

**D**r Amarsinha Nikam is a well-known name in the field of homoeopathic treatment. His Aditya Homoeopathic Hospital in Pimpri Gaon is a landmark for locals, in more ways than one. Aided by his daughter Suchitra, two sons and assistants, Dr Nikam's name is synonymous with quick, effective and holistic treatment. Patients flock to his hospital from all over the country (Hyderabad, Chennai, Mumbai) and even abroad (Nepal, Bhutan), for treatment of such terminal diseases as liver cirrhosis, cardiac diseases, cancer and even HIV (in early stages of the illness). In 2004, Dr Nikam was honoured with the Indira Gandhi Sadbhavana Award by the Global Economic Council, New Delhi, for his outstanding services and achievements. As he goes about attending to patients in his three-storey hospital with the latest diagnostic equipment, he speaks about his beginnings in remote Khamgaon (Buldhana), a two decade-long career in research and homoeopathic practice and a life committed to service of the society.

## The first words

**M**y grandfather, my father, myself and now my daughter and sons, all of us are carrying forward the tradition of medical service. I studied in Khamgaon village in Buldhana district before coming to Pune for my primary school education," says Dr Nikam. The Vimlabai Garware School on Prabhat Road is where he spent his most impressionable, formative years and has some very fond memories of the institution. As we go around the school, he points out the courtyard, the playground and the corridors which were witness to many lively days, that he spent in pursuit of learning and then, even some fun and games.

While going through one particular corridor, Dr Nikam spots a classroom and enters it. "This was my very first classroom," he exclaims. "This is where I learnt the alphabet and basic mathematics. I always sat on the first bench," he recalls. Re-visiting his school is an intensely emotional moment for him and as a gesture of gratitude to the institute, he distributes books and school uniforms to needy students here.

## Making a mark

**I**n 1981, after starting a tiny clinic in faraway Bahul, near Chakan, Dr Nikam took his first steps towards homoeopathic expertise. The very next year, he set up another clinic at Pimple Saudagar, which was to become his place of work for the next 14 years. Those were hard years for him and his fast-growing family. "I had to wait 14 long years before I succeeded in making homoeopathy a viable option for medical treatment. Patients had this notion that homoeopathy worked selectively and was not a very effective mode of treatment," he recounts. "But my wife stood like a rock behind me and managed the show selflessly for all those years. My sons and daughter have also inspired me to work harder each day," says he. This was also when he conducted in-depth research into homoeopathy and came up with his own theories about the course of treatment. "I came to the conclusion that prescribing dosages of a uniform potency for all ailments, leads to quicker and more effective healing. I call it 'single dose, single remedy'



treatment. All kinds of diseases can be treated and contained, if diagnosed correctly."

## Commitment to service

**T**he Aditya Homoeopathic Hospital and Healing Centre is the result of years of toil and research by Dr Nikam. After 26 years of practising classical homoeopathy, this well-known homoeopath set up the 50-bed hospital with OPD and emergency facilities. He takes us for a round of the wards, where 'terminally-ill' patients are lodged. There are cancer patients, heart patients and those suffering from diabetes and high BP. Some patients are old, some young, but almost all of them hopeful of recovery. Suchitra, acting as her father's right hand, shows us the latest diagnostic aids and tells us of their importance in early detection and treatment of diseases. On tough days, Dr Nikam has to work till the wee hours and misses out on both sleep and family life. "On some days, I only get to rest for four-five hours. But the faith my patients have in me gives me the strength to carry on and keep awake," says the unassuming man. "My profession is not about monetary gains. I want to dispel myths and misconceptions about homoeopathy and prove that even so-called terminally ill patients can be cured holistically. My sole mission in life is to make homoeopathy popular and accessible to the masses," he asserts with a crusader's zeal and heartfelt sincerity.