

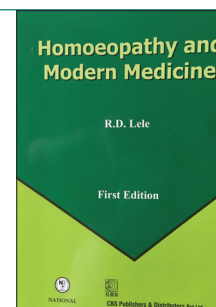
BOOK REVIEW

Homoeopathy and Modern Medicine

Author: Dr. R.D. Lele

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Homoeopathy baffles us, we are told that it is the medicine of 21st century since it respects the wisdom of the body. Many role models such as the Great Britain's Royal family, Mahatma Gandhi, John Rockefeller, and Yehudi Menuhin have supported Homoeopathy. There are some books on understanding homeopathic medicine.^[1]

But, homeopathic concept of increasing potency with increasing dilution seem contrary to concepts of allopathic medicine and practitioners of allopathic medicine have rejected homoeopathy, put it down to Placebo effect, resented its use by patients as it may delay distract or even counter modern medicine drugs. However, some us have seen its effects in relatives and patients who will swear by its benefit.

Dr. R.D. Lele in his scholarly book of 19 chapters tries to bridge this gap.

In the first few chapters, Dr. Lele reproduces Dr. Hahnemann's (father of Homoeopathy) writing and introduces the reader to Hahnemann as clinician par de excellence as exemplified in the painstakingly detailed history that is required in Homoeopathy. Dr. Hahnemann is also an experimenter par de excellence.

Dr. Hahnemann describes that medicines in perfectly simple unadulterated form be tested by careful experiments on the healthy body to ascertain their real effects. Those of milder power must be used, and subjects of experiments must be persons free from disease and not delicate, irritable and sensitive persons. Diet must be regulated. A person who is proving medicine must be trustworthy, conscientious, devote himself to careful observation. The medicines must be tested in males and females. He observed that toward the termination of events of a large quantity of medicine, symptoms were

opposite to those that first appeared, reverse of the primary action.

Dr. Lele has proposed that Dr. Hahnemann's concept *Similia Similibus Curantur*, as seen with *belladonna*, which interacts with muscarinic acetyl choline receptors marks the beginning of concept of receptor interaction with drugs, Concept of Hahnemann "which means to excite" that is, subharmful quantities of any harmful agents may be stimulative - in modern biology can be considered as adaptive mechanism, innate defense, and repair mechanism.

Dr. Hahnemann's statement that some symptoms by medicines are reproduced more frequently in many individuals while others more rarely can be considered as 'idiosyncrasies' (in the modern term) as observed with Cinchona.

In the chapter scientific study of symptoms and sign, Dr. Lele has given a delightful account of examples from allopathic medicine, on how simple clinical observations by astute physicians supported by understanding of anatomy, pathology, physiology, molecular biology has led to advancement of modern medicine.

Classification of human personalities is one of the attempts to individualize therapy. Dr. Lele gives us an insight into homoeopathic classification as linked to drugs.

He also describes in great detail how various experimental methods have been used in modern medicine and urges practitioners of homoeopaths to apply these to Homoeopathic medicine.

The chapter on newer understanding of placebo effect is a must read for students who are involved in clinical trials as it deals with different variables

such as the disease and patients compliance that offset the outcome of treatment.

Author has highlighted historical developments and recent advances in a number of areas such as regenerative medicine, gene therapy, human microbiome, cognitive neuroscience, nanomedicine, computers and robotic, illustrating the depth and breadth of authors' vast knowledge. Dr. Lele hints at applications of these to better understand Homoeopathy.

Homoeopathic medicine may act through a variety of mechanisms, and the author has exhorted future generations to evolve methods and links to modern biology and experimental methods.

Dr. Lele has extensively described the current knowledge of receptors and suggested a new approach of receptor-panning of Homoeopathic drugs using single molecule fluorescence microscopy which gives total internet reflexion excitation. This technology has ability to find out ligand-receptor docking active site and binding kinetics in real time an investment of Rs. 2 crores and a time frame of 2 years will bring spectacular results, with validation of Homoeopathic drugs, an idea worth implementing forthwith by AYUSH. Understanding Homoeopathic drug action at the molecular level will be the greatest achievement of the 21st century Homoeopathy, similar to what has already happened in modern molecular medicine.

He however, cautions that there is a temptation in some researchers for oversimplifying complicated multifactorial systems and that 'scientific findings are supposed to lead to new theories and not to be molded to fit existing ones' (in fact some of the all-time, wonderful quotes such as 'one can cure sometime relieve often, but comfort always' reiterated by Dr. Lele and several pearls of wisdom such as 'theories without facts to support are worse than facts without theories' are there to be picked by reader and treasured.)

In the chapter 'Primum Non Nocere,' Dr. Lele points out that Homoeopathy has a 100% record of safety alas the same cannot be said about modern medicine. He has extensively reviewed 'iatrogenic

illness' and emphasizes the new approach of personalized medicine and how to make effective therapy safer for the individual patient. The last chapter – 'prevention is better and cheaper than cure;' is a common goal for all system of medicine.

An important feature of this book is the compilation of Nobel prizes in Medicine, Chemistry, and Physics for 1901–2015 which have impacted medical thinking and practice.

I recommend this book to students and practitioners of Homoeopathy to understand how concepts of modern medicine evolved and to try and understand Homoeopathy in the context of modern knowledge. I also recommend this book to allopathic doctors for the delightful synopsis of historical events in modern medicine and the concepts of Homoeopathy.

This unique book should be read for the sheer knowledge, Dr. Lele's scholarly interpretation of Homoeopathy and his advice to students of Homoeopathy for future research.

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