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CCRH News Letter

NATIONAL CONVENTION ON WORLD HOMOEOPATHY DAY



New Delhi : A two-day convention was organised in New Delhi by Central Council for Research in Homeopathy (CCRH), an autonomous research organization of Ministry of AYUSH on the occasion of World Homoeopathy Day, on 10-11th April 2018. This day is observed to commemorate the birth anniversary of the founder of Homoeopathy, Dr. Christian Friedrich Samuel Hahnemann. CCRH had organised this scientific convention on the World Homoeopathy Day to pay tribute to Dr. Hahnemann, on his 263rd birth anniversary. Since this year also marks 40 years of establishment of CCRH, the theme of this convention

was "Innovate: Evolve; Progress: Exploring Science for 40 years". To create awareness among the general public a radio campaign was also initiated by the Council on this World Homoeopathy Day. Under this campaign a radio jingle of duration 20 seconds was broadcast on the two most popular radio stations i.e Radio Mirchi 98.3 mzh and FM Gold 106.4 mzh on 03 and 04 April, 2018.



Hon'ble Vice President of India Sh. Venkaiah Naidu lighting the lamp at the inaugural of WHD 2018

Plenary Session



Hon'ble AYUSH Minister Sh. Shripad Yesso Naik lighting the lamp at the inaugural of WHD 2018

The Hon'ble Vice-President of India Sh. M. Venkaiah Naidu, inaugurated the two-day convention today and Minister of State (IC) for Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Sh. Shripad Naik presided over. Dr. Manoj Rajoria, Member of Parliament, Lok Sabha and Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH were the Guests of Honour. The convention was attended by more than 1500 delegates which included homoeopathic researchers, scientists from allied sciences, practitioners, students, industrialists as well as representatives of various homoeopathic associations.

The proceedings of the plenary session began with the traditional lighting of lamp by the dignitaries on the Dias. In his plenary address the Hon'ble vice president of India Sh. Venkaiah Naidu called on to the homoeopathy professionals and scientists to undertake more research in this field of medical science which is widely used as a system of healing in the world and is one of the most popular treatment methods in India. Sh. Naidu also urged the scientists working in this profession to undertake innovative and exploratory research in Homoeopathy and hailed the scientists of CCRH who are working in collaboration with IIT Bombay scientists on a new way of potentisation of homoeopathic drugs that ensures quality and right source of original substances of drugs as well as methodically puts to rest the ambiguity related to presence of original substance in high dilutions of homoeopathic medicines. He urged the researchers to take this work further to bring more credibility to homoeopathy, thereby taking it to a new high.



Address by Hon'ble Vice President



Address by Hon'ble AYUSH Minister

Hon'ble Minister Sh. Naik, while extending his wishes to the delegates on the occasion of World Homoeopathy Day, recalled the great man that Hahnemann was and how his scientific aptitude helped him to discover a healing system based on infallible laws of nature. He further congratulated the council for its 40 years of research commitments in the field of Homoeopathy by working on infectious and other diseases of national importance like acute encephalitis syndrome, mother and child health problems, dengue, chikungunya etc. He assured the full support of his Ministry in supporting the council in undertaking high quality research and helping to develop 'Big data' on homoeopathy which is required to validate this ancient wisdom. He commended the Council for linking research with education by signing MoUs with academic institutes with the aim to orient postgraduate students and faculty to research. He said that homoeopathic colleges should ensure their infrastructure supports research in homoeopathy.

The Secretary AYUSH, while welcoming all to the scientific convention, emphasised the Ministry's efforts to bridge the gap between science and tradition through researches in the field of AYUSH. He also extended greetings on the occasion of World Homoeopathy Day. He mentioned that the quality publications of CCRH have brought Indian homoeopaths to the forefront of research and the book on 'Standard Treatment Guidelines' released is a result of years of effort put forth by scientists and clinicians on 20 important diseases. He hoped that the book would prove as a ready reckoner for the profession in clinical practice.

Dr. Manoj Rajoria, MP, remembered with gratitude the founder of Homoeopathy, Dr. Samuel Hahnemann and quoted the testimony of Mahatma Gandhi and Rabindranath Tagore in ardent support of Homoeopathy. He emphasised that the growth and spread of Homoeopathy by leaps and bounds in India lies in the inherent quality of it being a science of gentle healing. He said that Homoeopathy is time and again proving its effectiveness in the times of antibiotic resistance, raging epidemics and in emerging public health issues as a standalone or adjuvant therapy. He further mentioned that the curriculum for homoeopathic education in India needs to be revisited in light of the needs of the science in today's time.



Address by Hon'ble Member of Parliament Dr. Manoj Rajoria



Address by Hon'ble Secretary AYUSH
Vaidya Rajesh Kotecha

Dr. Raj K. Manchanda, Director General, CCRH, extended vote of thanks to the dignitaries and hoped the convention would pave way to enhanced quality research in Homoeopathy.



Vote of thanks by Dr. Raj K. Manchanda, Director General, CCRH

The releases by the Vice President during the inaugural session included 02 of Council's publications- the 'Souvenir of Convention' which is both a compendium of abstracts of the talks of the speakers and a reflection of the Council's journey of 40 years since inception. 'Standard Treatment Guidelines' which has been developed by CCRH based on expert consensus, data from national and international research studies and is a stepping stone towards better homoeopathic treatment was the other release. Sh. Naidu also conferred awards bestowed by CCRH to incentivise the contributors in the field of Homoeopathy research.



Release of Souvenir



Release of Standard Treatment Guidelines

Many reputed scientists and veterans of Homoeopathy were speakers at the event, which included Padmashri Dr. V. K. Gupta, Dr. Jayesh Bellare, Professor at IIT Mumbai, Dr. Menachem Oberbaum, Head of Department of

Shaare Zedek Medical Centre, Jerusalem with whom Government of India has recently signed an MOU. Scientists from allied sciences also presented their findings related to studies on Homoeopathy like Prof. Shailendra Saxena, KGMU, Lucknow, Dr. Upma Bagai, and Dr. Sukhbir Kaur, Professors of Punjab University from Department of Zoology and Dr. Kalaiselvi, University of Madras to name a few.



A view of audience during inaugural

Council's research activities of last 40 years have yielded reassuring results and carved out a future roadmap for the scientists working in the field of Homoeopathy. These were showcased in an exclusive Exhibition during the convention. 168 clinical researches, 40 basic researches, standardization studies of 348 drugs, proving of 112 drugs and clinical verification of 106 drugs have so far been accomplished by Council in the last 40 years. Further, Memoranda of Understanding with Homoeopathy Institutes in 10 different countries have been signed. 55 research proposals sanctioned under Extra-Mural Research Scheme were technically monitored. Council has also initiated the Short Term Studentship in Homoeopathy (STSH) Program with the vision to inculcate research aptitude among homeopathic undergraduates, under which 52 students have been awarded scholarships.

The mobile App, first of its kind was launched by Hon'ble Minister of AYUSH to make this convention a global event. The app included details of programme, speakers and highlights of the convention and all the users worldwide could watch live streaming of the inaugural programme and other scientific sessions through this App. The App was easily downloadable as WHD CCRH App from the Playstore /Appstore.



Launching of Mobile App by Hon'ble AYUSH Minister

The Hon'ble MOS launched the promo of the innovatively shot documentary designed by CCRH on its public health program: Homoeopathy for Healthy Child. The documentary captures the great benefit of the program to the children of India so far and rightly delivers the message of **Swastha Bachpan Muskurata Bharat**. Following this was the launch of the peppy Radio Jingle :Homeopathy for Infant care delivering the message of cost effectiveness of Homoeopathy as treatment for infants and launch of the Audio visualspot : Homoeopathy for Healthy Mother imparting the message of benefit of homeopathic treatment for ailments during childbirth and pregnancy.



Release of documentary film on Homoeopathy for Healthy Child by hon'ble Minister of AYUSH, Sh. Shripad Yesso Naik



Release of AV spot and Radio Jingle on Homoeopathy for Healthy Mother by Hon'ble Minister of AYUSH.

CCRH AWARDS

On the directions of Ministry of AYUSH, Govt. of India, Council formulated Award Scheme in the year 2017 to encourage students, teachers, doctors, scientists as well as general public for development of Homoeopathy as a scientific method of treatment to serve our society.

The awards for the year 2017-18 were given under four different categories namely Best Research Paper, Young Scientist, Lifetime Achievement and Best Teacher Award by Hon'ble vice president of India Sh. Venkaiah Naidu on 10th April 2018, Vigyan Bhavan, New Delhi on occasion of Dr.Hahneman's birthday and International convention on World Homeopathy day organized by CCRH.

The Life Time Achievement Award

The Life Time Achievement Award is bestowed for work that has contributed significantly in unique or innovative findings, theoretical constructs, educational approaches or practices and/or have made exceptional practical application(s) of others' research. The award recognises distinctive and exemplary contributions in Homoeopathy research/practice. The Life time Achievement award was conferred to Prof. Jayesh R. Bellare, Institute Chair Professor at IIT Bombay who has done pathbreaking research on the action of homoeopathic remedies in the realm of Nanotechnology. A gold plated medal, a memento with a citation highlighting his creditable and exceptional contribution to Homoeopathy along with a cash award of Rs. 5,00,000/- was also awarded to the awardee.

The Best Teacher award

The purpose of the award is to give recognition to the eminent teacher who has contributed significantly for enhancing homeopathic knowledge and practices. The award is to be given to the best teacher in the field of Homoeopathy for contributing a great deal of service in different spheres of activities in Homoeopathy separately.

The Best Teacher award was presented to Prof.(Dr.) Niranjan Mohanty who is the former Principal of Abhin Chandra Homoeopathic Medical College, Odisha with over 40 years of active teaching service. A memento with a citation highlighting his exemplary and untiring work in Homoeopathy along with a cash award of Rs. 5,00,000/- was also awarded to the awardee.

The Best Young Scientist Award

The Best Young Scientist Award is for promoting excellence and recognizing outstanding contributions made by research scientists for their work in the field of Homoeopathy during last five years preceding the year of the award. The Award aims to celebrate individual excellence in research.

The Young Scientist awardees were Dr. Varanasi Roja, Scientist-2, CCRH who has contributed significantly to clinical research in Homoeopathy and Dr. P.S Chikramane of IIT, Mumbai who has extensively studied the biological effects of nanoparticles. A memento and a citation highlighting the significant contributions along with a cash award of Rs. 1,00,000/- was also awarded to the awardees.

The Research Paper Award

The Research Paper Award is in recognition of the importance of published research papers for developing, promoting quality contribution to research and writing among scholars and disseminating knowledge for the benefit of current and future practice of Homoeopathy. Best Research Paper Awards were conferred to Dr. Papiya Nandy, Emeritus Professor Jadhavpur University, Dr. Satadal Das, Professor and Head, Department of Pathology and microbiology, D.N De Medical College & Hospital (West Bengal) and to Dr. Rajesh Shah, acclaimed physician and researcher. A memento and a citation highlighting the impact of research paper along with a cash award of Rs. 50,000/- was also awarded to the awardees.



Scientific Sessions and Group Discussions at a Glance

STRENGTHENING RESEARCH INFRASTRUCTURE

The Chief Guest for the first session of the Scientific convention on World Homoeopathy Day was Sh. Shripad Yesso Naik, Hon'ble Minister of State (IC), Ministry of AYUSH who was joined by other dignitaries : Dr. Manoj Rajoria, Member of Parliament ; Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH and Sh. Roshan Jaggi, Joint Secretary , Ministry of AYUSH. The dais was also shared by Dr. R.K. Manchanda, Director General, CCRH and Dr Anil Khurana, Deputy Director General, CCRH.



At the outset Sh. Roshan Jaggi, Joint Secretary, Ministry of AYUSH welcomed the gathering to the convention and praised the efforts of CCRH for organising the mega event. In his opening remarks he talked about the vision behind the Awards and MoUs. He said that substantial growth & increase in popularity of Homoeopathy as a health care choice by people has resulted in the mushrooming of academic and health care institutions across the country to meet the demands. He mentioned that India, today has about 3 lakh registered homoeopathic doctors catering to this rising demand which makes for about 38% of AYUSH doctors in India.

Congratulating the homoeopathic system of medicine, he emphasised that education and research are both integral to the furtherance of any science. In the light of the emerging challenges in health care, every doctor should be better equipped with a scientific bent of mind and should be able to answer new challenges of public health. A very good way of doing this would be to inculcate research aptitude amongst all. He praised CCRH for embarking upon the idea of catching the students when they are still young through the scholarship schemes launched in 2014 as a step towards capacity building and encouraging research aptitude among undergraduate, postgraduate & PhD students.

He also applauded the recent initiative of signing MoUs by CCRH with 25 interested homoeopathic medical colleges across India who have come forward to associate in areas of research & training. As per the agreement, CCRH shall provide technical guidance and handholding to these colleges for strengthening their research infrastructure, developing scientific temper in their students and also take up research projects as feasible.

He also shared his experience about Kerala where Homoeopathy is becoming 'the' answer to the problems of public like infertility and mental health related diseases and wished that the science is able to help the more emerging public health problems. He further encouraged all the participants from various parts of the country or abroad to come together and share their experiences with each other to facilitate exchange & cross fertilisation of ideas for the benefit of the system at large. The encouraging opening remarks by the JS were followed by a round of felicitations by the Hon'ble MOS and the dignitaries.

AWARDING STSH SCHOLARSHIP

31 research scholars from various colleges across India were awarded STSH 2018 scholarships and 01 student was awarded scholarship for Quality MD Dissertation in Homoeopathy.



STSH 2018 Scholarship awarded to MD Students



MD Students awarded STSH 2018 Scholarship with Hon'ble Minister of state for AYUSH, Sh. Shripad Yesso Naik in the center

SIGNING OF MoUs

The memorable year of completion of 40 years of existence of CCRH was marked by an important event on the World Homoeopathy Day when CCRH signed a MoU with 25 interested homoeopathic medical colleges under its recent initiative of Linking Education with Research. The Hon'ble Minister of State presented the signed MoUs to the college representatives of the 25 interested homoeopathic medical colleges who have come forward to join hands for collaboration in the area of research & training. The colleges both private and Govt. were from various parts across India and included:

S.NO	Name of the College	State
1.	Dr. Gururaju Govt. Homoeopathic Medical College, Gudivada	Andhra Pradesh
2.	D.N.De Homoeopathic Medical College & Hospital	Bengal
3.	G.D. Memorial Homoeopathic Medical College and Hospital	Bihar
4.	RBTS Govt. Homoeopathic Medical College, Muzaffarnagar	Bihar

5.	Ahmedabad Homoeopathic Medical College	Gujarat
6.	Dr.V.H. Dave Homoeopathic Medical College	Gujarat
7.	Anand Homoeopathic Medical College & Research Institute	Gujarat
8.	Smt. A.J. Savla Homoeopathic Medical College and Research Institute, Mehsana	Gujarat
9.	Father Muller's Homoeopathic Medical College & Hospital	Karnataka
10.	A.M. Shaikh Homoeopathic Medical College	Karnataka
11.	Govt. Homoeopathic Medical College, Bhopal	Madhya Pradesh
12.	DhondumamaSathe Homoeopathic Medical College, Pune	Maharashtra
13.	Dr ML Dhawale Trust Research Institute, Palghar	Maharashtra
14.	Bharati Vidyapeeth's Homoeopathic Medical College & Hospital	Maharashtra
15.	Panchsheel Homoeopathic Medical College & Hospital,	Maharashtra
16.	Bharati Vidyapeeth (Deemed to be) University Homoeopathic Medical college, Pune	Maharashtra
17.	Motiwalla Homoeopathic Medical College , Nashik	Maharashtra
18.	Foster Developments Homoeopathic Medical College	Maharashtra
19.	SonajiraoKshirsagar Homoeopathic Medical College, Beed	Maharashtra
20.	Shri Ganga Nagar Homeopathic Medical College	Rajasthan
21.	Vinayaka Mission's Homoeopathic Medical College & Hospital	Tamil Nadu
22.	Sarada Krishna Homeopathic Medical College	Tamil Nadu
23.	Bakson Homoeopathic Medical College	Uttar Pradesh
24.	Naiminath Homeopathy Medical College, Hospital & Research Centre	Uttar Pradesh
25.	Jeeyar Homoeopathic Medical College and Hospital (JIMS)	Telangana

Another, MoU signed for cooperation in the field of research & education was exchanged between Dr Raj K Manchanda, Director General, CCRH and National Institute of Integrative Medicine, Australia represented by Dr. Isaac Golden in the presence of the Hon'ble MOS.

MoU was also exchanged between Dr. Raj K. Manchanda, Director General, CCRH and Dr. Jawahar Shah, Enlightenment Education, Mumbai agreeing to jointly conduct a webinar series. Webinar series, is a very



MoU between CCRH and National Institute of Integrative Medicine, Australia

popular web-based learning tool and important branch of education technology nowadays. These webinars are aimed to increase the success rate of clinical practice, build research aptitude, guide protocol development, inform about standard reporting guidelines and thus provide an excellent opportunity of learning for Practitioners, Faculty, UG & PG Students/Interns, PHD Scholars and researchers. On this occasion, a brochure of the webinar series was also released by the Hon'ble MoS.

The session closed after few words by Dr. Raj K. Manchanda, DG, CCRH thanking the Hon'ble Minister , Secretary and Joint Secretary, MoA for their constant support to CCRH in all its endeavours and future vision.



MoU between CCRH and Enlightenment Education, Mumbai, to jointly conduct webinar





Signing of MoUs with 25 colleges in the presence of Hon'ble AYUSH Minister



REVISITING POTENTIZATION

The first technical session of WHD 2018 started with the thought provoking session on “Revisiting Potentization”. The existing process of potentization and the new concept of revolutionizing the process of preparation of homoeopathic medicines was put forth.



(L TO R) Dr. Bindu Sharma, S-4 and Dr. Ritika Narula, S-1 coordinating the session

The chairpersons for this session were Prof. Ajoy Kumar Ray, Director, Indian Institute of Engineering Science and Technology, Shivpur and Dr. Kanjaksha Ghosh, Former Director, ICMR-National Institute of Immuno Hematology. Dr. Anil Khurana, Deputy Director General, CCRH and Dr. Rakesh Shukla, Former Chief Scientist and Head, Division of Pharmacology, CSIR, Lucknow were the discussants. The key speakers were Dr. Raj K. Manchanda, Director General,

CCRH and Dr. Jayesh Bellare, Institute Chair Professor, IIT, Bombay.

Overview of research and new way of potentization was the topic of deliberation made by Dr. Manchanda. He started his talk with the evolution of CCRH as an autonomous body 40years ago and its vision to promote research and contribute towards improving public health care in the country as well as development and accomplishment of Homoeopathy globally. He apprised the audience about the multi dimensional research activities of CCRH starting from cultivation of raw drugs, drug standardization, drug proving, clinical verification, clinical research, collaborative, epidemic research & basic research. With reference to the infrastructure spread Council has extended its services through 24 units. MoUs have been signed by CCRH at national & international level for extending its activities and collaborats in the research areas of common interest. His presentation showed glimpses of the various drugs worked upon in the area of drug proving and clinical verification. He briefed about the new publication on standard treatment guidelines released in the esteemed presence of Hon'ble Vice President. He apprised the audience that this publication was the result of basic data generated many years ago in various diseases conditionstaking into account the published reports and the experts view in treating such cases. The status and progress of various public health initiatives taken up by the Council were briefed. He emphasized that for nurturing basic research with philosophy of Homoeopathy Council should have its own laboratory setup for conducting basic research. He apprised the audience that Council has setup a well equipped laboratory at Noida & Kolkata.

The second major part of his presentation dealt with the new and scientific way of potentizing homoeopathy medicines. He talked about the process of potentization prevailing from the time of Hahnemann till today and



Speakers and discussants of the session: 1. Dr. Kanjaksha Ghosh, 2. Dr. Rakesh Shukla, 3. Dr. Jayesh Ballare, 4. Dr. Anil Khurana, 5. Prof. Ajay Kumar Ray and 6. Dr. Raj K. Manchanda

the short comings and the dilemma which we face till today about the existing process of potentization. Whether potentization is the effect of dilution or succession of both is still to be clarified. Since it is not possible to standardize dilution beyond certain limits and batch to batch variation exist and there is no way to verify the contents of the drugs, quality contents is also not feasible, it is a need of the hour to innovate ourselves and revamp the process of potentization taking into consideration the existing draw backs. The proposed new process of potentization is expected to rationalize the preparation of potencies; name and specify potencies accurately through an improved nomenclature; and standardize the process which would help in regulatory compliance as it is expected to be easy and less time consuming and Cost-effective too. Further, medicines prepared under low dilution come under the hormetic range evoking biological response.

Dr. Jayesh Bellare, the recipient of the Life Time Achievement Award started his talk with the importance of “Nano” in the medical system. He started his presentation giving glimpses of the characteristic features of Nanoparticles and their pathway of action. His presentation focused upon answering the basic questions about Homoeopathy as to “what is there in medicine” and “How does it act”. Dr. Bellare emphasized on the previous and the current theories on action of homoeopathic medicines. The previous theories like the water theory, Epitaxy and Catharae are now replaced by the existing theories like Nanoparticles retention and Silica encapsulation theories. The papers published by the team of IIT, Bombay proved that homoeo medicines are nano medicines and they exist even in high potencies and are transferred from one potency to other through froth floatation and silica coatings. But these experiments need replication. He concluded his presentation with the concept of Hormesis that occurs at a concentration band where it exhibits a stimulatory effect that activates certain pathways in cells which may be due to medicinal effect.

Dr. Bellare stated that at this point of time the new method of potentization using higher number of successions would be stop gap measure to put forth the experimental evidence to the skeptical unanswered questions.

The chairpersons and discussants of the session applauded for the enlightening and thought provoking presentation given by Dr. Manchanda and Dr. Bellare. Both the presentations clarified one major skeptic question about the existence of material dose of the medicine which has been proven and confirmed by the experiments conducted by IIT, Bombay. But still there are many unanswered and unproven aspects which is expected to be proven through this new and scientific way of potentization in the times to come.

APPLIED CLINICAL RESEARCH

The theme of the third scientific session in the main hall was “Applied Clinical Research”. This session was chaired by Dr. Niranjana Mohanty, former Principal, Dr. A. C. Homoeopathic Medical college, Bhubaneswar and co-chaired by Dr. J. D. Daryani, Chairman, Special committee for Drug Proving, CCRH. Dr. Jaya Gupta, Scientist-IV, CCRH was the discussant. The speakers for the session were Dr. Menachem Oberbaum, Director, Centre for Integrated Complementary medicine, Shaare Zedek Medical Centre, Dr. V. K. Gupta, Chairman, Scientific Advisory Committee, CCRH, and Dr. L. K. Nanda, Former Principal, Dr. A. C. Homoeopathic medical college, Bhubaneswar and member, Scientific Advisory Committee, CCRH.

This session focussed on applied aspect of clinical research, treatment guidelines developed by CCRH on 20 disease conditions based on research findings and existing literature. This session also shared the health set up and research experiences from Dr. Oberbaum , a researcher, academician from Israel.



Dr. Menachem Oberbaum deliberating during the session



Dr. V. K. Gupta deliberating during the session

Dr. Oberbaum emphasized that the strength of India as a global leader was due to number of people using homeopathy and homoeopathic physicians. He highlighted the infrastructure set up also. However, the number of Indian clinical trials published in peer reviewed journals is much smaller as compared to other countries with a much less advanced homeopathic infrastructure than India. He also admitted that AYUSH in its current situation has profoundly changed the homeopathic scientific scene in India: Big efforts are being made to create international connections. Research, basic and clinical is promoted, good and enthusiastic people are hired, and huge sums of money are invested. This is no doubt a very promising start, however this momentum has to be translated into an united effort in order to tell the world outside India about this fantastic progress. Not only practitioners of Homeopathy should know about it, but conventional medicine at large should be aware of what is happening in India. He also presented the scenario of Israel, and how important is 'publications' which helps to project the strength of the systems.

The foremost aim of medical research is to translate research from bench to bedside. More the scientific rigor, more tangible are the results and better these would be adopted for practitioners and teachers. Standard Treatment Guidelines (STGs), developed by CCRH, is one such document. The STG's are developed on 20 common conditions, which can assist practitioners in making decisions about appropriate health care for a specific clinical condition. The STGs developed are structured and systematically arranged with names of commonly used medicines based on research and experience of experts and indications of medicines (general indications and characteristic particulars) and algorithm of treatment process.

Dr. L.K. Nanda discussed about the Clinical Verification Programme of CCRH. Following the direction of stalwarts, Central Council for Research in Homoeopathy has undertaken a very essential literary research, clinical verification, as one of the flagship research programme with an aim to generate valid database on symptom of partially proved and lesser known drugs ascertained through clinical verification. The current and future programmes are being evolved to adopt to modern statistical methods of assessing prevalence and

likelihood ratio of each symptom verified, thus paving the way to prognostic factor research. The data of 106 drugs obtained has been disseminated to medical fraternity through three volumes of books. These books, “Study of Homoeopathic Medicine through Clinical Verification, a new perspective” have provided the doctors all detailed records which include number of patients received the medicine for a particular symptom and percentage of cure. He also discussed about how Hering contributed in the building of mature materia medica and deduced the curative value of a symptom. Curative power of a drug depends upon confirmation of a symptom through clinical verification on the bedside of a patient apart from its appearance in a prover(s) through examples. These drugs now can be used as many of the clinical symptom are revealed during clinical verification of the drug.

Pharmacological/Biological Evidences

On day 1, 10th April 2018, the plenary hall of Vigyan Bhawan witnessed the fourth scientific session on the subject pharmacological/biological evidences, which was jointly chaired by Dr. Rathin Chakraborty, Member, Governing Body and Dr Anil Khurana, Deputy Director General, CCRH. The Discussant for this session was Dr. Girish Gupta, Consultant Homeopath and Dr. Debadatta Nayak, Scientist II, CCRH.

The session began with the Hall Coordinator Dr. Harleen Kaur Scientist I, CCRH welcoming chairs and introducing the speakers of this session. The first speaker of this session was Dr. Papaya Nandy, Principal Investigator, centre for interdisciplinary research and education. She addressed the audience on potentiation: its effects on biological and physical



Discussant Dr Girish Gupta gracing the dais.



A glimpse of the audience at scientific session.

systems where she highlighted the physicist point of view in trying to understand how the potentiation works and what is the exact role of succussion. Though her experiment work on *Cuprum metallicum*, she proved that the size of the nanoparticles decreases as its anti- microbial activity on *E. coli* increases. It is revealed from a quantum mechanical prospective that; the drug aggregates change the electric nature of the polar medium due to formation of coherent domains and voltage can be generated with success polar medium even in the absence of iron sources.



Dr Upma Bagai addressing the audience.

using Chinimum sulph 30. The brief conclusion drawn from her study is that Chin. sulph 30C has considerable in vitro and in vivo anti-plasmodial activity against rodent malarial parasite. She agreed with the possible explanation of working of homeopathic remedies as nanoparticles which is also supported by the works of Dr. B. Chakramane, Dr. Bellare and Dr. A.R. Khudabaksh.

Dr. Anil Khurana, Deputy Director General, CCRH presented a paper on homeopathic medicines produces biological activities-preliminary evidences where he elaborated that different attempts have been made to substantiate to claim that homeopathic

The next oral presentation was by Dr. Upma Bagai, Professor, Department of Zoology, Punjab University, on stimulation of immune response by homeopathic remedy in rodent malarial parasite. She started with a brief introduction of malaria, disease burden in our country and the need for research on alternative system of medicine, especially homeopathy on treating malaria. She claimed that homeopathic remedies do not cause any drug resistant unlike the conventional therapy which is shown by her study



Dr Papiya Nandy addressing the gathering.

dilutions are different from control solutions and yet homeopathic therapeutic system faces the dire question of how a biological effect be brought in the first place. CCRH has been seeking answers to these biological responses and have contributed towards the preliminary evidences on biological activities via in vitro and in vivo studies, esp. taking up the example of dengue nosode studies. Such findings reject the allegation of homeopathic science being nothing more than mere placebo response.



Dr Anil Khurana adorning the stage.

Global Issues in Homeopathy: Role of Professional Associations

At the outset, Dr. Raj K. Manchanda, Director General, CCRH welcomed the panelists to the session. He opined that professional associations have an important role in dealing with issues surrounding Homoeopathy. The professional associations must actively connect with government institutions and contribute in policy making and developments. We must stand united for propagation and integration of homoeopathy in mainstream. The merits of Homeopathy through print and social media, TV, news etc. must be actively undertaken thereby enhancing the positive image in public. He further shared some of the parliament questions asked during the Lok Sabha and Rajya Sabha sessions about global issues in Homoeopathy and apprised how government is actively countering all the false propaganda. He mentioned that the associations must also contribute in dealing with misreporting by anti-homeopathic lobbies.

The experts in the panel discussed that the real issues related to Indian Homoeopathy which affect the stakeholders as well future of homoeopathy in India as well the world which must not be ignored. The issues discussed were: Education, Institutes - standards and regulation, Research, Practice regulations, Record keeping, Preventive health and Public health, Homoeopathic Pharmaceuticals need attention of the fraternity.

Further the global issues, like lack of recognition as a system of medicine, misinformation by sceptics, lack of adequate teaching institutions, research and efficacy must be taken seriously by the well wishers of Homoeopathy.

Our system is called a Placebo therapy, as it does not pass the double blind randomized trials like modern medicine. The way allopathic medicine is tested is radically different from the Homeopathic way. By doing this it is like trying to put a square peg in a round hole. Various government bodies must be adequately sensitised about this difference. All the associations must protest against the unwanted criticism and rejoinders must be sent to people so that they are not affected.

As we have the largest no of homoeopaths as well infra structure and acceptance at government level, whatever progress we make in homoeopathy, will impact the world over. And these issues need more attention, as they are the core problem of HOMOEOPATHY.

The experts in the panel deliberated that to gain the acceptance of legitimate medicine, it is imperative that homeopathic supporters provide irrefutable proof for each of Hahnemann's doctrines, laws and principles, using the principles of the legitimate scientific method. These days Homoeopaths are evaluating themselves, as well learning the scope and limitations. Every news article regarding health creates an opportunity for the public as well the stakeholders to think differently, thus awareness about merits of homoeopathy must be highlighted.

Unethical practices by homoeopathic pharma companies must be discouraged. Adequate policies for regulation must be in place. Associations should establish contact with associations and societies of other

countries for mutual exchange of experience and knowledge. The session ended with vote of thanks by the chairpersons.

Drug Development & Regulation

On Day 2, 11th April 2018, Hall No. 4 of Vigyan Bhawan witnessed the first scientific session on the subject Drug Development and Regulations', which was jointly chaired by Dr SPS Bakshi, Chairman cum Managing Director, Bakson's Drug and Pharmaceuticals and Dr SP Singh, Chairman, Special Committee for Drug Standardization, CCRH.



Chairpersons and Speakers gracing the dais.



A glimpse of the audience at scientific session.

The session began with the Hall Coordinator Ms Renu Arya Scientist II, CCRH welcoming chairs as well as the audience to this session. The first speaker of this session was Dr. D.C. Katoch Advisor (Ayurveda), Ministry of AYUSH on Orientation of WHO Good Manufacturing Practice who addressed the audience that the mandate of Homoeopathy and technical committee on Homeopathic regulations will be joined by the technical committee of Ayurveda, Unani and Sidhha that come under Ministry of AYUSH and will felicitate the drug regulations movement peacefully. The main question that lie ahead of us is how Homoeopathy can come under the ambit of WHO GMP Provisions because Homeopathic drugs are herbal drugs but as such not included in Article 937 of WHO Technical series report published in 2006.



Dr. D. C. Katoch addressing the gathering.



Mr. Jack Hendrix addressing the audience.



Dr. G. V. R. Joseph addressing the gathering.



Group photograph of Chairpersons and Discussants with the Organizing team

Mr. Jack Hendrix Managing Director, Remedy Bank presented his views on Status on regulations of homoeopathic medicinal products in Europe and the activities of Remedy Bank where he elaborated the reasons for the need of Remedy Bank in Europe by throwing light on European legislation along with availability crisis of homoeopathic remedies in Europe. European Pharmacopeia supersedes all other pharmacopeias and Homoeopathic Medicinal Products Working Committee issue guidelines every six months for all the countries of Europe. He agreed with Dr. D. C. Katoch that all the laboratories must be validated but the availability is hampered by the tedious process of form filling in CTDs. He also presented a small video of Europe's Laboratory and certified Garden with complete agricultural practices.



Ms. Renu Arya, Scientist II, coordinating the session

The next oral presentation was by Dr. G.V.R. Joseph Director, Homoeopathic Pharmacopeia Laboratory, on the topic Testing Homoeopathic Drugs: Challenges and Possibilities where he deliberated that Homoeopathic dilutions are unique in its preparations and various tests are being conducted for quality checking. He claimed that the sterility tests are nowadays an important parameter, and authenticity must be maintained at all levels.

The Open Forum was then initiated, and the panellists were invited to join on the dais which include Dr. D.S. Bhar, Dr. R.N. Wahi, Dr. Nishant and Dr. Shiva in which the hurdles being faced by our Homoeopathic Drug Industry were discussed at length. The unnerving problem of passing test samples when different parameters have been placed in different pharmacopeias and the solution to recognize one criterion among many, was the highlight of the open forum. The session concluded with a vote of thanks from the chairs.

MEDICAL PLURALISM: HOMOEOPATHY UNDER AMBIT OF NATIONAL HEALTH POLICY

The session started with an introduction of medical pluralism and National Health Policy 2017 by Dr. Harleen Kaur. Dr. D. C. Joshi then presented his experience of co-locating homoeopathic dispensaries with allopathic



Panelists and discussants during the session

ones in CGHS wellness centres. He reflected that such co-locations help immensely by sharing patient load, as well as benefiting the patients by providing more treatment options. He said more such co-locations are being planned for delivering sustainable healthcare in CGHS wellness centres. Dr. Dangayach proposed that government should further promote use of AYUSH services, even in surgeries and emergency. He also suggested insurance reimbursement of the treatment sought under AYUSH should also be enabled. He

further said state governments should follow central government in providing healthcare through medical pluralism. Dr. K.S. Sethi informed that many patients are reporting to homoeopathic units in CGHS wellness centres for various diseases, especially chronic ones. Dr. Sangeeta Duggal informed the audience about the distribution of various AYUSH dispensaries under CGHS across the country. Dr. Eswara Das informed that CGHS was the first to initiate integration of AYUSH in mainstream public healthcare, and Homoeopathy became a part of CGHS dispensaries in 1967. Mutual respect among doctors of various streams further encouraged this approach. He suggested more awareness programmes need to be designed for wider acceptability of AYUSH systems.



Dr. Eswara Das deliberating during the session



Dr. Sangeeta Duggal listening to the deliberations

Homoeopathy in National AYUSH Mission

On Day 2, 11th April 2018, Hall No. 4 of Vigyan Bhawan witnessed the third scientific session on the subject Homoeopathy in National AYUSH Mission, which was chaired by the Discussants namely Dr. Eswara Das,

Dr. Rathin Chakraborty, Dr. Mridula Pandey, Dr. Birendra Sharma, Dr. Indranil Ghosh Mandal and Dr. Rajat Chattopadhyay.

The session began with the Hall Coordinator Dr. Raj K. Manchanda Director General, CCRH welcoming chairs as well as the audience to this session. The first speaker of this session was Dr. Indranil Ghosh Mandal, Assistant Advisor, Ministry of AYUSH who sensitized the audience about place of Homoeopathy under the ambit of National AYUSH Mission which is a centrally sponsored scheme. It includes 4 key areas, i.e., to provide cost effective and equitable AYUSH health care throughout the country by improving access to the services, to revitalize and strengthen the AYUSH systems making them as prominent medical streams in addressing the health care of the society, to improve educational institutions capable of imparting quality AYUSH education, to promote the adoption of Quality standards of AYUSH drugs and making available the sustained supply of AYUSH raw-materials.

The next oral presentation was by Dr. Rajat Chattopadhyay expressed his concern over allocation of finances and continuous monitoring system for such funds. He deliberated that maintenance of quality of medicines shall also be taken care of the inclusion of human resource in the form of ASHAs in this programme not only strengthens widespread coverage but also popularizes traditional system of medicine.

Dr. Rathin Chakraborty presented his views and suggestion that the Government of India must include a Training Module for students of Homoeopathy regarding the importance of National AYUSH Mission and understanding the cafeteria approach in a broader paradigm.

Dr. Birendra Sharma stressed on a solution of an open tender or e-purchase for procurement of homoeopathic medicines and the essential drug list must be precise according to the different states of India.

Dr. Mridula Pandey highlighted the scenario of National AYUSH Mission in Delhi and suggested that we must have separate Directorate of AYUSH in every state.

Dr. Eshwara Das pointed out the changing scenario of this Mission at grass root level in different states of our country. He then thanked the audience for their patience.





Dr. Rajat Chattopadhyay, Principal, The Calcutta Homoeopathic Medical College and Hospital, Kolkata addressing the gathering.



Dr. Rathin Chakraborty addressing the audience.



The discussants with the organising team.

EXPERIMENTAL BASIC RESEARCH

The concluding day of the event i.e., 11th April 2018, witnessed a few more scientific sessions commencing from 9:30 a.m. running parallelly at different halls of Vigyan Bhavan. Here is a brief report of the session-I held at Hall No.6 on “Experimental Research”. The session was held under the chairpersonship of Dr. Chaturbhuja Nayak, Former Director General, CCRH and Dr. M.M. Gore, Former Scientist-G, ICMR-National Institute of Virology (NIV), Pune. Dr. Satadal Das, Consultant Microbiologist, DACRRI, Kolkata, was invited as a discussant of the session. The first speaker of the session was Dr. Anil Khurana, Deputy Director General, CCRH whose topic for discussion was “Homeopathy Medicines produce Biological Activities- Preliminary Evidence”. He mainly discussed the results of the collaborative studies which helped in generating supportive evidences acceptable to the scientific community. The law of infinitesimal doses also runs contrary to chemistry, pharmacology, and thermodynamics which is the main point of criticism of homeopathy among scientific community. Some of the collaborative studies for evidence-based research were discussed like 1.) Evaluation of antifungal activity of homoeopathic medicines against the growth of human pathogenic strains, 2.) Extreme homeopathic dilutions retain starting materials based on a nano particulate perspective, 3.) Effect of homeopathic preparations of *Syzygium jambolanum* and *Cephalandra indica* on gastrocnemius muscle of high fat and high fructose-induced type-2 diabetic rats. Treatment with homeopathic remedies significantly increased the serum insulin and expression of these proteins with a significant decrease in fasting blood

glucose compared to diabetic rats, 4.) Role of Homoeopathic Medicines in Cancer regression and rejuvenation of depressed immune system in a mechanistic study etc. to name a few. His presentation concluded with acknowledgement of all the collaborating institutes for continuing support in unveiling the evidence of biological activities of homeopathic medicines.

The next speaker of the session was Dr. Sukhbir Kaur, Professor Punjab University, who gave a presentation on the topic “Homeopathy emerging as a promising therapeutic alternative for combating life threatening Human Leishmaniasis”. She started with a brief introduction of leishmaniasis, disease burden in our country and the need for research on leishmaniasis. She further discussed the pathogenesis, life cycle of the parasite, existing drugs along with the need for alternative therapies with emphasis on homeopathy as a natural, holistic, inexpensive mode of treatment. She further reinstated that her group is for the first time reporting a complete study evaluating both the prophylactic and therapeutic potential of the homeopathic drugs. Some



Dr. Sukhbir Kaur, Professor Punjab University gave her presentation

of the important results of the study are: 1.) at 1: 2 dilution Iodium 30 C was found effective in reducing the parasite load but cause toxicities as observed with increased liver function tests. 2.) With 1:10 dilution of the homeopathic drugs, maximum protection was observed in Antimonium with all the normal liver and kidney function tests. 3.) The study also indicated that homeopathic drugs at 1:10 dilution were safe and non-toxic.

The next speaker of the session was Dr. P. Kalaiselvi, Assistant Professor University of Madras, who gave a brief presentation on the topic “Investigation on the therapeutic efficacy of homeopathic preparation of Berberis vulgaris”. Her presentation started with a brief



Dr. P. Kalaiselvi, Assistant Professor University of Madras gave her presentation

introduction of urinary stones or oxaluria i.e., its causes and pathophysiology leading to the disease, classification based on the location, currently available treatment options and the need for a prophylactic approach to prevent its recurrence. She further went on to elaborate the details of the study. The experimental design of the study consisted of an experimental group in which the male Wistar albino rats were administered with the preparation of Berberis vulgaris in different potencies, for 7 days orally, and sodium oxalate administered intra-peritoneally on the eighth day to evaluate the prophylactic effect of the medicine along with several other relevant control groups. Some of the major findings of the study were: 1.) after performing various experiments to evaluate the enzymatic and non-enzymatic antioxidant levels and urinary biochemical parameters in experimental rats and other histopathological studies, it was observed that Homeopathic preparation of Berberis vulgaris 6C was effective against acute oxalate crystal induced renal cell

injury in experimental urolithiasis. 2.) *Berberis vulgaris* was found to be a potential therapeutic candidate in combating the biochemical and oxidative stress mediated macromolecular alterations provoked by renal calculi. 3.) *Berberis vulgaris* exhibited excellent antioxidant and renoprotective properties and thus enhanced the kidney function in urolithic rats. Hence, the Homeopathic preparation of *Berberis vulgaris* could be an effective regimen in calculi therapy.

The final speaker of the session was Dr. Shailendra Saxena, Professor King George Medical University, whose topic of presentation was “Molecular mechanisms of novel homeopathic formulation (NHF) during Japanese Encephalitis”. He started his presentation with problem statement, i.e, JE epidemic of 2005 being one of the deadliest outbreaks of disease in India. In the present study, novel homeopathic formulation (NHF) has been developed and elucidated its molecular mechanism during JEV infection. The key findings of the study were 1.) NHF treated macrophages produced maximum Nitric Oxide in vitro in acute phase after JEV-GP05 stimulation, 2.) the protective role of macrophages induced NHF during JEV infection, 3.) NF-KB may be one of the important mechanisms of NHF mediated host defense in controlling the initial stages of novel JEV infection.

The presentations were followed by a brief discussion. Dr. Satadal Das discussed Dr. Anil Khurana’s talk as it delved with the advent of new molecular techniques which aid in evidence based research in homeopathy. He further discussed other talks of the session. He suggested that TH 2 studies may also be performed in the leishmaniasis study, and homeopathy formulations of 200C may be used. He further stated that the works of Dr. Kalaiselvi and Dr. S. K. Saxena had some important findings. Dr. M.M. Gore and Dr. C. Nayak gave the final concluding remarks.



Dr. Shailendra Saxena, Professor King George Medical University gave her presentation

HOMOEOPATHY IN PUBLIC HEALTH

The scientific session on Homoeopathy in Public Health was held on 10th April 2018.



Dr. Issac Golden deliberating during the session

Dr. Issac Golden, in his presentation mentions that Homeopathy in India provides a practical response to a massive need, but particularly under the leadership of the CCRH, there is a growing emphasis on academic rigor in research and in education. Under the patronage of the Ministry of AYUSH, India leads the world in providing a political setting which supports the current use and the future growth of homeopathy. He also mentioned the need for improving the quality of research in homoeopathy, to provide evidence that is scientifically rigorous, but not be controlled by the allopathic version of “science” with over-reliance on research methods that appear rigorous but are susceptible to significant manipulation (such as RCTs and systematic reviews). He assessed the call for using and integrating all methods of research to provide truly holistic analysis of homeopathy. He emphasized on using homoeopathy as a genuine choice across all aspects of health, including both the treatment and prevention for both acute and chronic diseases.



Dr. Swasti Charan listening to the presentation during the session

Dr. Swasti Charan in his presentation mentioned that the four leading chronic diseases in India are: Cardiovascular Diseases (CVDs), Diabetes Mellitus, (diabetes), Chronic Obstructive Pulmonary Disease (COPD) and cancer for which a flagship program, National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS) was launched by Ministry of Health and Family Welfare (MoHFW), Govt. of India in 2010 to decrease the burden of



Dr. K. M. Dhawale listening to the presentation during the session

Non Communicable Diseases (NCDs) in the country. This NPCDCS-AYUSH (Homoeopathy) Integration project is the working model of successful integration of Homoeopathy in mainstream healthcare and can be replicated with other National Health programmes to provide better healthcare facility to the community echoing the need of mainstreaming the potential of AYUSH of NHP 2017. Till January 2018, 2,54,447 cases attended the OPD, out of which 93,462 potential patients have been screened and 35,554 have been enrolled for management.

Dr. K. M. Dhawale in his presentation elaborated that medical intervention in the field of Public Health should be safe, straightforward and applicable on a mass scale through the existing health work force and be readily

acceptable to the consumers. A project in the field of Community Pediatrics to incorporate Homoeopathy in public health programs was initiated by CCRH in February 2015 and Homoeopathy was introduced in the world of ANMs, ASHAs, and AWWs at block level. Sensitization and training programmes were launched to inform the health workers about the teething process in infants and explain the clinical indications of these remedies as well as detailed dos and don'ts considering the sensitive age (6 months to 3 years) of the participants. Under this project, more than 68000 children were enrolled and administered the Calc phos 6x. A total no. of 8700 and 13240 reported with diarrhea and URTI/fever and the response to the administration of homoeopathic remedies was 92.7% and 93.5% respectively. The pilot project has proved that Homoeopathic intervention has been useful.

Dr. Reji Kumar gave a presentation on the topic 'Homeopathy in Public Health- Kerala as role Model'. Kerala Model of Healthcare services has received much global accolade primarily due to the good health indicators compared to other Indian states. Separate department which was formed in the year 1973 has been presently delivering the service of Homoeopathy for curative, preventive and palliative health care to the people. The high rate of literacy, social reforms, community participation, decentralized planning & above all the strong political will of successive governments transcended from the preliminary policies of princely states



Dr. Reji Kumar deliberating during the session



Dr. D Nayak deliberating during the session

can all be considered as the catalysts for this giant leap. Speciality Clinics/ Centres have been developed with special reference to the potentialities of Homoeopathy in different fields of health care. As these activities have been found to be very effective because of the unique features Homoeopathy being safe, simple, affordable and acceptable system of medicine, they are being publicized successfully

Dr. D Nayak in his presentation underlined the increasing incidence of various emerging and re-

emerging infectious diseases during past decade which, due to changes in biodiversity, international human movement, urbanization, escalates the disease spread. India is worst affected with all types of emerging infectious diseases. Keeping in view the current state of epidemic disease management and anecdotal evidence



Dr. Nandini Sharma on the dais during the session



Dr. S. Bhattacharya gracing the dais during the session

of Homoeopathy in prevention of epidemic disease since its inception, CCRH took a step forward and initiated various preventive studies for control of diseases like Dengue, Chikungunya, Japanese Encephalitis (JE) and Malaria etc. during recent years. Homoeopathy medicine *Eupatorium perfoliatum* was used for prevention of Dengue in study with positive lead. Add on treatment study in management of Dengue haemorrhagic fever was undertaken with encouraging results. Similarly, *Belladonna* was found effective against Japanese Encephalitis infection preclinically. Field studies on appr. 50,000 populations were undertaken to assess its effectiveness as preventive. Dr. Nandini Sharma and Dr. S. Bhattacharya, Chairpersons for the session, briefed about the presentations of all the speakers and appreciated them for good presentations.

STANDARD TREATMENT GUIDELINES

On Day 2, 11th April 2018, Hall No. 6 of Vigyan Bhawan witnessed the third scientific session on the subject Standard Treatment Guidelines, which was jointly chaired by Dr. Kusum Chand, Consultant Homoeopath and Dr. Ashok Sharma, Chief Medical Officer (SAG). The Discussant for this session was Dr. A. K. Dwivedi, Member Scientific Advisory Committee, CCRH.

The session began with the Hall Coordinator Dr. Padmalya Rath, Scientist II, CCRH welcoming chairs as well as the audience to this session. The first speaker of this session was Dr. Varanasi Roja, Scientist II, CCRH and recipient of Best Young Scientist Award 2018. She addressed the audience on Standard Treatment of Attention deficit/hyperactivity disorder where she highlighted the need of a suitable standard guidelines in cases of ADHD. To evaluate the usefulness of individualised homoeopathic medicines in treatment of Attention Deficit Hyperactivity Disorder (ADHD), a randomised placebo-controlled single-blind pilot trial was conducted in 2007 using Conner's Parent Rating Scale-Revised: Short (CPRS-R (S)), Clinical Global Impression-Severity Scale (CGI-SS), Clinical Global Impression-Improvement Scale (CGI-IS) and Academic performance as outcome measure, which provided evidence to support the therapeutic effects of individualised homoeopathic

medicines in ADHD children.

The next oral presentation was by Dr. Praveen Oberoi, Scientist IV, CCRH on Standard Treatment of Depression where she deliberated that epidemiological studies of the general population appear to reveal immense amounts of untreated depression. She claimed that presently very few studies are conducted using homoeopathy as intervention globally and also highlighted a prospective, non-comparative, open-label observational study conducted by CCRH in 2013 to evaluate the role of homoeopathic medicines in the management of depressive episodes using the internationally accepted scales Hamilton Depression Rating Scale (HDRS), Beck Depression Inventory (BDI) and Clinical Global Impression (CGI) were used to assess the Outcome. A course of six months of homoeopathic treatment is associated with significant benefits in patients suffering from depressive episodes, as measured by HDRS.



Hyperactivity Disorder (ADHD), a randomised placebo-controlled single-blind pilot trial was conducted in 2007 using Conner's Parent Rating Scale-Revised: Short (CPRS-R (S)), Clinical Global Impression-Severity Scale (CGI-SS), Clinical Global Impression-Improvement Scale (CGI-IS) and Academic performance as outcome measure, which provided evidence to support the therapeutic effects of individualised homoeopathic medicines in ADHD children.

Dr. Chetna Deep Lamba, Scientist II, CCRH presented a paper on Standard Treatment of PCOS where she elaborated that PCOS is one among the 20 diseases for which Central Council for Research in Homoeopathy (CCRH) has developed a standardised guideline in 2016. The inputs for STG on PCOS is based on a single blind, randomized, placebo-controlled pilot study conducted from February 2014 to May 2015 by Central Council for Research in Homoeopathy. While it is hoped that the guidelines may prove to be a concise and ready reference, it makes no pretension to being anything more than an introduction to the important conditions; in no sense is it put forward as a complete treatise.

Dr. K.R.J. Nair, Scientist IV, CCRH spoke on Standard Treatment of Alcohol Dependence where he told that a standard methodology is being developed for patients suffering from Alcohol Dependence, which will provide



(L to R) Dr Varanasi Roja, Dr. Praveen Oberoi and Dr. Chetna Deep Lamba addressing the Scientific Session on Standard Treatment Guidelines

advice on psycho social intervention on such patients. These guidelines will be based on a previous study done by CCRH in 2014, which was a randomised, controlled, comparative, open label trial of IH and SA treatment in the management of ADS at National Homoeopathy Research Institute, Kottayam, Kerala. He concluded that IH is not inferior to SA in management of AD patients.

Dr. Chinta Raveendar, Scientist IV, CCRH presented paper for Standard Treatment of Diabetic Distal Symmetric Polyneuropathy in which he emphasised that the treatment guidelines for DDSP will be developed from the prospective multicentric clinical observational study done by CCRH from October 2005 to September 2009 which suggested that homeopathic medicines may be effective in managing the symptoms of DPN patients.

This last speaker of the session was Dr. Bindu Sharma, Scientist IV, CCRH presenting a paper on Standard Treatment on Menopause where she stressed that a holistic approach is required to manage menopause which must conceptualize the involvement of patient's physical, psychological and social needs while planning therapy. The standard treatment guidelines on Menopause will not only include the biological aspect of



(L to R) Dr. K. R. J Nair, Dr. Chinta Raveendar and Dr. Bindu Sharma addressing the Scientific Session on Standard Treatment Guidelines

menopause, but also the impact of psychosocial factors on diagnosis and therapy, as well as diet, exercise, nutraceuticals and other forms of therapy, which assays the wholistic nature of therapeutics of Homeopathy itself.

The session ended with an enlightening discussion by the chairs and discussants on the unmet importance of Standard Treatment Guidelines in Homoeopathy and also highlighted that if a Homoeopathic field can process some proper suitable guidelines for these said disease, the Homeopathic research area shall be able to convene better treatment approach for such patients. The session concluded by a vote of thanks from the chair.

LINKING EDUCATION WITH RESEARCH



The session ‘Linking Education with Research’ was a convergence of the highest authorities of homoeopathic education and research in India viz., Central Council of Homoeopathy (CCH) and Central Council for Research in Homoeopathy (CCRH), respectively held on World Homoeopathy Day 2018 at Vigyan Bhavan, New Delhi. The session was chaired by Dr. Ramjee Singh & Dr. Arun Bhasme, the then President and Vice-president of CCH respectively. Prof. (Dr.) Niranjana Mohanty joined as discussant of the session. Prof. (Dr.) Munir Ahmed, delivered his lecture elaborately on the topic “Distributed Leadership as a variable for student attainment of curricular objectives”. Dr. Ahmed nicely quoted from Gandhi ji in favour of students saying that whatever you do for me, but without me, you do against me. His lecture focused on the role of students and teachers in learning and the complexity of the educational activity. The outcome of his research in collegiate education justified the programme for capacity building of teachers and emphasised the need for a feasible strategy for the improvement of quality of homoeopathic medical education. Dr. R. K. Manchanda, DG, CCRH delivered his address on the topic “Development of Research Infrastructure in Homoeopathic Medical Colleges and Social Media Sensitisation. He emphasized on the importance of UG and PG students developing a flair for research and the cruciality of linking education with research. He focused on the global scenario of homoeopathic

education and the strategic role India can play if our educational institutions can be world class and impart quality homoeopathic education. There are immense possibilities of the export of manpower especially for teaching positions in countries like UK. He also informed about the Short Term Student Ship (STSH) and MD scholarship schemes of CCRH whereby flair for research in students are encouraged. CCRH has also signed MoU's with PG colleges of India as an initiative to linking education with research. The MoU aims to give impetus to upgrading research infrastructure of these colleges and in providing research orientation to guides, faculties and students.

The chairpersons agreed with the CCRH proposal and took questions from the audience and offered all regulatory support for the homoeopathic colleges to upgrade research facilities.

ROAD AHEAD FOR YOUNG RESEARCHERS

On the second day of this two day convention, the Session III – Road Ahead for Young Researchers, was attributed to the Young scholars of Homoeopathy. Six Undergraduates from various Homoeopathic Medical colleges in India presented their respective studies in this session for which they have been awarded the Short Term Studentship in Homoeopathy Scheme. To further motivate these young scholars, they were given a scope to present their work through poster presentations during the Scientific Convention on WHD 2018.



Dr. L. K. Nanda, Former Principal, Dr. A.C. Homoeopathic Medical College & Hospital, Bhubaneswar, Odisha Chaired the session while Dr. M.M. Gore, Former Scientist G, ICMR, National Institute of Virology, Pune, was the Co –Chairperson. The session started with a welcome address by the Chairperson followed by the poster presentations of the students. Details of the posters are as under:

1. Mr. S.A. Karthi, IV BHMS, Vinayaka Mission Homoeopathic Medical College, Tamilnadu, Placebo controlled comparative study on modulation of Fasting Blood sugar and cholesterol level with *Abroma augusta* Q and *Gymnema Sylvestre* Q

2. Ms. Bithiah Thomas, II BHMS, Sarada Krishna Homoeopathic Medical College, Tamilnadu, A study to confirm Findings of Dr. C. M. Boger Regarding Moon Phases In Clinical Condition of Bronchial Asthma.
3. Ms. Farha Habeebullah, IV BHMS, Sarada Krishna Homoeopathic Medical College, Tamilnadu, The Clinical course of Acute Upper respiratory tract Infection with Homoeopathic Treatment in Children.
4. Ms. Divyaratna Saho, II BHMS, Utkalmani Homoeopathic Medical College & Hospital, Odisha, Clinical Study of the Effectiveness of Homoeopathic Medicine Calendula Officinalis on Ulcer healings in patients with Leprosy sequel.
5. Ms. Prachi Rajput, IV BHMS, Motiwala Homoeopathic Medical College & Hospital, Maharashtra, What Homoeopathy has to offer to people with Haemophilia? A survey targeted at Haemophilia cohort at Twin centres of Homoeopathy in Haemophilia.
6. Ms. Pratiksha Kumari, II BHMS, Utkalmani Homoeopathic medical College & Hospital, Odisha, Efeficacy of Homoeopathic Medicines in Drug (Alcohol) addicted people In Abstaining the Same, An Experimental Non-randomised Placebo control Cross over Study.

After the poster presentations by the scholars, followed a short discussion by the dignitaries on the dias. Dr. M.M. Gore analysed each of the presentations, appreciated them and suggested further broader studies to the students. Dr. L. K. Nanda too appreciated the dedication and hard work of the young awardees and congratulated them as well. They wished them all the success for their upcoming future. The session came to an end by a short felicitation ceremony of the Chairpersons.

WHAT FUTURE BEHOLDS FOR YOUNG RESEARCHERS

On the 2nd day of World Homoeopathic Day, the young researchers of various homoeopathic colleges were given their Dais to present the opportunity posters which was a centre of attraction in the galleries of Vigyan Bhawan.

The theme of this session was “What future beholds for Young Researchers “. It was chaired by Dr. Shailendra Saxena, Professor, Centre for Advance Research , King George’s Medical university (KGMU), Lucknow along with co-chair Dr. Munir Ahmed, Professor , PG



Dr. Shailendra Saxena deliberating during the session



Dr. Munir Ahmed deliberating during the session

Department of Repertory, GHMS, Bengaluru. Dr. Saxena opened the session with the remark “if anyone summarizes his voluminous work within a few pages, it shows how much efficient he is with his work”.

Every students was called upon to speak for 7 minutes about their respective poster presentation. After each presentation relevant questions were asked which were

answered by the presenter eloquently. The session ended with felicitation of chairperson and co-chairperson.

POSTER PRESENTATION

The session started with a welcome note by Dr. Alok Mishra which was followed by short inspiring narrations by Dr. Ravi M. Nair and Dr. Rajesh Shah, for the students. Then the session started with the first poster presentation on ‘An interventional study to evaluate the competence of homoeopathy in the management of Nocturnal enuresis in subjects from 5-18 years age in West Bengal’ where the

young researcher presented the outcome of the study highlighting the micturition reflex. The next



L to R: A student making a presentation of her research outcome, Dr. Alok Mishra, Dr. Rajesh Shah, Dr. Ravi M. Nair, Dr. Manas R Sarangi

presentation was on the topic ‘Clinical study on homoeopathy for Attention Deficit Hyperactivity Disorder (ADHD) in school children’ in which the outcome was evaluated by using Vanderbilt Assessment Scale. The next presentation was on ‘To assess the relation of adeno-tonsillar hypertrophy (ATH) with the growth of children (7 to 12 years) – A cross-sectional study’ which highlighted the effective management of ATH using Homoeopathic



Dr. Ravi M Nair deliberating during the session

intervention. This was followed by presentation on 'Prevalence of malnutrition in pre-school children of rural areas of Sanganer and its relation with their birth order and birth interval' which focused on the prevalence of malnutrition and resulting stunted growth. The presentation on the 'Scope of constitutional homoeopathic medicines in treating pre-hyperglycemic condition: An open observational study' and 'A clinical study on management of Diabetic peripheral neuropathy



Dr. Rajesh Shah deliberating during the session



Dr. Manas Sarangi listening to deliberations during the session

importance of documenting each and every case quantitatively for the purpose of research, which would eventually add to qualitative database. Dr. Manas R. Sarangi talked about the importance of using patient outcome rating scales in research studies and exploring the strength and limitations of each research study to further facilitate generation of quality data. The session ended with a vote of thanks by Dr. Alok Mishra.

with homoeopathic medicine and its evaluation with Biothesiometer' highlighted the burden of Diabetes Mellitus. The chairpersons praised the students for undertaking such innovative research studies at undergraduate level and their zest for research. Then Dr. Ravi M. Nair highlighted the need for imparting research in education at basic level in homoeopathy, to inculcate a research aptitude and sensitization from an early stage in their career. Dr. Rajesh Shah also talked about the



Dr. Alok Mishra deliberating during the session

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Treatment Of Alopecia Areata

Dr Yashika Arora – B.H.M.S. (D.U.), P.G. SCHOLAR (D.K.M.M.H.M.C., Aurangabad)

INTRODUCTION -

Alopecia areata is a Chronic, Non- scarring, Autoimmune skin disease affecting the hair follicle resulting in the loss of hair on the scalp and elsewhere on the body. It is presented by a sudden onset by solitary or multiple small, round or oval, smooth patches on the scalp.

OBJECTIVES -

TO STUDY THE UTILITY OF VARIOUS HOMOEOPATHIC MEDICINES
IN THE TREATMENT OF ALLOPECIA AREATA.

METHODOLOGY

The study was an open, clinical trial done on the patients suffering from Alopecia areata. 20 Cases of Alopecia areata were recorded in a period of 6 months of research. The medicines were prescribed on the basis of Homoeopathic principles, the knowledge of Materia Medica, Organon of medicine and Repertory.

CONCLUSION

There were various Homoeopathic medicines, which proved beneficial in the 20 cases recorded during the research, based on the totality of symptoms in each individual case. **So, Here we go to see their action????**

LYCOPodium

Improvement in 3 cases.
Loss of hair or gray hair at young age. Premature baldness after abdominal affections, dandruff.
Ill effects of tobacco chewing and wine.

SELENIUM

Improvement seen in 1 case.
Hair loss from eyebrows, whiskers and genitals
hair painful to touch

ACID FLUOR

Improvement shown in 1 case.
Hair falling in spots, hair sticks together, Dry, and breaks off.

COCCULUS

1 case improved.
Hair loss, due to loss of sleep
Dark rings around eyes.

PSORINUM

Improvement in 2 cases. Constitutional remedy. Patients with suppressed skin or glandular disease. Hair dry, lustreless, tangles easily, humid eruptions on head, hair sticking together, spots of white skin with white lock of hair.

VINCA MINOR

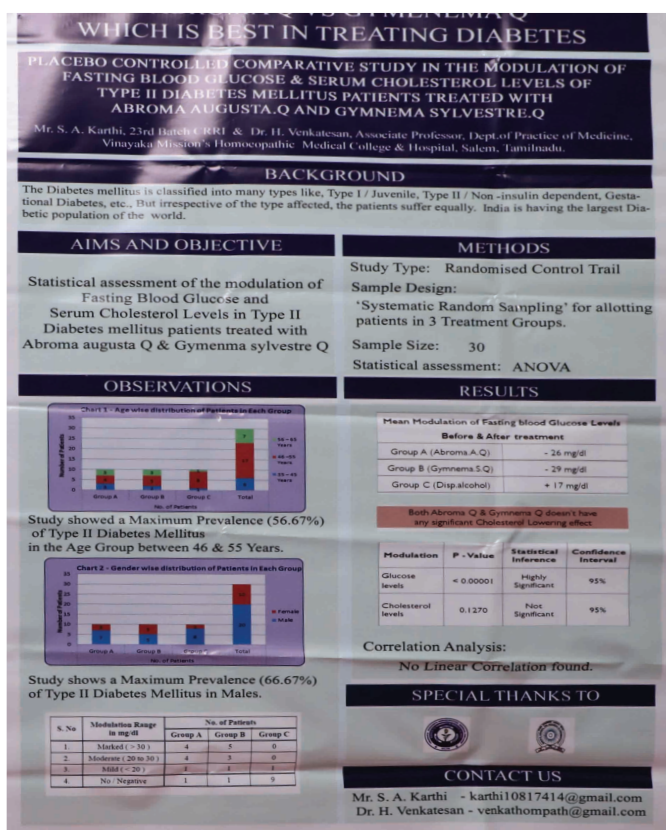
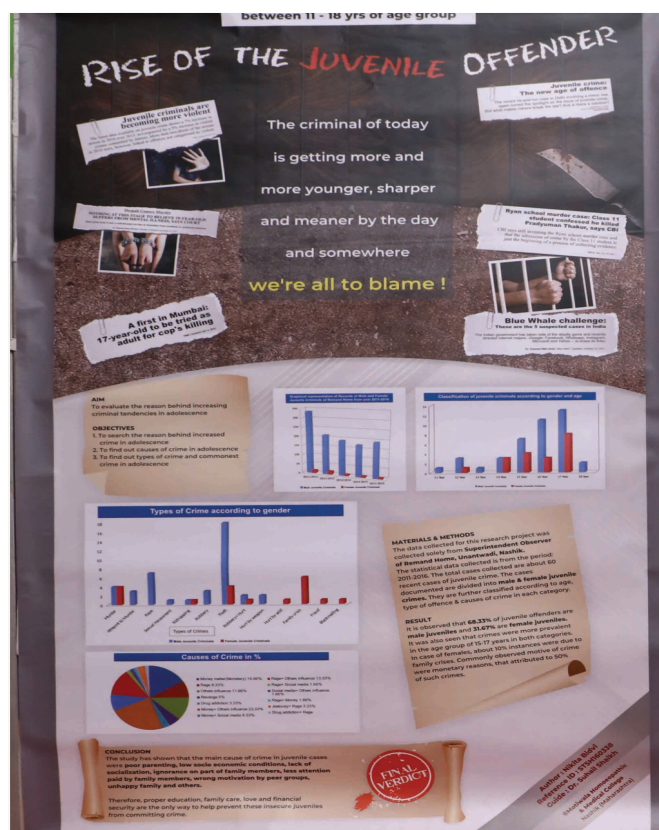
1 case improved.
Oozing moisture eruptions, matting hair together, corrosive itching of scalp, Plica polonica, Irresistible desire to scratch, hair replace by a white, gray or woolly hair in the patchy area.

NATRUM MUR

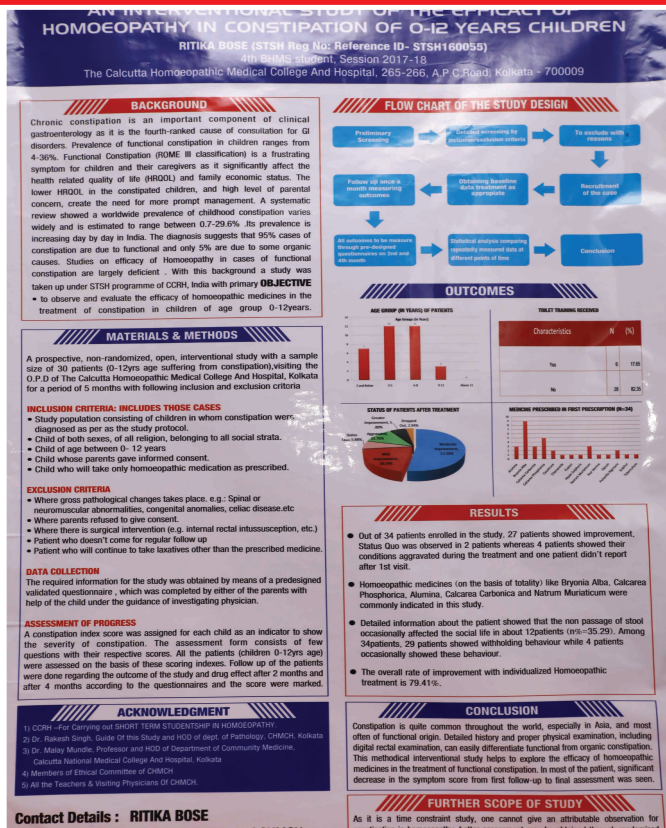
3 cases improved.
Hair fall, especially of forehead, temples and whiskers
Ill effects of grief, guilt, disapproval, fight, fit of passion, masturbation, fluid loss, anaemia.

PHOSPHORUS

4 cases showed improvement.
Hair falling in large bunches, in spots, white dandruff with itching. After anger, grief, worry, excessive use of iodine



Posters presented by young researchers



EXHIBITION OF CCRH

World Homoeopathy Day 2018 commemorating the birth anniversary of Dr. Samuel Hahnemann and completion of the 40 glorious years of the functioning of CCRH since inception marked an important event in the history of CCRH. An Exhibition was set up by CCRH showcasing the research activities of the Council undertaken in different research areas in these 40 yrs. Exhibition was inaugurated by Hon'ble Minister of AYUSH, Sh. Shripad Yesso Naik accompanied by other dignitaries including Dr. Manoj Rajoria, M.P., Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH & Sh. Roshan Jaggi, Joint Secretary, Ministry of AYUSH. The Exhibits were in the form of translights comprising of the research studies undertaken in different research areas till date. Apart from the various translights put forth exhibiting the various research activities of the



Inauguration of the exhibition by Hon'ble MOS Sh. Shripad Yesso Naik

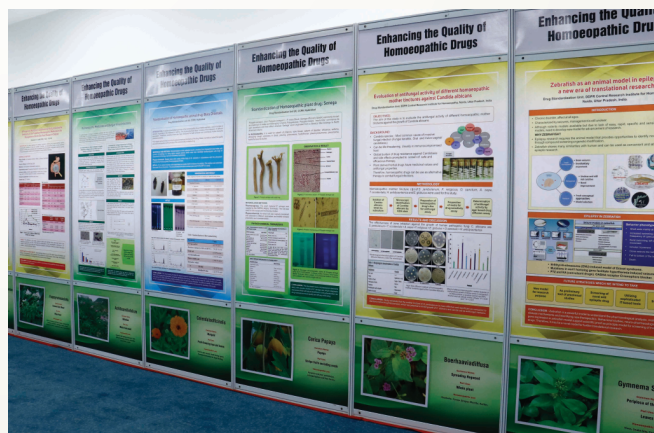


Sh. Shripad Yesso Naik looking intently at the exhibition

Council, there were two walls in exhibition area, one dedicated to drug standardization and other main wall depicting the journey of CCRH in the last 40 years. The exhibition team was headed by Dr. Anil Khurana, Deputy Director General and Dr. Bindu Sharma, Scientist-4 and comprised of officials including Dr. Ritika Hassija



Journey of CCRH last four Decades



The exhibition area

Narula and Dr. Anupriya, Scientist-1; Ms. Renu Arya, RO (Pharmacognosy) and Mr. Jitendra Kumar Sharma, Junior Hindi Translator. A stall showcasing the Council's publications was also put up in exhibition area where Council's publications were available for sale and IEC material was displayed. The stall was managed by

Mr. Arvind Kumar, Dr. Joy Kumar Dey and Mrs. Meenakshi. The Hon'ble Minister and visitors showed keen interest in the publications and appreciated the team for successful management of the exhibition. All the delegates visited the exhibition setup in the two days convention of WHD and took back the research imprints of the Council.



Council's stall at exhibition area



The exhibition Team

VALEDICTORY SESSION

The convention concluded with a valedictory session where the proceedings of two days were summarised and feedbacks from delegates were taken by the organisers. The delegates at the convention expressed delight on the fact that efforts are being taken to bridge the gap between practice and research in Homoeopathy, and hoped CCRH organises more such conventions for sensitisation of clinicians to homoeopathic research.