



Antibiotics

...Ability to kill or prevent
the growth of living
organism.

Dr. Sahni BS

Antibiotics-Do We Really Need Them?

Contents

Why Do Side Effects Occur?	3
Dug Resistance- How Severe is the Problem?	3
Do We Really Need Them?	4
The Human Immune System	4
Homoeopathy	5
Case Reports	6

Introduction

“Antibiotics are external substances which when induced in the body kills the disease causing bacteria's.”

Man's effort to get rid of the suffering merely resulted in continuous suppression of the disease throughout the ages. Antibiotics are indeed, a good option to opt for when the condition is severe. However it is not the best option available! Why? Because, they suppress the body's own defense mechanism to work. This, however is not a good indication.

What will happen if the disease reoccur? If you can guess, you will be sick again and there is no way your body's defense system can fight that disease and again you have to depend on the antibiotic used before. But for how long? Yes the question that is coming up today most frequently is how long can you depend on the antibiotic to prevent a particular disease.

As medical science is progressing day by day so is the disease causing pathogens. Because of the frequent and excessive use of antibiotics the pathogens have evolved too and into the one called as **resistant pathogens** that are resistant to all commonly used antibiotics.

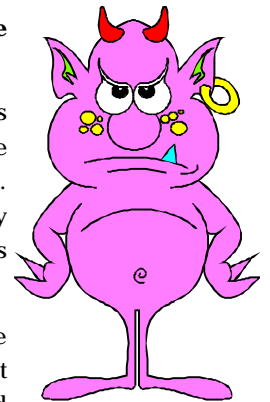
However, **drug resistance** is not the only problem associated with the use of antibiotics? The antibiotics have other drawbacks too, commonly known as **“Side Effects”**. The commonly associated side effects with almost every antibiotic are: rash, fever, spasm of bronchial tubes, inflamed blood vessels, kidneys and ear problems, stomach upset, vomiting, fatigue, and lack of sleep. You might have heard about it or seen your neighbor suffer or you might be a victim of it too. The point is no matter how safe is the use of antibiotics one or other side effects occur.

“Between 20% to 50% of all the antibiotics prescribed for humans are unnecessary” according to Centers for Disease Control and Prevention (CDC), USA. Nowadays, people are becoming proactive. We like to fix our illnesses as quickly as possible. Patients are demanding antibiotics for the conditions that do not require an antibiotic, such as common cold and physicians feel pressured to write prescriptions. Physicians often write a prescription for an antibiotic even when they believe the patient's condition doesn't warrant it.

Moreover, since the availability of antibiotics over-the-counter, people are using them without proper supervision.

And last but not the least, there is media, that have increased the self-medication process.

“Just give me something to make me feel better.”

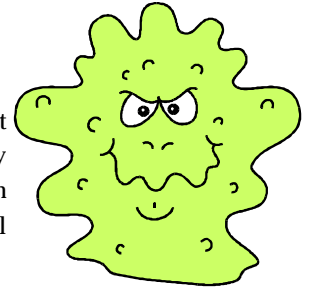


Do You Know?

- Antibiotics do not work on Viral infections like cold, flu and sore throat.
- Antibiotics were designed only for bacterial infections.
- Overuse of antibiotics can cause unpredictable side effects.
- Antibiotic resistance has been called one of the world's most pressing public health problems.
- Your body's defense system can often protect against infection without the need for antibiotics.

Why do Side Effects Occur?

The side effects occur because of one primary reason: Human body is a warehouse of different kinds of bacteria and other organisms that are responsible for the proper functioning of the body activities. Use of antibiotics disrupt the ecology of the body. Whether an antibiotic is taken appropriately for a bacterial infection or taken inappropriately for a viral infection, antibiotics kill thousands of friendly bacteria's. And hence the appearance of other complications are natural.



Lets take a simple example to demonstrate how the common problem of constipation/diarrhea occurs:

Everyone has a compliment of beneficial bacteria to help proper digestion and assimilation of food and to keep other naturally occurring organisms like yeast cells and fungi in check. When an antibiotic is taken, it attacks all susceptible organisms including these beneficial bacteria causing a gap in the digestive process and leaving other organisms to take over. This is why all antibiotics can cause diarrhea or constipation and lead to thrush or yeast infections. The longer the course of treatment , the more likely a person will experience these side effects as well as others related to nutritional imbalances.

Drug Resistance-How severe is the Problem?

Drug resistance, a condition in which the infecting bacteria resists the effects of antibiotics and sulfa drugs. Drug resistance is becoming a serious public health problem as more and more strains of bacteria's are becoming drug resistant. Some strains of bacteria have even become resistant to the most powerful antibiotic of today. A person having antibiotic-resistant strains of bacteria's will need a stronger antibiotic to kill the disease and this can have adverse side-effects. In extreme cases, there won't be any effective antibiotic available to cure the disease.

- Can Preventing Disease today cause Disease tomorrow?
- Will there be an effective antibiotic available to cure the antibiotic-resistant disease?



Not only is there a problem in finding new antibiotics to fight old diseases (because resistant strains of bacteria have emerged), there is a parallel problem to find new antibiotics to fight new diseases. In the past two decades, many "new" bacterial diseases have been discovered (Legionnaire's disease, gastric ulcers, Lyme disease, toxic shock syndrome, "skin-eating" streptococci). We are only now able to examine patterns of susceptibility and resistance to antibiotics among new pathogens that cause these diseases.

Broad patterns of resistance exist in these pathogens, and it seems likely that we will soon need new antibiotics to replace the handful that are effective now against these bacteria, especially as resistance begins to emerge among them in the selective environment antibiotic chemotherapy.

Following are some of the reasons for the increase in drug resistance in bacteria's:

1. The main reason is simply that they have been used excessively, often being prescribed indiscriminately for trivial conditions. This over use has let to the emergence of bacteria able to resist attack by antibiotics.
2. In addition, patients, sometimes stop the treatment when they start to feel better, leaving a residual population of the bacteria that is likely to be more resistant to drug treatment.
3. Third reason is that micro-organisms are relentless opportunists. Because of their large astronomical numbers, their

Drug Resistance-How severe is the Problem?

phenomenal growth rate and their adaptability, they can often exploit new circumstances to growth and cause disease.

4. Another source of resistance is the routine use of antibiotics in animal feed to enhance growth, a practice that has led to resistant strains of *E. Coli* & *Salmonella* that have been passed to the consumers.

Hospitals serve as centers for the formation and transmission of drug-resistant organisms because the use of antibiotics is heavy and the patients have weakened immune system. According to the sources, about 2 million Americans are infected in hospitals each year and more than half of these infections resist at least one antibiotic. If this is the scenario in a developed country think about developing one! “**How Severe is the Problem?**”

Do We Really Need Them?

After knowing the fact that antibiotics are becoming a major problem, despite the fact that they are required, the question that arises in the mind is “Do We Really Need Them?” To give an answer to this question is a bit difficult.

Though for acute and critical cases one can and might consider antibiotics the best option available in life threatening conditions, for non-critical conditions one can shift to the other alternatives that are available with us; the alternative therapies, homoeopathy, neuropathy, acupuncture; to name a few. I sincerely request the reader **not to consider** this material as promoter of alternative therapies. The main motive in writing this article is that if a problem can be cured in a safe and effective manner permanently then why not use the methods available rather than using the same antibiotics for killing the same disease again and again.

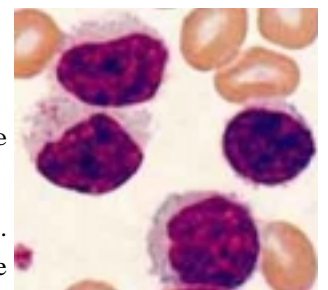
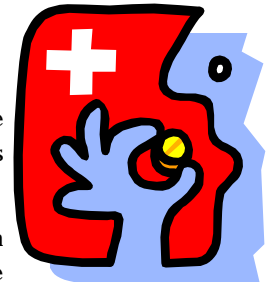
You may ask the question “If orthodox medicine were really good and effective, wouldn't it have improved the situation? How is that we see today millions of epileptics, insane, paranoids, diabetics, asthmatics, heart sufferers and cancer victims etc.?”

It is therefore natural that more and more people are turning to alternative therapies. As a professional registered homoeopath I'll be giving more stress on homoeopathy. By presenting this article, like other cases already presented on the website, I have tried to show the depth and thoroughness of homoeopathy, and its unbelievable effectiveness. To prove the effectiveness of homoeopathic remedies clinical test reports of selective cases, has been provided in the end.

The Human Immune System

Before I present the case reports here is a brief information regarding the body's defense mechanism so that grasping the case reports will not be a problem.

Immune system, a complex that protects the body from disease organisms and other foreign bodies. The system includes the humoral immune response and the cell-mediated response. The immune system also protects the body from invasion by making local barriers and inflammation. The humoral response and the cell-mediated response develop if these first defenses fail to protect the body. The humoral immune response is especially effective against bacterial and viral invasions. The main organs of the immune response system are the bone marrow, the thymus, and the lymphoid tissues. The system uses other organs, too, as the lymph nodes, the spleen, and the lymphatic vessels. The response may start as soon as the antigen invades or



Lymphocytes

The Human Immune System

start as long as 48 hours later. Its “workers” are various white blood cells. A lymphocyte is a specialized form of white blood cell, representing 25 - 40 % of the total blood count, whose numbers increase during infections.

Lymphocytes are produced in the bone marrow and occur in two basic forms. **B cells and T cells.** **B cells** mature in the bone marrow and the function is to search out, identify, and bind with specific intruders (allergens or antigens). B cells create antibodies for insertion into their own cell membranes. They reproduce by simple division. Each of the clones display identical antibodies on their surface membranes. When exposed to a specific allergen or antigen, the B cell is activated. B cells account for 10 - 15 % of all lymphocytes. **T cells** mature in the thymus gland and are 75- 80 % of lymphocytes. When exposed to an antigen, they divide rapidly and produce large numbers of new T cells sensitized to that antigen. T cells are often called "killer cells" because they secrete special chemical compounds and assist B cells in destroying foreign protein; they account for 25 - 30 % of T cells. Suppressor T cells prevent excessive immune reactions by suppressing antibody activity.

Helper T cells (also known as T-4 or CD-4 cells) secrete immune proteins (particularly the interleukins and interferon) to stimulate B cells and macrophages, and activate Killer T cells; they account for 60 - 75 % of T cells.

Homoeopathy

For a homoeopath clinical diagnosis is equally as important as for an allopath but he correlates clinical diagnosis with the patient's individual symptoms (mental & physical), and treat the patient as a whole and not the disease alone. For an allopath, a pathological state requirement treatment exists only when he can observe some pathological tissue change in the body. To an homoeopath, the patient is ill when he feels ill. The point is that the patient is right; those very disturbances which are in the beginning his symptoms can and ultimately do, results in the tissue changes recognized clinically by allopathy. In such cases, though the sufferings of the patients may be intense, no seat of disease appears, even after the most thorough clinical examinations. Homoeopathy also has most spectacular results in diseases of children, both acute and chronic.

Homoeopathy, works on the “Law of Similars”, the law that is still controversial among the orthodox community. Homeopathy boosts your immune system and improves your overall health. **Healthy bodies have a lower chance of getting bacterial or viral infections.** Fewer infections mean fewer antibiotics.

Of course to accomplish such benefits of permanent cure of the disease, the remedy chosen must be according to the individual symptoms of the patient. That is why it is important for patients to consult only fully qualified homoeopaths- those who have undergone at least four years of minimum training in government recognized Homoeopathic Medical colleges. Those who administer homoeopathic remedies in the absence of any medical qualification cannot be called homoeopaths nor the one who simply read the books on homoeopathy especially materia medica ,repertory and use hi-tech Homoeopathic software's.

Although inexperienced homoeopath cannot do active, direct harm in the same sense as toxic allopathic drugs, it can create a great disruption in the overall functioning of the body over a long period of time and may even cause permanent damage to the patient. Apart from this they earn a bad name for the Homoeopathic system.

“Allopathy is difficult to learn but easy to practice whereas Homoeopathy is easy to learn but very hard to practice!”

Case Reports

Case I: A boy aged 4 1/2 yrs old came to the ONGC Hospital pediatrics department with a complaint of fever and cough. His CBC, LFT, Urine Routine & Microscopic reports dated 17.08.2002 showed all tests to be normal except Lymphocytes are bit **High** and Hemoglobin bit **Low**. He was put on antibiotics (Norflox and Wymox) by the attending child specialist and the patient was reported normal.

The patient again reported to have fever on 26.8.2002 and visited homoeopathy clinic. He was given **Flu 30 and Infection 200** (Vibronic Remedies). There was no improvement in the condition of the patient. On 4.9.2002 he was asked to go for complete blood count examination and Malarial Parasite examination. The report showed that the WBC count was **Very High (27300)** , Neutrophils **90 (High)**, Lymphocytes **10 (Low)** and Hemoglobin **12.40 gm (Low)**. He was asked to continue the same remedies and in addition to this **Echinacea Q & Baptisia Q**. Patient was relieved of the symptoms (fever) completely. To clinically verify whether the infection has been eradicated or not a complete blood count examination was again done on 18-9-2002 which showed WBC count **8,800**, Neutrophils **49%**, Lymphocytes **51%** and Hemoglobin **12.10 gm**. Afterwards all the medicines were stopped and put on **Alfa-Alfa Q**. The original clinical test reports are given on page 7 & 8.

Case II: The parents of a female child aged 5 yrs after not having satisfactory results with the antibiotic visited homoeopathy clinic for recurring fever and upper respiratory tract infection. A complete blood count examination of the child was performed on 30.9.2002 which shows WBC count **18,700 (High)**, Neutrophils **82 % (High)**, Lymphocytes **15% (Low)** and Hemoglobin **12 gm (Low)**. She was put on medicine **Infection 200 and Throat 30** (Vibronics) and **Echinacea Q**. The patient was relieved of all the symptoms and to clinically prove the results a complete blood count examination was again performed on 07-10-2002 which showed WBC count **7,900**, Neutrophils **36%**, Lymphocytes **60%**, and Hemoglobin **11.40 gm (Low)**. The same medicine was continued and there is no complaint till date reported. The case reports are given on page 9 & 10.

Case III: Case Report of a similar treated case is given on page 11 & 12.

There are many other such cases treated successfully with homoeopathic remedies along with vibronic remedies. The same will be put separately in the near future.

The Patient Come to a Doctor with a thought in mind:

Doctor, I visit you not because I want to go to a hospital, I want to be healthy. I know you have secrets on how to cure my disease.

Case I - Before Homoeopathic Treatment

OIL & NATURAL GAS CORPORATION LIMITED
MUMBAI REGIONAL BUSINESS CENTRE
O. N. G. C. HOSPITAL, PATHOLOGY DEPARTMENT

O. N. G. C. Township, Phase - I, Panvel - 410221. ☎ Tel. No. 745 1069 - 70, 745 3770 - 74 Ext. 790

Date : 04/09/2002
Lab No : 12
ID. No. : CF.M.69
Name : Mst. Manjinder. Male
Ref. by : Dr. B.S. Sahani

COMPLETE BLOOD COUNT

Test	Result	Units	Normal Range
Haemoglobin	12.40	gm% Low	13.5 - 17
R.B.C. Count	5.02	$\times 10^6/\mu\text{l}$	4.2 - 6.5
Haematocrit	38.3	% Low	40 - 54
M.C.V	76.3	fl	76 - 96
M.C.H.	24.7	pg Low	27 - 32
M.C.H.C.	32.4	gm/dl	30 - 36
Total W.B.C. Count	27,300	/ul High	4000 - 10000
Differential Count			
Neutrophils	90	% High	40 - 75
Lymphocytes	10	% Low	20 - 45
Eosinophils	00	%	1 - 6
Monocytes	00	%	upto 8
Basophils	00	%	upto 1
Morphology of WBCs	Nil		
Morphology of R.B.C.	Normal		
PLATELET COUNT		/cmm	150000 - 450000
Platelets	Adequate on smear.		
Malarial Parasites	Not Detected		

Dr. RAVINDRA BIRAJDA
M.D. (Pathology)
PATHOLOGIST.

Case I - After Homoeopathic Treatment

OIL & NATURAL GAS CORPORATION LIMITED
MUMBAI REGIONAL BUSINESS CENTRE
O. N. G. C. HOSPITAL, PATHOLOGY DEPARTMENT
O. N. G. C. Township, Phase - I, Panvel - 410221. ☎ Tel. No. 745 1069 - 70, 745 3770 - 74 Ext. 790

Date : 18/09/2002
Lab No : 3
ID. No. : CF.M.69
Name : Mst. Manjinder. Male
Ref. by : Dr. B.S. Sahani

COMPLETE BLOOD COUNT

Test	Result	Units	Normal Range
<u>Haemoglobin</u>	12.10	gm% Low	13.5 - 17
<u>R.B.C. Count</u>		x10 ⁶ /ul	4.2 - 6.5
<u>Haematocrit</u>		%	40 - 54
<u>M.C.V</u>		fl	76 - 96
<u>M.C.H.</u>		pg	27 - 32
<u>M.C.H.C.</u>		gm/dl	30 - 36
<u>Total W.B.C. Count</u>	8,800	/ul	4000 - 10000
<u>Differential Count</u>			
Neutrophils	49	%	40 - 75
Lymphocytes	51	% High	20 - 45
Eosinophils	00	%	1 - 6
Monocytes	00	%	upto 8
Basophils	00	%	upto 1
Morphology of WBCs	Nil		
Morphology of R.B.C.	Normal		
<u>PLATELET COUNT</u>		/cmm	150000 - 450000
Platelets	Adequate on smear.		

Dr. RAVINDRA BIRAJD
PATHOLOGIST.

Case II - Before Homoeopathic Treatment

OIL & NATURAL GAS CORPORATION LIMITED
MUMBAI REGIONAL BUSINESS CENTRE
O. N. G. C. HOSPITAL, PATHOLOGY DEPARTMENT
 O. N. G. C. Township, Phase - I, Panvel - 410221. ☎ Tel. No. 745 1069 - 70, 745 3770 - 74 Ext. 75

Date : 30/09/2002
 Lab No : 9
 ID. No. : 50020
 Name : Ms. Monica. Female
 Ref. by : Dr. B. S. Beharwal

COMPLETE BLOOD COUNT

Test	Result	Units	Normal Range
<u>Haemoglobin</u>	12.00	gm%	12 - 16
R.B.C. Count	4.90	$\times 10^6/\mu\text{l}$	4.2 - 5.4
Haematocrit	38.8	%	37 - 47
M.C.V	79.2	fl	76 - 96
M.C.H.	24.5	pg Low	27 - 32
M.C.H.C.	30.9	gm/dl	30 - 36
<u>Total W.B.C. Count</u>	18,700	/ul High	4000 - 10000
<u>Differential Count</u>			
Neutrophils	82	% High	40 - 75
Lymphocytes	15	% Low	20 - 45
Eosinophils	02	%	1 - 6
Monocytes	01	%	upto 8
Basophils	00	%	upto 1
Morphology of WBCs	Nil		
Morphology of R.B.C.	Anisocytosis+.		
PLATELET COUNT	2,85,000	/cmm	150000 - 450000
Platelets	Adequate on smear.		
Malarial Parasites	Not Detected		

Dr. RAVINDRA BIRAJDA
 PATHOLOGIST

Case II - After Homoeopathic Treatment

OIL & NATURAL GAS CORPORATION LIMITED
MUMBAI REGIONAL BUSINESS CENTRE
O. N. G. C. HOSPITAL, PATHOLOGY DEPARTMENT
O. N. G. C. Township, Phase - I, Panvel - 410221. ☎ Tel. No. 745 1069 - 70, 745 3770 - 74 Ext. 7

Date : 07/10/2002
Lab No : 5
ID. No. : 50020
Name : Ms. Monika Shete. Female
Ref. by : Dr. B. S. Sahani

COMPLETE BLOOD COUNT

Test	Result	Units	Normal Range
Haemoglobin	11.40	gm% Low	12 - 16
R.B.C. Count		$\times 10^6/\mu\text{l}$	4.2 - 5.4
Haematocrit		%	37 - 47
M.C.V		fl	76 - 96
M.C.H.		pg	27 - 32
M.C.H.C.		gm/dl	30 - 36
<u>Total W.B.C. Count</u>	7,900	/ul	4000 - 10000
<u>Differential Count</u>			
Neutrophils	36	% Low	40 - 75
Lymphocytes	60	% High	20 - 45
Eosinophils	04	%	1 - 6
Monocytes	00	%	upto 8
Basophils	00	%	upto 1
Morphology of WBCs	Nil		
Morphology of R.B.C.	Normal		
PLATELET COUNT		/cmm	150000 - 450000
Platelets	Adequate on smear.		

for PATHOLOGIST

Case III - Before Homoeopathic Treatment

OIL & NATURAL GAS CORPORATION LIMITED
MUMBAI REGIONAL BUSINESS CENTRE
O. N. G. C. HOSPITAL, PATHOLOGY DEPARTMENT
 O. N. G. C. Township, Phase - I, Panvel - 410221. Tel. No. 745 1069 - 70, 745 3770 - 74 Ext. 7904

Date : 28/09/2002
 Lab No : 28
 ID. No. : 50020
 Name : Mst. Anurag Male
 Ref. by : Dr. B. S. Sahani

COMPLETE BLOOD COUNT

Test	Result	Units	Normal Range
Haemoglobin	9.80	gm% Low	13.5 - 17
R.B.C. Count	4.44	$\times 10^6$ /ul	4.2 - 6.5
Haematocrit	29.4	% Low	40 - 54
M.C.V	66.2	fl Low	76 - 96
M.C.H.	22.1	pg Low	27 - 32
M.C.H.C.	33.3	gm/dl	30 - 36
Total W.B.C. Count	14,000	/ul High	4000 - 10000
Differential Count			
Neutrophils	65	%	40 - 75
Lymphocytes	35	%	20 - 45
Eosinophils	00	%	1 - 6
Monocytes	00	%	upto 8
Basophils	00	%	upto 1
Morphology of WBCs	Nil		
Morphology of R.B.C.	Hypochromia+, Microcytes+, Macrocytes+, Anisocytosis+, Poikilocytosis+		
PLATELET COUNT	2,53,000	/cmm	150000 - 450000
Platelets	Adequate on smear.		
Malarial Parasites	Not Detected		

Dr. RAVINDRA BIRAJDAR
 M.D.(Pm), D.P.S.
 PATHOLOGIST

Case III - After Homoeopathic Treatment

OIL & NATURAL GAS CORPORATION LIMITED
MUMBAI REGIONAL BUSINESS CENTRE
O. N. G. C. HOSPITAL, PATHOLOGY DEPARTMENT
O. N. G. C. Township, Phase - I, Panvel - 410221. ☎ Tel. No. 745 1069 - 70, 745 3770 - 74 Ext. 75

Date : 07/10/2002
Lab No : 6
ID. No. : 50020
Name : Mst. Anurag Shete. Male
Ref. by : Dr. B. S. Sahani

COMPLETE BLOOD COUNT

Test	Result	Units	Normal Range
<u>Haemoglobin</u>	10.30	gm% Low	13.5 - 17
R.B.C. Count		$\times 10^6/\mu\text{l}$	4.2 - 6.5
Haematocrit		%	40 - 54
M.C.V		fl	76 - 96
M.C.H.		pg	27 - 32
M.C.H.C.		gm/dl	30 - 36
<u>Total W.B.C. Count</u>	9,500	/ul	4000 - 10000
<u>Differential Count</u>			
Neutrophils	49	%	40 - 75
Lymphocytes	51	% High	20 - 45
Eosinophils	00	%	1 - 6
Monocytes	00	%	upto 8
Basophils	00	%	upto 1
Morphology of WBCs	Nil		
Morphology of R.B.C.	Normal		
PLATELET COUNT		/cmm	150000 - 450000
Platelets	Adequate on smear.		

PATHOLOGIST
fw