

**CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY**  
**BRIEF REPORT ON THE ACTIVITIES AND ACHIEVEMENTS (2013-2014)**

**INTRODUCTION**

The Central Council for Research in Homoeopathy is an autonomous organization of Department of AYUSH, Ministry of Health and Family Welfare, Government of India, committed to research and advancement in Homoeopathy. The Council was established on 30<sup>th</sup> March, 1978.

**INFRASTRUCTURE**

The Council with its Headquarters at New Delhi has a net work of 26 Institutes/Units, four Extension Units, four Homoeopathic OPDs. The Council has two Central Research Institutes, eight Regional Research Institutes, one Homoeopathic Drug Research Institute, twelve Clinical Research Units, one Drug Standardisation Unit, One Clinical Verification Unit, One Survey of Medicinal Plants and Collection Unit.

**ACHIEVEMENTS**

**Clinical Research:** Twelve ongoing studies continued during the reporting period on the following clinical conditions: 1) Benign Prostatic hyperplasia, 2) Chronic rhinosinuitis, 3) Urolithiasis, 4) Severe leptospirosis, 5) cervical spondylosis, 6) Menopause, 7) Filariasis, 8) Breast cancer-side effects, 9) Acute encephalitis syndrome, 10) autism, 11) Alcohol dependence, , 12) Schizophrenia.

During the year 2013-14 Diabetic distal symmetric polyneuropathy is initiated. However study on HIV is yet to be initiated.

New studies on 15 clinical conditions with different research designs are proposed to be initiated for which protocol development have been taken up. The same are approved from special committee clinical research, ethical committee and Scientific Advisory Committee of the Council. These are: 1) Pre diabetes, 2) Stage I Hypertension, 3) Dyslipidaemia, 4) Non erosive gastroesophageal reflux disease, 5) Psoriasis, 6) Vitiligo, 7) Sub clinical hypothyroidism, 8) Polycystic ovarian disease, 9) Breast fibroadenoma, 10) Osteoarthritis , 11) Acute Otitis media , 12) Diabetic foot ulcer, 13) Dengue, 14) Multi drug resistant tuberculosis, 15) HIV. These studies are in the process of registration under Clinical Trial Registry of India.

Seven research articles are published on research projects on Diabetic Distal Symmetric Polyneuropathy, Benign Prostatic Hyperplasia, Haemorrhoids, depressive episode, cedrvical spondylosis pain management, Influenza like illness and one article is accepted for publication on, Attention deficit hyperactive disorder.

**Drug Standardization:** The Council has assigned drug standardization studies on sixteen drugs, (12 plant and 4 chemical) for the year 2013 – 14 viz. *Bryophyllum calycinum*, Cassada (*Manihot esculenta*), *Helleborus viridis*, *Iris foetidissima*, *Derris pinnata*, *Jasminum officinale*, Cahinca (*Chiococca racemosa*),

*Corydalis formosa*, *Momordica balsamina*, *Primula veris*, *Cephalanthus occidentalis*, *Lobelia erinus*, *Kalium arsenicosum*, *Kaolinum*, *Mentholum* and *Magnesium fluoratum*. Up to December 2013, pharmacognostic and physico-chemical studies on two drugs viz., Cassada (*Manihot esculenta*) and *Lobelia erinus* have been completed and Drug standardization on five drugs, viz., *Rumex crispus*, *Bryophyllum calycinum*, *Juniperus communis*, *Erigeron Canadensis* and Magnesium fluoratum are in progress.

The identification data on 50 drugs have been provided for the forthcoming Volume X of Homoeopathic Pharmacopoeia of India for inclusion. As per the Action Plan 2013 – 14 for Homoeopathic Pharmacopoeia of India, four pharmacopeial monographs viz., *Cupressus lawsoniana*, *Datura ferox*, *Plumbum iodatum*, *Mercurius sulphuricus* have been prepared and forwarded to Homoeopathic Pharmacopoeia Laboratory, Ghaziabad for preparation of monographs for inclusion in HPI and three monographs viz., *Lobelia erinus*, Cassada (*Manihot esculenta*), and *Plectranthus fruticosus* are under preparation.

**Survey of Medicinal Plants & Collection:** The Medicinal Plants & Collection Unit (SMPCU), located at Emerald, Tamil Nadu have conducted six medico-botanical explorations cum raw drug plant material collection tours during the reported financial year. The Unit has also collected and supplied six drugs, viz. *Cassada (Manihot esculenta)*, *Lobelia erinus*, *Bryophyllum calycinum*, *Rumex crispus*, *Juniperus communis*, *Erigeron canadensis* to various Drug Standardization centres of the Council. SMPCU is also maintaining the cultivation of 63 exotic and 10 indigenous medicinal plants used in Homoeopathy at its medicinal plants research garden.

**Drug Proving:** During the period from April 2013 – 14 the drug proving of 7 drugs is in progress and 2 drugs have been completed. Council is also considering homoeopathic proving of allopathic drugs whose therapeutic indications and toxic effects are well known. The data of 10 proved drugs has been approved by Special Committee of Drug Proving and published in the form of Drug Proving Volume 5.

Council will continue to prove indigenous drugs and fragmentarily proved drugs. Council is continuously looking for the ways to improve the quality of proving and that is why it is considering the international drug proving protocols. Council has organized an Interactive meet on GLOBAL HARMONIZATION OF DRUG PROVING PROGRAMS with Dr. Robbert van Haselen, Editor-in-Chief of Complementary Therapies in Medicine from 17<sup>th</sup> to 21<sup>st</sup> September 2013.

Council has also motivated post graduate Homeopathic Medical Colleges to take up the drug proving research program. 14 colleges have already given their consent. Council is drafting a training module on drug proving for faculty of these colleges.

**Clinical Verification:** Clinical Verification of 23 assigned drugs were continued during the reporting period and 847 cases have been enrolled from April to June 2013. Out of these 23 drugs, 13 drugs have completed the target and withdrawn from the study. Data collection on remaining 10 drugs are in progress and 789 cases have been enrolled in the study on these 10 drugs till November 2013.

During the reporting period two monographs viz. *Cassia fistula* and *Thea chinensis* have been published.

**Collaborative Research:** In the past few decades, homoeopathic system of medicine has been able to spark scientific minds to explore the plausibility, action and nature of this system especially on basic and fundamental aspects. This boom is attributed to clinical efficacy & success of homoeopathy, skepticism regarding ultrahigh dilution nature of homoeopathic medicines, and curiosity to explore the underlying phenomenon. Since inception of fundamental and collaborative research section in 2005, Council has collaborated with best of intellectual minds to undertake state of art research in fundamental and clinical aspects. This liaison has opened a new era of research in homoeopathy. 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. A brief account of work done during this period is given below:

A study titled, “*Safety and efficacy studies of Homoeopathic drugs*” was conducted in collaboration with All India Institute of Medical Sciences, New Delhi. The study concluded that dose of 04ml/kg of body weight in tested mice were non-toxic. *Curcuma longa* and *Tribulus terrestris* mother tinctures showed significant anti-inflammatory and anti-arthritis activities in mice compared to other 05 drugs. The manuscript of the study is under review for publication.

A study titled, “*Preliminary pharmacological studies of Homoeopathic drugs*” was conducted in collaboration with All India Institute of Medical Sciences, New Delhi. The study concluded that dose of 04ml/kg of body weight in tested mice were non-toxic. The mother tincture of *Bellis perennis*, *Curcuma longa*, *Ricinus communis* and *Terminalia arjuna* demonstrated anticonvulsant activity in rodents. The mother tinctures of *Curcuma longa*, *Rauwolfia serpentina*, *Ricinus communis*, *Tribulus terrestris* and *Terminalia arjuna* possess antihypertensive properties. The manuscript of the study is under review for publication.

A study titled “*Role of homoeopathic medicines in cancer regression and rejuvenation of depressed immune system: a mechanism study*” was undertaken in collaboration with Bose Institute, Kolkata. The study aimed at exploring the role of homoeopathic medicines in tumor growth and to understand the apoptogenicity of homoeopathic medicines on cancer cells with emphasis to explore the immuno-modulatory properties. The

results of experiments with *Thuja* showed that it was able to induce cancer cell death via p53 gene pathway in mammary epithelial carcinoma cells.

A randomized, double blind, placebo controlled trial titled, “*Efficacy of Homoeopathic Therapy on duration of labour*” was undertaken in collaboration with Sri Aurobindo Institute of Integral Health and Research, Cuttack. Seven predefined medicines (*Pulsatilla*, *Caulophyllum*, *Belladonna*, *Gelsemium*, *Secale cor.*, *Nuxvomica*, *Actea racemosa*) were used in O6C to see their effect on duration of labour. The study enrolled 73 subjects, data analysis of which is under progress.

03 projects are currently ongoing in different areas with institutes of reputed like ‘Action of homoeopathic medicines and potencies on heart rate variability (HRV) and blood flow variability (BFV) with medical Analyzer System’ at Dr. A.C. Hom. Med. College, Bhubaneswar, Extension unit of RRI(H), Puri, & RRI(H), Mumbai (Bhabha Atomic Research Center); ‘In vitro studies of some Homoeopathic medicines on the proliferation and differentiation of neural stem cell’ at School of Biotechnology, West Bengal University of Technology, West Bengal; ‘To evaluate certain homoeopathic medicines for their immuno- modulatory and antioxidant potential’ at Indian Veterinary Research Institute, Izatnagar, Uttar Pradesh.

**Extra mural research:** Extra Mural Research: CCRH is providing technical expertise and scrutinizing new project relating to Homoeopathy received for grant-in-aid for Department of AYUSH. During the period from 1<sup>st</sup> April 2013 till date 04 new proposals have been received.

03 Internal Scrutiny Committee (ISC) meetings were held to scrutinize the new proposals, monitor and review the ongoing and conclude studies under EMR on 9<sup>th</sup> April 2013, 6<sup>th</sup> June 2013 and 27<sup>th</sup> August 2013. The ISC reviewed 24 new, revised and re-revised proposals, and 13 concluded studies. The committee recommended 06 new proposals to the Project Evaluation Committee (PEC) for consideration. The PEC meetings were held on 12<sup>th</sup> May 2013, 23<sup>rd</sup> June 2013 and 1<sup>st</sup> September 2013 under the chairmanship of Joint Secretary, Department of AYUSH. The PEC recommended 04 new studies for consideration and approval of the Project Approval Committee. 03 Project Approval Committee meetings were held on 28<sup>th</sup> May 2013, 05<sup>th</sup> August 2013 & 25<sup>th</sup> Nov 2013 under the Chairmanship of Secretary, Department of AYUSH.

One study that was concluded during this period is:

- Identification of mode and pathway of anti-diabetic action of ultra-molecular dilutions of alloxan on alloxan induced diabetic rabbit at Postgraduate Institute of Medical Education and Research, Chandigarh.

The results of the following studies concluded under the EMR scheme were published in National and International Journals.

- *Anti-diabetic effect of Cephalandra indica Q in diabetic rats published in IJRH, Vol. 6, No.1&2,*
- *Effects of potentised homoeopathic medicines, Arsenicum album and Baryta carbonica on growth and pigment concentration of wheat (triticumaestivum L.) in Biohelica: Vol.3 (1&2): 38-43, 2013*

**Documentation & Publication:** The important task after a research work is accomplished is to communicate the outcome of the research to the stakeholders be it clinicians, researchers, teachers, students, industry and the common man. In the reporting period from 1<sup>st</sup> April – 30<sup>th</sup> November 2013, two issues each of the periodical publications i.e. Indian Journal of Research in Homoeopathy and CCRH News have been published and the next issue of each one of them is being prepared. The first issue of the periodical Current Health Literature Awareness Services is in press. Annual report 2012-13 is also in press. The major achievement of this period is that Council's research journal has become 'Open Access Online' for wider and easy accessibility. Two drug monographs – *Cassia fistula* and *Thea chinensis*, Drug proving Volume – 5 and Vernacular names of Plant Drugs in Homoeopathic Pharmacopoeia of India have been published. Compilation of two drug monographs and one disease monograph are under progress.