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Research Highlights (July-September 2021)

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Abstract

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Research highlights

DEMOGRAPHIC ANALYSIS OF PSYCHIATRY PATIENTS ADMITTED IN THE HOMOEOPATHIC HOSPITAL

Title: Demographic and clinical profile of psychiatry patients of rural homoeopathic hospital, Palghar, Maharashtra, India, from 2014 to 2018

Authors: Sunita Nikumbh, Abhishek Kukde, Manoj Patel, Bhavik Parekh, Anoop Nigwekar, Renu Mittal, Kumar Dhawale

Journal: Homoeopathic Links 2021; 34(02): 106-111. DOI: 10.1055/s-0041-173170.

Summary: In Palghar district of Maharashtra for the past 20 years rural homoeopathic hospital has been admitting the patients with mental illness. Out of the two research articles, this is the first part which deals with demographic analysis of the patients admitted in the psychiatry ward of Homoeopathic hospital between the years 2014 and 2018. In this research, all case records were studied as per a predetermined format to establish the demographic features, the clinical diagnosis, and the duration of stay of patients in the psychiatric ward. A total of 1015 patients was seen in the hospital and 35% of patients were having alcohol withdrawal symptoms, 12.7% of patients had conversion disorder, 9.8% patients reported of suicidal attempt and 9.7% of patients were suffering from anxiety disorders. The duration of stay in the hospital was noticeably shorter than what has been reported from the allopathic admissions.

Comments: Most of the patients admitted in the homoeopathic hospital were diagnosed with alcoholism, followed by conversion disorders, suicidal attempts and anxiety-panic conditions as the most common psychiatric conditions. In future it would be advisable for the psychiatric patients to take homeopathy treatment for their well-being not only in mild, acute cases but also in chronic cases.

A HOMOEOPATHIC MEDICINE AGAINST MALARIA

Title: Efficacy of *Chininum sulphuricum* 30C against Malaria: An *in vitro* and *in vivo* study

Authors: Mansi Suri, Sapna Katnoria, Neha Sylvia Walter, Raj Kumar Manchanda, Anil Khurana, Debadatta Nayak, Upma Bagai, Sukhbir Kaur

Journal: Complementary Medicine Research. 2021 July;1-10. <https://doi.org/10.1159/000517509>.

Summary: To cure various ailments, in homeopathy ultra-diluted doses of various substances to stimulate autoregulatory and self-healing process are used. This was an *in vitro* and *in vivo* study to evaluate the antimalarial efficacy of a homeopathic drug *Chininum sulphuricum* 30C. An *in vitro* antiplasmodial activity was screened against the *P. falciparum*

chloroquine-sensitive (3D7) strain, and cell viability was assessed against normal human dermal fibroblasts and HepG2 cells. Suppressive, preventive and curative studies were carried out against *P. berghei*-infected mice *in vivo* and it was found from the study that *Chininum sulphuricum* (30C) revealed good antiplasmodial activity *in vitro*, with $92.79 \pm 6.93\%$ inhibition against the 3D7 strain. The cell viability was $83.6 \pm 0.6\%$ against normal human dermal fibroblasts and $95.22 \pm 5.1\%$ against HepG2 cells. It also exhibited suppressive efficacy with 95.56% chemosuppression on day 7 with no mortality throughout the follow-up period of 28 days. It also showed preventive activity against the disease. Drug treatment was also safe to the kidney and liver function of the host as evidenced by biochemical studies.

Comments: Homoeopathic medicine *Chininum sulphuricum* 30C is a highly diluted remedy formed from the sulphite of quinine and its 30C dilution is pharmacologically prepared according to the method described in the Homeopathy Pharmacopoeia of India. In this research study, it was found that *Chininum sulphuricum* 30C exhibited considerable antimalarial activity and was safe for the kidney and liver function of the host. In the future, *Chininum sulphuricum* can be used as a preventive and curative homoeopathic remedy against malaria.

DIABETIC FOOT ULCER TREATED WITH HOMOEOPATHIC Q

Title: *Lachesis mutus* and *Calendula officinalis* Q in diabetic foot ulcer treatment—Two case reports

Authors: K. C. Muraleedharan, Pooja Prakash

Journal: Homoeopathic Links 2021; 34(02): 164-174. DOI: 10.1055/s-0040-1716893.

Summary: In the present scenario, most of the cases of diabetes mellitus have multiple comorbidities due to which there is a lot of difficulties faced by the doctors in managing patients with diabetic foot ulcer and its complications. Most of the cases even after amputation have chances of low/poor wound healing and it also leaves behind mental, physical and financial burden to the people. In this article, two cases of diabetic foot ulcers of patients are presented, one with bipolar affective disorder and the other one with toes amputated, and both were treated with homoeopathic medicines *Lachesis mutus* and *Calendula officinalis* Q along with standard care in an inpatient department facility and it was seen that homoeopathy medicines are effective in managing such challenging cases without any complications.

Comments: Homoeopathy being a “science of individualisation” is based strongly on the premise that no two humans are alike so on the basis of individualisation Homoeopathy medicines can be used in the management of

post-amputation conditions or in diabetic foot ulcer/gangrene. The selection of potency is also pivotal in treating such conditions. From the case reports, it was found that an early careful intervention or an integrated approach can minimise complications and postsurgical disability to lead a quality life with minimal residual symptoms. For the progressive deep-seated ulcerations, *Calendula officinalis* Q can be used as an external application for cleaning and dressing.

MUSCULOSKELETAL PAIN MANAGED WITH HOMOEOPATHY: A META-ANALYSIS

Title: Development of a prognostic factor prediction model in patients with musculoskeletal pain treated with homeopathy: An individual patient data meta-Analysis of three randomized clinical trials

Author: Robbert van Haselen

Journal: Journal of Complementary Medicine Research. 2021;28(1):46-55. Doi: 10.1159/000508716.

Summary: The main objective of the study was to investigate the principle of individualisation in homeopathy by developing a prognostic factor prediction model. The first trial took place at the Rheumatology department of St. Bartholomew's Hospital, London. In the second trial, Spiroflor SRL® gel was compared with a placebo gel, for osteoarthritis of the knee and took place in rheumatologic outpatient clinics in Holland and Belgium and in the third, multicentre trial investigated the effect of SRL gel versus Cremor Capsici Compositus FNA in 161 patients with acute low back pain and took place in 19 general practices in the UK. The pooled dataset consisted of 284 patients in the Spiroflor SRL group and 275 patients in the control group. Adjusted for pain at baseline, a statistically significant effect modification for the symptoms “numbness or tingling of the affected part” (+2.0 mm VAS; $P = 0.02$), “amelioration by movement” (−5.6 mm VAS; $P = 0.01$) and “amelioration of pain by local heat” (+7.0 mm VAS; $P = 0.02$) was found.

Comments: It is confirmed from the study that individual patient data meta-analysis can be used to quantitatively investigate aspects of treatment, individualization and analysis of symptoms. E.G: amelioration by local heat is of possible value as a homeopathic symptom (prognostic factor), predicting an increased likelihood of pain relief following treatment with the homeopathic product.

CUTANEOUS WARTS CAN BE SUCCESSFULLY MANAGED WITH THE HOMOEOPATHIC TREATMENT

Title: A randomized, double-blind, placebo-controlled, pilot trial of individualized homeopathic medicines for cutaneous warts

Authors: Samit Dey, Shifa Hashmi, Sangita Saha, Mahakas Mandal, Abdur Rahaman Shaikh, Ekta Agrawal, Priyanka Ghosh, Nisha Sehrawat, Munmun Koley, Subhranil Saha

Journal: Homeopathy. 2021 Aug;110(3): 149-159. Doi: 10.1055/s-0040-172232.

Summary: A double-blind, randomized, placebo-controlled trial was conducted at the dermatology outpatient department of D.N. De Homoeopathic Medical College and Hospital, West Bengal. The objective of this research study was to assess the feasibility of a future definitive trial, with preliminary assessment of differences between effects of individualized homeopathic (IH) medicines and placebos in the treatment of cutaneous warts. For this purpose, patients were randomized to receive either individualized homeopathic medicines ($n = 30$) or identical-looking placebo ($n = 30$). Primary outcome measures were numbers and sizes of warts; the secondary outcome was the dermatology life quality index (DLQI) questionnaire measured at baseline, and every month up to 3 months. Group differences and effect sizes were calculated on the intention-to-treat sample. Attrition rate was 11.6% (IH, 3; placebo, 4). Intra-group changes were significantly greater (all $P < 0.05$, Friedman tests) in IH than placebo. Inter-group differences were statistically non-significant (all $P > 0.05$, Mann-Whitney U tests) with small effect sizes-both in the primary outcomes (number of warts after 3 months: IH median [inter-quartile range; IQR] 1 [1, 3] vs. placebo 1 [1, 2]; $P = 0.741$; size of warts after 3 months: IH 5.6 mm [2.6, 40.2] vs. placebo 6.3 [0.8, 16.7]; $P = 0.515$) and in the secondary outcomes (DLQI total after 3 months: IH 4.5 [2, 6.2] vs. placebo 4.5 [2.5, 8]; $P = 0.935$). The most frequently prescribed medicines were *Thuja occidentalis* (28.3%), *Natrum muriaticum* (10%) and *Sulphur* (8.3%) and no harms, serious adverse events or homeopathic aggravations were reported during the study.

Comments: Homeopathic medicines are among the best medicines for warts with proven efficacy. The result of this study favours the homeopathy treatment and the trial was succeeded in showing that an adequately powered definitive trial is both feasible and warranted in the cases of warts.

HIGH DEMAND OF COMPLEMENTARY AND INTEGRATIVE MEDICINE IN GERMAN HOSPITALS

Title: Integrative pediatrics survey: Parents report high demand and willingness to self-pay for complementary and integrative medicine in German hospitals

Authors: Dennis Anheyer, Anna K. Koch, Melanie Anheyer, Catharina Amarell, Marion Eckert, Gustav Dobos, Holger Cramer

Journal: Complementary Therapies in Medicine. Volume 60, August 2021, 102757. <https://doi.org/10.1016/j.ctim.2021.102757>.

Summary: Now adays many parents are interested in using CIM for their children and are looking forward to CIM being incorporated in clinical primary health care. They would also be willing to bear the costs themselves if the therapy in question

is not covered by their insurance. This research study was done in the pediatric department of the Elisabeth Hospital, Essen, Germany and the Children's Hospital St. Marien, Landshut, Germany. Parents who visited the hospital were asked to take part in a paper-pencil survey and a total of 1323 participated in the survey. About 40% of them stated that they already use CIM for their children. Homeopathy was most frequently mentioned by the parents with almost 60 %, followed by osteopathy, phytotherapy and massage therapies.

Comments: Various studies suggest that complementary medicine can improve mood and quality of life. It might help in coping with stress and to improve the immune system this allowing patient to better cope with treatment-related side effects.

HOMOEOPATHIC MEDICINES IN VETERINARY SYSTEM OF MEDICINE

Title: Daily intake of a homeopathic agent by dogs modulates white cell defenses and reduces bacterial counts in feces

Authors: Antonise Mariely Jaguezeskia, Patricia Glombowsky, Gilneia da Rosa, Aleksandro S. Da Silva

Journal: Microbial Pathogenesis. Volume 156, July 2021, 104936. <https://doi.org/10.1016/j.micpath.2021.104936>.

Summary: At present in veterinary system of medicine there is increasing demand of homeopathic medicines. Faces of dogs contain high bacterial and pathogenic load. Motivated by the conventional system of medicine ineffectiveness and the appearance of bacterial resistance, homeopathic medicines are being increasingly demanded by the veterinary market. Dog feces contain high bacterial and pathogenic loads, which can cause diseases in animals and facilitate zoonotic transmission. Adequate animal immunity contributes to the elimination of potential pathogens. This work's objective was to evaluate the effects of using a homeopathic medication on blood cell counts, serum protein levels and fecal bacterial counts in dogs. Two groups were used, each including five 19-month-old Beagle dogs. The homeopathic product Orgainfecto® was sprayed on the two daily meals in the treated group (T), at 0.5 mL/animal/day for 60 days; the group that did not receive the homeopathic was considered the control (C), who were fed only the vehicle used in the production of the homeopathic as a placebo. On days 1, 30, and 60, individual stool samples were collected for bacterial counts in the stool, blood samples for blood counts, and serum for biochemical tests. Total bacterial counts in feces were lower in group T on days 30 and 60 of the experiment, while total coliforms and *Escherichia coli*. were lower in this group on day 60. Total leukocyte counts were lower on day 60 in group T, unlike the neutrophil count, higher in Group T on day 30, and eosinophils on day 60. However, the lymphocyte count was lower in Group T on days 30 and 60. There was an increase in globulin and total protein in group T on day 60. We conclude that the tested homeopathic causes neutrophils and eosinophils' stimulation and increases globulins levels

even with reduced lymphocytes. The daily consumption of homeopathic by dogs decreases the intestinal bacterial load, resulting in less environmental contamination and animal and human colibacillosis risks.

Comments: Homeopathic products or medicines can cause neutrophils and eosinophils count stimulation and increase globulins levels even with reduced lymphocytes. The daily consumption of homeopathic products by dogs can also decrease the intestinal bacterial load, resulting in less environmental contamination and animal and human colibacillosis risks. Apart from these, homoeopathic remedies can be effective in animal ailments especially dogs, cats and even cattle, while saving also animals from the side effects of conventional medicines.

UTILITY OF HOMOEOPATHIC MEDICINE *HAMAMELIS 30* IN VARICOSE VEINS AND ITS COMPLICATIONS

Title: The efficacy of *Hamamelis 30* in the management of varicose veins and its complications using revised venous clinical severity score tool and peripheral venous Doppler study

Author: Blany John Lobo

Journal: Journal of Integrated Standardized Homoeopathy. 4(2);49-54. Doi:10.25259/JISH_28_2020

Summary: For the treatment of varicose veins homoeopathic remedy *Hamamelis* has long been used by the homoeopathic practitioners. A prospective, uncontrolled experimental research study with purposive sampling was performed and the subjects were selected from the outpatient department of Father Muller Homoeopathic Medical College and Hospital, Deralakatte, Karnataka. The objective of the study was to ascertain the therapeutic utility and efficacy of homoeopathic remedy *Hamamelis*, in 30th centesimal potency in treating varicose veins and its complications using the revised venous clinical severity score (VCSS) tool and Doppler studies. Thirty-two cases fulfilled the inclusion and exclusion criteria and were selected for the study. The VCSS and Doppler test before and after treatment with *Hamamelis 30* on each patient were performed. The Wilcoxon signed-rank test was applied and the change in the median VCSS was found to be statistically significant. *P*-value of the pre score was 5.53 ± 4.15 and that of the post score was 3.45 ± 2.36 with a mean change of 2.09 ± 2.87 and 37.69% improvement with *P*-value of $0.000 < 0.01$. The Doppler study showed no significant change or improvement.

Comments: The result of the study revealed that the homoeopathic remedy *Hamamelis 30* is effective in the management of varicose veins and its complications by thereby improving the VCSS. So, if *hamamelis* in 30C is used as a specific remedy for varicose veins, it can be cost-effective for the patients, without having to resort to surgery on bear any side effects.

UTILITY OF OSCILLOCOCCUM IN COPD AND UPPER RESPIRATORY TRACT INFECTIONS

Title: Oscillococinum for upper respiratory tract infections and exacerbations in COPD: An observational, prospective study (OXITUNIS)

Authors: Hichem Aouina, Anis Bamri, Aurélien Vesin, Karine Danno, Eléonore Aubry, Cécile Faure, Naoual Boujedaini

Journal: Drugs in Context. 2021 July;10: 2021-4-2. Doi: 10.7573/dic.2021-4-2.

Summary: In COPD patients major cause of exacerbations are upper respiratory tract infections (URTIs). In this an observational, prospective study patients were randomly assigned into 2 groups. In one group patients “V” ($n = 106$; mean \pm standard deviation age: 66.0 ± 10.3 years; 89.6% men) have given influenza vaccination only and another group “OV” influenza vaccination was given along with Oscillococinum (one oral dose per week from inclusion in the study until the end of follow-up, with a maximum of 6 months follow-up over the winter season). The primary endpoint in the study was the incidence rate of URTIs (number of URTIs/1000 patient-treatment exposure days) during follow-up compared between the two groups. It was found in the study that there was no significant difference in any of the demographic characteristics, baseline COPD, or clinical data between the groups (OV and V) and URTI rate was significantly higher in group V than in group OV (2.9 versus 1.2 episodes/1000 treatment days, difference $OV-V = -1.7$; $P = 0.0312$). There

was a significant delay in the occurrence of an URTI episode in the OV group versus the V group (mean \pm standard error: 48.7 ± 3.0 versus 67.0 ± 2.8 days, respectively; $P = 0.0158$).

Comments: In patients with COPD, *Oscillococinum* may decrease the incidence rate and it may also delay the appearance of symptoms of URTI.

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Conflicts of interest

None declared.

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