



ASR LUX SCIENTIAE HOMOEOPATHICAE



AUGUST 2026

Bridging Mind, Immunity, and Community for Holistic Healing.

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From the Editor's Desk

Dear Readers,

Welcome to this edition of our magazine, where we celebrate outstanding professional achievements, explore vital research at the intersection of medicine and global challenges, and reflect on moments that unite our medical community.

This issue brings together a rich tapestry of academic insights, clinical evidence, and institutional pride that highlights our ongoing commitment to advancing healthcare and medical education.

**Celebrating Excellence**

We open this issue with **A Moment of Immense Pride** for our entire fraternity. We extend our heartiest congratulations to our respected Principal, **Dr. Pingali Anand Kumar**, on being honored with the prestigious **Dr. NTRUHS "Best Doctor Award - 2026"**. This distinguished recognition is a testament to his exemplary dedication, vision, and tireless service to healthcare and medical education. His leadership continues to inspire both faculty and students alike.

**Academic & Clinical Insights**

In our featured articles section, we address two urgent healthcare frontiers:

- **Climate Change and Public Health** — *By Dr. D. Surendra Kumar*

Dr. D Surendra Kumar offers a timely analysis of how shifting climate patterns are reshaping public health dynamics globally, emphasizing the crucial responsibility medical professionals bear in mitigating and adapting to environmental health crises.

- **Individualised, Homoeopathic Treatment in Polycystic Ovary Syndrome (PCOS): A Comprehensive Review of Clinical Evidence** — *By P. Tanuja*

PCOS remains one of the most prevalent endocrine disorders affecting women today. P. Tanuja provides a detailed, evidence-based review exploring how tailored homoeopathic interventions offer effective, patient-centric approaches to managing this complex condition.



Campus Events & Health Awareness

This edition also highlights key campus activities that reaffirm our commitment to medical ethics and community health awareness:

The Hahnemann Memorial Pledge

On **2nd July 2026 at 11:00 A.M.**, our institution conducted a unified **Mass Pledge-Taking Ceremony**. Faculty and students gathered to honor the legacy of Dr. Samuel Hahnemann, reaffirming our core ethical values and dedication to compassionate healing.

World Hepatitis Day

On **28th July 2026**, we observed **World Hepatitis Day** through clinical discussions and awareness programs aimed at highlighting prevention, early diagnosis, and effective management of viral hepatitis.

As you turn through these pages, we hope these articles, reports, and milestones inspire thought, dialogue, and a renewed sense of purpose in your daily practice.

Happy Reading!

Warm regards,

The Editorial Team

ASR Homoeopathic Medical College & Hospital, Tadepalligudem.

Climate Change and Public Health

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Abstract

Climate change is one of the greatest global public health challenges of the 21st century. Rising global temperatures, changing rainfall patterns, extreme weather events, sea-level rise, and air pollution have profound effects on human health. Climate change influences communicable diseases, non-communicable diseases, nutrition, mental health, occupational health, maternal and child health, and healthcare systems. According to the World Health Organisation (WHO), climate change is expected to cause approximately 250,000 additional deaths annually between 2030 and 2050 due to malnutrition, malaria, diarrheal diseases, and heat stress alone. This review discusses the causes, health impacts, vulnerable populations, mitigation and adaptation strategies, and future directions for protecting public health.

Introduction

Climate change refers to long-term changes in temperature, precipitation, humidity, and weather patterns caused primarily by increased greenhouse gas emissions from human activities. The burning of fossil fuels, deforestation, industrialisation, and agricultural activities increase atmospheric concentrations of carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O), thereby contributing to global warming.

Climate change affects every determinant of health, including:

- Air quality
- Drinking water
- Food production
- Housing
- Livelihood
- Ecosystems
- Health-care infrastructure

WHO considers climate change a major threat to global health.

Causes of Climate Change

Natural Causes

- Volcanic eruptions
- Solar radiation changes
- Ocean circulation
- Natural climate cycles

Human Causes

- Burning fossil fuels
- Industrial emissions
- Deforestation
- Urbanization
- Transportation
- Agriculture

- Livestock farming

Human activities are now the dominant driver of current climate change.

Major Public Health Impacts

1. Heat-related Illnesses

Increasing temperatures cause:

- Heat cramps
- Heat exhaustion
- Heat stroke
- Dehydration
- Kidney disease
- Cardiovascular complications

Elderly people, children, outdoor workers, and patients with chronic diseases are at greatest risk. WHO reports that heat exposure has increased substantially and heat-related mortality among adults over 65 has risen markedly in recent decades.

2. Air Pollution

Climate change worsens:

- PM2.5 exposure
- Ground-level ozone
- Wildfire smoke

Health effects include:

- Asthma
- COPD
- Lung cancer
- Stroke
- Heart attack
- Premature death

Recent wildfires have demonstrated how climate-driven smoke can expose millions to dangerous particulate pollution.

3. Vector-borne Diseases

Warmer temperatures increase mosquito breeding.

Diseases include:

- Malaria
- Dengue
- Chikungunya
- Zika
- Japanese Encephalitis

Climate change expands mosquito habitats and lengthens transmission seasons.

4. Water-borne Diseases

Floods and contaminated water increase:

- Cholera
- Typhoid
- Diarrhea
- Hepatitis A
- Leptospirosis

Children are particularly vulnerable.

5. Food Security and Nutrition

Climate change reduces:

- Crop production
- Food quality
- Livestock productivity

Health consequences:

- Malnutrition
- Micronutrient deficiency
- Stunting
- Wasting
- Food insecurity

6. Extreme Weather Events

Examples include:

- Floods
- Cyclones
- Hurricanes
- Wildfires
- Droughts

Consequences:

- Injuries
- Deaths
- Displacement
- Disease outbreaks
- Damage to health infrastructure

7. Mental Health

Climate disasters increase:

- Anxiety
- Depression
- PTSD (Post-Traumatic Stress Disorder)
- Suicide risk
- Psychological stress

8. Maternal and Child Health

Pregnant women are vulnerable to:

- Heat stress
- Preterm birth
- Low birth weight
- Pregnancy complications

Children experience:

- Malnutrition
- Respiratory diseases
- Vector-borne infections

9. Occupational Health

Outdoor workers face:

- Heat stroke
- Dehydration
- Kidney disease
- Reduced productivity

Farmers and construction workers are especially affected.

Vulnerable Populations

The following groups are at greatest risk:

- Children
- Elderly
- Pregnant women
- People with chronic diseases

- Poor communities
- Coastal populations
- Indigenous communities
- Outdoor workers
- Migrants
- People in low-income countries

WHO notes that countries with weaker health infrastructure bear a disproportionate burden of climate-related illness.

Public Health Adaptation Strategies

Health systems should:

- Strengthen disease surveillance
- Develop heat action plans
- Improve disaster preparedness
- Enhance emergency medical services
- Promote climate-resilient hospitals
- Ensure safe drinking water
- Improve sanitation
- Increase vaccination coverage
- Build early warning systems

Climate Change Mitigation

Mitigation measures include:

- Renewable energy
- Energy efficiency
- Sustainable transport
- Afforestation
- Reduced fossil fuel use
- Waste management
- Sustainable agriculture
- Low-carbon healthcare systems

Reducing greenhouse gas emissions also provides health co-benefits, especially through improved air quality.

Role of Public Health Professionals

Public health professionals should:

- Conduct surveillance
- Promote health education
- Advocate for climate policies
- Perform vulnerability assessments
- Strengthen community resilience
- Participate in emergency response
- Conduct climate-health research

Sustainable Development Goals (SDGs)

Climate change affects many SDGs:

- SDG 2 – Zero Hunger
- SDG 3 – Good Health and Well-being
- SDG 6 – Clean Water and Sanitation
- SDG 11 – Sustainable Cities
- SDG 13 – Climate Action
- SDG 15 – Life on Land

India's Climate and Health Challenges

India faces:

- Frequent heatwaves
- Floods
- Cyclones
- Air pollution
- Dengue outbreaks
- Water scarcity
- Malnutrition

Recent reporting has highlighted increasing heat-related illness and deaths during extreme heat events, underscoring the need for stronger adaptation and public health measures.

Future Directions

Future priorities include:

- Climate-resilient health systems
- Better climate-health surveillance
- Green hospitals
- Climate-informed disease forecasting
- Public awareness campaigns
- International collaboration
- Investment in research and innovation

Conclusion

Climate change is both an environmental and a public health emergency. It affects physical, mental, and social well-being through heat stress, infectious diseases, air pollution, food insecurity, water scarcity, and extreme weather events. Without effective adaptation and mitigation, these impacts will intensify, particularly among vulnerable populations.

Coordinated action by governments, health professionals, researchers, and communities is essential to build resilient health systems, reduce greenhouse gas emissions, and protect human health for future generations.

Major international conferences on climate change

1. United Nations Conference on the Human Environment (Stockholm Conference), 1972
United Nations

- Date: 5–16 June 1972
- Venue: Stockholm, Sweden
- Significance:
 - First global conference on environmental protection.
 - Declared that humans have the right to a healthy environment.
 - Led to the establishment of the United Nations Environment Programme.

2. Earth Summit (Rio de Janeiro), 1992

- ☐ Official name: United Nations Conference on Environment and Development (UNCED)
- ☐ Date: 3–14 June 1992
- ☐ Venue: Rio de Janeiro, Brazil
- ☐ Major outcomes:
 - Agenda 21
 - Rio Declaration
 - Convention on Biological Diversity (CBD)
 - Framework Convention on Climate Change (UNFCCC)

3. Kyoto Conference (COP3), 1997

- ☐ Venue: Kyoto, Japan
- ☐ Major achievement:
 - Adoption of the Kyoto Protocol.

- Developed countries agreed to legally binding greenhouse gas emission reduction targets.
- ☐ Importance:
 - First legally binding international climate agreement.
- 4. Copenhagen Climate Conference (COP15), 2009
 - ☐ Venue: Copenhagen, Denmark
 - ☐ Outcome:
 - Copenhagen Accord
 - Recognised the importance of limiting global warming to below 2°C.
 - ☐ Limitation:
 - No legally binding agreement
- 5. Paris Climate Conference (COP21), 2015
 - Venue: Paris, France
 - Major outcome: Paris Agreement
 - Key objectives:
 - Keep global warming well below 2°C.
 - Aim to limit warming to 1.5°C.
 - Every country submits Nationally Determined Contributions (NDCs).
 - Financial support for developing countries.
- 6. Glasgow Climate Conference (COP26), 2021
 - ☐ Venue: Glasgow, Scotland (UK)
 - ☐ Major outcomes:
 - Glasgow Climate Pact
 - Stronger emission reduction commitments.
 - Increased climate finance.
 - Emphasis on reducing coal use.
- 7. Sharm El-Sheikh Conference (COP27), 2022
 - Venue: Egypt
 - Major achievement:
 - Creation of the Loss and Damage Fund to support vulnerable countries affected by climate change.
- 8. Dubai Climate Conference (COP28), 2023
 - ☐ Venue: Dubai, United Arab Emirates
 - ☐ Major outcomes:
 - First Global Stocktake under the Paris Agreement.
 - Called for transitioning away from fossil fuels.
 - Expanded commitments on renewable energy and energy efficiency.
- 9. Belém Climate Conference (COP30)
 - Planned venue: Belém, Brazil
 - Importance:
 - Expected to focus on stronger implementation of the Paris Agreement and increased climate action, particularly concerning the Amazon rainforest.

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2. Campbell-Lendrum D, Neville T, Schweizer C, et al. Climate change and health: three grand challenges. *Nature Medicine*. 2023.
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Individualised Homoeopathic Treatment in Polycystic Ovary Syndrome (PCOS): A Comprehensive Review of Clinical Evidence

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Keywords

Polycystic Ovary Syndrome
PCOS
Homoeopathy
Individualized Treatment
Women's Health
Endocrine Disorders

Abstract

Background

Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine disorders affecting women of reproductive age. It is characterised by menstrual irregularities, hyperandrogenism, and polycystic ovarian morphology. The condition is associated with infertility, obesity, insulin resistance, and psychological distress.

Objective

To review the existing evidence regarding individualised homoeopathic treatment in PCOS and evaluate its potential role in clinical management.

Methods

A literature review was conducted using databases including PubMed, Scopus, Web of Science, Google Scholar, and Cochrane Library. Clinical studies, observational studies, case reports, and peer-reviewed publications on homoeopathy and PCOS were included.

Results

Available literature suggests that individualised homoeopathic treatment may help improve menstrual regularity, reduce symptom burden, and enhance overall well-being in women with PCOS. However, evidence remains limited.

Conclusion

Homoeopathy may serve as a complementary therapeutic approach in PCOS management, but further rigorous scientific studies are required to establish efficacy.

1. Introduction

Background Information

Polycystic Ovary Syndrome (PCOS) is a complex endocrine and metabolic disorder characterised by ovulatory dysfunction, hyperandrogenism, and polycystic ovaries. It affects approximately 6–20% of women of reproductive age worldwide.

Epidemiology

Prevalence ranges from 6% to 20% depending on diagnostic criteria.

Common among adolescents and young women.

One of the leading causes of female infertility.

Public Health Significance

PCOS is associated with:

- Infertility
- Obesity
- Type 2 Diabetes Mellitus
- Metabolic Syndrome
- Cardiovascular risk factors
- Anxiety and Depression

Current Challenges

Existing Treatment Limitations

- Long-term hormonal therapy may cause adverse effects.
- Symptomatic rather than individualised management.
- High recurrence rates after discontinuation of treatment.

Rationale for Review

Growing interest in complementary medicine has increased attention toward individualised homoeopathic management of PCOS.

Objectives

Primary Objective

To review existing evidence regarding individualised homoeopathic treatment in PCOS.

Secondary Objectives

- To evaluate methodological quality of available studies.
- To identify research gaps.
- To assess clinical applicability.

2. Methodology

Literature Search Strategy

Databases Searched

- PubMed
- Scopus
- Web of Science
- Google Scholar
- Cochrane Library

Search Terms

PCOS

AND

Homoeopathy

OR

Individualised Homoeopathic Treatment

OR

Polycystic Ovary Syndrome

OR

Female Endocrine Disorders

Time Frame

January 2000 – December 2025

Language Restrictions

English-language studies only.

Inclusion Criteria

- Randomised controlled trials
- Clinical studies
- Observational studies
- Case reports
- Peer-reviewed publications

Exclusion Criteria

- Animal studies
- Non-English publications
- Duplicate studies
- Conference abstracts only

3. Results of Literature Search

Step	Number of Articles
Records Identified	650
After Duplicates Removed	540
Screened	430
Full Text Reviewed	120
Included in Review	45

4. Review of Literature**4.1 Epidemiology**

Increasing prevalence globally.

Rising incidence among adolescents.

Strong association with obesity and sedentary lifestyle.

4.2 Pathophysiology

Major mechanisms include:

- Insulin Resistance
- Hyperinsulinemia stimulates ovarian androgen production.
- Hyperandrogenism

Excess androgen levels result in:

- Hirsutism
- Acne
- Alopecia

Ovarian Dysfunction

Leads to:

- Anovulation
- Irregular menstruation
- Infertility

Genetic and Environmental Factors

- Both contribute significantly to disease development.

4.3 Conventional Management**Standard Treatments**

- Oral contraceptive pills
- Metformin
- Anti-androgen therapy
- Lifestyle modification
- Fertility treatments

Advantages

- Effective symptom control
- Improved menstrual regularity

Limitations

- Side effects
- Recurrence after discontinuation
- Long-term compliance issues

4.4 Homoeopathic Perspective

Classical Literature

Samuel Hahnemann

Advocated individualised prescribing based on totality of symptoms rather than disease diagnosis alone.

James Tyler Kent

Emphasised constitutional treatment in chronic endocrine disorders.

Constantine Hering

Stressed the importance of individual symptom expression and susceptibility.

Miasmatic Interpretation

Psora

Functional disturbances and hormonal imbalance.

Sycosis

Overgrowth tendencies, cyst formation, obesity.

Syphilis

Structural pathology and destructive changes.

Tubercular Miasm

Irregular hormonal fluctuations and metabolic instability.

4.5 Clinical Evidence

Author	Year	Study design	Sample size	Findings
Study A	2019	RCT	60	Improved menstrual regularity
Study B	2021	Cohort	100	Reduction in PCOS symptoms
Study C	2024	Observational	80	Improved quality of life

4.6 Individualised Remedy Approaches

Sepia

Common indications:

- Irregular menses
- Hormonal imbalance
- Irritability
- Bearing-down sensation

Pulsatilla

Common indications:

- Delayed menstruation
- Mild emotional temperament
- Hormonal irregularity

Calcarea Carbonica

Common indications:

- Obesity
- Excessive perspiration
- Delayed metabolism
- Menstrual disturbances

Natrum Muriaticum

Common indications:

- Emotional suppression
- Irregular cycles
- Headaches associated with menses

Lachesis

Common indications:

- Congestive symptoms
- Menstrual irregularities

- Left-sided ovarian complaints

Thuja Occidentalis

- Common indications:
- Sycotic manifestations
- Ovarian cyst tendencies
- Hormonal disturbances
- Constitutional Prescribing

Remedy selection should consider:

- Mental symptoms
- Physical generals
- Menstrual characteristics
- Thermal modalities
- Family history

Miasmatic background

4. Critical Appraisal and Discussion

- Strengths of Available Evidence
- Positive outcomes reported in several studies.
- Improvement in menstrual regularity.
- Enhanced patient satisfaction.
- Growing research interest.

Limitations

- Small sample sizes.
- Limited randomised trials.
- Inadequate blinding.
- Heterogeneous methodologies.

Research Gaps

- Lack of multicentric studies.
- Limited long-term follow-up.
- Insufficient biochemical outcome measures.

Clinical Implications

Individualised homoeopathic treatment may offer supportive management for women with PCOS as part of an integrative healthcare approach.

5. Future Research Directions

- Large multicentric RCTs.
- Standardised diagnostic criteria.
- Long-term follow-up studies.
- Evaluation of hormonal biomarkers.
- Cost-effectiveness analyses.

6. Conclusion

Polycystic Ovary Syndrome is a multifactorial endocrine disorder with significant reproductive, metabolic, and psychological consequences. Current evidence suggests that individualised homoeopathic treatment may contribute to symptom improvement and enhanced quality of life. However, robust randomised controlled trials with larger sample sizes and standardised outcome measures are required before definitive conclusions can be drawn regarding its efficacy and clinical applicability.

7. References:

- Rotterdam ESHRE/ASRM-Sponsored PCOS Consensus Workshop Group. Revised consensus on diagnostic criteria and long-term health risks related to PCOS.
- Hahnemann S. Organon of Medicine. 6th Edition.
- Kent JT. Lectures on Homoeopathic Philosophy.
- Balen AH, Morley LC, Misso M, et al. The management of PCOS.
- Recent peer-reviewed articles on homoeopathy and PCOS.

A Moment of Immense Pride: Principal Dr. Pingali Anand Kumar Honored with Dr. NTRUHS "Best Doctor Award - 2026"

Tadepalligudem / Vijayawada • ASR Homoeopathic Medical College & Hospital

In a landmark achievement for our institution, Dr. Pingali Anand Kumar, Principal of ASR Homoeopathic Medical College & Hospital, was conferred the prestigious "Best Doctor Award - 2026" by Dr. NTR University of Health Sciences (Dr. NTRUHS) on the occasion of National Doctors' Day (July 1, 2026).

National Doctors' Day Celebrations on Campus

On July 1, 2026, ASR Homoeopathic Medical College & Hospital grandly celebrated National Doctors' Day across the campus. Faculty, hospital staff, interneers, and students gathered to honor the unwavering commitment of medical professionals to public health and patient care. The campus event featured special commemorative addresses, student performances, and reflections on medical ethics, adding a spirit of joyous celebration alongside Dr. Anand Kumar's university-level recognition.

The University Award Ceremony

The grand conferment ceremony took place at the Auditorium of the Dr. NTRUHS Academic Block in Vijayawada. The award was presented by eminent dignitaries, including:

- **Shri S. Suresh Kumar, IAS** – Principal Secretary, Health, Medical & Family Welfare Dept., Govt. of Andhra Pradesh (Chief Guest)
- **Prof. U. Durga Prasad** – Chairman, AP State Council of Higher Education
- **Dr. P. Chandrashekhar** – Vice-Chancellor, Dr. NTRUHS
- **Dr. B. Sai Sudheer** – Registrar, Dr. NTRUHS

Out of ten distinguished medical experts chosen across various healthcare faculties (Allopathy, Ayurveda, Homoeopathy, Unani, and Dentistry), Dr. Pingali Anand Kumar was selected representing the field of Homoeopathy for his exceptional clinical expertise, academic leadership, and dedicated public service.

Addressing the gathering, Chief Guest Shri S. Suresh Kumar emphasized that a doctor's success lies in relieving human suffering and serving society with empathy rather than commercial gain. He also urged medical professionals to integrate cutting-edge technologies like Artificial Intelligence (AI) into modern healthcare practice.

Dedication and Vision

Accepting the award with humility, Dr. Anand Kumar dedicated the honor to his gurus, the faculty, students, and the thousands of patients who place their trust in ASR Homoeopathic Medical College.

"This recognition reaffirms my commitment to upholding the high ethical standards set by Bharat Ratna Dr. B.C. Roy. It further strengthens our collective resolve to elevate ASR Homoeopathic Medical College into a premier national hub for homoeopathic education, research, and clinical care."

— Dr. Pingali Anand Kumar

Key Highlights of Our Institution Under His Leadership

Since assuming charge as Principal in July 2025, Dr. Anand Kumar—who brings over two decades of clinical and academic expertise and is currently pursuing his Ph.D. from Lincoln University, Malaysia—has spearheaded significant advancements across academics, research, and technology:

1. Academic & National Distinctions

- **University Ranks:** Our students secured 1st, 3rd, and 5th ranks at the university level in the Final BHMS examinations under his guidance.
- **National Honors:** Three ASR students were felicitated nationally by the Central Council for Research in Homoeopathy (CCRH) during the World Homoeopathy Day 2026 celebrations in New Delhi.

2. Digital Revolution on Campus

- **Laptops & Digital Tools:** Implemented the Competency-Based Medical Education (CBME) curriculum and provided personal laptops to every first-year student.
- **Advanced E-Learning:** Integrated state-of-the-art digital learning platforms, including Elsevier Complete Anatomy and Homeopath Elite.

3. Scientific Research & Publications

- **Research Leadership:** Serves as the Founder-Editor and Chief Editor of the college scientific journal, Anatomica Homoeopathica.
- **Publications:** Has authored 18 research papers indexed in Web of Science, focusing on critical healthcare areas such as female infertility, PCOD, cancer pain management, autism, and ADHD.

4. Community & Social Service

- **Social Impact:** Serves as the Secretary of the Umar Alisha Rural Development Trust (Pithapuram) and holds a position on the Central Committee of Sri Viswa Vignana Vidya Adhyatmika Peetham, continuously connecting medical care with rural community development.

The management, faculty, staff, and students of ASR Homoeopathic Medical College extend their heartiest congratulations to Dr. Pingali Anand Kumar on this well-deserved national recognition!





Conducting Mass Pledge-Taking Ceremony for the "Hahnemann Memorial Pledge" on 2nd July 2026 at 11:00 A.M.

The ceremony commenced precisely at 11:00 A.M. with a respectful floral tribute at the portrait of Dr. Samuel Hahnemann. The Principal delivered an inspiring opening address, emphasizing the sanctity of the Hahnemannian principles, clinical integrity, and the high ethical responsibility entrusted to homoeopathic practitioners. Following the address, the entire audience stood in unison to recite the official **"Hahnemann Memorial Pledge"**, pledging to uphold the highest standards of compassion, science, and service to humanity.

— The Hahnemann Memorial Pledge —

"I solemnly pledge myself to dedicate my life to the service of humanity through the noble science of Homoeopathy. I shall preserve and uphold the fundamental principles laid down by Dr. Samuel Hahnemann, practicing my profession with conscience, dignity, and clinical excellence. The health, well-being, and relief of suffering of my patients shall always remain my highest priority, without bias or distinction. I will continuously strive to elevate the honor and noble traditions of the medical profession."



Conducting World Hepatitis Day on 28th July 2026

On the occasion of World Hepatitis Day on 28th July 2026, ASR Homoeopathic Medical College & Hospital observed the day with high fervor and dedication. Aligned with this year's global theme, “**Hepatitis: Let's Break It Down,**” the event brought together distinguished faculty, clinical experts, and students to highlight the imperative need for awareness, early screening, preventive care, and holistic management of liver health.

Dignitary / Speaker	Key Highlights & Address Summary
Dr. Ananda Kumar Pingali <i>Principal, ASRHMC</i>	Addressed the gathering on the crucial importance of mass awareness and early diagnostic testing. He emphasized 'breaking the silence' surrounding viral hepatitis, noting that it often remains a symptomless disease until significant liver damage has occurred.
Dr. D. Surendra Kumar <i>Vice Principal, ASRHMC</i>	Elaborated on preventive strategies, mass immunization drive necessity, and the vital role homeopathic institutions play in community-level health outreach, advocacy, and preventive medicine.
Prof. Dr. R. Phani Bala <i>Professor & Senior Faculty</i>	Shared valuable clinical insights regarding liver health maintenance. She stressed the urgent need to break down social stigma, unwarranted fear, and systemic barriers that prevent individuals from seeking timely diagnostic and therapeutic care.



Scope of Homoeopathy in Hepatitis & Liver Disorders

Homoeopathy offers exceptional scope in the management and supportive care of hepatitis and hepatic disorders. Grounded in a gentle, constitutional, and individualized approach, homoeopathic remedies aid in optimizing liver metabolic functions, alleviating clinical symptoms, and strengthening the body's innate self-healing mechanisms. To achieve maximum therapeutic efficacy, homoeopathic care works best alongside standard diagnostic evaluations, routine screening, and structured lifestyle interventions—ensuring a complete, patient-centered healthcare delivery system.

Core Pillars of the Campaign: Let's Break It Down Together

- **Break the Stigma:** Eliminate social biases and myths surrounding liver diseases through education.
- **Break the Silence:** Encourage proactive screening, routine blood testing, and early detection.
- **Break the Risk:** Advocate for widespread vaccination and preventive health hygiene.
- **Break the Fear:** Foster open conversations, empathetic counseling, and accessible medical guidance.

At ASRHMC, we stand resolute in our commitment to spreading awareness, advocating prevention, and delivering compassionate, high-quality homoeopathic healthcare—actively contributing to the global mission of achieving a hepatitis-free world by 2030.

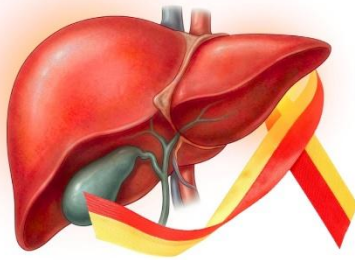


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Recognised by: National Commission for Homoeopathy, New Delhi & Ministry of AYUSH, Govt of India, New Delhi.
Affiliated to: Dr. NTR University of Health Sciences, Vijayawada. Sponsored by Sri Gowthama Buddha Minorities Educational Society, Tanuku.

WORLD HEPATITIS DAY - 2026



"Hepatitis: Let's Break It Down"

Removing barriers to hepatitis prevention, testing, treatment, and care so that viral hepatitis can be eliminated as a public health threat by 2030.

Date: 28th July 2026

