

## EDITORIAL

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Lifestyle related diseases associated with sedentary living and a poor diet quality, represent a major health burden. Polycystic Ovary Syndrome (PCOS) is the most common lifestyle disease in the women of reproductive age. The incidence of this complex metabolic, endocrine and reproductive disorder characterized by ovarian dysfunction and hyperandrogenism is ever-increasing in women, the world over and seeing a rise in India, especially among young females affecting approximately 5-10% of the female population in developed countries. Keeping the importance of the subject alive, a protocol has been developed to undertake a study on “Homoeopathy in polycystic ovarian syndrome -A randomized placebo controlled pilot study”<sup>[1]</sup> to evaluate the efficacy of homoeopathic intervention using established diagnostic criteria.

The extent of use of complementary and alternative medicine in chronic diseases like Osteoarthritis (OA) or Rheumatoid Arthritis (RA) is about 58%. Nearly 15% of people with RA use homoeopathy as complementary medicine with prime objective to reduce pain.<sup>[2]</sup> Conventional treatment of RA focuses over reducing pain and limiting disability and involves administration of non-steroidal anti-inflammatory drugs (NSAIDs). The homoeopathic system of medicine improves the general well being, that is, Quality of Life (QoL) in addition to reducing the pain and disability. With this objective, an observational study was done to evaluate the role of homoeopathic medicines as add on therapy in patients with rheumatoid arthritis on NSAIDs which resulted in the effectiveness of homoeopathic medicines in reducing the intensity of pain in patients with RA along with reduction in consumption of NSAIDs.<sup>[3]</sup>

Drug proving is one of the principle activities of homeopathic research which was started in 1963

under the Homoeopathic Research Committee constituted by Government of India, which is being carried forward by CCRH. The drug proving programme of the Council focuses on the proving of fragmentarily proved and indigenous drugs. Drug proving protocols have been a subject of intense debate internationally and its guidelines have been developed by Liga Medicorum Homoeopathica Internationalis (LMHI), European Committee for Homoeopathy (ECH) and Homeopathic Pharmacopoeia Convention of the United States (HPCUS). Over the years, a need was felt to bring harmonization in these proving guidelines and to develop a set of globally acceptable guidelines for Drug proving. In this regard, an interactive workshop<sup>[4]</sup> was held in the Council to exchange information on standards and methods of proving in USA, Europe and India to promote international collaboration and harmonization of Drug proving protocol. Readers would appreciate the various aspects of protocol that have been brought out in the appendix to the conference report which when implemented, shall definitely improve the quality of the provings.

*Hygrophila spinosa*, belonging to the family Acanthaceae, is a promising medicinal plant with great economic potential as depicted in the ancient medical literature. The plant contains terpenoids, alkaloids, flavonoids, and is traditionally known as an aphrodisiac, renal tonic and for its health-promoting properties.<sup>[5]</sup> To elicit the pathogenetic response of *Hygrophila spinosa* in homoeopathic potencies on healthy human volunteers, a study was conducted by the Council at its three centres through double-blind placebo-controlled method which produced new and proved pathogenetic responses elicited during the proving trial expanding the scope of the

drug thereby benefiting the research scholars and clinicians.<sup>[6]</sup>

A commonly used plant in Ayurvedic system of medicine is *Bacopa monnieri* which belongs to the family *scrophulariaceae* and is useful in the treatment of various diseases.<sup>[7]</sup> A study is illustrated in the inside pages to analyze the effect of *Zinc sulphate* as homoeopathic preparation on plants through in-vitro assay using *Bacopa monnieri* as a model plant system.<sup>[8]</sup> It was observed that *Zinc sulphate* showed growth inhibition at potencies from 1X to 5X where as at potency 6X, it exhibited growth promotion effect, when compared with the control.

An integral part of research is to be acquainted with the latest research activities carried out in the field. In this issue, the journal brings forth a new section on 'Research Highlights'<sup>[9]</sup> to apprise the readers about the important peer review publications on homoeopathy during the last quarter. Some of the interesting research article synopsis have been presented which showcase the effective role of homoeopathy in disease conditions like periodontitis, vitiligo and autism. One of the studies indicated that the potentized homoeopathic drugs acted primarily through modulation of gene expression. Antiproliferative effects of homoeopathic medicines on human kidney, colon and breast cancer cells is also demonstrated in one of the studies.

The off screen contributors of this journal are the reviewers who precisely evaluate the manuscript shaping and molding them fit for publication in this peer reviewed journal. All the reviewers of the articles published in 2013 are acknowledged for their excellence in this issue.

Urinary tract infections are frequently observed in patients with neurogenic bladder dysfunction due to spinal cord injury wherein conventional preventive measures are not found successful. A series of cases successfully treated with Homoeopathy in addition to standard urologic care by an experienced clinician will evoke an interest for the readers.<sup>[10]</sup>

Haemorrhoids is a very common condition that a physician would encounter in day to day practice. A case of 12-year old child diagnosed with internal

hemorrhoids was managed with individualized homoeopathy and was followed up for more than two years without recurrence.<sup>[11]</sup>

There is still some more to tickle your brain in the form of book review and making you nostalgic by the reminiscences penned down in the inside pages.

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