are more than 100 million new cases of dengue fever every year throughout the world. A small number of these develop into dengue hemorrhagic fever. Most infections in the United States are brought in from other countries. Risk factors for dengue hemorrhagic fever include having antibodies to dengue virus from an earlier infection and being younger than 12, female, or Caucasian.

Symptoms

Early symptoms of dengue hemorrhagic fever are similar to those of dengue fever. But after several days the patient becomes irritable, restless, and sweaty.



cont.... on page 3

CAMPUS NEWS



01.01.14 & 02.01.14: The Interns attended a lecture and demonstration by Dr Shreedhara Avabratha K, Prof. Dept. of Pediatrics, FMHC on Basic Life Support Training Programme.



11.01.14: A Medical Camp at Banpadhadka, Kasargod organized by "CODP" was conducted by Dr Roopa Baliga

18.01.14: A General Medical camp was organized at Perumbala, Kasargod led by Dr Sajan & Dr Mini.I.V. The follow up was referred to United Medical Center, Kasargod.



26.01.14: The 65th Republic Day was observed at FMHMC at which the Chief Guest, Dr Shivaprasad K, Principal, FMHMC hoisted the flag and delivered his message.



28.01.14: Dr S.P Singh, Dr T.K Chakravorty & Dr Pawan Kumar Sharma directed by CCH, visited and inspected FMHMC as a part of annual inspection.



From January 2014 onwards Yoga classes are conducted for all the students of the College by Dr Chandrashekar from Integral Yoga Satsanga.



04.02.14: World Cancer Day was observed by the Dept. of SPM for which an interactive session was arranged for the Final BHMS students by Dr Prasanna Mithra.



09.02.14: The Teaching Staff Club of FMHMC arranged a staff Picnic to Pandit Resort, Moodbidri.

17.02.14 – 22.02.14: A General Medical Health Camp was organized in the hospital premises by the Dept. of Medicine on 'Anemia and disorders related to blood'.

17.02.14: Health Education Programme was organized to SHG workers in association with Spandan Trust, at Spandana trust Hall, Jeppu, Mangalore.

24.02.14 – 25.02.14: A Training programme for Interns on Lab Skills was conducted by Dr Sheena Salin.

01.03.14: Women Health Awareness talks were given to the Islamic Women Association, Thokkotu, by Dr Jolly D'Mello and Dr Vidya Angaraje.



25.02.14: A Rural General Medical Health Camp led by Dr Mini I.V. was organized by CODP at Bakilapadav. The diseases prevalent were noted to be Osteoarthritis, cataract and skin disorders.



27.02.14: Another Rural General Medical Health Camp was organized at Ulithadukka, Kasargod. Health awareness talk was given to patients.



03.03.14 – 08.03.14: The OBG Out-Patient Department organized a free health check up & treatment in view of Women's Day.

08.03.14: International Women's Day was celebrated at FMHMC. Dr Supriya Rai was the Chief Guest.



These symptoms are followed by a shock-like state.

Bleeding appears as tiny spots of blood on the skin (petechiae) and larger patches of blood under the skin (ecchymoses). Minor injuries can cause bleeding.

Shock can lead to death. If the patient survives, recovery begins after a one-day crisis period.

– Early symptoms include:

- Decreased appetite
- Fever
- Headache
- Joint or muscle aches
- Malaise
- Vomiting

– Acute phase symptoms include:

1. Restlessness followed by:
 - Ecchymosis
 - Generalized rash
 - Petechiae
 - Worsening of earlier symptoms
2. Shock-like state
 - Cold, clammy extremities
 - Sweating

Examinations and Tests:

A physical examination may reveal:

- Enlarged liver (hepatomegaly)
- Low blood pressure
- Rash
- Red eyes
- Red throat
- Swollen glands
- Weak, rapid pulse

Tests may include:

- Arterial blood gases
- Blood tests (find signs of the virus in the blood)
- Coagulation studies
- Electrolytes
- Hematocrit
- Liver enzymes
- Platelet count
- Serum studies from samples taken during

acute illness and convalescence (increase in titre to Dengue antigen)

- Tourniquet test (causes petechiae to form below the tourniquet)
- X-ray of the chest (may demonstrate pleural effusion)

Treatment:

Because Dengue hemorrhagic fever is caused by a virus for which there is no known cure or vaccine, the only treatment is to treat the symptoms.

- A transfusion of fresh blood or platelets can correct bleeding problems
- Intravenous (IV) fluids and electrolytes are also used to correct electrolyte imbalances
- Oxygen therapy may be needed to treat abnormally low blood oxygen
- Rehydration with intravenous (IV) fluids is often necessary to treat dehydration
- Supportive care in an intensive care unit/ environment

Prognosis:

With early and aggressive care, most patients recover from dengue hemorrhagic fever. However, half of untreated patients who go into shock do not survive.

Possible Complications:

- Encephalopathy
- Liver damage
- Residual brain damage
- Seizures
- Shock

When to Contact a Medical Professional:

See your health care provider right away if you have symptoms of dengue fever and have been in an area where dengue fever occurs, and especially if you have had dengue fever before.

Prevention:

There is no vaccine to prevent dengue fever. Use personal protection such as full-coverage clothing, mosquito nets, mosquito repellent containing DEET. If possible, travel during times of the day when mosquitoes are not so active. Mosquito abatement (control) programs can also reduce the risk of infection.

Alternative Names:

Hemorrhagic dengue; Dengue shock syndrome; Philippine hemorrhagic fever; Thai hemorrhagic fever; Singapore hemorrhagic fever



CASES OF DENGUE HEMORRHAGIC FEVER

By: **Dr Renju Baby**

Alumnus 2002 UG batch

CASE 1, reported on 11-06-2013

Patient named Mr. S aged 29 yrs came up with the C/O increased body temperature with chills, body pain, headache, redness of eyes and increased weakness since morning. As there was an outbreak of dengue in and around, patient was sent for blood test at once. The following changes were noted.

GENERALS

Appetite - reduced
Thirst - increased
Bowel/bladder-regular
Sleep - decreased

PHYSICAL FINDINGS

Temp-103.4
Pulse-108/min
Resp.rate-19/min
B.P-146/92mm Hg

SYSTEMIC EXAMINATION

Resp.System-normal vesicular breath sounds, no adventitious sounds.

Cardio Vascular System-S1 S2 heard, no murmurs.

Nervous System-well oriented with time space and person, senses intact

Blood Investigations:

CBC:
Hb-14.4gm%
TC-5600
Esr-5mm/ 1 hr
Platelet-1.62 lakhs
NSI Ag - POSITIVE (12-06-2013)

DIAGNOSIS - DENGUE-NSI

1st PRESCRIPTION-11-06-2013

Nux Vom IM 2(P), 6 hrly

2nd PRESCRIPTION-13-06-2013

1. Lachesis 200 (1p) 2. Xray-200, 3pills 2Hrly

Further reports are attached.

Note: First prescription was done purely based on Symptomatology. But second prescription was more of pathological nature. Plenty of fluid intake and freshly cooked food has to be strictly followed along with absolute rest. Use of pomegranates, apple juice mixed with lime is also advisable.

Conclusion: Dengue fevers are easy to treat, but one should always have a thorough knowledge about its complications. In my experience, medicines like lachesis, Xray, Lecithin were found to be very effective in increasing the platelet count in less than 10 hrs.

ADIMALY CLINICAL LABORATORY

NEAR GOVT. HOSPITAL, N.H. ROAD
ADIMALY

04864 222616, 9020886319

LAB REPORT

Patient : S (29 Yrs., Male)

Doctor : RENJU BABY

Bill No. : 758

Result Date: 12/06/2013

Name of Test	Result	Normal Value
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DEPARTMENT OF HAEMATOLOGY

Blood Routine (HB, TC, DC, ESR)

HB	:	14.0 gm/dl	(12 - 16)
TC	:	3300	(4000 -11000)
Platelet	:	90000cells/Cu.mm	(1.5 - 3.5)

NSI Ag : Positive

ADIMALY CLINICAL LABORATORY

NEAR GOVT. HOSPITAL, N.H. ROAD
ADIMALY

04864 222616, 9020886319

LAB REPORT

Patient : S (29 Yrs., Male)

Doctor : RENJU BABY

Bill No. : 862

Result Date: 15/06/2013

Name of Test	Result	Normal Value
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DEPARTMENT OF HAEMATOLOGY

Blood Routine (HB, TC, DC, ESR)

HB	:	14.1 gm/dl	(12 - 16)
TC	:	5700	(4000 -11000)
Platelet	:	1.05 Lakhs cells/Cu.mm	(1.5 - 3.5)



CASE -2, reported on 26.10.2012

By: **Dr Ilango**

Alumnus - 1989 UG batch

MRS. G

58 YRS/F

Diagnosis:

Dengue Shock Syndrome

Presenting complaints

26.10.2012

Fever started from 23rd

Taste – bitter

Giddiness++ unable to sit feels weakness

Vomiting

Bloody stool 2-3times passed

App – poor

Thermally – **HOT**

THIRSTLESS, but desires for **warm water**.

Didn't do any work – **non-diligent**

BP – 90/60 mm of Hg

Rx: BAPTISIA 1M /1D/3SPOONS



ULTRA

Cell : 94435 48541

COMPUTER DIAGNOSTIC CENTER No. 2202

Authorised Collection Center : Sree Metro Diagnostic, Chennai-17

H.O : No.A/3 Ramakrishna Puram, Near N.M.Hospital, Opp. Manimandapam, Thanjavur - 613 007.

B.O: No.21/A L.M Complex Opp. Bombay Sweets, New Housing Unit, Thanjavur - 613 005

PATIENT NAME : MRS.G

AGE : 59 Y SEX : F

REF BY DR : S.ILANGO .M.D.(Hom)

DATE : 26.10.2012

ASSAYS	PATIENT REPORT	LAB NORMAL
BLOOD:		
P.C.V	28 %	42 – 52 %
PLATELE COUNT	98 cells/cumm	1 – 3 Lakhs cells/cumm
Dengue NS1 Antigen	Reactive	
Dengue IgM Antibody	Negative	
Dengue IgG Antibody	Negative	

BLOOD:

27.10.2012

APP – improved

Fever>++

Bitter taste>++

Giddiness>++

Stool – Reg; no bleeding



ULTRA

Cell : 94435 4854

COMPUTER DIAGNOSTIC CENTER No. 2233

Authorised Collection Center : Sree Metro Diagnostic, Chennai-17

H.O : No.A/3 Ramakrishna Puram, Near N.M.Hospital, Opp. Manimandapam, Thanjavur - 613 007.

B.O: No.21/A L.M Complex Opp. Bombay Sweets, New Housing Unit, Thanjavur - 613 005

PATIENT NAME : MRS.G

AGE : 59 Y SEX : F

REF BY DR : SELF,

DATE : 28.10.2012

ASSAYS	PATIENT REPORT	LAB NORMAL
BLOOD:		
P.C.V	31.6 %	42 – 52 %
PLATELE COUNT	1.8 Lakhs cells/cumm	1 – 3 Lakhs cells/cumm

BLOOD:

BP – 110/90 mm of hg

Rx: SL

30.10.2012

Pt feels better

No fever

No giddiness

Rx: SL



Staff in News

1. **Dr Shivaprasad K:** Elected as member of Faculty, Board of studies for UG, Rajiv Gandhi University of Health Sciences, Bangalore in March 2014. Appointed as CCH inspector to Calcutta H.M.C. on 20-01-2014.
2. **Dr Srinath Rao:** Appointed as CCH inspector to Gujarath College. Continuing as Member of Board of Studies (UG), RGUHS, Bangalore. Steering Committee coordinator, NAAC. Continuing as Board of studies external member, Goa University & NTR University Vijayawada.
3. **Dr Madona Joseph, Dr Blany Lobo, Dr Mini I.V. & Dr Vivek Sakthidharan :** Passed PG diploma in Bioethics & Medical Ethics from Yenepoya University in Feb. 2014 & conducted a training programme on "Medicolegal duties of a Physician" for the interns batch 2013-14.
Dr Madona Joseph also attended a workshop in Yenepoya University on "Bioethics disaster & Human enhancement & Moral improvement" on Feb. 13th 2014.
4. **Dr Pravas K. Pal:** Delivered a guest lecture on "Homoeopathic Potentisation" at B. D. Jatti H.M.C., Dharwad on 21-3-2014.
5. **Dr Girish Navada:** Appointed Staff Advisor for students for the year 2014-15.
6. **Dr P. Chakraborty:** Article published in Asian journal of homoeopathy, Feb-April issue 2014 on 'A case of signet ring cell Ca of stomach treated in Homoeopathy'
7. **Dr Vilma D'Souza:** Awareness talk on 'Scope of Homoeopathy in female complaints' at Spandana trust, Jeppu.
8. **Dr Rita C:** Given a health awareness talk on 'Diabetic diet' on 7.2.2014 at St Joseph Prashanth Nivas, Jeppu.
9. **Dr Jacintha Monteiro:** Published articles in February issue on 'Role of Vitamins in health' and in the March issue on 'Women's health' in Konkani local church news bulletin 2014.
10. **Dr Prasanna Kumar K:** Elected as member of Board of Studies, Rajiv Gandhi University of health sciences, Bangalore. Articles published in 'Hosa Digantha' & 'Vijnana Bharati'.
11. **Dr Roshan Pinto:** Delivered a talk on 'Heart diseases' in Spandana Trust, Jeppu in Jan 2014.
12. **Dr Guruprasad MN:** Attended CME's on 'Recent advances in HIV/AIDS management -Achieving Zero incidence' at FMMC on 15.2.14. Given a health awareness talk on 'Nutrition' in Feb at Spandana trust, Jeppu. Was a resource person on 'Homoeopathy in Mentally retarded children' organised by Kerala Govt, Dept of Homoeopathy at Nileshtar, Kasargod Dist in Jan 2014.
13. **Dr Anita Lobo:** Given a talk on 'Health awareness in women & Scope of Homoeopathy in Gynaecological disorders' at Spandana trust, Jeppu on 21.2.2014.
14. **Dr Joseph Thomas:** Was invited as a Chief guest of Dr Kents & Dr Boeninghausan B'day celebration at Alva's H.M.C., Moodbidri on 31st March 2014.
15. **Dr Jolly D'Mello:** Gave an awareness talk on "Female complaints" in Spandana Trust, Jeppu on 18-2-2014. Womens Health Awareness talk at Thokottu - Jamayati Islamic Women's Association on 1-3-2014.
16. **Dr Ranjan C. Britto, Dr Sajan K. R., Dr Rajachandra G., Dr Revan B.L & Dr John Paul:** Attended a CME programme on "Homoeopathic Medical Education Technology" - Module 1 organised by CCH at Belgaum on 24-1-2014 & 25-1-2014.
17. **Dr Praveen Raj:** Kannada articles written on Homoeopathic topics in 'Buntara Vahini' from Jan-March 2014, in 'Anupama' in Feb & March issue and in 'Vijnana Bharati' monthly magazine published by Hampi Kannada University. Was a resource person on 'Cardiac diseases' for SHG, Mangalore, on 'Art of case taking' organised by Kerala Govt, Dept of Homoeopathy at Nileshtar, Kasargod Dist, Talk on Homoeopathic awareness at Hidayat nagar, Uppala and Pivalike, Kasargod on 25.3.14 organised by Primary health centres, Govt of Kerala. Participated in Interview in 'Posakural' TV channel telecasted on 15.2.14. Attended CME's on 'Recent advances in HIV/AIDS Management' at FMMC on 15.2.14 & on 'Infertility' at Maya International on 15.3.14.

CAMPUS NEWS



02.03.14: Women Guidance and Counseling committee of the FMHMC organized a picnic for the non-teaching staff members of the college to Thanirbhavi beach.



08.03.14: A General Medical Camp & awareness talk was organized by FMHMC at Badiyadukka, Kasaragod.



13.03.14: 81 Graduates received certificates at the Institutions Day cum Graduation Ceremony. On this occasion, Dr. V.M Katoch, Secretary (Department of Health Research), Government of India and Director General, Indian Council of Medical Research was the Chief Guest. Dr. Anil K D'Cruz, Director, Tata Memorial Hospital, Mumbai was the Guest of Honour.



16.03.14: Fr Maxim Noronha, the Parish priest of the Madankuppu Church inaugurated the General Medical Health Camp. The President of the Catholic Sabha, Mr Alwyn Lobo welcomed the gathering.

17.03.14 – 18.03.14: A Training Programme on "ECG and X-ray" was conducted by Dr Dhole N.C. for the interns.

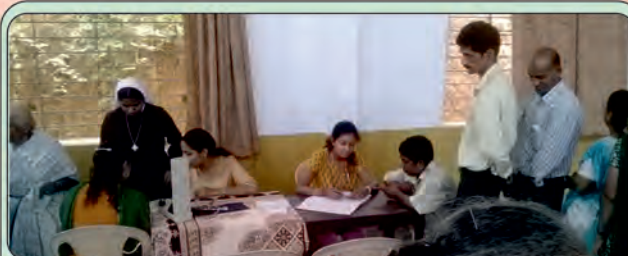
18.03.14: Women Guidance and Counselling Committee organized a training programme on "Front Office Management" for the non teaching staff of college and hospital office. Mr Charles Pais, Associate Professor and H.O.D, Dept. of Secretarial Practice, St Agnes College, Mangalore was the resource Person.



23.03.14 & 24.03.14: A motivational programme was conducted in the college premises separately for all the Catholic and Non Catholic students.



25.03.14 – 26.03.14: A Training Programme on "Medicolegal Duties of a Physician" was conducted by Dr Madona Joseph, Dr Blany Lobo, Dr Mini I.V. and Dr Vivek S. for Interns.



30-03-2014 : A General Medical Health Camp was conducted at Omzoor church hall under the leadership of Dr Blany lobo.

31-03-2014 : The internship programme 2014-15 was inaugurated by Rev. Fr Patrick Rodrigues, Director, FMCI

24.03.13: In view of 'World T B Day', the Department of Community Medicine & Practice of Medicine organised a talk by Dr Sanjeev Badiger, M.D., Professor, Dept of Community Medicine, KHEMA for the III & IV yr students.

M.D. (Hom) 2010 Batch



FROM LEFT TO RIGHT: Dr Coutinho Nichola Miratina (Practice of Medicine, I Rank), Dr Tripti Thounaojam (Practice of Medicine II Rank), Dr Anand Pratap Singh (Pharmacy I Rank), Dr Nakadi Poonam Prabhakar (Paediatrics I Rank), Dr Reshel Noronha (Paediatrics II Rank), Dr Fernandes Saviona (Materia Medica V Rank)

Seven undergraduate and six postgraduate students who secured ranks for their outstanding performances in the University Examinations conducted by Rajiv Gandhi University of Health Sciences in the year 2013 were honoured at the Institutions Day cum Graduation Ceremony on 13.3.2014.

BHMS 2008-09 Batch



1st ROW, FROM LEFT TO RIGHT: Dr Nithya P (I Rank), Dr Pooja Goel (III Rank), Dr Sheetal Panpalia (IV Rank), Dr Naval Iqbal Mohammed (V Rank), Dr Anisa Muhammed K.K (VI Rank),

2nd ROW, FROM LEFT TO RIGHT: Dr Cerin Francis (VII Rank), Dr Ayfoona Rahiman P.S (VIII Rank)

13.03.14: Dr Mukesh Batra Homoeopathy Scholarship Awards were presented to Ms Nithya P, Ms Sheetal Panpalia & Sr Cerin Francis at the Institution Day cum Graduation Ceremony.

STAFF IN NEWS

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18. **Dr Jenita Fernandes:** Was the chairperson for the CCH inspection on 3.2.14 at DKMM Homoeopathic Medical College, Aurangabad.
19. **Dr Deepa R:** Awareness talk on 'Scope of Homoeopathy in female complaints' at Spandana trust, Prashanth Nivas, Jeppu on 18.2.14
20. **Dr Kurian PJ:** Was a resource person for a CME for NRHM doctors of Kasargod Dist, organised by Govt of Kerala on 26.2.14
21. **Dr Rajachandra G:** Delivered an awareness talk on 'Disability' in Jan 2014 and on 'Water scarcity in abundance' on 22.3.2014 at St. Joseph's college, Jeppu.

22. **Dr Ranjan C Britto:** Given a talk on 'Heart diseases' in Spandana Trust, Jeppu on 20.1.14.
23. **Dr Vidya A:** Awareness talk given at Spandana trust, Prashanth Nivas, Jeppu on 19.2.14
24. **Dr John Paul:** An article was published in the journal, Vital Informer on 'Clinical Decision Making Rules for Knee & Ankle radiography' in March 2014.
25. **Dr Revan BL:** Delivered a talk on 'Heart diseases' in Spandana Trust, Jeppu in Jan 2014

Silver Jubilee Celebrations of 5th batch of Alumni on 16th & 17th August 2014 at Mangalore. Details will follow.
Contact : Dr Roshan Pinto - 9845303492
Dr Jyoshna S. - 9342231894

Alumni in news

Wedding Bells

- ❖ Dr Pitambar Sahoo (2006 batch PG) with Miss Meenakshi on 27th November 2013
- ❖ Dr Melita Alva (2008 batch PG) with Mr Reagan on 27th October 2013
- ❖ Dr Megha Tilak (2007 batch UG) with Mr Prayag on 20th November 2013
- ❖ Dr Jayashree U (2006 batch UG) with Mr Srivasthava on 17th February 2014
- ❖ Dr Prennie (2005 batch UG) with Mr Preetham on 19th January 2014
- ❖ Dr Akhila (2007 batch UG) with Mr Babul on 5th January 2014
- ❖ Dr Anulekha (2010 batch PG) with Mr Prasanna on 9th February 2014

New Arrivals

- ❖ Dr Anusha S (2001 batch UG) was blessed with a baby boy on 8th Jan 2014
- ❖ Dr Chaitanya N (2007 batch PG) was blessed with a baby boy on 16th Feb 2014
- ❖ Dr Thafseena (2000 batch UG) was blessed with a baby in March 2014

Let us all congratulate them

Book Post

To,

Senders Name and Address:

Father Muller Homoeopathic Medical College & Hospital
 University Road, Deralakatte, Mangalore 575 018
 Ph: 0824-2203901 Fax: 0824-2203904

Editorial Board: Dr Jyoshna Shivaprasad, Dr Deena Monteiro, Dr Guru Prasad M.N., Dr Kurian P.J. and Dr John Pål