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Quarterly Medical Bulletin

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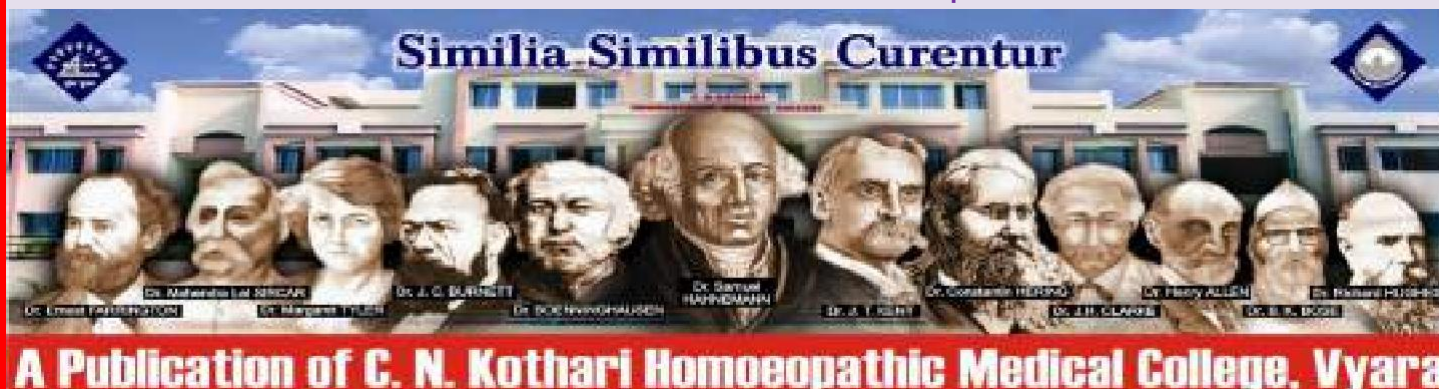
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Positive Effects of Stress and Trauma



Dr. Mahavir Ghiya M.D. (Hom)
Professor,
Dept. of Case Taking &
Repertory

Stress is the experience or condition that results (anxious or threatening feelings) when we interpret or explain a situation being more than our coping resources can handle.

Stress = Perceived situation > Personal coping resources

Stress is an individual subjective experience

A given situation may be stressful for one person and not for another.

We are stressed by different kinds of things.

There is nothing wrong or bad to feel stressed in a situation when someone else doesn't.

Stress and trauma may have certain positive effects. With the growth of positive psychology, the focus on the positive aspects of stress and trauma gained momentum.

There can be three possible ways by which stress can have positive effects (Weiten and Lloyd, 2007). These are-

- Stressful events help us to satisfy the need for stimulation and challenge
- Stress can inoculate individuals for future stress. In other words, exposure to stress increases our tolerance for similar events in future.
- Stress can promote/facilitate psychological growth and self-improvement.

Posttraumatic Growth (PTG)/Stress Related Growth

"that which does not kill us makes us stronger."

- Friedrich Nietzsche

"The pain of yesterday is the strength of today."

- Paulo Coelho

In addition to experiencing various negative symptoms of trauma and stress (such as PTSD), many people also report various positive changes in their life as a result of facing traumatic events. These positive psychological changes experienced by people as a result of the struggle with highly challenging life circumstances is known as PTG (Tedeschi and Calhaoun, 2004).

The term 'PTG' was introduced by Tedeschi and Calhoun in 1995. "suffering and distress can be possible sources of positive change" (Tedeschi and Calhoun, 2004, p. 2).

PTG is not a direct result of trauma but rather related to how the individual struggles as a result of the trauma (Tedeschi and Calhoun, 2004). Coping is necessary but not sufficient to achieve psychological thriving or PTG.

Thriving represents more than a return to equilibrium following challenge.

Research indicates that PTG experiences are fairly common and outnumber the reports of psychiatric disorders. For example, one study reported that approximately 30% - 90% of the survivors of traumatic events report at least some positive changes following trauma (Tedeschi, Park & Calhoun, 1998).

According to Tedeschi and Calhoun (2004) PTG includes four specific criteria:

1. it calls attention to major trauma disruptions instead of common stressors;
2. those who experience growth after trauma describe the process as transformative;
3. the growth is reported as an ongoing process versus being a coping mechanism;
4. disruption of core beliefs that coexists with traumatic distress is required.

The concept of PTG is not a new concept. Various religions, philosophies, folklores have been talking about this concept by emphasizing the transformative power of human sufferings.

The presence of PTG does not mean absence of distress. Both can occur simultaneously.

Post traumatic growth can be considered an outcome as well as a process.

PTG and related concepts

PTG is sometimes confused with some related concepts such as resilience, recovery, thriving, and flourishing.

PTG vs Thriving : Thriving is defined as "the psychological state in which individuals experience both a sense of vitality and a sense of learning" (Spreitzer et al. 2005, p. 538). Although thriving is associated with growth, it is more often understood as an everyday occurrence and is not normally linked to traumatic or significantly adverse experiences (Maitlis, 2019).

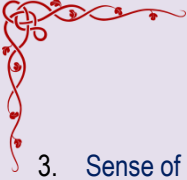

PTG vs Flourishing : As with thriving, flourishing is a broader term associated with well-being (Maitlis, 2019). Flourishing individuals are "filled with emotional vitality...functioning positively in the private and social realms of their lives" (Keyes & Haidt 2003, p. 6). Thriving, flourishing, and posttraumatic growth all involve individuals' positive functioning and experience above normal levels. However, PTG occurs only after the traumatic events, whereas in thriving and flourishing it may or may not occur after a negative event (Maitlis, 2019). PTG involves transformation that comes through the struggle with posttraumatic situations. The idea of transformation is less prominent in thriving or flourishing (Maitlis, 2019).

PTG vs Resilience vs Recovery

PTG is different from the concept of Resilience. Resilience is the ability to bounce back and go on with life after a hardship. Resilient people return to their baseline level of functioning very soon after the hardship. PTG on the other hand is not about returning to the baseline, rather it is an experience of improvement that is deeply profound and significant for the concerned person. Resilience can be seen to differ from posttraumatic growth in that it emphasizes stability in the context of trauma, rather than a trajectory of increased positive functioning (Maitlis, 2019). Recovery is also different in that it involves a return to prior levels of functioning after a crisis, rather than a trajectory of increased functioning (Maitlis, 2019; Bonanno et al. 2011).

Domains of PTG Reports of PTG can be subsumed under 5 dimensions or domains (Tedeschi and Calhoun, 2004). They are-

1. An increased appreciation for life in general (Finding joy in small things, feelings of being lucky)
2. More intimate and meaningful relationship with others (realizing the importance of relationships, finding the real friends, increased sense of compassion and empathy)

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- 
3. Sense of personal strength (realizing your hidden capabilities and potentials, increased ability to deal and handle things)
 4. New possibilities for one's life (Finding new paths and career)
 5. Spiritual and existential growth (Greater engagement with the existential questions, newer insights into the existential problems)

Research suggests that PTG is a common experience for individuals after a traumatic event. In general, it has been claimed that the nature of the event itself is less important for posttraumatic growth than the way that an individual experiences it (Maitlis, 2019). Research has indicated PTG resulting from diverse traumatic experiences-

Personal traumatic experiences and PTG

Research indicated reports of PTG after personal losses such as-

- bereavement (e.g., Davis et al. 1998);
- medical problems (e.g., Helgeson et al. 2006);
- interpersonal violations, such as rape and other forms of sexual assault (e.g., Frazier et al. 2001).
- community traumas, such as natural disasters (e.g., McMillen et al. 1997) and terrorism (e.g., Updegraff et al. 2008).

Work related traumatic experiences and PTG PTG research remains surprisingly small in the context of work and organizational life. However, a small body of research explored PTG in certain job contexts which are vulnerable to trauma (Maitlis, 2019).

Inherently traumatic work/job

PTG has been reported in many inherently traumatic work such as-

- military (e.g., Mark et al. 2018, Tsai et al. 2015),
- police (e.g., Chopko et al. 2018, 2019),
- emergency services (e.g., Sattler et al. 2014, Shakespeare-Finch et al. 2003), and
- disaster/rescue work (e.g., Paton 2006, Shamia et al. 2015).

Together, this research shows that although doing such work often leads to posttraumatic stress and PTSD, it can also prompt posttraumatic growth (Maitlis, 2019).

Secondary trauma at work

Secondary or vicarious trauma is regular part of job of professionals whose work can be traumatizing because it involves supporting others who have been traumatized.

Research indicated PTG among health professionals such as labor and delivery nurses, psychotherapists, social workers, interpreters, clergy, and funeral directors (Cohen & Collens 2013; Manning-Jones et al. 2015).

In many of these cases, PTG is linked to the change and growth that workers witness in their clients, which prompts in those workers a new appreciation of what is possible, in terms of the difference they can facilitate, and in some cases it may prompt a spiritual broadening (Manning-Jones et al. 2015, cited in Maitlis, 2019).

In such cases, empathetic engagement with the clients facilitated secondary PTG (Splevins et al. 2010). Thus, witnessing posttraumatic growth in others can itself be positively transformative (Maitlis, 2019).

A Case of Subconjunctival Haemorrhage.

HISTORY-

Mr. XYZ age of 60 years old Retired male , Living in Surat and Coming with the complaint of pain and redness in the Lt. eye since 2 days , history of injury by slap of his grand daughter while playing with her. Patient also had a complaint of watery discharge from affected eye, causes burning in the eye. Eye is very sensitive to touch which increased the pain. No any relief is there. Patient had no other complaint such as fever, vertigo, headache, nausea or vomiting. No any medicine taken yet.



Dr. Pankaj Lathiya M.D.(Hom),
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Dept of Community Medicine

DIAGNOSIS : Subconjunctival Haemorrhage.

TOTALITY OF SYMPTOMS :

- 1) A/F injury from blow
- 2) Eye : Redness Inflammation acrid lachrymation
- 3) Eye : Pain < touch Sensitive to touch

TREATMENT : I prescribed Arnica 30× every 3 hour.... But only 5% relief after taking 6 doses. After that, I was given him Symphytum 30× every 3 hour.... It gave him 50% relief after taking 4 doses. On 3rd day, Symphytum 30× 6 hourly gave him 80% relief.... Followed by Placebo for 2 days... And complete relief to the patient.

INDICATION-OF SYMPHYTUM

- 1) EYE INJURY WITH MUCH PAIN IN EYEBALL.
- 2) FOR BLUNT TRAUMA TO EYE (ARNICA FOR THE EYE).
- 3) SYMPHYTUM FOLLOWS WELL ARNICA.



A Case Of 'Taenia Capitis'



Dr. Jaiyantilal J. Jain M.D. (Hom)
Professor
Dept. of Human Anatomy

❖ Presenting Complaint

- 1) Hair fall from vertex
- 2) Dandruff – whitish powder discharge
- 3) Itching

Duration -6 months

❖ Menstrual History

Puberty onset –since 6 months

Menstrual Discharge-scanty

❖ Mental general

Moods swinging

❖ Physical general

Patient lean thin

On Examination

Circular patch seen on vertex- left side with dry pale look, baldness
Discharge –white powdery discharge(dandruff).

Symptoms selected for Repertorization

Mind-Mood changeable ,variable
Head-Scalp-Hair falling out
Head –scalp-Eruptions-(Ringworm) Tinea Capitis
Head-Scalp-Dandruff-Seborrhoea.

Remedy on above Repertorization

Sepia-11/4, Ars-10/4, Graphites-10/4

Selection of Remedy

- T/T- 1) Sepia 200 4 pills OD for 3 days
 2) SL 30 4 Pills tds.

(I know Sepia is a remedy which has physical built up as lean thin)

Ist Follow up after 7 days

Examination of Circular patch –Dandruff & Itching reduced a lot with no other remarkable changes.

T/T- SL 30 4 Pills tds for 7 days

2nd Follow on 15th day

No dandruff now

Examination of circular Patch-Redness of the area seen, Hair roots appearing
(A favourable change).

DAY CELEBRATION



REPUBLIC DAY

C.N.Kothari Homeopathic Medical College & Research Center Vyara celebrated 72nd Republic day. Republic day was celebrated by college as per the guidelines of covid-19. Dr. Kanubhai Desai, Trustee Shri Dahyabhai Patel, Principal Dr.(Mrs) Jyoti Rao and staff members were present. With the National Flag was hoisted by Dr. Kanubhai Desai. After choral recitation of National Anthem & Vande Mataram, Dr. Kanubhai Desai & Dr.Jyoti Rao. gave patriotic speech. All dispersed with sweet. Co ordinate by Cultural Committee.



FOUNDATION DAY

C.N.Kothari Homeopathic Medical College & Research Center Vyara celebrated 21st Foundation day of college on 5/02/2021. Event was begun with prayer & then welcome speech was delivered by Principal Dr.(Mrs) Jyoti Rao. After lightening the lamp by President of Trust Dr. Kanubhai Desai & all dignitaries on dias, followed by floral tribute to Maa Sarasawati & Founder of Homeopathy Dr.Samuel Hahnemann. Secretary of the Trust Shree Nikhilbhai Rameshbhai Shah conveyed verbal wishes to all. The program was concluded with vote of thank by Dr.Heema Pandya. After this event all joined for delicious refreshment & National level webinar by Dr.Mansoor Ali Sir from Calicut. the whole programme was co – coordinated by activity committee under the guidance of Dr.Jyoti Rao Mam.



VASANT PANCHAMI

C.N.Kothari Homeopathic Medical College & Research Center Vyara celebrated Vasant Panchami on 16/02/2021 Tuesday by garlanding Maa Saraswati & prayer as following guideline of Covid-19. Principal Dr. Jyoti Rao Teaching & Non Teaching faculty remains present in prayer. All staff member left with sweet (as Prasad) after pooja.



WOMEN'S DAY

International Women's day 2021 was celebrated by C.N.Kothari Homeopathic Medical College & Research Center Vyara. Unique example set by Principal Dr. Jyoti Rao Mam, shared the stage with the senior most lady peon. Gents staff of college offered highest respect to all lady staff of college by flowers, chocolates and ballpen.



ORIENTATION DAY

Orientation program for new students of 1st BHMS organized by college with their parents on 08th & 09th of March 2021. Principal Dr. Jyoti Rao Mam welcomed all students in the college. All students were welcomed with a welcome kit and a small gift. Dr. Ghanshyam Raval sir & Dr. Mahavir Ghiya sir delivered a motivational speech All faculties introduced themselves. The entire programs were successfully accomplished by Dr. Hima Pandya & Dr. Dhruni Gavli with the team.

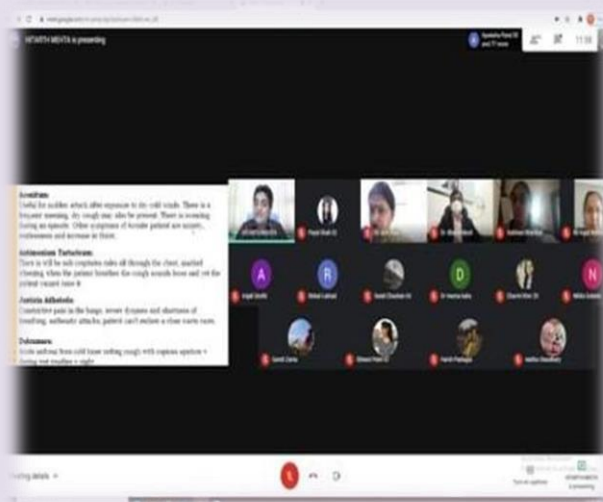


"Special Felicitation"

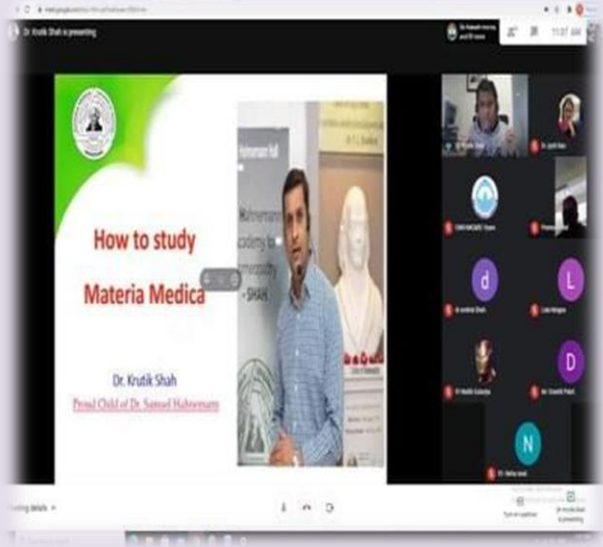
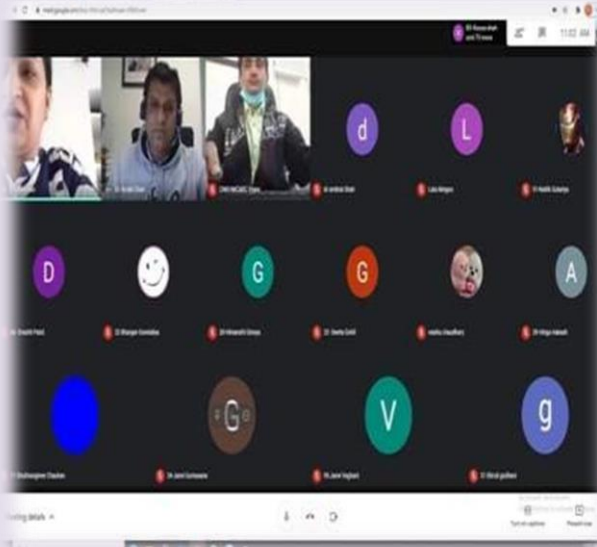
C.N.Kothari Homoeopathic Medical College And Research Centre,Vyara felicitated Honourable Dr. Hemaliben Desai a woman I/C Vice Chancellor of Veer Narmad South Gujarat University,Surat on 10th March. Dr. Hemaliben Desai delivered a motivational speech on "*Women Empowerment*" She visited the entire college and was impressed by the institute. We thanks Madam for sparing time to to visit our institute



Exploring clinical aspects of Allergies & Asthma with Homoeopathy".



C.N.Kothari Homeopathic Medical College & Research Center Vyara & HMAI Vyara Unit & organized 8th Webinar for students of 2nd BHMS by Dr. Krutik Shah from Anand on 29/12/2020. Dr. Jyoti Rao, Principal welcomed speaker, teaching faculty and students warmly. Dr. Krutik Shah explained on "Simplified ways to Study Hom. Materia Medica" in a very lucid manner. It was indeed very informative seminar. Dr. Bhavin Modi offered vote of Thanks.



WEBINAR

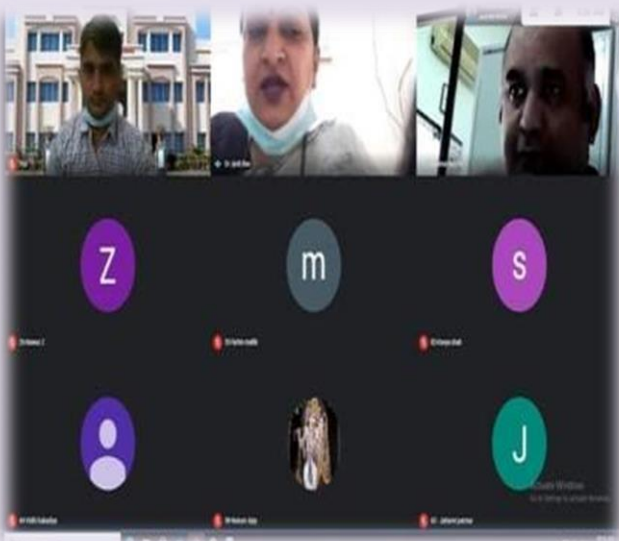
"Vocational Guidance and Careers and Making an Informed Decision"

C.N.Kothari Homeopathic Medical College & Research Center Vyara Unit organized webinar on "Vocational Guidance and Careers and Making an Informed Decision" by Mr. Fazle Kinkhabwala, London for Final Year Students and Intern Doctors on 30-Dec-2020. This webinar organized in need of time for students and interns about to complete study & training. The webinar remained really a pathfinder for them.



"Art of Case Taking"

C.N.Kothari Homeopathic Medical College & Research Center Vyara & HMAI, Vyara Unit conducted first webinar on 4/01/2020 on "Art of Case Taking" for 2nd BHMS students by Dr. Harikrishna Joshi, Bhavnagar. The webinar was very basic, fundamental and practical. The Speaker was welcomed by Principal Dr. Jyoti Rao. Dr. Bhavin Modi offered vote of thanks.



WEBINAR

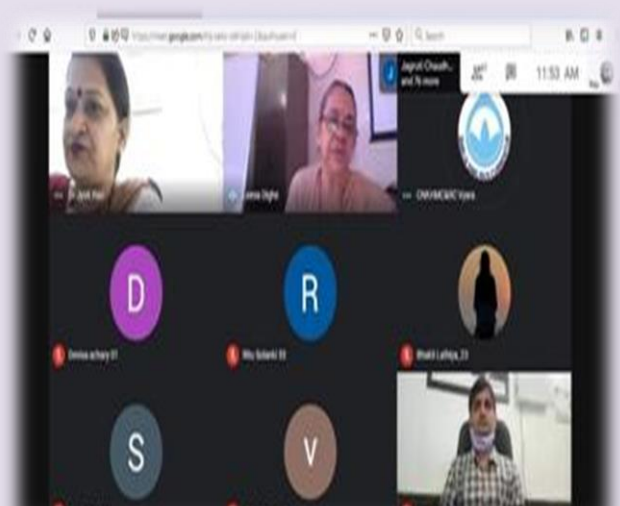
“Homoeopathy-Soft & Swift”.

C.N.Kothari Homeopathic Medical College & Research Center & HMAI, Vyara Unit celebrated “National Youth Day 2021” by organizing Webinar #02 on 12/01/2021 by Dr. Poorav Desai, Vadodara on “Homoeopathy-Soft & Swift”. Principal Dr. Jyoti Rao warmly welcomed the speaker and all audience. The webinar was absolutely based on a very simple ways of Practicing Homoeopathy without making it complicated unnecessarily. Vote of thanks offered by Dr. Bhavin Modi with a very brief review of the webinar. All participant students and intern doctors were awarded with a soft copy of e-Certificate of Participation.



Scope & Limitations of Homeopathy”.

C.N.Kothari Homeopathic Medical College & Research Center & HMAI, Vyara Unit organized webinar#03 on Date 29/01/2021 by Dr Leena Dighe Ma'am (Anand) on “Scope & Limitations Of Homeopathy”. Principal Dr.Jyoti Rao welcomed speaker very warmly. Webinar remained very fruitful for final year students and intern doctors of college. Dr.Bhavin Modi offered vote thanks.



WEBINAR

"What after BHMS? Scope of Homoeopathy in India & abroad."

College successfully organized "National Webinar" by renowned homoeopath Dr. Mansoor Ali sir from Calicut on the occasion of "Foundation Day" of College on 5/02/2021 Webinar was attended by Students, Interns, Teaching faculty, Principals & Trustees of..

- | | | |
|---------------------|---------------------|---------------------|
| 1. SVHMC, Bhavnagar | 2. SMMHMC, Vadodara | 3. PHMC, Vadodara |
| 4. CDPCHM, Surat | 5. GHMC, Calicut & | 6. CNKHMC&RC, Vyara |

Principal Dr. Jyoti Rao, welcomed the Speakers, all dignitaries of Homoeopathy, Trustees, Principals, Teaching faculties, interns and students very warmly. Speaker Dr. Mansoor Ali Sir delivered lecture on "What after BHMS? Scope of Homoeopathy in India & abroad." He has thoroughly justified the topic.

All participants were awarded with an e-certificate of participation. Dr. Bhavin Modi offered vote of thanks. The webinar was highly acclaimed by all.



ACHIEVEMENT

Miss. Hiteshi Patel, 2nd BHMS student of C.N.K.H.M.C.& R.C. Vyara, enthusiastically participated in "Ayush se Jeevani Shakti", a video blogging contest, was launched by the Ministry of AYUSH on the MyGov platform to increase Awareness about Ayush practices that help enhance health and immunity.

She won the 2nd Prize in "Category-II- Contest: Adult 18 years and above"

College appreciates the efforts of her and thank for her overwhelming interest, enthusiasm, and keenness in participating in the above contest.



CONGRATULATIONS!!!



ACHIEVEMENT

We are proud today to announce that a champion student of 2nd BHMS, attempted to hit the India book of Records, by participating in a twenty four (24) hour non-stop Skating Marathon. The Record attempt was a brilliant success. Miss Chitrangi Patel, Bardoli skated 135 km non-stop from Statue of Unity to Swaraj Ashram in 24 hours. She started from at 8.00 am on Jan 25, 2021 and reached at 8.00 am on Jan 26, 2021.

We congratulate our budding skater – Miss Chitrangi Patel on this victory.

CONGRATULATIONS !

COLLEGE TOPPERS IN UNIVERSITY EXAM(Batch 2019-20)



Rathod Payal Dhirubhai
2nd BHMS
1st Rank



Khan mariyam khatun Mohammad Aslam
2nd BHMS
2nd Rank



Patel Anjali Jitendrabhai
2nd BHMS
3rd Rank



Lad Purvi Sureshbhai
3rd BHMS
1st Rank



Chahwala Jeel Devang
3rd BHMS
2nd Rank



Chaudhari Vrushali Sopan
3rd BHMS
3rd Rank

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