



# **ASR LUX SCIENTIAE HOMOEOPATHICAE**

**A Legacy of Health and a Leap into the Future**

**September 2025**

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**August** has always been a month of transition—a bridge between the rains of monsoon and the bright spark of our national identity. However, for our institution, this August was more than just a season; it was a powerful testament to our commitment to community medicine and academic excellence.

From the very first day, the campus was abuzz with a sense of social responsibility. We began by observing **World Lung Cancer Day** on August 1st, reminding us of the vital role Homoeopathy plays in palliative care and respiratory wellness. This set the tone for a month dedicated to advocacy.

**Taking Science to the Streets**

The highlight of the month was undoubtedly the **World Breastfeeding Week (August 1st–7th)**. Under the visionary theme, *"Invest in Breastfeeding, Invest in the Future,"* our college transitioned from the classroom to the heart of our rural neighborhoods. We conducted seven camps in seven days, blanketing the regions in and around **Tadepalligudem**.

The healthy spirit of competition between our teams brought out the best in everyone. While every participant was a winner in the eyes of the community, we congratulate our top achievers:

- **1st Prize:** The **Ballipadu Village** camp, led by the tireless **Prof. Dr. Kadali Srinivas** and team.
- **2nd Prize:** The **Darsiparru Village** camp, spearheaded by **Dr. Surendra** and team.

- **3rd Prize:** The **Tadepalligudem** local camp, headed by **Dr. Sai Ram** and team.

### **Independence, Eloquence, and Innovation**

Our **79th Independence Day** celebrations served as the perfect backdrop to reward this hard work. As the tricolor unfurled, we also saw our students find their voices in the **Elocution Competition**, debating the profound connection between "**Freedom and Homoeopathy.**" It was a reminder that true health is the ultimate form of liberty.

Finally, August 15th marked a historic milestone for our college with the official launch of our E-magazine, "**Lux Scientiae Homoeopathicae.**" This digital portal is more than just a collection of articles; it is our voice in the modern world. In this inaugural edition, you will find insightful pieces on breastfeeding advocacy and the winning spirits of our outreach programs.

As you flip through these digital pages, I hope you feel the same pride that we felt on the ground. We aren't just teaching medicine; we are fostering a movement.

# INTEGRATING BREASTFEEDING AND HOMOEOPATHY: A PHILOSOPHICAL PERSPECTIVE BASED ON THE ORGANON OF MEDICINE

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## Abstract

Breastfeeding is globally recognized as the gold standard for infant nutrition and maternal health promotion. It contributes to a child's optimal physical, emotional, and cognitive development while providing protective benefits to the mother. The philosophy of Homoeopathy, founded by Dr. Samuel Hahnemann and expressed in the *Organon of Medicine*, emphasizes natural, individualized, and non-invasive healing—a philosophy that aligns closely with the principles and benefits of breastfeeding. This article explores the convergence between breastfeeding practices and homeopathic principles, highlighting how Homoeopathy can support mothers and infants in overcoming breastfeeding challenges and nurturing long-term well-being. Remedies commonly indicated in lactation difficulties are discussed, along with a broader theoretical integration of *vital force*, prevention, individualization, and maternal-infant harmony as foundational pillars for investing in a healthier future.

## Keywords

Breastfeeding, Homoeopathy, Organon of Medicine, Vital Force, Maternal Health, Infant Immunity, Holistic Medicine, Lactation Remedies, Prevention, Individualization

## Introduction

Breastfeeding is an ancient, natural practice essential for the survival and optimal development of infants. The World Health Organization and UNICEF recommend exclusive breastfeeding for the first six months, followed by continued breastfeeding up to two years or more. Despite its proven benefits, challenges such as low milk supply, stress, latching issues, and postpartum emotional disturbances continue to affect breastfeeding success globally.

Homoeopathy, a holistic system of medicine founded over two centuries ago, offers a gentle, individualized approach to health care. Based on the principle of "similia similibus curentur" (like cures like) and the dynamic concept of *vital force*, Homoeopathy focuses on stimulating the body's own healing potential through non-toxic remedies.

This article seeks to establish a theoretical bridge between these two nurturing systems—breastfeeding and Homoeopathy—showing how investment in both can amplify health outcomes for individuals and society at large.

### **Aim of the Study**

To explore the philosophical, clinical, and preventive parallels between breastfeeding and Homoeopathy, with emphasis on the principles laid down in the *Organon of Medicine*, and to highlight the role of Homoeopathic remedies in supporting lactation and maternal-infant wellness.

### **Objectives**

1. To analyze the health benefits of breastfeeding from a modern and holistic perspective.
2. To understand breastfeeding through the lens of the *Organon of Medicine* and homeopathic philosophy.
3. To identify common lactation-related problems and corresponding homeopathic remedies.
4. To promote breastfeeding as a vital investment in future health through a complementary approach.

### **Methodology**

This is a theoretical research article based on:

- Review of classical homeopathic texts, especially *The Organon of Medicine* by Dr. Samuel Hahnemann.
- Secondary data from peer-reviewed journals, WHO guidelines, UNICEF reports, and contemporary homeopathic literature.
- Comparative analysis of homeopathic principles and breastfeeding science.

## **Review of Literature**

### **1. Breastfeeding Benefits**

Multiple studies confirm that breastfeeding reduces the incidence of respiratory infections, diarrheal diseases, obesity, and sudden infant death syndrome (SIDS). It enhances neurodevelopment and maternal bonding while reducing maternal risks of breast and ovarian cancers and type 2 diabetes.

### **2. Homoeopathy and Lactation Support**

Textbooks such as Boericke's *Materia Medica* and Clarke's *Dictionary of Practical Materia Medica* document the efficacy of remedies like *Ricinus communis*, *Galega officinalis*, and *Pulsatilla* in enhancing milk flow and addressing emotional disturbances. The *Organon* emphasizes individualization, minimal intervention, and respect for the natural healing force—making it applicable to breastfeeding care.

### **3. Organon of Medicine Principles**

- Vital Force (Aphorisms 9–12): The life-preserving force which regulates health and harmony, also mirrored in the mother-child bond during breastfeeding.
- Individualization (Aphorism 7, 82–104): Each breastfeeding case (e.g., low milk, anxiety) must be approached based on unique symptom totality.
- Minimum Dose (Aphorism 275): Ensures safety for the lactating mother and infant.
- Prevention (Aphorism 4): Aligns with breastfeeding's protective role against diseases.

## **Discussion**

### **1. Breastfeeding as a Holistic Practice**

Breastfeeding nourishes not just the body but the emotional and psychological development of the child. It also promotes maternal-infant bonding and regulates hormonal balance in the mother.

### **2. Homoeopathy's Role in Lactation Support**

Homeopathy does not replace lactation counseling or nutrition but complements it by addressing deeper causes such as emotional trauma, fatigue, or hormonal imbalances.

### Common Conditions & Remedies:

Condition	Homeopathic Remedy	Indications
Scanty milk	<i>Pulsatilla</i>	Mild, tearful, yielding nature; changeable moods
No milk secretion	<i>Ricinus communis</i>	Boosts quantity and flow of milk
Poor milk flow	<i>Galega officinalis</i>	Enhances milk production
Emotional grief post-delivery	<i>Ignatia amara</i>	Sudden grief, sighing, mood swings
Weakness, poor nutrition	<i>Calcarea phosphorica</i>	Exhaustion, bone weakness, emotional dullness

### 3. Harmony with Nature

Both breastfeeding and Homoeopathy emphasize a return to nature. They work in accordance with the body's rhythms and physiological needs, promoting sustainable health without suppressing symptoms.

### 4. Empowerment and Preventive Health

A breastfeeding mother using Homeopathy becomes more attuned to her health, emotionally and physically. This awareness prevents complications and builds resilience in both mother and child.

### 5. Societal Perspective

Supporting breastfeeding through a holistic system like Homoeopathy creates empowered families and healthier societies. It aligns with the *Organon's* larger vision of uplifting the human race by gentle means.

**Conclusion:** Breastfeeding is not just an act of feeding—it is a vital investment in life, health, and emotional security. Homoeopathy, with its individualized, gentle, and holistic approach, serves as a powerful ally in this journey. The principles enshrined in the *Organon of Medicine*—vital force,

minimal dose, individualization, and harmony with nature—are profoundly aligned with the essence of breastfeeding.

Investing in breastfeeding, supported by homoeopathic care, is investing in the physical, emotional, and social well-being of future generations. This integrative approach ensures a balanced, natural, and sustainable model of health care that honors the mother-child dyad and the core principles of healing.

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# MINDFULNESS OF BREASTFEEDING AND THE UTILITY OF ASAFOETIDA IN HOMOEOPATHY

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## ABSTRACT

Breastfeeding is a powerful investment in the health and developmental growth of infants and the recovery of mothers. It significantly reduces infant morbidity and mortality while supporting long-term maternal wellness. Despite its natural benefits, many mothers face physical, psychological, and social challenges that hinder successful lactation. This article explores the multifaceted benefits of breastfeeding and the clinical utility of **Asafoetida** in Homoeopathy for managing stress-related lactation issues. By integrating mindfulness and homoeopathic support, healthcare providers can better protect, promote, and support healthy outcomes for the mother-child dyad.

**Keywords:** *Developmental growth, psychological challenges, Healthy outcomes, Infant Morbidity and Mortality, Osteoporosis, Colostrum, Immunity, Asafoetida.*

## AIM AND OBJECTIVES

### Aim of the Study

1. To assess the role of mindfulness practices in improving breastfeeding outcomes in pregnant women and lactating mothers.
2. To analyze the utility of *Asafoetida* in treating clinical complaints related to breastfeeding.

### Objectives

- To encourage awareness regarding the importance of mindfulness in strengthening the mother-child bond.
- To review classical and modern Homoeopathic Materia Medica regarding the efficacy of *Asafoetida* in lactation-related complaints.

## INTRODUCTION

According to WHO guidelines, the Breastfeeding Awareness Programme is conducted annually during the first week of August. Breast milk is the ideal food for infants, providing natural, proven benefits for maternal and child health. The WHO recommends exclusive breastfeeding for the first six months of life, followed by continued breastfeeding with complementary foods for up to two years or beyond.

Despite these recommendations, several factors lead to suboptimal breastfeeding rates:

- **Physical:** Breast pain and poor latching.
- **Psychological:** Postpartum depression, anxiety, and lack of confidence.
- **Social:** Lack of family support and inadequate information regarding feeding skills.

Most breastfeeding mothers face physical and emotional challenges, including stress, restlessness, and hormonal imbalances, which can impede the "let-down reflex."

**Asafoetida**, a homoeopathic remedy derived from gum resin, shows efficacy in managing symptoms such as nervous irritability, hysterical tendencies, and digestive complaints (flatulence) often associated with stress-related breastfeeding difficulties.

## METHODOLOGY

This is a descriptive and educational article based on a review of secondary data:

- Medical Textbooks: Standard pediatric and obstetrics texts (Nelson, D.C. Dutta, Park).
- Global Guidelines: WHO and UNICEF official publications.
- National Programs: Breastfeeding promotion programs such as MAA (Mothers' Absolute Affection).
- Homoeopathic Literature: Review of classical Materia Medica (Boericke, Kent, Clarke, Phatak).

## REVIEW OF LITERATURE

Health Benefits for the Child

- Immunity: Mother's milk provides complete nutrition and essential antibodies (IgA), protecting against fever, colds, and diarrhea.
- Digestibility: It is easily digestible and rich in vitamins, minerals, carbohydrates, proteins, and healthy fats.
- Development: Protects against chronic diseases like obesity and diabetes in later life while fostering an affectionate bond.

#### Health Benefits for the Mother

- Physical Recovery: Accelerates uterine involution, reduces postpartum bleeding, and lowers the risk of breast and uterine cancers.
- Bone Health: Protects against osteoporosis by strengthening bone density.
- Mental Health: Triggers the release of bonding hormones (oxytocin), increasing love, affection, and maternal confidence.

#### Clinical Instructions for Mothers

1. Early Initiation: Begin breastfeeding within 30 minutes of birth.
2. Colostrum: Ensure the infant receives the "first milk," which is rich in Protein, Vitamin A, and Immunoglobulin A.
3. Frequent Feeding: Feeding every 2–3 hours help avoid lactation failure.
4. Correct Positioning: Ensure the baby's mouth is wide open, covering most of the areola to prevent nipple damage.

#### **The Role of Asafoetida in Homoeopathy**

*Asafoetida* is particularly indicated for "fat, flabby, nervous, and irritable" constitutions. Its specific utility in lactation includes:

- Deficient Milk: Indicated for a deficiency or absence of milk (agalactia) occurring roughly 10 days after delivery.

- Over sensitiveness: Useful when milk production is affected by the mother's extreme sensitivity or emotional excitability.
- Psychosomatic Symptoms: Often indicated when the mother suffers from "Globus Hystericus" (a sensation of a lump in the throat) and hysterical flatulence.
- Non-Pregnant Lactation: A unique feature where milk appears in the breasts of non-pregnant women, highlighting its deep action on the mammary glands.

## DISCUSSION

Breastfeeding is a vital foundation for infant survival and cognitive development. However, exclusive breastfeeding rates remain low globally due to sociocultural misinformation and lack of support. This calls for a multi-dimensional approach involving education and healthcare strengthening. From a homoeopathic perspective, *Asafoetida* serves as a bridge between emotional and physical health. It addresses the conversion of mental tension into physical complaints. By treating the "hysterical" or oversensitive state of the mother, the remedy helps restore the natural physiological flow of milk.

## CONCLUSION

A lack of knowledge regarding nutrition and feeding skills often results in lactation failure. Furthermore, modern lifestyle pressures and cosmetic concerns lead some to prefer bottle feeding, which can hinder the psychological and behavioral development of the child.

Protecting and promoting breastfeeding is a global priority. The study concludes that **Asafoetida** plays a vital role in treating nervous and hysterical mothers with deficient milk—a utility that is often under-recognized in daily clinical practice.

**"Breast milk for the children: A happy beginning for a healthy future."**

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# ROLE OF HOMOEOPATHY IN BREASTFEEDING: AN ORGANON-BASED AND CLINICAL PERSPECTIVE

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**Dr. G. Mamata Tejaswini**

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## **Abstract**

Breastfeeding is a vital physiological process with profound emotional, nutritional, immunological, and developmental importance for both mother and child. Homoeopathy, grounded in holistic principles, offers safe and individualized therapeutic support for lactational challenges. This article explores the role of homoeopathy in breastfeeding through classical references from Samuel Hahnemann's writings, especially the *Organon of Medicine*, and discusses commonly indicated remedies for lactation-related disorders. The integration of hygiene, dietetics, and individualized remedy selection reflects the timeless relevance of homoeopathy in maternal and child health.

**Keywords:** Breastfeeding, Lactation, Organon of Medicine, Homoeopathy in pregnancy, Mastitis, Lactation insufficiency

## **Introduction**

Homoeopathy treats the patient as a whole rather than merely addressing disease labels. Therapeutic intervention is based on the totality of symptoms and the individual constitution.

Samuel Hahnemann was not only a physician but also a visionary hygienist and dietician. His consultations, letters, and literary works consistently emphasized hygiene, diet, ventilation, moderation, and maternal responsibility in childcare. Nearly two centuries ago, he articulated principles that resonate with modern concepts such as preventive medicine and primal prevention.

## **Hahnemann's Views on Diet, Hygiene and Infant Care**

### **1. *Handbook of Mothers or Principles on the Education of Infants***

In this work, Hahnemann strongly advocated that mothers should breastfeed their own children. He provided practical guidance regarding:

- Proper suckling techniques
- Weaning
- Selection of wet nurses
- Infant diet and hygiene

He identified poor ventilation and unhealthy indoor air as major causes of childhood illness. He advised:

- Daily airing of rooms
- Cleanliness and cool environment
- Avoidance of excessive sweets and fatty food
- Light and frequent meals
- No coffee or meat for infants
- Attention to mental and physical development

## ***2. Friend of Health (1795)***

In this publication, Hahnemann warned against environmental pollution and poor ventilation. He condemned:

- Overcrowded, dark rooms
- Dampness
- Poor stove management
- Improper fumigation

He emphasized fresh air, light, clean water, and free bodily movement as essential conditions for well-being.

## **3. Dietary and Lifestyle Guidance**

In his letters (as documented in *The Life and Works of Samuel Hahnemann* by Richard Haehl), Hahnemann gave detailed dietary advice to pregnant women. He advised moderation, fresh air, simple diet, and avoidance of excesses.

His principles echo modern preventive obstetrics and highlight the importance of maternal health in determining neonatal outcomes.

### **Homoeopathy and Lactation in the Organon**

In the footnote to §285 of the *Organon of Medicine* (6th edition), Hahnemann explains the dynamic action of homoeopathic medicines administered through the mother's milk. He states that moderate doses given to the nursing mother may beneficially act upon the infant.

In §284 (footnote), he emphasizes mild antipsoric treatment during pregnancy to prevent chronic miasmatic transmission to the fetus. This concept parallels the modern idea of **primal prevention**, where intervention begins in utero.

Thus, homoeopathy recognizes lactation not merely as nutrition but as a dynamic therapeutic channel.

### **Incorporating Homoeopathy into Midwifery Practice**

Homoeopathy is particularly suited to women during childbearing years, as it is gentle, individualized, and generally free from toxic side effects when prescribed correctly.

Midwives and practitioners often use specific remedies within their clinical scope, especially for:

- Pregnancy discomforts
- Labour support
- Postnatal recovery
- Breastfeeding difficulties

However, remedy selection must always follow homoeopathic principles rather than routine prescription.

### **Common Homoeopathic Remedies in Breastfeeding Complaints**

### **1. Engorged, Hot, Painful Breasts**

- Belladonna
- Bryonia alba

### **2. Mastitis / Abscess**

- Phytolacca decandra
- Silicea

### **3. Cracked or Sore Nipples**

- Castor equi
- Silicea

### **4. Painful Breasts**

- Borax (pain after nursing)
- Belladonna (throbbing pain)
- Bryonia alba (worse from motion)

### **5. Low Milk Supply**

- Calcarea carbonica
- Lac defloratum
- Urtica urens

### **6. Excessive Milk Supply**

- Pulsatilla
- Urtica urens

### **7. Weaning (Drying up Milk)**

- Lac caninum
- Pulsatilla

Remedy selection should always be individualized based on totality, constitution, modalities, and mental generals.

## **Discussion**

Homoeopathy offers valuable support in managing breastfeeding difficulties such as:

- Mastitis
- Nipple pain
- Lactation insufficiency
- Milk overproduction
- Blocked ducts

By addressing both physical and emotional components, homoeopathy facilitates successful breastfeeding while preserving maternal well-being.

However, it must be emphasized that homoeopathy complements — not replaces — essential medical care in cases of severe infection or complications requiring conventional intervention.

## **Conclusion**

Breastfeeding is central to maternal and neonatal health. Homoeopathy, rooted in holistic philosophy and preventive principles, provides gentle and effective support during lactation. Hahnemann's insights into hygiene, moderation, diet, and maternal care remain profoundly relevant even today.

When applied judiciously and in accordance with classical principles, homoeopathy enhances breastfeeding outcomes and supports the health of both mother and child.

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## **DR. MIRANDA CASTRO: A PIONEER OF CONTEMPORARY HOMOEOPATHY**

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Dr. Miranda Castro is a British-trained professional homoeopath who has been in clinical practice since 1983 and has been writing and teaching about homoeopathy since 1988. Born on June 7, 1951, she is widely recognized for her contribution to bringing classical homoeopathy to both professional practitioners and home prescribers.



She is a prolific author who has written numerous papers for professional homoeopathic journals as well as countless articles aimed at educating the general public about safe and responsible home prescribing.

### **Professional Affiliations**

#### **Dr. Castro is:**

- A Fellow of the Society of Homeopaths (UK)
- A past President of the North American Society of Homeopaths (NASH)
- A faculty member at Bastyr University, where she has contributed to the development of postgraduate programs in Homoeopathic Medicine

Her work reflects a strong commitment to education, professional standards, and classical homoeopathic principles.

### **Major Contributions and Publications**

#### **1. *The Complete Homeopathy Handbook***

Her first book, *The Complete Homeopathy Handbook*, has sold over 250,000 copies worldwide. It is widely regarded as one of the first comprehensive works to present classical homoeopathy in an accessible manner for home prescribers, while maintaining fidelity to traditional principles.

## ***2. Homeopathy for Mother and Baby***

Her second major work, *Homeopathy for Mother and Baby*, provides practical guidance for pregnancy, childbirth, postpartum care, and the baby's first year. The book is appreciated for combining practical maternal advice with homeopathic therapeutics in a gentle and reassuring style.

## ***3. A Homeopathic Guide to Stress***

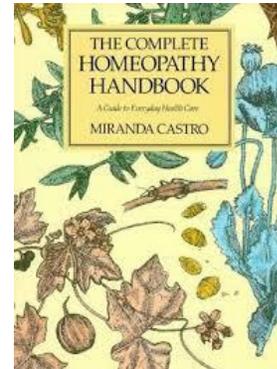
In *A Homeopathic Guide to Stress*, Dr. Castro explores the multidimensional nature of stress, including physical, emotional, and environmental stressors. She discusses homeopathic approaches to restoring balance and resilience.

## **Teaching and Editorial Work**

For more than three decades, Dr. Castro has contributed regularly to professional homeopathic journals and popular complementary health publications. Since 1995, she has consulted and written for *Homeopathy Today*, the magazine of the National Center for Homeopathy.

## **She has lectured extensively to:**

- Midwives
- Nurses
- Counselors
- Physicians
- Lay audiences interested in complementary medicine



Her educational efforts emphasize responsible prescribing and classical homeopathic philosophy.

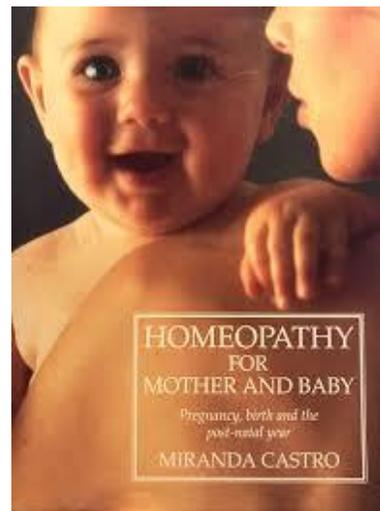
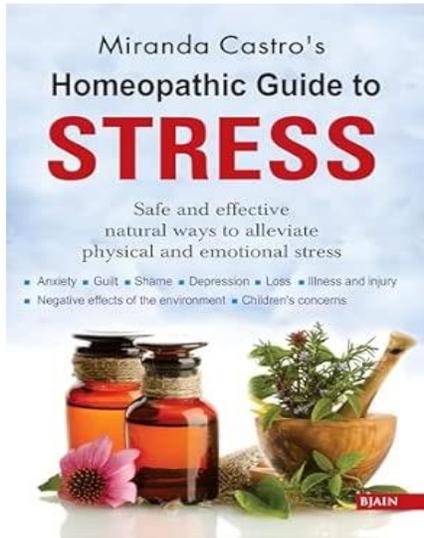
## **Later Career and Practice**

In 2007, Dr. Castro relocated to Gainesville, Florida, where she continues to practice, teach, and write. She has also been involved in developing practice-management tools for homeopaths and formulating natural healing creams.

Her work reflects an integration of classical homoeopathy with modern educational and professional standards.

## Conclusion

Dr. Miranda Castro stands as one of the leading contemporary voices in homoeopathy. Through her writing, teaching, and clinical practice, she has made classical homoeopathy accessible to both professionals and the public. Her contributions continue to influence maternal health, stress management, and home prescribing worldwide.



## AUGUST 1ST – WORLD LUNG CANCER DAY AWARENESS



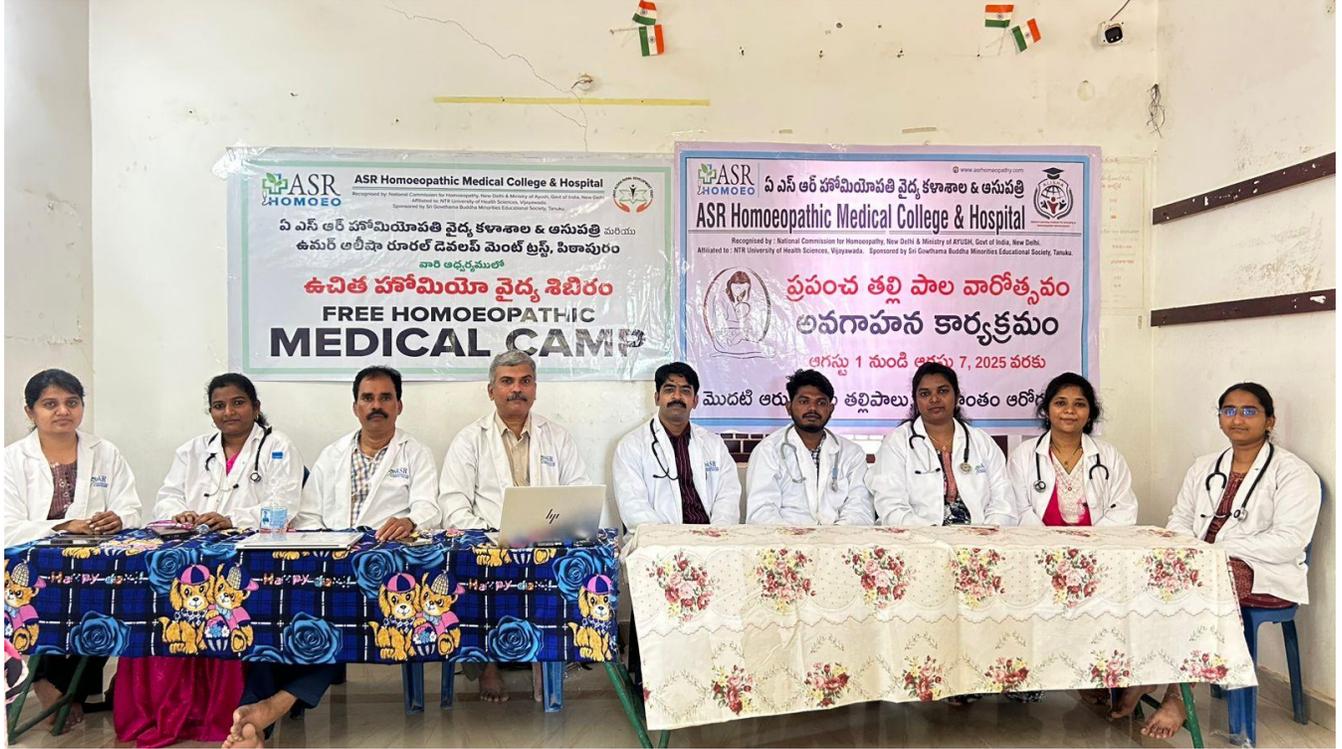
## BREAST FEEDING WEEK AUGUST 1<sup>ST</sup> TO 7<sup>TH</sup>













## ASR Homoeopathic Medical College & Hospital

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



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### ASR Homoeopathic Medical College in Collaboration with Alisha Academy Conducts Breastfeeding Awareness Program

**Venue:**Ballipadu

**Date:**August5,2025(Tuesday)

**Time:** 9:00 AM to 12:00 Noon

#### **Purpose of the Program**

As per the recommendations of the World Health Organization (WHO), World Breastfeeding Week is observed every year from August 1st to 7th across the globe.

On this occasion, ASR Homoeopathic Medical College, in collaboration with Alisha Academy and Umar Alisha Rural Development Trust (UARDT), is organizing Breastfeeding Awareness Programs in selected villages throughout the week.

As part of these celebrations, today's awareness program was conducted in Ballipadu village, aiming to educate mothers and families about the importance of breastfeeding.

#### **Benefits of Breastfeeding for the Baby**

1. Complete Nutrition: Mother's milk contains all essential nutrients required for the baby.
2. Improves Immunity: Protects against colds, fever, diarrhea, and infections.
3. Better Brain Development: Enhances intelligence and cognitive growth.
4. Easy Digestion: Breast milk is easily digestible.
5. Reduced Allergies: Lowers the risk of asthma and skin diseases.
6. Protection from Chronic Diseases: Reduces risk of diabetes and obesity in later life.
7. Healthy Growth: Promotes proper weight gain and physical development.

8. Strong Mother–Child Bond: Builds emotional connection and security.
9. Better Dental Health: Supports healthy development of teeth and jaw.

### **Benefits of Breastfeeding for the mother**

1. Faster Weight Loss After Delivery: Burns extra calories and helps reduce pregnancy weight.
2. Reduced Bleeding After Delivery: Helps the uterus contract faster and decreases blood loss.
3. Stronger Bones: Contributes to bone health.
4. Lower Risk of Breast and Uterine Cancer: Breastfeeding mothers have reduced risk of these cancers.
5. Improved Mental Well-being: Hormonal release promotes love, bonding, and confidence.
6. Economical: No need for formula milk, bottles, or powders—reduces expenses.
7. Enhanced Emotional Bond: Strengthens attachment during each feeding.
8. Convenient and Always Available: No preparation or heating required.

### **Guidelines for Breastfeeding Mothers**

1. Start Immediately After Birth: Begin breastfeeding within one hour of delivery. The first milk (colostrum) is extremely valuable and protective.
2. Exclusive Breastfeeding for Six Months: Only breast milk should be given for the first 6 months. No water, formula, or soups are required.
3. Maintain Hygiene: Wash hands before feeding. Avoid giving pacifiers or artificial nipples.
4. Correct Feeding Position: Ensure comfortable posture and proper latch so the baby takes the full areola.
5. Feed on Demand: Feed whenever the baby is hungry, usually 8–12 times per day.
6. Alternate Both Breasts: Feed from both sides alternately for complete nutrition.

7. Peaceful Environment: Avoid distractions like TV or phone; allow the baby to feed calmly.
8. Mother's Nutrition: The mother should consume a balanced diet and adequate fluids.
9. Take Precautions During Illness: If the mother has cold or cough, wear a mask while feeding.
10. Consult a doctor if Needed: If the baby shows signs of indigestion, poor weight gain, or difficulty feeding, seek medical advice.

### **Conclusion**

Breastfeeding gives the baby a healthy beginning and ensures a healthier future.

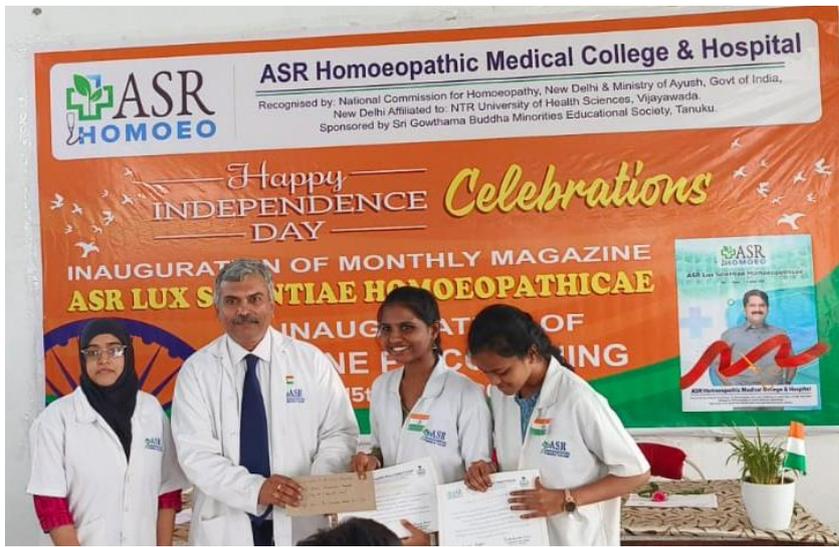
## AUGUST 15<sup>TH</sup> – INDEPENDENCE DAY CELEBRATIONS

### LUX SCIENTIAE HOMOEOPATHICAE – E MAGAZINE LAUNCH

### PRIZES DISTRIBUTION FOR BREAST FEEDING AWARENESS WEEK COMPETITIONS

### ARTICLE WRITING COMPETITIONS







SEP 2025

ASR LUX SCIENTIAE HOMOEOPATHICAE