



MULLERIAN

EDITORIAL

Dear Reader

Seasons Greetings and welcome to another edition of Mullerian, the in-house publication of Fr Muller Homoeopathic Medical College.

The undue delay in bringing out this edition is regretted. This delay is due to many factors like shifting to a new place, settling in the new environments, changes at the top order and new schedules to workout.

Past months have witnessed hectic activities in the academic and also in the administrative setup. Most prominent of all was the National Homoeopathic Conference, where Dr Rajan Shankaran explained his concept of Case, Disease and Treatment to about 700 delegates. This was another such experience to us after hosting Dr Robin Murphy to a large gathering 2 years back.

This year we had a good rush for admissions. We completed our admissions with filling up all the seats with the selected candidates. This proves the popularity of the Homoeopathic System and the good name of our college which is a force to reckon with in the community.

The administrative section of Father Muller Charitable Institutions had a major shakeup with Rev. Dr Baptist Menezes being appointed as the Episcopal Vicar of Udupi and Rev. Fr Patrick Rorigues taking over the mantle of the Head of the Institutions. While we welcome Rev. Fr Patrick Rodrigues we thank Rev. Dr Baptist Menezes for his unparalleled service to the Institutions.

With all the changes that keep taking place like a river flowing across, the process of learning also is a constant phenomena. In this issue we take up another topic of clinical interest - Oral Leukoplakia. This is a condition where the major sufferers are the young adults and it becomes our moral responsibility to educate them of its consequences.

So join us in our journey in the quest of knowledge.

Dr M.K. Kamath
Editor

CONGRATULATIONS AND WELCOME



The faculty of Father Muller Homoeopathic Medical College congratulates **Rev. Fr Patrick Rodrigues** on his appointment as Director of Father Muller Charitable Institutions with effect from 06-07-2007.

Rev. Fr Patrick Rodrigues was closely associated with Father Muller Homoeopathic Medical College and guided the college as Asst. Director from the year 1986 to 1991. We are confident that Homoeopathic Medical College will achieve greater heights under the leadership of able Director Rev. Fr Patrick Rodrigues as he brings with him rich administrative experiences at St John's Medical College, Bangalore.

We, the Faculty members of Father Muller Homoeopathic Medical College extend a cordial welcome to our Director and assure him our wholehearted cooperation.

GRATITUDE AND GOD BE WITH YOU



Rev. Dr Baptist Menezes, Director, FMCI was appointed Episcopal Vicar of Udupi District, a designation with greater responsibilities. He left the Father Muller Charitable Institutions on 6th July 2007 to take charge of the new assignment.

Rev. Dr Baptist Menezes has rendered 10 years of valuable service at Father Muller Charitable Institutions. During his tenure Father Muller Homoeopathic Medical College and Hospital has shown all round progress. The college got permission to conduct P.G. courses in Homoeopathic Materia Medica, Organon and Repertory in 1998. The new buildings of the college and hospital were constructed under his guidance and were inaugurated on 7th Nov 2006. The college also got permission to conduct P.G. courses in Medicine, Paediatrics, Psychiatry and Pharmacy from the Academic year 2007-08 and thus became the first Homoeopathic Medical College in Karnataka to conduct P.G. courses in 7 subjects.

Father Muller Homoeopathic Medical College remains grateful to Rev. Dr Baptist Menezes and wishes him all success in his new mission.

ORAL LEUKOPLAKIA

Background: The World Health Organization first defined oral leukoplakia as a white patch or plaque that could not be characterized clinically or pathologically as any other disease.

At the 1983 international seminar, the current definition was composed: Leukoplakia is a whitish patch or plaque that cannot be characterized clinically or pathologically as any other disease, and is not associated with any physical or chemical causative agent, except the use of tobacco.

Oral white lesions include leukoplakias (as defined above), keratoses, leukoplakias of clear infective origin (candidal, syphilitic, hairy leukoplakia associated with Epstein-Barr virus), candidosis, lichen planus, oral submucous fibrosis, lupus erythematosus, dyskeratosis congenita, and frank carcinomas.

Pathophysiology: No etiologic factor can be identified for most persistent oral white plaques (ie, idiopathic leukoplakia). The histopathologic features are highly variable, ranging from hyperkeratosis and hyperplasia to atrophy and severe dysplasia. Patients with idiopathic leukoplakia have the highest risk of developing cancer. The risk of developing malignancies at lesion sites is 5 times greater in patients with leukoplakia than in patients without leukoplakia.

Mortality/Morbidity: Some leukoplakias culminate in oral squamous cell carcinoma.

Race: An increased prevalence is observed in communities and races with high tobacco use.

Sex: Males have the highest incidence of leukoplakias.

Age: Leukoplakias are usually seen in adults older than 40 years.

CLINICAL

History: Leukoplakias are usually asymptomatic and are initially noticed by a dentist during a routine examination.

Physical: Leukoplakias are white lesions that cannot be removed with a gauze swab.

- Most leukoplakias are smooth, white plaques

(homogeneous leukoplakias).

- Most leukoplakias occur on the lip, the buccal mucosae, or the gingivae.
- Some leukoplakias are white and warty (verrucous leukoplakia).
- Some leukoplakias are mixed white and red lesions (erythroleukoplakias or speckled leukoplakias).
- Dysplastic lesions do not have any specific clinical appearance; however, where erythroplasia is present, dysplasia, carcinoma in situ, and frank carcinomas are more likely to be seen.
 - > The site of the lesion is relevant; leukoplakias on the floor of the mouth or on the ventrum of the tongue and the lip are sinister.
 - > The size of the lesion appears to be irrelevant. Even small dysplastic lesions may lead to multiple carcinomas and a fatal outcome.

Causes: No etiologic factor can be identified for most persistent oral leukoplakias.

- Known causes of leukoplakia include the following:
 - > Trauma (eg, chronic trauma from a sharp or broken tooth or from mastication may cause keratosis)
 - > Tobacco use: Chewing tobacco is probably worse than smoking.
 - > Alcohol
 - > Infections (eg, candidosis, syphilis, Epstein-Barr virus infection): Epstein-Barr virus infection causes a separate and distinct non-premalignant lesion termed hairy leukoplakia.
 - > Chemicals (eg, sanguinaria)
 - > Immune defects: Leukoplakias appear to be more common in transplant patients.

WORKUP

Procedures:

- Perform an oral biopsy.

Histologic Findings: The histopathologic features are highly variable, ranging from hyperkeratosis and hyperplasia to atrophy and severe dysplasia.

TREATMENT

Medical Care: The objective of care is to detect and to prevent malignant change. The presence of the white plaque alone does not require treatment.

- Several management regimens have been suggested. Current evidence suggests that no treatment is of reliable benefit.
- Possible courses of action include the following:
 - Wait and watch
 - Medical therapies
 - Surgical removal
- Patients should avoid any causal factor, such as use of tobacco and alcohol. Leukoplakias can regress under these circumstances.
- Patients should be examined regularly, probably at 3 to 6 month intervals.

Diet: A diet rich in fresh fruits and vegetables may help prevent cancer.

FOLLOW-UP

Further Outpatient Care:

- Examine patients with leukoplakias regularly at 3- to 6-month intervals.

- Detection of clinical changes, such as erosions or nodule formation, warrants a biopsy. An oral brush biopsy may be helpful in detecting dysplasia.

Deterrence/Prevention:

- Counsel patients against tobacco use. The percentage of nonsmokers who develop malignancy in a leukoplakia is greater than the percentage of smokers who develop a malignancy in a leukoplakia; however, the condition is more common in smokers such that the overall number of malignancies that arise in leukoplakias is greater in smokers.
- Advise patients to avoid alcohol use.
- Advise patients to eat a diet high in fresh fruits and vegetables.

Patient Education:

- Patients should avoid alcohol, tobacco, and betel.
- Patients should consume a diet rich in fruits and vegetables.

CASE STUDY

Name: Mr. RRP Age: 29 years Sex: Male, Married Occupation: Hotel Management

PRESENTING COMPLAINTS

LOCATION	SENSATION	MODALITIES	CONCOMITANTS
Mouth Buccal Mucosa Since 1998	Discoloration white Patches	A/F Smoking tobacco ³	
Head (Vertex) For the past 1 year	Pain throbbing ² occasionally	A/F - Sleep lack of ³ < night watching ² < Stimulants after ²	
Stomach For the past 1 year	Acidity ² Eructations ²	< Eating after ²	Increased thirst
Abdomen For the past 1 year	Flatulence ²	< Eating after ² < Fatty foods	

PAST HISTORY

Operated for dermoid cyst 3 years back.

FAMILY HISTORY Father: Diabetic Mellitus
Paternal uncle: Operated for benign tumor of colon

PERSONAL HISTORY

Appetite - no change
Thirst - Increased, 10-14 glasses per day
Desire - tobacco smoking, alcohol, fatty food which aggravates, spicy foods

Perspiration - generally decreased
Stools - constipated, ineffectual urge
Urine - 7-8 times per day
Sleep - catnaps. Dreams - Unremembered
Thermal State: Uses fan occasionally, Bath with tepid water, Thin covering while sleeping Chilly patient

SOME MORE DETAILS OF THE PATIENT:

The patient hails from an upper middle class family in Bihar. His father is a police officer and the dominating factor of the family. The patient is a final year Hotel Management student studying in Mangalore. Got married 2 years ago but feels that he was coerced into marrying. Highly ambitious and wants to earn a lot of money as he wants to live a luxurious life. Is a good student but has no interest in this course as he wanted to complete his training from The National Defense Academy. Started smoking and drinking more than 10 year back and when his father came to know of this, he was forced to leave the NDA. Intense resentment against his father due to this. Patient is confident of getting a good job and wishes to go abroad. Physician got the impression that the patient was very self-centered and too full of himself.

Mental State: Irritability at trifles, haughty, self-centered

FUNDAMENTAL MIASM - Sycosis

DOMINANT MIASM - Sycosis

GENERAL PHYSICAL EXAMINATION

Appearance: Well built and nourished, conscious and co operative

Weight: 67 kgs Temperature: Afebrile

Pulse rate: 76 per minute, regular, full volume, no thickening of arterial wall

Respiratory rate: 18 per minute

Blood pressure: 130/78 mm of Hg, on right arm supine position

No Pallor, Cynosis, Jaundice, or Lymphadenopathy

SYSTEMIC EXAMINATION

No Abnormality detected on systemic examination

LOCAL EXAMINATION

Site: Inside cheek

Distribution: Bilateral Size: More than 2cm on either side

Shape: Irregular Surface: Leathery Palpation: Painless, white non-scrapable patch

PROVISIONAL DIAGNOSIS

Homogenous Leukoplakia

INVESTIGATIONS (BIOPSY) Microscopically the sections show the presence of hyperkeratinised stratified squamous epithelium with dysplastic features like hyperchromatism, basilar hyperplasia, loss of stratification and at few places drop shaped rete-pegs are seen. The underlying connective tissue shows moderate fibres of collagen bundles with few fibroblasts. Subepithelially mild infiltration of chronic inflammatory cells also seen.

IMPRESSION: Leukoplakia with moderate dysplasia

ANALYSIS AND PRESCRIPTION Patient is chilly and there is irritability at trifles, selfish, haughtiness, egoism and high ambition to earn money. Craving for stimulants which aggravate the complaints. Headche on vertex which is caused by night watching. Constipated with ineffectual urge. Acidity and eructations with flatulence. **Nux vomica** was selected as the most similar remedy.

FOLLOW-UPS:

11-9-00 30-50% Improvement

09-10-00 50% improvement

02-11-00 70-80% improvement - treatment stopped

07-12-00 70-80% improvement; Sent for post treatment biopsy.

08-1-01 90-100% remission of signs and symptoms.

POST TREATMENT BIOPSY Micro scopically the section shows stratified squamous hyperkeratinised epithelium with spongiosis and hyperplasia. At one end of the section the epithelium shows basilar hyperplasia and hyperchromatism of the nucleus. The connective tissue is made up of delicate bundles of collagen, fat cells, and muscletissue. Chronic inflammation is minimal.

IMPRESSION: Leukoplakia with mild dysplasia

CAMPUS NEWS

NOV 7th 2006 - Inauguration of the newly built college at Deralakatte by Dr V.S Acharya, Honourable Minister for Medical Education, Govt of Karnataka & blessing by Most Rev. Dr Aloysius Paul D'Souza, Bishop of Mangalore, Inauguration of the Hospital Building by Dr B.N Prakash, Director of AYUSH, Govt. of Karnataka and blessing by Most Rev. Dr Aloysius Paul D'Souza, Bishop of Mangalore

DEC 2nd 2006 - Our Staff and students participated in "WALKATHON" Walk for a cause.

DEC 9th & 10th 2006 - Homoeopathic Conference 2006, an annual event of FMHMC with Dr Rajan Shankaran being the main speaker. Around 700 delegates attended the Conference.

DEC 12th, 13th & 14th 2006 : "MULLERFEST" - During which the students of FMHMC were declared champions for their outstanding performance as against 25 colleges from in and around the city.

FEB 14th & 15th 2006 - A team of Inspectors visited our college from CCH - New Delhi.

MARCH 13th 2007 - Institution Day cum Graduation Ceremony. 56 graduates from Homoeopathic Medical College along with graduates of Nursing College and Medical College participated in the ceremony. Dr P.S. Prabhakaran, Vice Chancellor of Rajiv Gandhi University of Health Sciences, Karnataka and Mr George Fernandes, Former Defence Minister, Govt. of India were the Chief Guest on the occasion. Most Rev. Dr Aloysius Paul D'Souza, Bishop of Mangalore and President of FMCI presided over the function.

Dr P.S. Prabhakaran in his address to the graduates advised them to keep abreast of the developments in the medical field to brave the challenging world ahead of them.

On the occasion Dr Kumar Mitrachand Dhawale, Honorary Director, Institute of Clinical Research Mumbai was honoured with Father Muller Charitable Institutions Award - 2007 for his contributions in the field of medicine.

APRIL 14th 2007 - Hahnemann's Day celebration

on the occasion of 252nd Birthday of Dr Samuel Hahnemann. Dr B. Sanjiv Rai, Dean, Father Muller Medical College was the Chief Guest. Dr Prasobh Kumar, Alumnus from Third batch was the Guest of Honour. The occasion was marked by Academic and Cultural activities from students.

MAY 6th 2007 - As a part of Hahnemann's birthday celebration a free Medical Camp was organised at Deralakatte. A total number of 225 patients attended the Medical Camp.

JUNE 8th & 9th 2007 - A workshop on Repertory was organized by the Repertory Department of FMHMC. A total of 75 PG students from various colleges from all over India attended the workshop.

JUNE 25th 2007 - Inauguration of the new Homoeopathic Postgraduate courses in Medicine, Paediatrics, Psychiatry and Homoeopathic Pharmacy at Father Muller Homoeopathic Medical College, Deralakatte.

Speaking at the inauguration of the courses, Dr S P Singh, Advisor, Department of AYUSH, Government of India said, Father Muller Homoeopathic Medical College has become the first in the State to offer post-graduation in all seven homoeopathy disciplines. Dr Singh said all kinds of diseases could be treated through homoeopathy. Explaining India's potential in homoeopathy, he said that the country has as many as 640-homoeopathy drug manufacturing units, 292 hospitals, 5,398 dispensaries and 1,32,356 qualified doctors. He also wished Fr Muller Homoeopathic Medical College, which has all the infra structure to become one of the Model Colleges in the country.

Most Rev. Dr Aloysius Paul D'Souza, Bishop of Mangalore presiding over the function said, post-graduation was not an option but a necessity in the competitive world of today. Rev. Dr Baptist Menezes, Director, Father Muller Charitable Institutions, Rev. Fr Patrick Rodrigues, Director Designate Father Muller Charitable Institutions, Rev. Fr Stany Tauro, Administrator, Father Muller Homoeopathic Medical College, Dr S.K. Tiwari, Principal, Father Muller

Homeopathic Medical College and others were present.

JULY 5th 2007 - Blessing & laying of Foundation for the extension of the Ladies Hostel in Deralakatte.

JULY 6th 2007 - Rev. Fr Patrick Rodrigues took over as the Director of Fr Muller Charitable Institutions at a small but a meaningful ceremony. Rev. Dr Baptist Menezes has taken over the responsibility as the Episcopal Vicar of the Udupi District as his next mission.

August 1st 2007 - Inauguration of I BHMS (2007-2008). A total number of 75 students joined

I BHMS (2007-08 batch) on 1st August 2007. Dr Madhav Bhandary, MBBS, Chairman, Mangalore Urban Development Authority was the Chief Guest. Rev. Fr Patrick Rodrigues, Director, Fr Muller Charitable Institutions, presided over the function. Rev. Fr Stany Tauro, Administrator, FMHMC and Principal Dr S.K. Tiwari were present.

AUG 14th 2007 - a small farewell function was organized to bid Adieu to Dr Valarmathy, who resigned from the Institution to join her family abroad.

Aug 25th 2007 - Local Inspection Committee of RGUHS visited our college.

ALUMNI NEWS

Report on Executive Committee Meeting of Kerala Chapter of our Alumni - Executive Committee of Kerala Chapter met on 8-04-2007 at Hotel Renaissance, Calicut.

Chapter President Dr Prasobh Kumar KC presided over the meeting. Alumni Association President Dr Vinod Kumar was the Chief Guest. The Committee after deliberations took following decisions -

1. To conduct a Homoeopathic Seminar
2. To ensure maximum participation in the family meet to be held at Kodaikanal in the month of Sept, 2007.
3. To extend support and cooperation to the activities at FMHMC.

Dr Sureshlal welcomed the members and Dr Vinayan Uttaman proposed vote of thanks.

Report of Executive Committee meeting of FMHMC Association at Mangalore on 08-07-2007, at Fr Muller's Charitable Institutions, Mangalore.

Executive Committee of FMHMC Alumni association met on 08-07-2007 at Directors Office at Fr Muller's Charitable Institutions. Rev. Fr Patrick Rodrigues, Director of Fr Muller Charitable Institutions, Rev. Fr Stany Tauro, administrator, Fr Muller Homoeopathic Medical College and Hospital, Dr S.K.Tiwari, Principal, Dr Srinath rao Vice Principal along with Executive Committee members attended the meeting.

After a short welcome address by Dr Vinayan, the following points were discussed -

1. A Review of Ernakulam Get-together by Dr Sadath Sait
2. A discussion on proposed Kodaikanal meet - by Dr Dhiraj Samuel. The dates were fixed as 29th and 30th of Sept 2007.
3. Further plans -
 - a. Efforts to start new chapters of the Alumni in Mumbai, Andhra Pradesh and Bangalore.
 - b. Installation of an annual award in the name of Fr Muller's Alumni Association to be given away to meritorious PG student.
4. Amendment to byelaws was proposed -
 - a. President and Secretary of various chapters of the Alumni Association to be the Ex Officio members of the Executive Committee.
 - b. Financial transactions of the Alumni association should be audited by a Chartered Accountant.
5. This was followed by Chapter reports.

Rev. Fr Patrick Rodrigues, Director of the Institutions appreciated the work that is been done by the Alumni. Rev. Fr Stany tauro assured all the help and support for the Alumni in its efforts.

PHOTO ALBUM



Inauguration of the New College Building by Dr V.S. Acharya, Honourable Minister for Medical Education, Govt. of Karnataka



Inauguration of the New Hospital Building by Dr B.N. Prakash, Director, AYUSH, Govt. of Karnataka



Institution Day and Graduation Day Ceremony - 2007. Graduates receiving certificates from Dr P.S. Prabhakaran, Vice Chancellor, RGUHS and Dr K.M. Dhawale being honoured by Most Rev. Dr Aloysius Paul D'Souza, Bishop of Mangalore



Hahneemann's Day celebration - 2007



Inauguration of Repertory Workshop for PG Students



Inauguration of New P.G. Courses by Dr S.P. Singh



Inauguration of First BHMS - 2007-08

ALUMNI GET-TOGETHER IN KODAIKANAL

Father Muller Homoeopathic Medical College's Alumni Association, Tamilnadu Chapter has organised an Alumni get-together in Kodaikanal, "The Princess of Hills" on 29th and 30th September, 2007. All the Alumni are invited to join the occasion.

For details contact :

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ANNUAL HOMOEOPATHIC CONFERENCE DECEMBER 9TH AND 10TH 2007

Homoeopathic Conference 2007 will be organized by Father Muller Homoeopathic Medical College, at Deralakatte.

This year's Conference will deliberate on **Research in Homoeopathy**.

The speakers who will present their research papers at the Conference are:

1. **Dr Chaturbhuj Naik**, Director, Central Council for Research in Homoeopathy, New Delhi
2. **Professor Jindal**, Scientist, Babha Atomic Research Centre, Mumbai
3. **Dr K.M. Dhawale**, Director, Institute of Clinical Research, Mumbai
4. **Dr Girish Gupta**, Gaurang Research Institute, Lucknow

Well documented research papers for the Open Forum are invited from the Alumni and other Doctors.

For Details contact -

Dr Praveen Raj

Organising Secretary

Homoeopathic Conference - 2007

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