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Homoeopathy in Covid19: Building Evidence

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Homoeopathy in COVID-19: Building evidence

Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) launched a campaign to distribute prophylactic medicines to combat COVID-19, as a part of the bouquet of activities to commemorate 'Azadi Ka Amrit Mahotsav,' the year-long campaign that will continue till August 2022, as part of India's celebration about 75th anniversary of independence. Homoeopathic medicine *Arsenic album 30* will be one of the AYUSH drugs that will be widely distributed as a part of the prophylaxis drive. Other launches include 'Y Break App,' yearlong initiatives of cultivation of medicinal plants in farmland and sensitisation of school- and college-going students on AYUSH systems. The week beginning from 30 August to 5 September 2021 has been dedicated to launch activities related to AYUSH to be continued till next independence day will aim at ultimately taking AYUSH systems to remote areas of the country and address all categories of our population, from children to our old people, from farmers to corporate.^[1]

As we live in the most uncertain times amidst the ongoing *covidemic*, it is important that such campaigns are envisaged and implemented. People are more receptive to the idea of healthy and holistic living, and willing to adopt to lifestyle changes and alternative therapies of maintaining their health more than ever. India, long known for indigenous ways of preserving health, is now in the spotlight for sharing with the world the strengths of its well-nurtured asset in AYUSH systems. Homoeopathy, a significant 'H' in AYUSH, has also offered the world a lot in the pandemic, in terms of both prevention and treatment. However, since it's not clear if the worst is behind us, with global incidence of COVID-19 still on the rise, it is not yet the time for our fellow doctors-researchers to halt. Their untiring efforts in different parts of the world, dedicated to prove the valuable role of homoeopathy in this crisis, are deeply appreciated.

The WHO is gathering the latest international multilingual scientific findings and knowledge on COVID-19. The global literature cited in the WHO COVID-19 database is updated daily from searches of bibliographic databases, hand searching and the addition of other expert-referred scientific articles. This database represents a comprehensive multilingual source of current literature on the topic. Interestingly, the term 'Homoeopathy' yields 86 results, and the term 'Homoeopathy' yields 73 results, which includes under trial studies to published ones.^[2] How this database turns out for homoeopathy in another year, when more under trial/under press studies will be published, will be a thing to watch out for.

In this issue, a clinical trial^[3] has been published which demonstrates a positive role of individualised homoeopathic intervention as an add-on to conventional treatment for infantile spasms patients. This is a less explored clinical condition among homoeopathy researchers. Such preliminary studies pave the way for more rigorous studies, enlarging the arena of clinical conditions with research-based evidence for assessing the role of homoeopathy.

Study of various aspects of drugs prepared from indigenous plants has always been a key mandate of research activities of the Council. In a drug standardisation study published in this issue, the authors have studied *Mangifera indica* and mangiferin antioxidant properties.^[4]

A case series of nine cases is also being presented, demonstrating a positive role of homoeopathic treatment in relieving the post-COVID symptoms.^[5] While another article presents the available evidence from laboratory studies, clinical studies and toxicological studies for *Arsenic album* as a prophylactic/immune booster.^[6] A comprehensive report on Conference organised to celebrate World Homoeopathy Day 2021 is also presented in this issue.^[7]

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