

CENTRAL COUNCIL FOR RESEARCH IN HOMEOPATHY

Activities & Achievement of the Council during 2016-17 (till Dec. 2016)

The Central Council for Research in Homoeopathy established on 30th March 1978 is an apex organization under the Ministry of AYUSH, Government of India, for undertaking co-ordinating, developing, disseminating and promoting research in homoeopathy on scientific lines.

The council with its Headquarters at New Delhi has a network of 22 Institutes/Units, all over India. These include 02 Central research Institutes, 08 regional research Institutes, 01 Homoeopathic Drug research Institutes, 08 Clinical Research Units, 01 Drug Standardization Unit, 01 Clinical Verification Unit and 01 Survey of Medicinal Plants and Collection Units. There are 04 functional OPDs for providing homoeopathic treatment in allopathic hospitals. Council has upgraded CRU, Agartala to Regional Research Institute to gear up the research work in North-East region. Apart from these, the Council has developed highly advanced & technically equipped infrastructure of virology laboratory at Dr. Anjali Chatterjee Regional Research Institute, Kolkata to carry out molecular biological work.

ACHIEVEMENTS

Drug Standardization:

The Council has assigned 98 drugs to both Standardization centres under drug standardization program for the year 2015-16. Out of 98 assigned drug, Pharmacognostic & Physico-Chemical studies have been completed for 18 drug of plant origin whereas Physico-Chemical studies have been completed for 17 drug of chemical origin. Beside, an annual assignment, 13-drug and (Pharmacognostic & Physico-chemical studies), 4-drug (Pharmacognostic studies) and 4-drug (Physico-chemical studies) have also been completed during the period under report. Finalization of monograph and vetting of technical inputs by the expert and Publication of Homeopathic Pharmacopeia of India Volume -XI are in progress.

Drug Proving:

During the reporting period, six coded drugs have been assigned to different drug proving centres. Apart from these six drugs, proving on three out of six coded drugs assigned in 2015-16 is ongoing. The drug proving trial on eight coded drugs assigned in previous two years has been completed during this period and the compiled proving data of six coded drugs has been approved by the Special Committee on Drug Proving in the 6th meeting held on 22nd July 2016. Proving data of drug code 110 has been compiled and compilation of proving for drug code 124 is in progress. The minutes of the 6th meeting of the Special Committee and the follow up action of the 58th meeting of the Scientific Advisory Committee (SAC) has been submitted for approval of SAC in the forth coming 59th meeting.

An onsite review of Drug Proving Research Programme being carried out at Dr. Anjali Chatterjee Regional Research Institute (H), Kolkata was conducted on 23rd-24th September 2016 and at Homoeopathic Drug Research Institute, Lucknow was conducted on 21st-22nd November 2016.

As per the mandate of the Council the proving studies of indigenous drugs and fragmentarily proved drugs whose Drug Standardisation studies have been done under the Council are being taken up. It has been recommended to take up proving studies on commonly prescribed allopathic drugs whose toxicity and side effects are well known. The Homoeopathic dilutions of these drugs will be prepared at DDPR CRI (H), Noida.

The protocol for carrying out Meta-analysis of Drug Proving Research publication from 1996 till 2015 in collaboration with Royal London Hospital for Integrated Medicine, London as per the MoU signed between CCRH and RLHIM has been drafted. The process for development of software for recording Drug Proving data is under progress.

Clinical Verification:

Homoeopathic Materia Medica contains signs and symptoms produced during proving of the drugs on healthy human volunteers, toxic effects as observed during accidental poisoning or prolonged use of the drug, and clinical symptoms observed when used therapeutically. Thus, the symptomatic data need to be clinically verified when prescribed in the clinical settings. 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, 72 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 three volumes. The preparation of a Materia Medica on remaining drugs is under progress. Now study of new 16 drugs, proved by the Council, are under study in 13 centres.

Clinical Research:

Clinical Research is one of the priority areas of research of the Council. The protocol of studies are prepared involving the experts 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), eminent homeopathic educators, researchers and practitioners and other experts from modern medicine as and when required depending on the subject. The protocol follows Good clinical practices of India, ethical guidelines of ICMR. Nineteen studies are ongoing during the reporting period on the following clinical conditions:

- Homoeopathy as adjunctive treatment to resperidone/ olanzipine in treatment resistant patients of schizophrenia: an open label randomized placebo controlled trial.
- A randomized, placebo controlled, cross-over, clinical trial of homoeopathic medicines in Autism.
- Effects of Homoeopathic intervention in Stage I essential hypertensive patients: A randomized double blind, placebo controlled trial.
- Effect of individualized homoeopathic intervention in dyslipidemia: An open label randomised controlled exploratory trial.
- Effects of Homoeopathic intervention in pre-diabetes (EHIP): An open label randomized controlled exploratory trial.

- Comparing individualized homoeopathy with placebo in managing pain of knee osteoarthritis: a double-blind randomized controlled trial.
- Observational study to evaluate response to homoeopathic treatment in psoriasis.
- Observational study to evaluate response to homoeopathic treatment in Vitiligo.
- A comparative randomized controlled trial of homoeopathy & allopathy in acute otitis media & its recurrence in children.
- Individualized homoeopathic intervention in Diabetic Foot Ulcer: A randomised controlled pilot study using Calendula Q vs normal saline for ulcer dressing.
- A multi –centre single blind randomized placebo controlled trial to evaluate the efficacy of individualized homoeopathic intervention in Breast fibroadenoma.
- Efficacy of homoeopathic treatment in subclinical hypothyroidism in school going children: a randomized double blind placebo controlled parallel arm trial.
- Follow up cross sectional study of Subclinical Hypothyroidism children post three years of treatment.
- Evaluation of Ferrum drugs in the treatment of Iron deficiency Anaemia- An observational study.
- Validation of commonly used homoeopathic drugs for migraine: A prospective observational study-Pretrial
- Validation of commonly used homoeopathic drugs for functional dyspepsia: A prospective observational study-Pretrial
- Validation of commonly used homoeopathic drugs for bronchial asthma: A prospective observational study-Pretrial
- Validation of commonly used homoeopathic medicines for hemorrhoids: A prospective observational study -Pretrial
- Validation of commonly used homoeopathic drugs for acne: A prospective observational study-Pretrial.

Following new study initiated:

- Acute Encephalitis Syndrome- Treatment Study.

Following study is concluded:

- Adjuvant homoeopathic management for cancer patients experiencing side effects from chemotherapy-a pilot study.

The following are the salient outcomes from the studies published during the reporting year:

- A randomized comparative trial in the management of Alcohol Dependence: Individualized Homoeopathy versus standard Allopathic Treatment. Published in: Indian J Res Homoeopathy 2016; 10:172-81

Outcome: This study was undertaken to compare the effects of IH with standard allopathic (SA) treatment, in which alcohol dependents were screened verbally using the CAGE scale. The results

concluded that IH is not inferior to SA in the management of AD patients. More rigorous studies with large sample size are however desirable.

- An openlabel pilot study to explore usefulness of Homoeopathic treatment in Nonerosive Gastroesophageal reflux disease. Published in: Indian J Res Homoeopathy 2016; 10:188-98.

Outcome: Nonerosive Gastroesophageal reflux disease or Nonerosive reflux disease (NERD) is characterized by troublesome reflux related symptoms in the absence of esophageal erosions/breaks at conventional endoscopy. Present work reports Significant difference was found in pre- and post-treatment GERD symptom score and statistically significant improvement in three domains of WHO-QOL score, i.e. psychological health, social relationship, and environmental domain.

- Homoeopathic management of Schizophrenia: A prospective, non comparative, openlabel observational study. Published in: Indian J Res Homoeopathy 2016; 10:108-18.

Outcome: The study reflects the positive role of homoeopathic medicines in the management of patients suffering from schizophrenia as measured by Brief Psychiatric Rating Scales (BPRS).

Fundamental & Collaborative Research:

The main objective of the collaborative studies initiated by CCRH in 2005 is to conduct evidence-based, inter-disciplinary basic research studies and to validate the efficacy/concepts of Homoeopathy on scientific parameters which require infrastructure and /or expertise not available in the Council. These studies aim to understand the biological effect of homeopathic medicines; to conduct animal experimentation to assess anti-viral properties; to undertake physiochemical studies; and to know the presence of Nano-particles in homoeopathic medicines. To achieve its aims in this field, Council collaborates with various reputed institutes and has had 30 National and 03 International collaborations. A brief account of activities during this period is given below:

Ongoing Studies

- 'Effect of homoeopathic medicines on dengue virus infection on mosquito cell line and in suckling mice' at Dr. Anjali Chatterjee Regional Research Institute for Homoeopathy, Kolkata, West Bengal;
- 'Estimation of viral load and immune response in JE virus infected adult and suckling mice treated with Belladonna' at Dr. Anjali Chatterjee Regional Research Institute for Homoeopathy, Kolkata, West Bengal;
- 'Understanding the mechanism of action of homoeopathic medicine at Molecular level in Nano domains in vivo and in vitro systems' at Centre for Interdisciplinary Research and Education, Kolkata, West Bengal;
- 'Efficacy of the Homoeopathic preparation of *Berberis vulgaris* to alleviate acute oxalate toxicity: an insight into lithogenic events with special reference to crystallization and inflammation' at Dr. ALM Post Graduate Institute of Basic Medical Science, Madras University, Chennai;

- ‘Elucidation of Molecular Mechanism of Action of Belladonna and Belladonna Calcareo carbonica – Tuberculinum bovinum (BCT) during Japanese Encephalitis Virus Infection’ at Centre for Cellular and Molecular Biology, Hyderabad;
- ‘Effects of Potentised Homoeopathic medicines in Agriculture (Agro-Homoeopathy): An eco-friendly alternative solution for synthetic fertilizers and pesticides’ at CSIR- Institute of Minerals and Materials Technology, Bhubaneswar, Odisha;
- ‘To study the effect of homeopathic drugs on ultra-structure of mid-gut cells derived from Aedes albopictus’ at Dr. Anjali Chatterjee Regional Research Institute for Homoeopathy, Kolkata, West Bengal;
- ‘Prophylactic effect of Homeopathic anti-malaria drugs on malaria - A prevention effectiveness study in Odisha’ at Indian Institute for Public Health, Bhubaneswar, Odisha.

Extra-Mural Research:

The Ministry of AYUSH supports scientists in the country to conduct research in Homoeopathy. The scheme encourages research in high priority areas to ascertain efficacy of treatment, better understanding of homoeopathic principles and respond to various public health concerns. CCRH is providing technical expertise and scrutinizing new projects relating to Homoeopathy received for grant-in-aid under this scheme of the Ministry of AYUSH.

During the period from 1st April 2016- 30th November 2016 twenty seven new proposals were received. Two Project Screening committees were held on 10th August 2016 and 15th – 16th November 2016 under the chairmanship of Joint Secretary, Ministry of AYUSH. One project approval committee under the chairmanship of Secretary AYUSH was held on 21st September 2016.

One workshop on ‘Sensitization of Extra-Mural Research’ among AYUSH practitioners, academicians and researchers was organized by the Central Council for Research in Homoeopathy on 30th November 2016 at the Kerala University Health Sciences, Thrissur. Thirty three participants from Homoeopathy, Ayurveda and Siddha colleges and health care organizations participated in the workshop.

Homoeopathy for Healthy Child:

The Council is undertaking the program on ‘Homoeopathy for Healthy Child’ aimed at screening, early diagnosis and management of common diseases of children & adolescents since February 2015. This program is being undertaken on pilot basis in 10 blocks of 05 states i.e. Assam, Delhi, Maharashtra, Odisha and Uttar Pradesh. Also, the program was extended to 5 gram panchayats under JadigenahalliPHC (Bangalore, Karnataka) since November 2015 in coordination with Dr Mathai’s Rural Holistic Health Centre under public private partnership mode. The Health workers involved in the project are ASHA/ANM/MPW and supporting staff. A total of 52327 children in the age group of 6months to 3yrs. have been enrolled since inception of the programme. During the reporting period 10,694 children were enrolled, from 1824

children reporting with diarrhoea, 1686 responded to Homoeopathic treatment. From 2717 children reporting with Fever/URTI, 2564 children responded to homoeopathic treatment.

SwasthyaRakshan Program:

Council has undertaken 'SwasthyaRakshanProgram' (SRP) through its 11 Research Institutes by adopting five villages/urban cities near to the Institutes. The objectives of SRP are to provide homoeopathic treatment to the people in the identified villages through mobile OPDs; organizing Parikshan camps for screening of healthy population and early diagnosis of diseases on weekly basis in the identified villages; collection of demographic details of the villages; promote hygiene and cleanliness through health education for enabling behavior change in people. SRP has two components namely SwasthyaRakshan OPDs and SwasthyaParikshan Camps.

Activities Undertaken, includes development of IEC material(Handouts, pamphlets, posters) which is developed in Hindi, English and 07 regional languages focusing on importance of hygiene in daily practice, promoting healthy practices like hand washing, disposal of waste, for creating awareness about importance of hygiene, healthy habits and homoeopathy in daily life, in the targeted villages during mobile OPDs and camps. A total of 79784 people are benefitted through 1227 camps/OPD. The programme also includes family health surveys.

Till date 13081 families have been covered and health screening of 15719 persons have been conducted under the survey. Mass campaigning through rallies/ Nukkad nataks focusing on personal, environmental and social hygiene was conducted in the target villages with the help of local authorities and village Sarpanchs. Informative lectures on hygiene were conducted in schools of the targeted villages and IEC materials in regional languages were distributed. Short audio video clips of 2-3 minutes from the villagers, village Sarpanch or local authorities are recorded to assess positive impact of the program.

Integration of AYUSH (Homeopathy along with Yoga) in the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) – A pilot project

Keeping in view, the increasing burden of non-communicable diseases (NCDs) in India, Ministry of Health and Family Welfare, Govt. of India launched National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) in July 2010 and by 2012, 21 states across the country were covered under the programme. Promotion of healthy life styles, early diagnosis and management of diabetes, hypertension, cardiovascular diseases & common cancers e.g. cervical cancer, breast cancer & oral cancer are the aims of this programme.

It was decided to integrate Homoeopathy in NPCDCS program on pilot basis and utilize the services of the Homoeopathic doctors and yoga experts in Krishna (Andhra Pradesh) and Darjeeling (West Bengal) districts at first instance. The Objectives of Integration of Homoeopathy/Yoga in NPCDCS Program are Health promotion of masses through behavior

change, Disease prevention through early diagnosis of NCDs, Reduction in NCD burden and their risk factors, Early management of NCDs through homoeopathic treatment alone or as add on to standard care, and study feasibility of integration of AYUSH (Homoeopathy & Yoga) in reduction of disease burden. The programme is implemented through 14 CHCs and 103 PHCs in two districts.

During the reporting period, Training manual for yoga instructors/volunteers and multi-task workers in English and Telugu, Screening card, Lifestyle clinic questionnaire, Spreadsheet for data capturing of patients attending CHNCs/BPHCs were developed. Awareness rallies/activities and screening camps have been organized on the occasion of World Diabetes Day, World Heart Day, Breast Cancer Awareness Week and International yoga day. A total of 62,005 patients attended the OPD, 13,335 patients were screened and 7,675 patients are being treated for NCDs. So far, 3,123 Yoga sessions have been conducted with 98,820 participants.

AYUSH Epidemic Cell:

The Council is conducting studies and medical relief camps in communicable diseases like conjunctivitis, dengue, Japanese encephalitis, bacillary dysentery, yellow fever, jaundice, typhoid, measles, meningitis, cholera, viral fevers, kala azar, plague, malaria, chikungunya and swine flu. Brief description of activities in reporting year is as below:

A. Three studies were conducted on Dengue. Firstly, a prospective, cluster randomized, double blind, parallel arm, placebo controlled study was undertaken from May 2016 to August 2016 at Kerala. A total of 64,096 patients enrolled received *Eupatorium perfoliatum* or placebo after randomization. Data compilation is under process. Secondly, a prospective observational, preventive study in Delhi to assess effectiveness of *Eupatorium perfoliatum* on incidence of Dengue fevers during Dengue fever outbreak. Thirdly, a data collection study was done in the month of September 2016 for Dengue cases in collaboration with Govt. of NCT, Delhi.

B. A data collection study was done in the month of September 2016 for Chikungunya cases in collaboration with Govt. of NCT, Delhi. A total of 174 Chikungunya cases are enrolled for study and followed up. Data is under compilation. For increasing awareness among the public and homoeopathic practitioners about homoeopathic prevention and treatment of chikungunya council has developed "Homoeopathic Perspectives in Chikungunya" and the same being uploaded in the Council's website.

C. Council has undertaken data collection for AES/JE prevention in 05 adopted villages and forest camp in Imphal during recent outbreak in August 2016 through its Regional Research Institute, Imphal.

Documentation & Publications:

The Council brings out quality publications in the form of books, monographs etc. In the reporting year, Council has published under periodicals 03 issues of Indian Journal of Research in Homoeopathy, two volumes of CCRH Newsletter, and Annual Report 2015-16.

Under books/monographs, 07 books were published and released on World Homoeopathy Day 2016:

- The Dossier Homeopathy Science of Gentle Healing (English & Spanish),

- Homoeopathy for Common Diseases-Before Consulting a Doctor (English),
- Keynotes of Homoeopathic Materia Medica,
- Clinical Verification Vol. III,
- Drug Proving-Training Module and Manual,
- Homoeopathic Pharmacopeia of India Vol. 10,
- Training manual for Homoeopathy Physicians: Homoeopathy for Healthy Child.

Other publications during reporting year:

- Dossier Homoeopathic Science of Gentle Healing in Japanese and
- Drug Monograph: Hydrocotyleasiatica.

Activities & Achievement 2016 and revised edition of the book Handbook of Medicinal Plants is under print. IEC materials 05 handouts & 01 poster have also been published. Council's publications have been made available for sale online through. The website for e-books www.ccrhpubonline.com has been developed and 28 publications have been made online and 11 are under process. The purchase of books of the Council publications has been made speedily available by integrating the payment gateway with Council's website. 08 publications of the Council have also been included in Radar Opus version 1.43 and 02 publications have been included in Zomeo, the software from Hompath. Documentary film, Drug Development in Homoeopathy is ready and Research in Homoeopathy is in the final stage.

Short Term Studentship in Homoeopathy:

The Council had initiated the Short Term Studentship in homoeopathy Program in year 2014 in order to promote interest and aptitude for research among homoeopathic undergraduates. STSH is a fully online Program (<http://ccrhindia.org/stsh.asp>). The students register ONLINE every year and the received applications are evaluated. The selected candidates submit their projects which are evaluated by the reviewers and those who are approved are awarded with a sum of Rs. 10,000/-. During the reporting year, studentship was awarded to 12 candidates from 2015 batch. For the 2016 batch, 413 candidates registered online, research proposals were submitted by 159 from which 48 were shortlisted.