

# **Central Council for Research in Homoeopathy**

## **Activities & Achievement of the Council during 2015-16**

The Central Council for Research in Homoeopathy (CCRH), an autonomous research organization under Ministry of AYUSH, Government of India came into existence in 1978. Over the years, the Council has evolved into a premier research organization with the objective of undertaking research in Homoeopathy in the fundamental and applied aspects on modern parameters. The Council is engaged in multi-dimensional research in the fields of Survey, Collection and Cultivation of Medicinal plants, Drug Standardisation, Drug Proving, Clinical Verification, Clinical Research, Fundamental and Basic Research in Homoeopathic system of medicine to make homoeopathy more plausible through evidence based research. Other activities include Documentation Publication, Health melas/ Exhibitions/ Arogya melas. As a public health initiative the Council has participated in National Programmes like Homoeopathy for Healthy Child and National Programme for prevention and control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS). The Council is operating through a network of 22 research institutes/ units and 4 independent extension units across the country.

### **SURVEY, COLLECTION AND CULTIVATION OF MEDICINAL PLANTS**

CCRH is having its own Research Garden "Survey of Medicinal Plants and Collection Unit" (SMPCU) located at Emerald, Ooty, Nilgiri's District, Tamil Nadu, which is spread in 12.70 acres of land. This unit was specifically brought up for the collection and cultivation of the authentic Medicinal Plants of Homoeopathic use found in various regions of the Nation. Further, this unit is also conducting research work in maintaining the germplasm of the exotic medicinal plants used in homoeopathy. The authentic plant raw drug material whether cultivated or collected is supplied to the two Drug Standardization Centres of the Council located in Noida, U.P and in Hyderabad, Telangana State. As of now a total of 86 homoeopathic medicinal plants (71 exotic and 15 indigenous) are being cultivated in the research garden. Four (4) plants were supplied to the two DS centres of the Council for the Drug Standardization work and six (6) homoeopathic medicinal plants cultivated in the research garden were sold to the various Homoeopathic Pharmacies.

### **DRUG STANDARDIZATION**

Drug Standardization Unit of the Council was established in the year 1979 to lay down the standards for the quality of homoeopathic medicines. Drug Standardization studies ensure authenticity, purity, quality, safety and efficacy of the raw drugs as well as finished products used in Homoeopathy. It encompasses a number of parameters, which define the quality of homoeopathic drug and pharmaceutical uniformity. The two DS centres of the Council, Dr. D.P. Rastogi Central Research Institute for Homoeopathy, Noida and Drug Standardization Unit, Hyderabad has evaluated Pharmacognostic and Physico-chemical parameters of 5 (five) plant raw drug materials and Physico-chemical parameters of 5 (five) chemical raw drug materials.

## **DRUG PROVING**

The foundation of drug proving (human pathogenetic trial) is based on the action of drug substances on the healthy human beings and eliciting the symptoms of the drug as compared to the gross toxicological symptoms evident from animal studies. These subjective and objective symptoms form the profile of the drug recorded in the *Homoeopathic Materia Medica*. In Homoeopathy, sub-material or ultra-molecular doses of potentially toxic or pathogenic substances commonly are used in pathogenetic trials on healthy human beings to produce symptoms which provide input for conducting clinical verification studies.

The main objective is to elicit the pathogenetic response of a drug on apparently healthy human volunteers in homoeopathic potencies. The emphasis is laid on proving of drugs of indigenous origin and fragmentarily proved drugs whose standardization studies (Physico-chemical and Pharmacognostic parameters) have been completed.

During the year proving of 07 drugs has been completed at following seven centers of the Council:

1. Central Research Institute (H), NOIDA (Uttar Pradesh)
2. Central Research Institute (H), Kottayam (Kerala)
3. Homoeopathic Drug Research Institute, Lucknow (Uttar Pradesh)
4. Dr. Anjali Chatterjee Regional Research Institute (H), Kolkata (West Bengal)
5. Regional Research Institute (H), Gudivada (Andhra Pradesh)
6. Regional Research Institute (H), Navi Mumbai
7. Drug proving Research Unit, Extension Unit of Regional Research Institute (H), Puri at Dr. A. C. Homoeopathic Medical College & Hospital, Bhubaneswar (Orissa)

## **CLINICAL VERIFICATION**

The symptomatic data obtained by the process of Drug proving needs to be clinically verified before it is included in the homoeopathic Materia Medica. The Council had undertaken the clinical verification programme to clinically verify pathogenetic effects (symptoms) of 85 drugs, including those proved by the Council. Studies on these drugs have already been concluded and out of these 52 drugs have been published in the form of a Materia Medica in the name of "Study of Homoeopathic Medicines through Clinical Verification – A new perspective" in two volumes. Materia Medica volume III, containing 20 drugs has already been completed and is under publication. The study on 16 drugs is ongoing. The compilation work for Materia Medica volume IV is under progress.

## **CLINICAL RESEARCH**

Clinical Research is the core area of homoeopathic research. Council has conducted long-term observational studies, evidence based observational studies so far. Presently, Council is also conducting studies on Randomized Controlled Trials (RCT)/ design, apart from observational studies.

The Council has taken up time bound studies with pre-defined outcome parameters based upon rigorously designed scientific protocols. The protocols are developed in consultation with the experts in respective fields from All India Institute of Medical Sciences (AIIMS), Indian Council of

Medical Research (ICMR), National Institute of Communicable Diseases (NICD), National AIDS Control Organization (NACO) and eminent homeopathic educators and researchers.

During the reporting year there are 12 ongoing studies, along with that 5 studies were concluded and 5 studies were initiated.

A. Ongoing studies:

1. Effectiveness of homeopathic medicines-vs-placebo as add on to institutional management protocol for Acute Encephalitis Syndrome (AES) – A randomized open label controlled trial.
2. A randomized placebo controlled, cross-over, clinical trial of homoeopathic medicine in Autism.
3. Homoeopathy as adjunctive treatment to Risperidone/ Olanzapine in treatment resistant patients of Schizophrenia: an open label randomized placebo controlled trial.
4. Adjuvant homoeopathic management for cancer patients experiencing side effects from chemotherapy-An observational pilot study.
5. A multi-centric single blind randomized placebo controlled trial to evaluate the efficacy of individualized homeopathic intervention in Breast Fibroadenoma.
6. Effects of individualized homoeopathic intervention in Dyslipidemia: an open label randomized controlled exploratory trial.
7. Effects of homoeopathic intervention in Stage I Essential Hypertensive Patients: A randomized double blind, placebo controlled trial.
8. Effects of homoeopathic intervention in Pre-Diabetes (EHIP): an open label randomized controlled exploratory trial.
9. Management of Polycystic Ovarian Syndrome with homoeopathic intervention versus placebo -A randomized controlled pilot study.
10. An open label (pre and post-homoeopathic intervention) study to evaluate efficacy of homoeopathic treatment of non-erosive gastroesophageal reflux disease (NEGERD).
11. Homoeopathic Therapy for lower urinary tract symptoms in men with Benign Prostatic Hyperplasia: An open randomized multicentric clinical trial.
12. Efficacy of homoeopathic treatment for Diabetic Distal Symmetric Polyneuropathy: a multicentric randomized double blind placebo controlled clinical trial.

B. Concluded studies:

1. A single-blind, open randomized, placebo-controlled trial of add-on homoeopathic therapy in patients of severe Leptospirosis on conventional care.
2. Sepia in Menopausal Symptoms: A Multi-centre Randomized Double Blind Placebo Controlled Clinical Trial.
3. A Randomized Open Controlled Trial of Predefined Homeopathic Medicines on Acute Adenolymphangitis (ADL) due to Lymphatic Filariasis.
4. Comparative trial in the management of Alcohol Dependence: Standard Allopathy Treatment vs. Homoeopathy- a Randomized Trial.
5. Lycopodium clavatum in Urolithiasis: A Randomized, Double Blind, Placebo Controlled Clinical Trial.

C. New Studies Initiated:

1. Comparing individualized homoeopathy with placebo in managing pain of knee osteoarthritis: a double-blind randomized controlled trial.

2. A Comparative Randomized Controlled Trial of Homoeopathy & Allopathy in Acute Otitis Media & its recurrence in Children.
3. Individualized Homoeopathic intervention in Diabetic Foot Ulcer: a randomized controlled pilot study using Calendula Q vs normal saline for ulcer dressing.
4. Observational study to evaluate response to homoeopathic treatment in psoriasis.
5. Observational study to evaluate response to homoeopathic treatment in vitiligo.

## **FUNDAMENTAL AND BASIC RESEARCH**

### **Collaborative studies**

Central Council for Research in Homoeopathy is committed to undertake advanced researches in Homoeopathy. The Council collaborates with various institutes of excellence to utilize the potential of the best of the brains, in order to yield the maximum results. The main objective of the collaborative studies is to conduct evidence-based, inter-disciplinary research studies and to validate the efficacy / concepts of Homoeopathy on scientific parameters. One study has been concluded, 14 studies are ongoing with other organizations, 05 New Clinical Research studies on Drug Validation initiated this year and three publications pertaining to collaborative research.

Council collaborated with Dayal Singh College, University of Delhi, New Delhi for a pilot study titled "Physico-chemical studies of various homoeopathic drug formulations using volumetric, acoustic, viscometric, optical and conductivity measurements". Council has concluded the physicochemical studies on formulations of homeopathic medicines to understand the nature of Homoeopathic medicines in ultra high dilution. It was concluded that these homoeopathic potencies show different physicochemical behaviour in different potencies.

### **Extra Mural Research**

Council has also supervised research project related to Homoeopathy under the Extra Mural Research scheme of Ministry of AYUSH, Government of India which aims at providing grant-in-aid to organizations for conducting research in Homoeopathy.

## **DOCUMENTATION AND PUBLICATION**

Dissemination and communication are two very important aspects in the field of science. Communication not only carries the information but also the image of the source from where it has originated. Focusing on the effective presentation which makes the research findings more acceptable, the Council is bringing out quality publication in the form of books, monographs,

handouts etc. The Council also publishes Indian Journal of Research in Homoeopathy (IJRH), the first peer-reviewed homoeopathic research journal in Asia, CCRH Newsletter and Current Health Literature Awareness Services (CHLAS) on quarterly basis. The Council initiated the publication of E-book to make them easily accessible to the Researchers and Scholars. The purchasing of books from the Council publication has been made speedily available by integrating the payment gateway with Council's website. The important publications of the Council during 2014-15 are listed below:

1. Indian Journal for Research in Homoeopathy- four issues, Vol. 8 (2,3,4) and Vol. 9 (1)
2. CCRH News; Issue No. 70,71,72,73
3. Annual Report (2014-15)
4. Books: The following books were published during this period, for the use of profession:
  - Drug Monograph- *Cynadon dactylon*
  - Homoeopathic Materia Medica of Indian Drugs
  - Keynotes of Homoeopathic Materia Medica Volume-1
5. Handouts-To create awareness among masses about the current health related issues and scope of Homoeopathy as a treatment method. Handouts on 'Fighting chikungunya, Cancer, Healthy teething with homoeopathy (English & Hindi)' are published in this year.
6. A non-priced publication of the Council 'A pocket manual of Activities and achievements' (English) has also been brought out.

## **PUBLIC HEALTH INITIATIVE PROGRAMS**

### **(i) HOMOEOPATHY FOR HEALTHY CHILD**

The pilot project on Homoeopathy for Healthy Child was initiated in Feb'2015 with an objective to sensitize target audience including health workers, patients and care givers about benefits of homeopathy for common diseases. Promoting health through homeopathy for identified conditions such as diarrhoea, respiratory infections, dental conditions, skin conditions, developmental delays, etc. in children and behavioral problems, acute infections, substance abuse, etc. in adolescent children are the other integral objectives of the programme. The project is being implemented at 6 centers i.e. CCRH Headquarters, RRI(H), Mumbai, DR. D.P. Rastogi Central Research Institute, Gautam Budh Nagar, RRI(H), Guwahati, RRI(H), Puri (through extension centre, DPRU, Bhubaneswar) and HDRI Lucknow, (through Clinical Trial Unit, Gorakhpur). In its first phase of "Health promotion during teething through homoeopathy", ANM/ASHA have been trained to promote healthy teething in children. They are provided with a kit containing a

biochemic and other homoeopathic medicines to manage dentition related complaints like diarrhoea, fever etc. Angadwadi Workers (AWW) have been sensitized to coordinate with the ASHAs for early identification of teething related complaints in children. Homoeopathic Doctors in the area have also been sensitized to coordinate with the ASHAs/ANM for treatment of children. Till 1<sup>st</sup> Dec'2015, data of 26382 children enrolled has been maintained.

## **(ii) INTEGRATION OF HOMOEOPATHY/YOGA IN NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF CANCER, DIABETES, CARDIOVASCULAR DISEASES & STROKE**

National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) was launched by Ministry of Health & Family Welfare(MOH&FW), Govt. of India in July 2010 and with the main objectives of Health promotion through behaviour change; Opportunistic screening and early detection and control of prevalent non- communicable diseases (NCDs) especially Cancer, Diabetes, CVDs and Stroke ; to support for development of database of NCDs through Surveillance System and to monitor NCD risk factors, morbidity and mortality. The programme covered 21 states across the country by 2012. To further supplement the efforts of the government, integration of AYUSH in the NPCDCS programme was identified as one of its mandates. It was decided to integrate Homoeopathy/Yoga in NPCDCS program of MOH&FW at Krishna (Andhra Pradesh) and Darjeeling (West Bengal) districts.

The integrated program aims to aid in reduction of Non-Communicable Diseases (NCDs) burden by providing:

- primary prevention of common NCDs through an integrated approach of health education (promotion of healthier life styles including yoga),
- timely screening of population for early detection/diagnosis of NCDs and
- Early management of NCDs through homoeopathic treatment alone or as add on to standard care.

A team of homoeopathic doctors, yoga instructors, yoga volunteers along with multitask workers shall provide health care services to the masses at the ground level and thus help in optimization of scarce resources. Accordingly, the Council has developed the operational guidelines and concept paper to conduct the pilot project in research mode; identified 09 CHCs in Krishna district (AP) and 05 CHCs in Darjeeling district (WB) for the implementation of programme after the field visit of officials of CCRH, state and MOH&FW to the districts.

Further, relevant training and IEC material is under the process of development to provide training to the healthcare personal engaged in the programme and to sensitize them about their role in the programme.

**(iii) SWASTHYA RAKSHAN PROGRAM:**

The Swasthya Rakshan Programme was initiated by Ministry of AYUSH as a step linking to Swacch Bharat Abhiyan by Government of India. The program is undertaken at 11 institutes of the Council from 1st April 2015 and 55 villages nearer to the 11 institutes are identified for undertaking the program.

The objectives of SRP are to initiate Swasthya Rakshan Mobile OPDs for providing homoeopathic treatment and organizing camps for screening and early diagnosis of diseases in the rural areas.

845 camps were organised in the identified villages and a total of 78355 patients were provided homoeopathic treatment. IEC material in Hindi, English and 07 regional languages i.e. Assamese, Oriya, Bengali, Malyalam, Telugu, Manipuri and Marathi have been developed and is being distributed during mobile OPDs and camps for creating awareness.