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Research highlights

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Research highlights

Abstract

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Acknowledgments and Source of Funding

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Research highlights

HOMOEOPATHY AS AN ADD – ON FOR STANDARD CARE OF COVID-19

Title: Efficacy of individualised homeopathy as an adjunct to standard of care of COVID-19: A randomised, single-blind and placebo-controlled study

Authors: Debadatta Nayak, Juhi Gupta, Anupriya Chaudhary, Krishna Gopal Singh, Abhijeet Deshmukh, Deblina Das, Abhishek Saha, Deepak Kumar, Ashwini Kumar, Ajay Goenka, S. K. Mishra, Sanjay Gupta, Anil Khurana

Journal: Complementary Therapies in Clinical Practice, DOI: 10.1016/j.ctcp.2022.101602

Summary: A randomised, placebo-controlled and single blind study was conducted to assess the efficacy of the adjunctive individualised homeopathic medicine to standard of care of COVID-19. Subjects were randomised in two groups, Group 1 receiving standard care (SC) of COVID-19 and individualised homeopathic medicine and Group 2 receiving SC and placebo. Primary outcome measurement was clinical recovery estimated through change in the total symptom score, whereas secondary outcome of the study was time taken for fever clearance and time taken for clinical recovery. Calculation of total symptom score measured over 10 days indicated statistically significant difference favouring Group 1 receiving SC along with individualised homeopathic medicines. Estimated 2 days of faster recovery rate was observed in Group 1 with SC and homeopathy. Furthermore, faster resolution of fever of estimated 20 h was observed in SC and homeopathy group. The most frequently prescribed medicines were *Arsenicum album*, *Bryonia alba* and *Phosphorus*. Therefore, this study concluded a better clinical outcome with respect to early recovery observed in COVID-19 patients prescribed with standard of care adjunct with individualised homeopathic medicines.

Comments: Homeopathy as an adjunct treatment integrated with standard of care for COVID-19 patients may yield better clinical outcomes. Further double-blinded, controlled studies could be substantial in validating the results of this study.

HOMOEOPATHY IN PRIMARY CARE FOR COVID-19

Title: Homeopathy for COVID-19 in primary care: A randomised, double-blind and placebo-controlled trial (COVID-simile study)

Authors: Ubiratan Cardinalli Adler, Maristela Schiabel Adler, Ana Elisa Madureira Padula, Livia Mitchiguan Hotta, Amarilys de Toledo Cesar, José Nelson Martins Diniz, Helen de Freitas Santos, Edson Zangiacomini Martinez

Journal: Journal of Integrative Medicine, DOI: 10.1016/j.joim.2022.03.003

Summary: A randomised double blind, two armed, parallel and placebo-controlled clinical trial was conducted from June 2020 to April 2021 at Sao-Carlos, Brazil with an objective to investigate the effectiveness and safety of the homeopathic medicine *Natrum muriaticum* LM2, for mild cases of COVID-19. Primary outcome was assessed by time taken for recovery from COVID-19 influenza-like symptoms. Secondary measures included a survival analysis of the number and severity of COVID-19 symptoms from a symptom grading scale. The study revealed that there was no difference in time to recovery between the two groups. As per the secondary outcomes, 50% reduction in symptom score was achieved significantly earlier in the homeopathy group with basal symptom score more than or equal to 5. Furthermore, observations such as reduced hospitalisation rates in homeopathy group (2.4%) against placebo group (6.8%) and fewer adverse events reported in homeopathy group (three cases) against placebo group (six cases) were observed.

Comments: Although there were no statistically significant changes observed in the time taken for recovery in both the groups, *Natrum muriaticum* LM2 proved to be safe and effective in managing COVID-19 cases. Further study on larger sample size is required.

VITILIGO – INDIVIDUALISED HOMOEOPATHIC MEDICINE AND *PSORALEA CORYLIFOLIA* MOTHER TINCTURE AS AN EXTERNAL APPLICATION

Title: Add-on *Psoralea corylifolia* mother tincture external application to individualised homeopathic medicines in treatment of vitiligo: Open, randomised, pragmatic and pilot trial

Authors: Anaitulah Ahmad Mir, Ghulam Nabi Wani, Ramkripal Prajapati, Nitin Saklani, Avaranjika Karuppusamy, Pankaj Kanti Jha, Abhijit Chattopadhyay, Chintamani Nayak, Swapan Paul, S. K. Swaif Ali, Munmun Koley, Subhranil Saha

Journal: Advances in Integrative Medicine, DOI: 10.1016/j.aimed.2021.03.003

Summary: An open, randomised, three parallel armed, pragmatic and pilot trial was conducted on 60 vitiligo patients, wherein first arm received individualised homeopathic medicine, second arm received *Psoralea corylifolia* (PC) mother tincture as an external application and third arm received both homeopathic individualised medicine and PC mother tincture for external application. Outcome was measured through vitiligo quality of life (VitiQoL),

vitiligo area scoring index and dermatological life quality index, which will be assessed intra-group and inter-group at baseline, 3rd month and 6th month. All three outcomes revealed statistically significant intra-group changes over 3 and 6 months. Statistically significant differences were observed in inter-group analysis only in VitiQoL score in the favour of second and third group that is, PC mother tincture for external application and individualised homoeopathic medicine along with PC mother tincture for external application, respectively. All three regimens appeared equally effective and safe.

Comments: This study, even though a pilot, indicates a positive effect of both PC mother tincture as an external application alone, when combined as an individualised homoeopathic medicine, along with PC mother tincture for external application. This study indeed warrants for further study on larger sample population.

IMPACT OF *CARCINOSINUM* ON ADENOCARCINOMA CELLS OF MAMMAE

Title: Phenotypic changes in mammary adenocarcinoma (4T1) cells *in vitro* after treatment with *Carcinosinum*

Authors: Thaís Cristina da Silva, William Alves Dos Santos, Sandra A. G. Pinto, Paulo Ricardo Dell'Armeline Rocha, Elizabeth Cristina Perez Hurtado, Leoni Villano Bonamin

Journal: Homoeopathy, DOI: 10.1055/s-0041-1740967

Summary: This *in vitro* model study aims to identify possible phenotypic changes brought by *Carcinosinum* in different homoeopathic potencies (12CH; 30CH and 200CH), including viability using 4T1 cells. The final dilutions were inserted into the culture medium in a volume equal to 10%, at the time of cell seeding in comparison to diluted and succussed sterile pure water as a control. All treated cells were cultured in 25 ml flasks, with cell density of 25×10^5 cells/ml. After 24 h, cells were analysed. *Carcinosinum* 30CH presented the highest apoptotic index and reduction of MMP-9-pro expression; *Carcinosinum* 200CH produced the highest positivity for HER-2 and no specific effect was seen after the treatment with *Carcinosinum* 12CH. In comparison the two treatments, no significant changes in cytokine expression were observed. Therefore, this study concludes that *Carcinosinum* 30CH and 200CH can change phenotypic features important to tumour development *in vitro*.

Comments: Homoeopathic nosode *Carcinosinum* in 30CH and 200CH potency has a potential to bring about phenotypic changes of 4T1 tumour cells *in vitro* model.

HYPERICUM PERFORATUM: POST-OPERATIVE PAIN KILLER

Title: *Hypericum perforatum* to improve post-operative pain outcome after monosegmental spinal sequestrectomy: Results of a randomised, double-blind and placebo-controlled trial

Authors: Christa K. Raak, Wolfram Scharbrodt, Bettina Berger, Arndt Büssing, Anna Schönenberg-Tu, David D. Martin, Sibylle Robens, Thomas Ostermann

Journal: Journal of Integrative and Complementary Medicine, DOI: 10.1089/jicm.2021.0389

Summary: This randomised double blind, monocentric and placebo-controlled clinical trial tested whether homoeopathic medicine *Hypericum perforatum* was effective in reduction of radicular post-operative pain experienced in patients undergoing lumbar spine surgery. Intervention group received *Hypericum perforatum* C200 whereas control group was prescribed with placebo; both groups were on opioids pain killer medications as per their individual requirements. Primary outcome measurement was reduction of pain on visual analogue scale, secondary outcome measure was reduction of inpatient post-operative analgesic medication and change in sensory and affective pain. In between the two-study arms, there was no significant difference in pain perception at baseline and day 3. On comparison, there was no significant difference between the groups in the analgesic pain killer medication consumption; however, a statistical trend and a moderate effect in the decrease of pain medication consumption in favour of the *Hypericum* group were observed.

Comments: This clinical trial although reveals no significant difference in between the experimental and placebo group. But a statistical trend towards relative reduction in consumption of analgesics in *Hypericum perforatum* arm, shows a good scope of *Hypericum perforatum* in reducing pain due to nerve damage.

BIASEDNESS IN HOMOEOPATHIC TRIALS

Title: Assessing the magnitude of reporting bias in trials of homeopathy: A cross-sectional study and meta-analysis

Authors: Gerald Gartlehner, Robert Emprechtinger, Marlene Hackl, Franziska L. Jutz, Jacob E. Gartlehner, Julian N. Nonninger, Irma Klerings, Andreea Iulia Dobrescu

Journal: BMJ Evidence-based Medicine, DOI: 10.1136/bmjebm-2021-111846

Summary: This critical cross-sectional and meta-analysis study aimed to assess magnitude of reporting bias in trials assessing homoeopathic treatments and its impact on evidence syntheses. Homoeopathic trials were searched from PubMed, Allied and Complementary Medicine Database, Embase and Google Scholar up to April 2021. It was observed that since 2002, almost 38% of registered homoeopathy trials have remained unpublished and 50% of published randomised and controlled trials (RCTs) have not been registered. Furthermore, retrospective registration was more common than prospective registration. Furthermore, 25% of primary outcomes were altered or changed compared with the registry. In comparison to registered RCTs, unregistered RCTs revealed substantially larger treatment effects that is,

(SMD = -0.53, 95% CI = [-0.87]–[-0.20]) and (SMD = -0.14, 95% CI = [-0.35]–0.07), respectively. Such findings affected the validity of the body of evidence of homoeopathic literature and may overestimate the true treatment effect of homoeopathic remedies.

Comments: The findings of this meta-analysis show that there exists a possibility of highlighting the positive estimates and thus raises a doubt about the authenticity of the conclusions drawn from such homoeopathic RCTs. This calls for further analysis by experts.

PLANTAGO MAJOR IN PANCOLITIS

Title: Therapeutic effect of *Plantago major* on active severe pancolitis: A case report

Authors: Vahid Tafazoli, Erfan Taherifard, Majid Nimrouzi, Mehdi Pasalar

Journal: Advances in Integrative Medicine, DOI:10.1016/j.aimed.2021.03.001

Summary: Ulcerative colitis is a highly prevalent disease globally that presents with significant symptoms including bloody defecation and inflammation. Herbal medicines prove to be a promising therapy without resulting in any complications like colon perforation. The objective of this case report was to provide data from an alternative approach for the treatment of pancolitis using a traditional herbal medicine. A 35-year-old man with chronic pancolitis received *Plantago major* (5 g in 250 ml hot water) decoction, a traditional Persian medicine formula, twice daily. Few days from commencing treatment, patient showed improvement of symptoms. Improvement was clinically observed after 2 years of follow-up in areas such as clinical examination, patients' history, colonoscopy, pathology test and myoclonic score. The findings of this study depict potentially positive benefits of *Plantago major* for the management for pancolitis.

Comments: This case shows the effect of alternative approach with herbal medicines like *Plantago major* in the treatment of pancolitis. The role of *Plantago major* can be studied further in pancolitis.

APOCYNUM CANNABINUM IN ELEPHANTIASIS NOSTRAS VERRUCOSA

Title: An integrative therapeutic approach to elephantiasis nostras verrucosa: A case report

Authors: Lawrence Chukwudi Nwabudike, Olimpia Buzia, Alina Mihaela Elisei, Alin Laurentiu Tatu

Journal: Experimental and Therapeutic Medicine, DOI: 10.3892/etm.2022.11218

Summary: Elephantiasis nostras is a chronic disorder which is difficult to treat. It is characterised by marked lymphedema, associated with hyperkeratosis, ulceration, deep skin folds and a cobblestone appearance of the skin. This report consists of a case of 72-years-old female with renal insufficiency presented with leg enlargement of 3–4 years duration which affected her daily routine. Examination showed massive lower limb enlargement with typical cobblestone appearance. She was treated with increased furosemide from 80 to 120 mg daily and homoeopathic medicine *Apocynum cannabinum*, CH30 potency, t.d.s. The patient remitted over 18 months, with limb diameters dropping from 68/46 cm (right mid-calf/ankle) and 67/43 cm (left mid-calf/ankle) to 46/35 cm (right mid-calf/ankle) and 48/36 cm (left mid-calf/ankle) at 18 months, with improvement of skin appearance. In this case, furosemide combined with homoeopathic *Apocynum cannabinum* has proved valuable and may be used for similar cases.

Comments: This case report provides us with an evidence in the support of homoeopathy as an adjunct medicine in chronic cases like Elephantiasis nostras, which respond poorly to available treatment.

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Conflicts of interest

None declared.

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