

269 years of Homoeopathy: The healing continues

As we gear up to celebrate 269 years of homoeopathy, it is a matter of pride for the homoeopathic fraternity that homoeopathy continues to evolve globally. Homoeopathy is now a widely used medical system with over 200 million users in 100+ countries.^[1,2] If factors such as strong evidence, wide, global usage, and economic viability can be considered as the pillars that make a healthcare model legitimate for a nation, Homoeopathy, indeed, makes the cut. Given its well-acclaimed abilities of permanent, effective, and safe treatment, homoeopathy went on to be a fundamental part of Indian healthcare.

However, despite the relevance and evidence of homoeopathy as a validated system of medicine, scientific backing of Homoeopathy has always been under attack by skeptics.

There is a substantial amount of positive evidence that comes from various research methods such as systematic reviews, meta-analyses, randomized controlled trials, and several other clinical studies that speak favorably about the efficacy of Homoeopathy in various conditions ranging from acute problems like seasonal flu^[3] to advanced illnesses such as cancer^[4] or autoimmune disorders.^[5] There even exists reproduced evidence on certain conditions such as allergic rhinitis,^[6] otitis media,^[7] diarrhoea,^[8] and vertigo.^[9] Systematic reviews confirm that individualized homoeopathic treatment is 1.5–2.0 times more likely to have a beneficial effect than a placebo, thus negating the treatment therefrom as a placebo effect.^[10]

And yet, homoeopathy continues to face little acceptance by some countries. But one has to go deeper into this to understand these facts. Despite the bans and challenges, a high patient footfall at Homoeopathy clinics essentially demonstrates the public trust in its effectiveness, thus suggesting that people continue to make their choices and prioritize their experience over pronouncements by authorities.

In India, however, medical pluralism and the growth of each system is supported on scientific grounds. Many reputed academic institutions of Homoeopathy are committed to giving lawful medical degrees to Homoeopathy professionals, following rigorous medical education in Homoeopathy, and then, there are several clinical setups, both public and private, that are exhibiting the true therapeutic potential of Homoeopathy through their clinical acumen. Finally, Homoeopathy research organizations, as well as Homoeopathy colleges in India are working tirelessly to validate this science through standardized research studies, as per internationally acceptable norms and procedures.

The Central Council for Research in Homoeopathy alone has produced more than 200 research papers, verifying the

effectiveness of Homoeopathy in various conditions in the last 20 years, many of which are published in internationally reputed, peer-reviewed, and indexed journals. The clinical researches of the Council have been selected for presentations in well-renowned, international platforms, where the parameters for selection are set high to match a decent scientific quotient. During the COVID-19 pandemic, homoeopathic medicines were helping faster recovery due to the concept of minimally effective doses that stir up one's immune system. Recent evidence work of Council and others, delightfully, confirms this understanding of this science.^[11-13]

It is, thus, a general misconception that what is “new” or “huge” or “glamorous” is only modern. Dr. Samuel Hahnemann, the founder of Homoeopathy, had the most modern scientific outlook on the medical treatment back in the 18th century. Homoeopathic treatment has involved “minimal”, “individualised” dosage, since the time when the world could not see beyond the materialistic dose. Today, the world is rising to the concept of immunotherapy, personalized medicine, and nano-dose, which was known to be the concepts of Homoeopathy centuries ago.^[14] As we remember Dr Hahnemann on his 269th birth anniversary, it is important that we draw inspiration from his scientific temperament and safeguard our medical system through high-quality, evidence-based research that can withstand the worst criticism and irrational denunciations.

Homoeopathy has served as an integral part of the healthcare system of many a nation in the past, delivering health-care selflessly for all these years. As we observe the World Homoeopathy Day this 10th April, let our spirits not be dampened through repeated attacks on homoeopathy, and let us continue healing our people gently and permanently through homoeopathy, that would be our greatest ode to Dr. Samuel Hahnemann, whose life revolved only around analysis, and re-analysis.

In this issue, we present a study reporting the experimental evidence for the safety of potentized dilutions of *Rhus toxicodendron* in Wistar albino rats.^[15] A report on the usage of prophylactic *Arsenicum album* 30C in health-care workers of COVID-19 health center is also presented.^[16] In addition, evidence-based case reports demonstrating the successful outcome of homoeopathic treatment in patients with tinea cruris,^[17] chronic venous ulcer,^[18] and two pediatric cases one with gallstones,^[19] and another with internet gaming disorder^[20] are being reported.

On this occasion of World Homoeopathy Day, I urge all our readers to continue to work tirelessly for the growth and progress of Homoeopathy, the gentle science of healing.

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