

इस श्रृंखला में एक और नाम डॉ. अमर बोधी (नई दिल्ली) जिन्होंने Ano Rectal Fistula विषय पर प्रकाश डाला। डॉ. आभिया गोस्वामी (उदयपुर) ने होम्योपैथी चिकित्सा में अंतराष्ट्रीय स्तर पर हो रहे शोधों की जानकारी दी तथा बच्चों के व्यवहार को जानकर कैसे बच्चों में होने वाले रोगों में होम्योपैथी द्वारा लाभ पहुंचाया जा सकता है पर व्याख्यान दिया।

इसके अतिरिक्त भोपाल के उमरते हुए होम्योपैथिक चिकित्सक डॉ. अमोल किरार एवं डॉ. जूही गुप्ता ने भी होम्योपैथी चिकित्सा के अपने अनुभवों को समागार में उपस्थित देश भर से आए लगभग 400 डॉक्टरों से साझा किया। इस अवसर पर साइनिफिकेशन को चेंबर भोपाल के वरिष्ठ चिकित्सक डॉ. ताजवर मोहम्मद खान, डॉ. संदीप झा एवं जलपुर के डॉ. जी.पी. पाटिल ने किया।

न्यू लाईफ एजुकेशनल सोसायटी ने सतत 26 वर्षों से अपनी सेवा और अवार्ड श्रृंखला को आगे बढ़ाते हुए PRIDE-2015 में डॉ. पंकज श्रीवास्तव जी को डॉ. विलियम बोरिक अवार्ड, डॉ. तनवीर हुसैन को डॉ. जैम्स टेलर कैट अवार्ड, डॉ. अभिया गोस्वामी को डॉ. एच.सी. एलन अवार्ड एवं डॉ. अमर बोधी को हैनीमन अवार्ड से उनके होम्योपैथी चिकित्सा सेवा के विकास के लिये किए जा रहे उत्कृष्ट कार्यों के लिए सम्मानित किया गया।

कार्यक्रम के अध्यक्ष एवं केन्द्रीय होम्योपैथी सदस्य डॉ. मोहम्मद जकरिया ने होम्योपैथी चिकित्सा के विकास, प्रचार

प्रसार एवं समाज के अंतिम वर्ग तक होम्योपैथी चिकित्सा पद्धति की गुणवत्ता एवं उपयोगिता को पहुंचाने के लिए अपनी प्रतिबद्धता दोहराई साथ ही उन्होंने कहा कि मध्य प्रदेश में होम्योपैथिक चिकित्सकों के रोजगार एवं उनकी अपनी कुछ विशेष समस्याओं के निराकरण के लिए वे जल्द ही विशेष दल के साथ मुख्यमंत्री से मिलकर, आयुष भर्ती में होम्योपैथिक डॉक्टरों की ज्यादा से ज्यादा नियुक्ति एवं उनके समान वेतनमान पर चर्चा करेंगे।

डॉ. मोहम्मद सलमान ने न्यू लाईफ एजुकेशनल सोसायटी द्वारा क्रियान्वयित कार्यों का उल्लेख कर होम्योपैथिक चिकित्सा के प्रचार व प्रसार पर संस्था द्वारा किए जा रहे कार्यों की जानकारी दी साथ ही उन्होंने बताया कि इस कार्यक्रम को सफल बनाने के लिए मुख्य रूप से भोपाल के सभी होम्योपैथिक महाविद्यालयों, राज्य होम्योपैथिक परिषद के अलावा प्रमुख रूप से दवा निर्माकर्मता कंपनियों का विशेष योगदान रहा जिनमें प्रमुख Hapco, New Life Lab Pvt. Ltd., Reckweg (Germany), Medisynth Chemical, Baksons Pharma, Adel Germany, Goyal Pharma, Rama Krishna Herbal, Mind Tech, Wheezal Lab, CCRH, Hapdaco, Hapro, Sarada, Bios एवं गीठिया पार्टनर न्यू लाईफ ईरा, संस्था एवं न्यू लाईफ लेबोरेट्रीज प्राइवेट लिमिटेड के स्वयंसेवकों, छात्र-छात्राओं इत्यादि का विशेष सहयोग रहा जिनमें प्रमुख आर्गेनाइजिंग को-आर्डीनेटर डॉ.

अब्दुल कयूम खान को उनके द्वारा कई वर्षों से किये जा रहे सेमिनारों के माध्यम से होम्योपैथी के बढ़ावे पर विशेष योगदान के लिए सम्मानित किया गया, डॉ. हारिस, डॉ. नोरीन, डॉ. नायाब, डॉ. इशा, धर्मार्थ होम्योपैथी चिकित्सालय के छात्र-छात्राएं, शिवांग होम्योपैथिक महाविद्यालय से डॉ. सुमान धामस, डॉ. मिनाज, अंकिता, वैशाली, दीपमाला, नीलम साहू। हैनीमन होम्योपैथी महाविद्यालय के छात्र, अमन, रियाज, तारिक, आदिति तिवारी, लक्ष्मी कितना, समीक्षा, मोहम्मद आरिफ, बाबू उददीन अंसारी आदि थे।

इस नेशनल कार्यक्रम के अंतिम सत्र में भोपाल शहर के मराहुर अभिलाषा ग्रुप द्वारा सांस्कृतिक नृत्य संगीत पर विशेष प्रस्तुति दी गई जिसका समागार में उपस्थित सभी लोगों ने भरपूर मनोरंजन किया।

सभी सहयोगियों, दवा निर्माकर्मता कंपनियों एवं स्वयंसेवकों को स्मृति चिह्न विशेष अतिथियों और जलपुर से आए डॉ. पाटिल द्वारा प्रदान किये गये। संगोष्ठी में आए डॉक्टर छात्र-छात्राओं ने वैज्ञानिक सत्र की काफी तारीफ की एवं उन्होंने आग्रह किया कि भविष्य में भी इसी तरह की संगोष्ठी भोपाल शहर में आयोजित की जाए।

कार्यक्रम का आभार एवं समापन संस्था के सचिव डॉ. मोहम्मद सलमान द्वारा अतिथियों एवं महानुभवों को धन्यवाद देकर किया गया।

न्यू लाईफ ईरा

EVIDENCE-BASED MEDICINE (EBM) & HOMOEOPATHY

In light of recent outbursts against homeopathic system of medicine, one concept that has taken centre-stage is concept of Evidence based medicine and to establish homeopathy as a system of therapeutics on this foothold. With the recognition of homeopathy as CAM (Complementary and Alternative Medicine) by WHO, the need for establishing homeopathy on firm scientific pedestal has become important. This article lays a brief background of fore-said concept and highlights rudiments of work done in this respect.

Evidence-based medicine (EBM) applies the scientific method to medical practice. According to the Centre for Evidence-Based Medicine, "Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients."

Evidence-based medicine categorizes different types of clinical evidence and ranks them according to the strength of their freedom from the various biases that beset medical research. For example, in modern medicine, the strongest evidence for therapeutic interventions is provided by randomized, double-blind, placebo-controlled trials involving a homogeneous patient population and medical condition. Practicing EVIDENCE-BASED MEDICINE implies not only clinical expertise, but expertise in retrieving, interpreting, and applying the results of scientific studies, and in communicating the risks and benefit of different courses of action to patients.

As far as the homeopathic system of therapeutics is concerned, Evidence-based medicine (EBM) forms part of the multifaceted process of assuring clinical effectiveness, the main elements of which is review of evidence through research and scientific review (RESEARCH EVIDENCE).

Homeopathy aids the body's homeostatic processes in self-repair, and achieves this through the use of natural remedies which, at much higher concentrations, would cause similar symptoms in a healthy person. Its origins lie in early 19th century Germany, where Dr Samuel Hahnemann first noticed the principle in the treatment of malaria using Peruvian bark (quinine). He took some bark extract himself – even though he was not ill – and subsequently developed malaria-like symptoms. This observation led him to explore whether other medicines also produced a pattern of illness in healthy people that was similar to the pattern of illness that these medicines could treat in the sick. When he diluted and potentised such remedies, he observed greater and greater therapeutic results, and so the principle of ultra-dilution was also inspired. However with the advent of modern times, the need to closely analyse those principles has arisen.

We take the view that current effort should be concentrated NOT MERELY ON HOW HOMEOPATHY WORKS, BUT IN IDENTIFYING MORE EVIDENCE THAT IT TRULY WORKS.

The evidence in support of this statement no longer lies merely in the personal experience of homeopathic practitioners and their satisfied patients, for a

What is Evidence-Based Medicine ?

growing research base confirming the therapeutic effectiveness of homeopathy is now clearly discernable in the medical literature.

The needs of the hour is not to verbally or personally decry or favor the methodologies of derivation of homeopathic principles but to scientifically establish their mechanism of functioning and corroborate them with accepted methods of tests and trials.

To understand homeopathy is essentially an inter-disciplinary problem, concerning physics, biology and medicine - PHYSICS, for understanding the possible modes of action of successions of solutions, which do not contain even one molecule of the working drug substance, at least theoretically. BIOLOGY, for an explanation of the extraordinary biological sensitivity, including a mechanism that works according to Hahnemann's basic simile, and potency rules. And MEDICINE, to understand, besides medical efficacy, the main role in revealing what 'placebo' effects are all about and similar phenomena of 'mind-body' interactions.

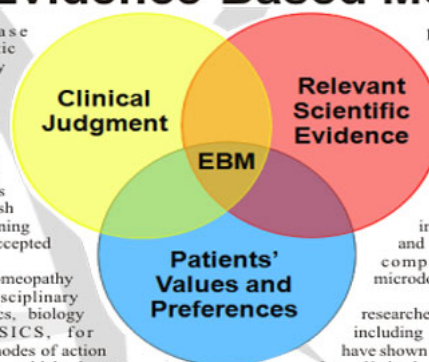
With regards to homeopathy, the decisive point of homeopathy's argument is that homeopathic remedies are not solutions but successions of the efficient substance (or imprints instead of mixtures in case of 'globuli').

To begin with, it was W.E. Boyd in his work "The Action of Microdoses of Mercuric Chloride on Diastase" published in British Homeopathic Journal, 1941 that set the stage for first EBM activity in the field of homeopathy.

The most extensive and meticulously controlled study was performed by this Scottish homeopath/scientist, W.E. Boyd. His work showed that microdoses of mercuric chloride had statistically significant effects of diastase activity (diastase is an enzyme produced during the germination of seeds).

Thereafter, Homeopathic evidence for ultra-molecular dilutions ranged from Benevise's work on dilute IgE antiserum resulting in the concept of *memory of water* and Conte's work with Nuclear Magnetic Resonance to other studies using various homeopathic dilutions. The work on stalactites of ice and variations in the physical properties induced by successions has gone a long way in establishing the mode of functioning of homeopathic ultra-dilutions in high potencies.

Dittmann J and Harisch's work on Characterization of differing effects caused by homeopathically prepared and conventional dilutions using cytochrome P450 enzymes as detection systems



published in journal of Alternative Complement Medicine deserves special mention.

Datta, Mallick and Bukhs also established the efficacy of potentized homeopathic drug (Ars.alb30) in reducing genotoxic effects produced by arsenic trioxide in mice in their comparative pre- and post-oral administration and comparative efficacy of two microdoses.

Besides this, various researches and experimental studies including Randomised Control Trials have shown homeopathy to be effective in the clinical conditions such as RA, fibromyalgia, otitis media, diarrhoeas, plantar warts, low backache etc.

In this respect, the works of Ferley JP, Zmirou D, Dadhmar D, Balducci F in their controlled evaluation of a homeopathic preparation in the treatment of influenza-like syndromes is noteworthy on account of the rigorous techniques used by them in their evaluative studies and they established beyond the range of scientific probabilities that homeopathic medicines have definite therapeutic effectiveness. More such works can be quoted but suffice to say that the existence of such works places homeopathy on well-practiced EBM scales.

Research on respiratory disease in piglets and mastitis in cows has shown homeopathy to be effective with animals where the placebo effect can safely be ignored. A study published in the European journal of pharmacology by Elizabeth Davenas & Bernard Poitevin showed that Silica 6c and silica 10c had statistically significant effects on stimulating microphages in mice.

An experiment on chicken embryos demonstrated that 8 out of 10 homeopathic medicines tested inhibited viruses between 50 and 100 percent. A researcher at a cancer research center in India found that those mice that received a transplantation of fibrosarcoma and then were treated with homeopathic medicines survived significantly longer than untreated mice.

Thus, with the ever-increasing support of Evidence based medicine it is hoped that homeopathy will soon attain the status of evidence based medicine and not mere placebo effect. For this it is important that we become well versed with the internationally accepted protocols of analytical researches and widen our horizons to the concepts of EBM so as to not allow any further Lancet like articles to degrade us.

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