

Editor Speak

Dear Readers,

National Homeopathy Research Institute for Mental Health

The Ministry of AYUSH, Government of India has recently upgraded the Central Research Institute for Homeopathy (CRIH), a unit under the Central Council for Research in Homeopathy (CCRH), New Delhi at Kottayam, Kerala to that of National Homeopathy Research Institute in Mental Health (NHRIMH). Consistent growth of this institute over a period of time is justifies the decision. **His Holiness Swamy Athuradas,** a visionary in Homeopathy and the patron of Athurasramam Homoeopathic Medical College, Sachivothamapuram, Kottayam established it as a Research Centre in early 60's. This has happened even before the establishment of the Central Research Councils in AYUSH. In the year 1973, it was made as a Regional Research Institute with 25 bedded IPD by the erstwhile Central Council for Research in Indian Medicine and Homeopathy (CCRIMH). In 1978, the CCRIMH was bifurcated into CCRAS, CCRUM, CCRYN and CCRH and this Institute came under CCRH. The institute was upgraded as CRIH with 50 bedded inpatient department in 1982. Even though this had been providing treatment in different clinical conditions, main focus was on Psychiatric disorders. Thousands of mentally ill patients had benefited with homoeopathic treatment through this institute. During the year 2005, the CCRH expanded the facilities by constructing a multi storied building in the 1.78 acres of land given by Govt. of Kerala. In 2009, the institute was shifted to the new premises. The State Govt had further allotted 7.8 acres of land for its further expansion. At present, the institute has 12 ongoing research projects in various diseases apart from Homoeopathic pathogenetic trial. The hospital is attended by an average of 400 patients daily in the OP department. Later it was upgraded with 100 beds, admitting only psychiatric patients. The institute is also running a Mother and Child Care clinic, Life style disorders clinic, Dermatology, ENT clinic and five Swasthya Rakshan OPDs. Medical camps and awareness programmes are being organized during epidemic outbreaks. The institute is also imparting clinical training to final B.H.M.S. students of ANSS Homoeopathic Medical College and MD (Hom) Psychiatry students from different college. Occupational Therapy & Rehabilitation Unit was started here on 10th January 2015. Considering the potential of Homeopathy in clinical management of mental illnesses, research and training, Ministry of AYUSH, Government of India decided to upgrade this as an Institute of National Importance in Homeopathy and the formal inauguration is scheduled on 23rd May, 2017.

This up gradation is expected to improve its further development in the areas such as outstanding patient care services, excellence in academics and state of the art research facility. The outcome is expected to be:

- Prevention, early detection and treatment of Mental ill health through Homeopathy
- Train leading practitioners in treatment of psychiatric disorders.
- Research on Homeopathic medicines useful in Mental illness.
- Working on compiling the appropriate protocol in treatment of psychiatric diseases with the available statistical data from past experiences.
- Conducting extensive study in drug development in homeopathy for various psychiatric disorders, de addition and substance abuse.

- Creating public awareness about mental wellness, treatment and prevention of illnesses.
- Integrative programmes with experts in the field of neuro-endocrinal and allied sciences.
- Providing state of art diagnostic facility.
- Developing reference centre and library for all research work in Psychiatric diseases.

Possibly this is the first of its kind specialized institute in Homeopathy being established by the Ministry of AYUSH. The decision of the Government especially the dynamic AYUSH Minister, the Secretary and the Joint Sectaries are praiseworthy. The DG and his team in CCRH facilitated the upgrading and the staff of CRIH, Kottyam needs Kudos. Now it is the duty of the stake holders in Homeopathy at large to strive its accelerated develop to achieve the status of Institute of National Importance in the shortest time, by putting all resources and energies. This is more important especially when homeopathy is getting challenges from certain quarters and mental health is becoming exponentially another challenge in Health care. Homeopathy has established its strength in preventive, promotive and curative health including Mental Health.

Dr. Eswara Das
Editor