

## Research Highlights (October 2019–December 2019)

### HOMOEOPATHY IN INFANTILE COLIC

**Title:** Effectiveness of a homeopathic complex medicine in infantile colic: A randomized multicenter study

**Authors:** Christa Raaka, Peter Kruegerb, Petra Klementc, Sabine De Jaegerc, Stephan Weberd, Thomas Kellerd, Lydia Ilyenkoe, David Martina, Thomas Ostermannf

**Journal:** Complementary Therapies in Medicine 45 (2019) 136–141.

**Summary:** A prospective, multicentric, randomised, open-label, controlled clinical trial was conducted in 2009 in three Russian outpatient clinics. In the study, the children received either Enterokind (*Chamomilla D6, Cina D6, Colocynthis D6, Lac defloratum D6* and *Magnesium chloratum D6*) or *Simethicone*. Data from infants aged  $\leq 6$  months with infantile colic were presented. In this study, the effectiveness and safety of the complex homeopathic medicine *Enterokind* was compared with that of *Simethicone* for treating infantile colic. The main outcome assessments were the change of total complaint score (maximum 17 points) and total objective symptom score (maximum 22 points) after 10 days of treatment. The current study indicates that *Enterokind* is an effective and safe homeopathic treatment for functional intestinal colic in infants aged  $\leq 6$  months.

**Comments:** Infantile colic is a common disease occurring in early infancy. Frequent use of analgesics is unsafe for infants. The condition can be safely managed with homeopathic medicines.

### PHYSICO-CHEMICAL CHANGES OF METAL OXIDE NANOPARTICLES

**Title:** Dilution-induced physico-chemical changes of metal oxide nanoparticles due to homeopathic preparation steps of trituration and succussion

**Authors:** Basu A, Temgire MK, Suresh AK, Bellare JR

**Journal:** Homeopathy. 2019 Oct 25. doi: 10.1055/s-0039-1694720.

**Summary:** Cupric oxide and zinc oxide nanoparticles (NPs) were subjected to the homeopathic processes of trituration and succussion, followed by dilution up to 6 cH. Particle image velocimetry was employed to analyse the fluid motion during succussion and its effect on the NPs. The resulting microstructural and chemical changes at different dilution steps were determined by X-ray photoelectron spectroscopy, Fourier-transform infrared spectroscopy and transmission electron microscopy. The results showed that the NPs sustained significant rate of temperature change due to energy

transfer from moving eddies during succussion. Different physico-chemical changes, such as size reduction, successive reduction and oxidation of NPs and morphological changes, were achieved through trituration and succussion. The retention of NPs within cross-linked poly-siloxane chains reveals the importance of both the borosilicate glass vial and the ethanol solution during the preparation of homeopathic medicines.

**Comments:** The physico-chemical changes of these materials induced by trituration and succussion were established in this study. This prepares the ground to observe physico-chemical changes in other drug substances also.

### HOMOEOPATHY IN VETERINARY MEDICINE

**Title:** Evaluation of parasitological homeopathic complex in the control of gastrointestinal nematodes in peripartum sheep

**Authors:** Pacheco PA, Marconato MN, Dos Reis LL, Katiki LM, De Paz CCP, da Costa RLD

**Journal:** Homeopathy. 2019 Nov; 108(4):248-255. doi: 10.1055/s-0039-1684018.

**Summary:** In this study, antiparasitic homeopathic complex medicine was given to ewes during the critical peripartum period of increased susceptibility to nematodes. Three randomised groups containing 16 animals each were assigned as follows: 'H10' received 10 g homeopathic complex added to concentrated food per day; 'H20' received 20 g homeopathic complex added to concentrated food per day and 'C' (control group) did not receive a homeopathic complex. The animals were tested to evaluate the effect of Homeopathy on several health parameters during a period of 110 days. The parasite that prevailed in the copro-cultures of both treatments throughout the experiment was *Haemonchus contortus* (78.26%). H20 treatment in peripartum sheep resulted in greater body weight and lower leucocyte count. H10 was associated with lower FEC for *Trichostrongylidae*. Both H10 and H20 justify a label of 'effective anthelmintic' for *Cooperia*.

**Comments:** The appearance of anthelmintic resistance has made it difficult to control verminosis in sheep, leading to increased research to find alternative nematode control. The use of Homeopathy in veterinary medicine has been studied as an alternative for the treatment and control of some diseases. This may broaden the significant role of Homeopathy in veterinary medicine also.

### A CASE REPORT OF HETEROTOPIC OSSIFICATION

**Title:** Heterotopic ossification in a 7-year-old female patient treated with individualized homeopathy: A case report

**Authors:** Tsintzas D, Jaggi A, Jaggi L, Mahesh S, Vithoulkas G

**Journal:** Clin Case Rep. 2019 Nov 19;7(12):2526-2533. doi: 10.1002/ccr3.2547.

**Summary:** Classical Homoeopathy can be included among the treatment options for congenital heterotopic ossification. This is a case of a 7-year-old girl suffering from severe congenital heterotopic ossification. The individualised remedies according to the rules of classical Homoeopathy were given to the patient. A series of remedies were prescribed to the patient during the course of her treatment namely *Mercurius solubilis*, *Lycopodium*, 1M, *Belladonna*, *Sulfur* 1M. Steady improvement both in her clinical condition and the radiological findings over the next 2 years was observed. This was the first published case concerning the treatment of this difficult pathology with classical Homoeopathy. Many more cases and much more research are definitely needed in order to conclude that classical homoeopathy can be a treatment option for this severe pathology.

**Comment:** Classical Homoeopathy is a holistic art which has the potential to treat difficult pathologies. These kinds of case reports pave path for other practitioners to publish their cases treated by classical Homoeopathy.

## CASE REPORTS OF MYCOSIS FUNGOIDES

**Title:** Homeopathy as therapy for mycosis fungoides: Case reports of three patients

**Authors:** Nwabudike LC

**Journal:** Homeopathy. 2019 Nov; 108(4):277-284. Doi: 10.1055/s-0039-1687822.

**Summary:** Mycosis fungoides (MF) is an uncommon, indolent, form of cutaneous T cell lymphoma, of which there are various types according to international classification. Various treatment modalities are available; however, these are fraught with potentially severe adverse effects. Three cases of immunohistochemically confirmed MF were treated with classical individualised Homoeopathy. Each case was followed up with photographic documentation and was reported according to the criteria set out in the HOM-CASE guidelines. Based on the World Health Organization-European Organization for Research and Treatment of Cancer criteria, the patients were classified as T1b, T1a/T1b and T2b. All cases remitted following homoeopathic treatment and remained in remission. Side effects were not reported in these cases.

**Comments:** MF may respond to individualised homoeopathic medicine. Although the case number here is small, MF is not a common disorder, spontaneous remission is not usually expected and the disease may progress to a more severe form. Hence, these findings could serve as a basis for further research into the role of individualised homoeopathic medicine in the treatment of MF.

## SIGNIFICANCE OF TEMPERAMENT IN HOMOEOPATHY

**Title:** Importance of temperament in individualized homeopathic prescription: Evaluation by an open, randomized, pilot trial

**Authors:** Sultana N1, Samanta A1, Koley M2, Saha S3

**Journal:** Homeopathy. 2019 Nov; 108(4):240-247. doi: 10.1055/s-0039-1685142.

**Summary:** A prospective, open, randomised (1:1), two-parallel arm, pilot trial was performed on patients suffering from various chronic diseases. Each patient's temperament was assessed using a newly developed 'temperament diagnostic questionnaire.' Outcome measures were health status using the EQ-5D-5 L questionnaire and a visual analogue scale (VAS) of patient's self-rated health, measured at baseline and at 3 months. Homoeopathic medicines were prescribed on the basis of individualisation, randomly with or without accounting for individual temperament, and the patients were grouped accordingly (temperament[+] and temperament[-]). Baseline comparability of the two groups was checked, followed by analysis of group differences.  $P < 0.01$  was considered statistically significant. Fifty protocol-compliant patients were analysed. The two groups were comparable at baseline. There was a statistically significant improvement ( $P < 0.01$ ) in each group over 3 months of intervention. Although improvement in the EQ-5D-5 L score was greater in the temperament(+) group (mean difference, 2.4; 95% confidence interval [CI], 0.2–4.5), the change did not achieve the threshold for statistical significance ( $P = 0.029$ ). Improvement in VAS score was statistically significantly greater in the temperament(+) group than in temperament (-) patients (mean difference, 15.2; 95% CI, 4.9–25.4;  $P = 0.004$ ). Considering temperament as a key element of individualised prescription may enhance health improvement from homoeopathic treatment in chronic diseases. Independently replicated rigorous trials with validated scales are warranted.

**Comments:** As every individual is different and unique, it is important to understand the various temperaments and their importance to treat the individuals. The importance of temperament in the selection of an individualised homoeopathic medicine has not been evaluated systematically. The current study explored this underresearched area.

## COMPLEMENTARY AND ALTERNATIVE MEDICINE METHODS FOR CONSTIPATION IN THE PAEDIATRIC POPULATION

**Title:** Traditional, complementary and alternative medicine in children constipation: A systematic review

**Authors:** Paknejad MS, Motaharifard MS, Barimani S, Kabiri P, Karimi M

**Journal:** Daru. 2019 Dec; 27(2):811-826. doi: 10.1007/s40199-019-00297.

**Summary:** This review aims to evaluate the efficacy and safety of complementary and alternative medicine methods for constipation in the paediatric population. Related articles were screened independently by two reviewers according to their titles and abstracts. A data extraction form was filled in for each eligible paper. Quality assessment of eligible documents was also performed. Thirty studies were included, comprising 27 clinical trials and 3 case series. Ten documents were on herbal medicine, nine on traditional medicine, ten on manual therapies and one on Homoeopathy. Except for two herbal and one reflexology interventions, all studies reported positive effects on childhood constipation, with the majority being statistically significant. As the number of studies in each method was limited, meta-analysis could not be performed.

**Comments:** More research studies may be done on the efficacy and safety of different types of complementary and alternative medicine methods in children with constipation. In this way meta-analysis could be performed to increase the statistical power to detect the treatment effects of complementary and

alternative medicine methods for constipation in the paediatric population.

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