

REMINISCENCES

Glimpses from the past, Central Council for Research in Homoeopathy Quarterly Bulletin Volume 16 (1–4), 1994

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AUTHORS NOTE

Behavioural Disorders, the diseases of the millennium can be effectively managed with homoeopathy, the preview of which is given in synopsis below. With the help of a large patient database, impact of homoeopathic medicines on various behavioural disorders is successfully proven in this review. The proving of homoeopathic remedies has been an integral part of council and the necessities of carrying out a genuine and thorough drug proving is invigorated in appended article.

Volume 16 Issue 1 and 2

Role of homoeopathy in psychiatry

The author, V.A. Balachandran, in this paper, illustrates the study carried out in Central Research Institute for Homoeopathy, CRI(H), Kottayam. 3700 cases of various mental disorders were registered for the study in the in-patient and out-patient and through visiting the schools for mentally retarded children periodically. However, only 100 cases were taken for the study from the inpatient department and were prescribed homoeopathic medicines on the basis of predisposing, precipitating, keynotes, general symptoms, miasmatic, and constitutional and reportorial symptoms. *Ars.alb.*, *Bell.*, *Nux vom.*, *Puls.* and *Phos* were the indicated remedies in this study.

It was found in this study that the age group of 20-40 yrs is more vulnerable for the development of mental disorders as these are the developing years for an individual in its professional and personal life.

Management of behavioral problems with homoeopathic medicines in mental retardation

The aim of this project was to study various behavioral problems and associated disorders in

mental retardation (MR), to explore the possibility of homoeopathic treatment in behavioral problems and to find out the most efficacious homoeopathic remedies in managing these behavioral problems in mentally retarded children. 449 mentally retarded children in the age group from 5 to 15 years from 11 schools for mentally retarded were studied. Author, Dr. B. Indira, presents in this paper the major behavioral problems existing in MR such as irritability, restlessness, hyperactivity, lack of concentration, involuntary urination and bedwetting, and sleeplessness. *Belladonna*, *Tarentula hispanica*, *Tuberculinum*, and *Sulphur* were found more effective in hyperactive children, and remedies such as *Baryta carbonica* and *Pulsatilla* were found indicated in dull and children with delayed milestones.

A pilot study on the effect of arsenic album in alcohol dependents

Authors, Dr. Gopinadhan and Dr. Balachandran in this paper bring about the, analysis of 10 cases of alcoholic dependents treated with *Arsenic album* at the Central Research Institute for Homoeopathy, Kottayam, in the years 1991–1993. Symptoms and signs of prolonged alcohol intake were relieved in these patients along with noticeable improvement in their behavioral symptoms.

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The Council conducted a randomized comparative trial in the management of alcohol dependence wherein individualized Homoeopathy was compared to standardized allopathic treatment from October 2012 to October 2014. *Sul.*, *Phos.*, *Lyco.*, *Lach.*, *Nux vom* and *Ars.alb* were the six homoeopathic remedies prescribed amongst 40 patients on the basis of their constitution. *Ars.alb*, prescribed in 6 individuals was effective in all of them. However, the study showed that individualized Homoeopathy is not inferior to standard allopathic treatment in the management of alcohol-dependent patients.

Homoeopathy in psychophysiological (psychosomatic) disorders

The authors, Dr. Gopinadhan and Dr. Balachandran, in this paper, describe psycho-somatic disorders as the physical or functional expressions of some psychic and emotional problems and prevail commonly in younger age group. As Homoeopathy offers a holistic approach in treating various kinds of disorders, this paper provides substantial evidence in psychosomatic patients presenting with chronic pain syndromes, headache, bronchial asthma, hypertension, etc., Among 50 patients enrolled, 47 patients showed improvement and *Natrum muriaticum*, *Pulsatilla*, and *Ignatia* were found to be the leading remedies in this study.

Study of behavioural problems in school children

The paper focuses on the common behavior problems found in children which include school phobia, anxiety neurosis, depressive neurosis, obsessive compulsive neurosis, hyperactivity, aggression, antisocial and learning, and developmental problems. It was observed that homoeopathic remedies including *Tuberculinum*, *Arsenic album*, *Bell.* and *Stramonium* prescribed on the basis of various mental and physical generals, brought about alterations in the mood and behavior of growing children.

Volume 16 Issue 3 and 4

The second half of this volume 16, Issue 3 and 4 of Quarterly Bulletin showcases the research activity of drug proving undertaken by CCRH. In the first paper of this volume on "Proving – Modern Methodology," the author, Dr. Anil Khurana details about the various steps to be followed for complete and thorough drug proving.

Understanding different kinds of sensations and their proper interpretation

In this interesting topic cited above, Dr. Dutta

instructs the investigator involved in various studies to be acquainted with the subject of different kinds of sensations and its interpretation, grasp of language, and power of expression for conducting the work of proving. As sensations form an integral part of subjective symptom and represent the exact nature of deviation, its interpretation should be understood well both by the prover and the investigator.

Drug proving - dosage

The theory of dynamization is unveiled in this chapter and light is thrown upon the types of dynamic reactions and determination of the dosage, which depends on the nature of the drug to be proved. In addition, the disadvantages of employing large doses of medicines in proving are immense. Author, Dr. Anil Khurana details about the precautions which needs to be carried by the prover during proving, such as maintaining a strictly regulated diet devoid of spices, roots and soups, abstinence from beverages such as pure wine, brandy, and coffee, and the qualities which the prover must possess such as being trustworthy and conscientious are also elicited in this article.

Interrogation of provers and drug proving - sources of errors

The authors, Dr. Mal and Chowdhury, in this write-up, explain the five steps of the proving program including the selection of the provers which should be preferably from homoeopathic student community, the primary medical examination of selected provers, the ways to conduct the actual trial, interrogation and recording the effect of the drug by the provers, and the last step being the terminal medical examination. The protocols, predesigned format and guidelines as prepared by the council are followed for each of these steps. The plausible sources of error prevailing in the drug proving process are put forth in another paper by the author, Dr. Anil Khurana where he explains the errors occurring due to nonresponse of the subjects taken for the study; responsive errors such as description of the same symptom by different subjects and errors due to wrong inclusion of provers.

Elements of literature search

Various aspects of literary research with its primary and secondary tools are penned down by the author, Dr. Anil Khurana in this paper. Need for literature research, steps involved in this literary research and the skills required in conducting this are portrayed nicely

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in this paper. The necessary steps involved in literature research include selection of sources, searching in secondary sources, to search in other sources, recording of references, and presentation of results.

Treatment of drug dependent's with homoeopathy - an attempt

The study evaluated the effectiveness of Homoeopathy in the management of drug dependent's withdrawal symptoms. 209 cases improved out of the total 261 cases and 20 cases were dropped out. *Rhus tox* was found to be most effective remedy seen in 41% of cases followed by *Avena sativa* (21%), *Nux vomica* (16%), and *Arsenic album* (12%). Author, Dr. Yogendra Rai states that homoeopathic medicines were found

efficacious in the management of withdrawal symptoms of drug addicts without producing any side effects and were a recourse to check the menace of the chemical dependency.

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Conflicts of Interest

There are no conflicts of interest.

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