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EDITORIAL

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Assuring the quality of homoeopathic dilutions is a challenging task. Nevertheless, "the true physician must be provided with genuine medicines of unimpaired strength so that he may be able to rely upon their therapeutic powers, he must be able himself to judge their genuineness," as mentioned in the Aphorism 264 of Organon of Medicine.[1] The quality of a drug depends not only on the way the drug is manufactured after extracting the used part(s) of the original material, but also in the way the plant medicines are cultivated.

The Council has carried out standardization of many drugs and in this issue we present a paper on standardization markers of *Buxus sempervirens*. The drug is known for its medicinal properties for treating rheumatism, malaria, and gastrointestinal disorders.[2] Pharmacognostic study and high-performance thin layer chromatography fingerprinting of *Buxus* make available the information regarding morphology, powder microscopy, organoleptic characters, and physicochemical studies, which will help in identification, authentication, and proper standardization of the drug.[3]

Dr. S. C. Ghosh introduced *Cephalandra indica* to Homoeopathy in 1905. He proved this drug on four healthy volunteers and published the data in his book "Drugs of Hindoosthan," 9th edition. The Council carried out a Clinical Verification study on the hypoglycaemic effect of *Cephalandra indica* on the symptoms mentioned by Dr. Ghosh. The study was encouraging and showed its efficacy in reducing blood glucose level and also symptoms of diabetic retinopathy in tincture form.[4] Forty-one percent alcoholic abstract of *Cephalandra indica*, on regular administration in doses ranging from 25 to 75 μmL/100 g of body weight by oral or intraperitoneal route produced a significant fall in blood sugar level in alloxan-induced diabetes in rats.[5] In the featured study, there was a significant reduction of blood glucose level, regain of body weight, and regeneration of beta cells in pancreas in mother tincture-treated rats, further verifying the antidiabetic effects of the drug.

Another paper featured in this issue assesses the role of individualized homoeopathy in essential hypertension. A few trials conducted earlier used "specific remedy" or "combination formulae" for treating hypertension rather than an individualized approach.[6] This paper observes statistically significant reduction of blood pressure in the verum group as compared with the control group through individualized homoeopathic treatment, within a period of 6 months. *Natrum muriaticum, Calcarea carbonica, Sulphur, Thuja occidentalis, Nitric acid* and *Medorrhinum* were among the frequently prescribed medicines.

Furthermore, despite their established clinical efficacy, evidence-based studies on LM potencies are limited to only a few. Today, the LM potencies take up a small, but not insubstantial share of the market of homoeopathic remedies, which are prescribed by physicians and practitioners. Although this by no means indicates that the high-potency debate has come to an end, the gentle power of the small dosage convinces an increasing number of people. However, the kind of evidence required is still not available.[7] In a paper where he shares his clinical experiences with LM potencies, Dr. Luc de Shepper expresses that the use of LM potencies call for more investigations so that this treasure of the 6th edition of Organon is not lost.[8] One of our featured papers explores the effect of homoeopathic LM potencies in acute attacks of haemorrhoidal disease in a placebo-controlled trial.

A Homoeopathic Pathogenetic Trial on *Hydroquinone*, which evaluated the data using the Quantitative and Qualitative Pathogenetic Indices is also featured in the issue. Besides its use as an antioxidant in the rubber industry and a developing agent in photography, *Hydroquinone* and products containing *Hydroquinone* are used as depigmenting agents to lighten skin.[9] The paper unveils the homoeopathic therapeutic effects of this substance through this pathogenetic trial.

It is my appeal to all the readers to use the information provided in this journal and share their experiences with the professionals.

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