

Editor Speak

Dear Readers,

REFORMED HOMOEOPATHY

In November 2019, Bavaria, one of the largest states of Germany (capital is Munich) gave node to undertake a study aimed at exploring whether the use of homoeopathic remedies could reduce the use of antibiotics in humans and animals. Bavaria also announced the establishment of a new department within the Ministry of Health with a focus on integrative medicine and made a commitment to establish a Chair in Integrative Health at a university in Bavaria. It is very heartening development in the land of origin of Homoeopathy. The move is a result of growing understanding towards integrating different medical systems and allowing patients access to individually adapted solutions.

Antimicrobial Resistance (AMR) to conventional antibiotics that threatens the effective treatment of infections caused by microbes is one of the major challenges in biomedicine. AMR occurs when bacteria, viruses, fungi and parasites modify over time and no longer respond to antibiotics, thereby increasing the risk of disease spread, severe illnesses and death. The move of Bavaria is in response to the World Health Organisation identifying antibiotic resistance as a serious global threat and urging governments to come up with alternative strategies.

There are positive studies that show homoeopathic medicines do help in reducing antibiotic prescriptions. However, sceptics have trouble in accepting such outcome mainly due to the question as to how homoeopathic medicines acts in the living system. Various fundamental studies on animals and plant models as well cell lines has demonstrated that ultra high potencies do induce biological effects, thereby negating the placebo effect claim by the detractors of Homoeopathy. The xeno-biotic theory, the water memory theory, the carbon boding theory, the nano-particle theory and quantum principles are icebergs in that direction. The Hahnemannian concept of Drug proving is the forerunner of modern clinical trials, though no credit has been attributed to him. Individualised therapy to personalised medicine to *Theranostics* is one and the same. Thus there is a goldmine to the pure science research if they pursue the Homeopathic principles with an open mindset.

India encourages research in Homoeopathy through dedicated financial support. The efforts should be directed to bring mainstream scientific organisations to investigate the scientific aspects on the core principles of Homoeopathy. Any applied research/ clinical finding without the support of the fundamental evidence shall be of doubtful validity even to the proponents of the system.

History of Homoeopathy shows that from 1810 to 1843, the time from which Hahnemann published the first edition of Organon of Rational Art of Healing till his demise, he faced opposition from the orthodoxy in medicine. He was not only criticised but condemned, abused and attacked for his innovative ideas and inventions. However, after his death, the system got a massive acceptance and the name and fame of Homoeopathy spread across the globe till by about 1915. This could be called the golden period of Homoeopathy. From 1915 till about 1970 many of the Homoeopathic institutions with glorious past were closed down, many countries came under pressure not to support Homoeopathy and the number of practitioners came down due to emergence of a new found biomedical concepts. There were organised efforts even to wipe out the mere terminology of Homoeopathy from the history of medicine. Sanity prevailed in few countries from the vested offensive and the system survived. From 1970 onwards

there has been a resurgence of Homoeopathy across the world. Many countries understand the inevitability to make use of the holistic therapeutics of Homoeopathy in health care. Middle East countries, many Asian counties and part of the developed world are showing renewed interest on this safe health care modality.

Public has tremendous faith on the healing supremacy of Homoeopathy. Such good will may not last long unless it provides the patient what they want. Some practitioners impose Homoeopathy on the patients as they perceive to be correct. Sermon the principles in parts as it suit to them and advocating the patient to abide by mundane rules may have limited effects, but expecting them to follow any cult doctrine is outrageous. Hahnemann codified the principles of Homoeopathy though examination and observations. He was never rigid in modifying his inferences where ever more reliable evidence emerged.

AMR is not the only limitation in biomedicine. Life style disorders, long term diseases, allergies, viral infections, metabolic disorders, psycho somatic illness, mental disorders etc are tough challenges in reductionist medicine. Holistic approaches are time tested, reliable and safe option on these conditions. In order to claim that space, Homeopaths should shed the rigidity in approaches, establish healthy discussions, accept the weaknesses, promote interdisciplinary dialogue and reinvestigate the shortfalls. Human genomics, quantum principles, nano-pharmacology etc may shack new lights on understanding Homoeopathy better. Reformation of Homoeopathic education and research is the need to understand such subjects deeper.

A reformed Homoeopathy with better explanation based on the understanding of modern science shall have more acceptability in future integrative health. The preamble and definition of Homoeopathy in the recently enacted National Commission for Homoeopathy Act, 2020 after repealing the Homoeopathy Central Council Act, 1973 clearly envisages the same.

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