

Workshop on Rheumatoid Arthritis – Improving the Quality of Life through Homoeopathy

Introduction

CCRH organised a three day workshop on "Role of Homoeopathy in improving the quality of life of Rheumatoid Arthritis patients" with financial grant from WHO at its Hqs. office at Janakpuri, New Delhi from September 10-12, 2001. Dr. Diwan Harish Chand, an eminent homoeopath and Vice-President of Governing Body of CCRH was the Chief Guest and Dr. M.S. Pramanik former Director, Central Research Institute (H), Kottayam chaired the inaugural session. Dr. V.K. Khanna, Principal Nehru Homoeopathic College & Hospital, New Delhi and Dr. B.M. Mathur, Principal, Dr. B.R. Sur Homoeopathic Medical College, New Delhi were also present on the occasion. The workshop was attended by 63 participants comprising of scientists of CCRH, Medical Officers from Delhi Administration dispensaries, teaching faculty from various homoeopathic colleges and private practitioners. The main aim of the workshop was to disseminate upto date information on the latest advancement related to diagnostic and management especially through Homoeopathy.

While welcoming the Chief Guest, other guests and participants, Dr. R. Shaw, Director, CCRH thanked WHO for providing financial aid for organizing this workshop. He hoped that the participants would gain from interchange of ideas and learn new things from this workshop.

Dr. M.S. Pramanik former Director, CRI(H), Kottayam also addressed the participants.

Dr. Diwan Harish Chand, Vice-President Governing Body of CCRH in his inaugural address said that there was an immense scope of research in Homoeopathy and the future lies in the hands of those engaged in this great task. He also said that one cannot stay on the works of our forefathers forever, the research must go on to keep the science alive and prospering. He pointed out that nowhere in the world there was such a good patronage from the government for Homoeopathy, therefore the opportunity should not go waste and now it was for CCRH to device special methodology for research without compromising with principles of Homoeopathy. He briefed the participants about results of a pilot study conducted by Centre for Rheumatic Disease, UK and Glasgow Medical College & Homoeopathic Hospital on evaluation of Homoeopathic therapy in Rheumatoid Arthritis through double blind

clinical trial. He said that the study was conducted in two parts, first part including Homoeopathy and compared with salicylates and the second part Homoeopathy and Placebo. The results of the first part showed that there was improvement in 66% of cases who were on Homoeopathy as compared to 14.6% patients who were on salicylates, and in the second part also there was significant statistical improvement in patients with Homoeopathy. He pointed out that the pilot trial was encouraging and CCRH could take it as a model trial. He expressed his pleasure in inaugurating this workshop and extended his good wishes and hoped that the participants would gain from the deliberations and learn many things which would add to their knowledge and exposure.

Smt. Shailaja Chandra, Secretary, Department of ISM & H also addressed the participants in the post lunch session. While commenting on the popularity and strength of Homoeopathy, she said that though CCRH was engaged in various research programmes adequate steps should be taken to highlight these achievements effectively to the public as well as scientific fraternity for the propagation of the system. She hoped that there would be goal oriented talks in the workshop and the participants would benefit from it.

The first day of the workshop was devoted to an insight into the genesis of the disease and its complications. In the first scientific session Dr. Rajesh Malhotra, Consultant and Assistant Professor in Orthopedics, AIIMS, New Delhi gave a detailed talk on the epidemiology, etiology, patho-physiology and clinical features of Rheumatoid Arthritis – through transparencies and slides. He covered the genetic and environment factors, possible direct causes, factors involved in cartilage damage, patterns of onset, presentation, laboratory investigations, role of RA factor, differential diagnosis, flare up of the disease, remission, diagnostic difficulties, diagnosis and management of infected joint in Rheumatoid Arthritis and extra articular rheumatoid arthritis.

In the second scientific session Dr. R.K. Mishra, Orthopedician and former lecturer at Nehru Homoeopathic College & Hospital, New Delhi covered the complications of Rheumatoid Arthritis and their presentation and Dr. M.K. Swamy, Dept. of Orthopedics, Safdarjung Hospital, New Delhi covered the prevention of deformities in Rheumatoid Arthritis and their management.

The second and third day of the workshop was totally devoted to homoeopathic treatment which covered the Role of Homoeopathy in Immunological Disorders by Dr. Mohd. Quasim, Expert in Homoeopathy; Role of Dog's saliva in Chronic Diseases with special reference to Rheumatoid Arthritis by Drs. D.K. Gupta and Bhavna Gupta (it is a report based on a study conducted by them on ten female patients with a definite H/O dog bite before the onset of symptoms of Rheumatoid Arthritis and treating them with Lyssin); Homoeopathic Approach to Rheumatoid Arthritis by Dr. V.K. Chauhan, Professor, NHMC, New Delhi and Dr. Meeta Gupta; Rheumatoid Arthritis – improving the quality of life – a comparative study by Dr. Rathin Chakravorty of Kolkata (this was a report based on a comparative assessment of the effectiveness and cost effectiveness in the treatment of Rheumatoid Arthritis patients by Modern system of medicine and by homoeopathic system of medicine); Managing Rheu-

matoid Arthritis – the Bowel Nosodes way (a paper based on a study in which Homoeopathic medicines including bowel nosodes were compared with placebo); talk on various homoeopathic aspects related to Rheumatoid Arthritis by Dr. Diwan Harish Chand, Vice President of Governing Body of the CCRH; Reportorial References in Rheumatoid Arthritis by Dr. D.P. Rastogi, Ex-Director, CCRH and a paper on an analytical study of 25 cases of Rheumatoid Arthritis by Dr. S. Gopinadhan, Asst. Research Officer, Central Research Institute, Kottayam, CCRH. Details of the proceeding will be published in the forthcoming issue of Quarterly Bulletin.

The workshop, on the whole was informative and educative and every scientific session was followed by discussion. The scientific sessions were coordinated by Dr. V.P. Singh, Asstt. Director (Homoeo) CCRH.