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Bird eye view of homoeopathic research: past, present and future

Dr. Sudhir M Juvekar¹, Dr. Govind D Girase*²

¹Ayurveda Scientific Officer, Dept. of Pharmacology and Therapeutics K. E.M. hospital Parel, Mumbai.

²Research Officer, Manohar Vasudha Foundation, Friends Colony, Bhandup (E), Mumbai.

Corresponding Author: Govind D Girase

Email id: gdgirase@live.com

ABSTRACT

In era of target specific drug discovery, Homoeopathy is struggling to construct quality evidence and expedient research method. Multiple outcomes are being studied with potential benefits in Homoeopathic treatments. Single subject trial is an important research area aims to identify individual disease susceptibility. Autonomic Nervous System (ANS) selective remedy response proves law of simplex [1]. Doctrine of drug dynamisation is addressed by identifying Nano particles in Homoeopathic high potency dilution [2]. Nature maintains and regulates ANS activity, Homoeopathic natural principle need to be validated on scientific instruments [3,4]. Homeostasis is regulated by ANS; remedy relationship will give new dimension to Homoeopathy

INTRODUCTION

Homoeopathy is well established system of medicine. The fight over ideal cure and animosity in quality research evidence continues after 222 years. Master Dr. Samuel Hahnemann discovered law of similia and drug potentization. Previously described in Ayurveda, sookshma aushadhi chikitsa - micro fined medicinal particles processed to improve medicinal efficacy. Master Dr. Samuel Hahnemann, ascribed usefulness of cinchona bark in malaria treatment, work was based on natural principles which are exactly opposite to contraria contrariis curantur. He soon faced criticism, with success in treatment of community diseases. At that time drug companies realized the ease of Homoeopathic system of medicine, which leads to rejection of homeopaths in the medical communities. Homoeopathic practitioners faced this challenge with

setting up their own institutions. Dr. Hahnemann students got recognition all over the world with integrated, coherent philosophical principles. Dr. James Tyler Kent briefly introduced mental and emotional elements in his book Kent lectures. He contributed in diverse area of research, drug proving, repertory, remedy relationship. Dr. Constantine Hearing introduced Lachesis remedy and Hearings law of cure. Dr. Phillip Bailey explained virtual emotional disturbance and intellectual aspect of constitutional remedies.

The Homoeopathy popularity dropped since major trial shows ambiguous result. clinical trial is a tool calibrating two system of medicine acting at different levels. Homoeopathic principal similia similibus curantur is exactly opposite of contraria contrariis curantur. Homoeopathic science has two fold existence

environmental effect on body and remedy relationship (fig.2). There is further scope to expand logical prescription from environmental changes (fig.1).

Ever since Master Dr Samuel Hahnemann proved drug Cinchona deliberate evaluation of physical sign and symptoms, psychological profile has been elucidated by proving on healthy individuals; he stated principle of Similia Similibus Curantur. Constitutional remedies; covers variety of physical and mental symptoms. Many issues arise when planning clinical trial. Homoeopathy has its own drug proving method, doctrine of drug proving is assessment of safety and efficacy monitoring of serious adverse event, efficacy: action of remedy physical and mental Symptoms by proving it in low doses in healthy human being. Homoeopathy is practiced science 222 years; Individualized medicine with study of disease susceptibility. 5.2 million cases a year of medical negligence are recorded in India medical errors, mishap from medication, hospital acquired infections, incorrect prescription [5].

A cohort of similar sign and symptoms is convenient for Homoeopathic trial. The medical analyzer to record ANS response, Homoeopathic drug proving pertinent evidence is needed to be checked with pragmatic scientific device readings. More over an individual element constitution will give assertive response on medical analyzer (fig.3).

Other Efficacy Parameters

- A. Plasma Hormonal Levels
- B. Improvement in quality of life
- C. Homoeopathic Aggravation
- D. Pre and Post treatment ECG, Urine analysis, Cardiovascular Parameters etc.

The concept of Psora Syphilis and Psychosis is closely aligned with sugar, protein and fat metabolism (fig. 4).

- Psora-Sugar Metabolism
- Psychosis- Protein Metabolism
- Syphilis- Fat Metabolism

Bread agg. (Complex Carbohydrate): Ant-c., bar-c., Bry., carb-an., caust., chin., clem., coff., crot-h., crot-t., kali-c., merc., nat-m., nit-ac., nux-v., olnd., ph-ac., phos., Puls., ran-s., rhus-t., ruta., sars., sec., sep., staph., sul-ac., sulph., teucr., zinc., zing.

Meat (Animal Source Protein): Carb-an., caust., colch., cupr., ferr., kali-bi., lyss., mag-c., mag-m., merc., ptel., puls., ruta., sil., staph., sulph., ter.

Fat agg: Acon., ant-c., ant-t., ars., asaf., bell., bry., carb-an., carb-s., Carb-v., caust., chin., colch., Cycl., dros., eupho., ferr-ar., ferr-m., Ferr., hell., hep., ip., kali-ar., kali-c., kali-chl., kali-n., mag-c., mag-m., meny., merc-c., merc., nat-a., nat-c., nat-m., nat-p., nit-ac., nux-v., phos., ptel., Puls., rob., ruta., sep., sil., spong., staph., sulph., Tarax., thuj., verat.

(Kent Repertory > Generalities Sec > Page Number 1362²²)

REVIEW OF LITERATURE

- Dr. Akalpita Paranjpe former BARC scientist has confirmed the action of plant and mineral kingdom on ANS. Variable dose of 200 to 1M Homoeopathic potency was first time validated with scientific experiment. Heart rate and blood flow was studied with Sulphur, Phosphorus, Gelsemium, Pulsatilla and Aconite [1]. Homoeopathic principles are needed to be tested with scientific instruments to record environmental effect on ANS.
- Association between physiological patterns and tridosha theory, prakriti parikshan and Metabolism in Ayurveda is well explained with knowledge of complex physiological reactions [7].
- Team of IIT Bombay Scientist has proved that extreme Homoeopathic dilution of gold, copper and iron retains Nano particles [2].
- Homoeopathic medicine retains the property of crude substance characterized by nuclear magnetic resonance, this study states that Homoeopathic dilution cannot be considered as placebo and there is an evidence gelsemium, copper memory in dilution which can be recorded [8].
- Neuronal circuit of autonomic nervous system is responsible for regulation of physiological state in dynamically changing post partum environment [9].
- Immune response in target cells or lymphoid tissue is a result of diverse signaling pathway which includes neurotransmitter, neuro modulator, and cholinergic anti-inflammatory and adrenergic receptors. Autonomic nervous system regulatory link between immunity associated changes with respect to natural diseases [10].

- A study published in Indian Journal of Research in Homoeopathy states effect of Homoeopathic medicine in behavior disorder in autistic children, there was significant improvement in

neuropsychological symptoms such as hyperactivity reduction, communication difficulty, sensory impairment and behavioral dysfunction [11].



Fig. 1: Disease susceptibility and vital force

Factors affecting selection of dose

- Disease complexity
- Disease severity
- Duration of disease development
- Major constitutional remedies
- Autonomic Nervous System

Disease Complexity

A person with deranged sugar metabolism is more susceptible for natural diseases. Essential response of immunity development can be achieved with small doses. Approximate quality of response to complex protein and fat metabolism can be improved with high doses.

Disease severity

To trace response of remedy low dose is essential, however a physician is assured about totality of symptoms higher scale of potencies will give finer result. ANS affecting minor changes in physiological reaction require low doses example sneezing, bloating. High potencies are more simplified form of crude drug with precise action. Example: Constipation ~ lycopodium 30C, Renal Stone ~ lycopodium 1M.

Duration of disease development

Duration of disease development correlated with its pathophysiological aspect or degree of metabolism disorder. More convenient high dose is required for long term adaptation.

Major constitutional remedies

As compared to plant and animal kingdom similar threshold therapeutic result can be obtained with low dose of mineral kingdom. High dose of animal and plant kingdom gives favorable result.
Animal Kingdom \geq Plant Kingdom \geq mineral Kingdom

Autonomic nervous system

Symptoms related to sympathetic nervous system responds to low dose and parasympathetic nervous system need higher dose.

Immunity

Channelizing immunity in right direction with food is a progressive natural phenomenon in every individual. Immunity development is succession of various challenges (threat) posed by environment and bodily response to it is new path of investigation. The term immunity is in state of chaos for modern medicine physicians.

DISCUSSION

On basis of observation immunity is evolving state of disease metabolism a double edge sword. One good example is evolving state of protein metabolism and tuberculosis. There are ever increasing number of invention in modern medicine, however scientific treatment rationale for genetic disorder is at the initial stage of drug development. A study published in medical principles and practice journal 2014, conducted at Mumune hospital turkey investigated

metabolism in beta thalassemia minor. Out of 194 patients 92 enrolled in Beta thalassemia group and 102 enrolled in control group without beta thalassemia [12]. The fasting insulin, fasting glucose, HDL and triglycerides were higher in study group.

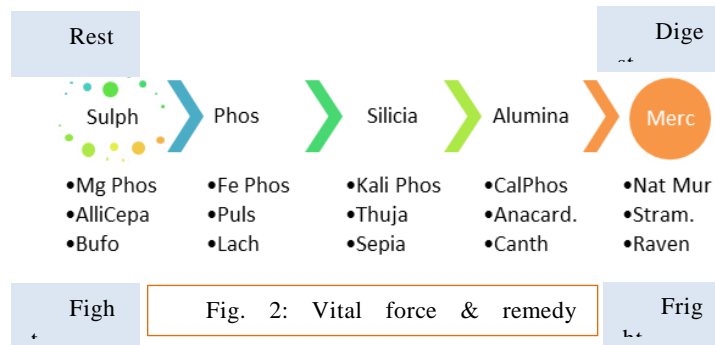
Other studies have also correlated increased glucose and insulin levels. Bahar et al reported that development of insulin resistance in subjects with beta thalassemia was more frequent due to oxidative stress and hemolysis [13]. Tong et al observed normal glucose tolerance with insulin resistance and high fasting glucose level in thalassemia minor subjects [14]. Increase in HDL and Triglyceride is associated with low LDL [15,16].

There is little recent reliable approach in Ayurveda herbs without complete recovery. There are anecdotal reports on Hydroxyurea and wheatgrass to reduce transfusion dependencies in Thalassemia cases [17,18].

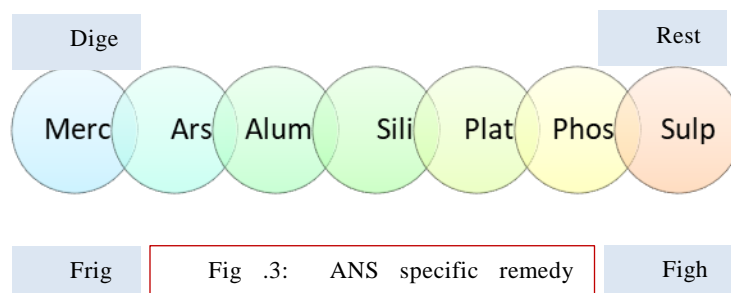
Homoeopathic clinical studies have shown encouraging results, it is claimed that Homoeopathy offers supportive treatment to thalassemia Homoeopathy address to root cause of diseases, which decrease frequency of blood transfusion required. Immunity sensitization with Homoeopathic medicine is required in suspected cases [19].

Table 1: Seasonal changes & constitution

Remedy	Bioch. Salt	Symptoms Occurrence
Sulphur	Magnesium	March-May
Phosph.	Ferrous	June-Mid Aug
Silicia	Potassium	Aug to Oct
Alumina	Calcium	Nov to Jan
Mercurius	Natrum	Mid Jan to Feb



Formal knowledge of disease symptoms and dosage dose not restore vital force, more than totality is needed an art to prescribe remedies beyond subjective symptoms.



Psora

The secondary manifestation of psora is more dormant form, susceptible to external stimulus. Anger is causes deviation from healthy state of psora. Anger is not a disease state a state that deranges health [20,21]. Ectoderm is related to itch and protection, associated with skin diseases.

Sycosis

The symptoms are first produced by suppressed emotions, followed by inflammatory process. A state

of transition subdued quarrelsome nature into state of jealousy, deceitful behavior.

Syphilis

The miasm states functional and emotional state of destruction. Reserved energy deranged by emotional turmoil. Syphilis is susceptible to action of mercurius and natrum mur.

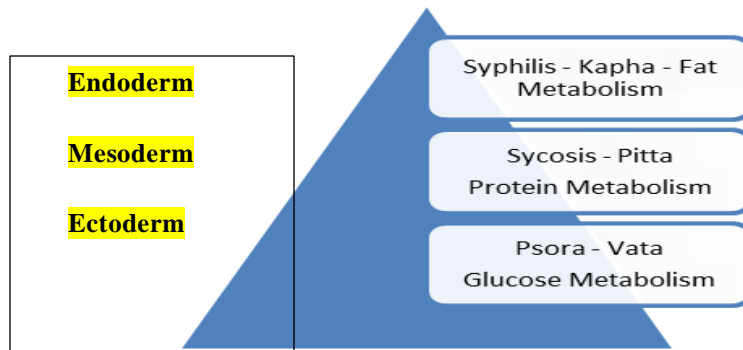


Fig. 4: Embryological layers and Miasm

PSORA

Probiotic: *Enterococcus Strain*

Vitamin: Vit D, Vit B Complex

Other food supplement

Alpha Lipoic Acid, Corn, Fructose, Sucrose, Oryza Sativa, Chondroitin Sulphate, Allium Sativum, Glucosamine Sulphate

Magnesium Sulphate, Methionine, Silybum Marianum, Methylsulphonylmethane (MSM), N Acetylcysteine, Taurine, Nitric Oxide, Cynara Scolymus, Cruciferous Veg

(Susceptible to: **Parasite** \geq Bacteria \geq Virus)

(Metabolism: **Sugar**)

Avoid: Complex Carb, Cookies, Fermented Food, Cake

Honey, Crocus Sativus, Astaxanthine, Zin Sulphate (Susceptible to: Parasite \leq Bacteria \leq **Virus**)

(Deranged Metabolism: (Sugar \leq Protein \leq **Fat**))

Avoid: Nitric Oxide, Nicotiana Tabacum, Polyunsaturated Fatty Acid

SYCOSIS

Probiotic

Galacto Oligosaccharide, Lactobacillus Rhamnosus, Lactobacillus Bulgaris, Bifido Bacterium longum

Vitamin: Vit E

Other food supplements: Plant Protein, Momordia Chariantica, Lens Culinaris Medic, Chromium picolinate, Emblica officinalis, Daucus carota, Citrus aurantifolia, Legumes, Linum usitatissimum, Omega Fatty Acid, Whey protein, Branch chain amino acid, Collagen, Hemp protein, Rice Protein, Zea Mays. Cucurbita pumpkin seed protein, Coffea, Camellia sinensis, Solanum lycopersicum, (Susceptible to: Parasite \leq **Bacteria** \geq Virus)

(Deranged Metabolism: Sugar \leq **Protein**)

Avoid: Complex protein grains Triticum, Horedum Vulgare, Animal source of protein

SYPHILIS

Probiotic: *Bifido Bacterium Strain, Lacto bacillus Strain*

Vitamin: Vit C, Vit A

Other food supplements

Essential Fatty Acid, Juglans, Sea Food, Theobroma Cacao, Dark Chocolate, Mushrooms, Zingiber officinale, Apple Cider Vinegar, Cinnamomum Verum, Anans Comosus, Citrus fruit,

CONCLUSION

Homeopath gathers totality of signs and symptoms, prescribes according to Homoeopathic philosophy. Randomized controlled trial is based on cases, however deep rooted action of Homoeopathic medicine improves disease susceptibility. We need to address causality factor, cohort associated decrease risk of disease development after Homoeopathic treatment [6]. Rationale using remedy specific to environmental change apprise with remedy relationship (table.1). Autonomy in prescribing should be narrowed to obligated remedy relationship. There is modest clinical evidence between sulphur and lycopodium, the remedy relationship is comprehensive

with phytochemical evaluation. The symptom similarity between two remedies is closely aligned with chemical profile of medicine to conceive physiological disturbance in correlated autonomic nervous system.

Integrated data in government organization and hospitals would be interesting study subject, to evaluate role of different constitution in disease pathophysiology. There is further scope to classify individualized subordinate food supplements with nutrition concept depicted in Ayurveda.

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