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PREFACE

Introduction

The library of the Central Council for Research in Homoeopathy has been circulating “Current Health Literature Awareness Service” (CHLAS). The main objective is to disseminate precise information/citation about scientific articles published in various journals/magazine subscribed by this Council.

Scope

This volume covers articles on AYUSH & other systems.

Arrangement of Entries

The articles are indexed under the name of the authors, arranged in alphabetical order. The entries have been made in the following order:

Author
Title
Name of Journal
year of publication; Volume (issue no.): pagination
Abstract

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Acknowledgement

We are grateful to Dr. Subhash Kaushik, Director General, CCRH for his encouragement and valuable suggestions from time to time. We sincere acknowledge the cooperation of Mrs. Nisha Adhikari, Office Assistant in compiling this bulletin.

(Dr. O.P. Verma)
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AYUSH & Other System

AP Buran-Omar, AG Alaban. Integrating Al-Hijamah into the Healthcare System in Saudi Arabia: Hospital Staff's Perception, Possible Use, and Acceptability. *Complementary Medicine Research* 2022; 29(3): 228-34p.

Abstract:

Introduction: Al-Hijamah must be integrated into the conventional healthcare system in Saudi Arabia to respond to the unmet needs in modern medicine. This quantitative, cross-sectional study explores hospital staff's perception, possible use, and acceptability of Al-Hijamah as an alternative medicine for their patients.

Materials and Methods: 359 physicians and nurses were randomly selected as respondents across ten government hospitals in Eastern Region. The awareness and acceptability of Al-Hijamah were determined using proportion estimation. In contrast, logistic regression was used in determining the associations between awareness of Al-Hijamah and the acceptability of its integration into conventional healthcare services.

Results: The majority (75%) of the hospital staff exhibited a high level of knowledge regarding Al-Hijamah and a high level of acceptance (72%) on incorporating Al-Hijamah into their practice. Hospital staff with a high level of knowledge were 3.5 times more likely to incorporate Al-Hijamah in their practice ($p < 0.001$). Moreover, all 13 integration concepts have a positive acceptance rate (50% and above), showing a high degree of acceptance among hospital staff.

Conclusion: This study paves the way for the modification of current policies in the practice of complementary and alternative medicine in Saudi Arabia and suggests areas where the present healthcare system may be failing to meet patients' holistic care needs.

Apel Zuzanna. Challenging Case in Clinical Practice: Myofunctional Therapy a Novel Treatment Alternative in Dentistry. *Integrative and Complementary Therapies* 2022; 28(3): 124-28p.

Abstract:

Myofunctional therapy is an additional, alternative treatment in dentistry that should be considered, especially in growing children. This article describes a case study with the orthodontic treatment results accomplished while implementing myofunctional therapy. In addition, the report shows how the correction of breathing patterns and tongue placement during rest and swallow makes positive facial changes.

Ariyasriwatana C, Phoolcharoen N, Oranratanaphan S, Worasethsin P.

Efficacy of Curcuminoids in Managing Postoperative Pain after Total Laparoscopic Hysterectomy: A Randomized Controlled, Open-Label Trial. *Complementary Medicine Research* 2022; 29(3): 223-27p.

Abstract:

Background and Aims: Curcuminoids, which are substances extracted from turmeric (*Curcuma longa*), have anti-inflammatory and analgesic effects and a good safety profile. This study aimed to evaluate the clinical efficacy of curcuminoid extracts on reducing pain among patients who underwent laparoscopic hysterectomy.

Experimental Procedure: From November 2016 to December 2017, 98 participants were included in this clinical trial, and they were randomly assigned to the experimental and control arms according to blocks of four. The intraoperative findings did not significantly differ between the two groups. The experimental group received one tablet of curcuminoid extract 250 mg four times a day on postoperative days 1–3. Pain was evaluated at 24 and 72 h postoperatively using a 10-point visual analog scale (VAS).

Results and Conclusion: The mean VAS scores at 24 h after surgery were 4.9 in the experimental group and 4.3 in the control group. Hence, the results did not significantly differ ($p = 0.129$). The mean VAS scores at 72 h after surgery were 1.8 in the experimental group and 2.8 in the control group ($p = 0.001$). The side effects in both groups were similar. Hence, curcuminoids can be an effective supplement for reducing pain after laparoscopic hysterectomy. The conclusion from this study is that curcuminoids may be an effective supplement to reduce postoperative pain following laparoscopic hysterectomy.

Arora Geeta, Goyal Arti. Polycystic ovarian syndrome with obsessive-compulsive disorder treated with homoeopathy: A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 163-70p.

Abstract:

Introduction: Polycystic ovarian syndrome (PCOS) is a multisystem endocrine disorder which is gradually on a rise due to lifestyle changes and increased stress.

Case Summary: A case of 29-year-old female suffering from PCOS showed improvement with homoeopathic treatment. The improvement was evident from the hormonal assays and ultrasonography reports of the patient. This case report suggests that individualised homoeopathic medicines are effective in the treatment of PCOS.

Bagdatli Emine, Atmaca Hilal, Erturk Omer. Bioactive Properties and Phytochemical Screening of Mad Honey Bee Pollen. *Complementary Medicine Research* 2022; 29(3): 194-204p.

Abstract:

Introduction: Mad honey is widely used in folk medicine in the Black Sea region of Turkey for its medicinal properties, but its pollen is not collected by mad honey producers and its benefits are unknown.

Methods: In this study, water and ethanol extracts of mad honey bee pollen from four different plateaus in the Black Sea region of Turkey were researched for their antioxidant and antimicrobial properties. Phytochemical analyses were carried out and the data were supported with UV-Vis spectrophotometry. Antimicrobial activity was researched against four Gram-positive and four Gram-negative bacteria, one fungus, and one yeast. The results were compared with standard antioxidants and antibiotics.

Results: The ethanol extracts of the samples from Sinop (P5), Giresun (P7), and Trabzon (P8) were the most active samples as antioxidants, and almost all the extracts of *R. ponticum* bee pollen were effective on the tested microorganisms. However, P5–8 showed better values for *B. cereus*, *E. faecalis*, *E. coli*, and *P. aeruginosa*.

Conclusion: It has been proven that mad honey bee pollen is a natural product with previously unknown medicinal properties and rich phytochemical content. Future research and clinical trials are important to scientifically support its benefits in complementary medicine.

Bishnoi Anju. Rain drops, health and homoeopathy. *National Journal of Homeopathy* 2022; 24(6): 16-19p.

Abstract:

Monsoon is the season which gives delight to everyone. Of course, after the scorching summer it's the time to welcome the change in temperature with showers of rain, happy clouds and rainbows. However, as everything has both positive and negative impact, so is with our eagerly awaited monsoon season. When it rains, its spores or more precisely, it's full of bacteria, viruses and other kinds of organisms which in turn lead to various health hazards. As the general level of contamination rises, the incidence of food and water-borne diseases reaches its peak. In order to protect ourselves, we need to know what the dangers are and how they can be prevented.

Brase A, Brauchle D, Kermad A, Volk T, Morinello E, Gottschling S et al. Postoperative Pain Therapy with Laser Acupuncture after Cesarean Section under Spinal Anesthesia: A Double-Blinded, Randomized, Placebo-Controlled Trial. *Complementary Medicine Research* 2022; 29(3): 235-41p.

Abstract:

Purpose: The aim of our prospective, randomized, doubleblind, placebo-controlled study was to investigate the effect of laser acupuncture on postoperative pain in women undergoing cesarean section.

Methods: 99 women (mean age 32 ± 5 years) scheduled for cesarean section under spinal anesthesia at Saarland University Hospital Medical Center, Homburg (Germany) were enrolled in this trial after giving written consent. Patients were randomized in two groups receiving a course of 3 treatments over 3 days with either active or placebo laser. Each acupuncture session treated Di-4 and Shen-men of both hands and ears. Primary outcome was defined as the pain severity at rest measured by Numeric Rating Scale (NRS) on the first postoperative day. Secondary outcome measures included analgesic consumption, time to mobilization, and length of stay. Treatment occurred on the operation day and on the following 2 days. Data were collected by a standardized questionnaire.

Results: From 95 included patients, 80 were analyzed. No statistical difference between both groups were observed for pain severity at rest on the first postoperative day after cesarean section (MannWhitney U test, $p = 0.850$, verum group [mean \pm standard deviation]: 3.3 ± 2.1 vs. placebo group: 3.2 ± 1.9). Secondary outcome measures regarding analgesic consumption showed no difference in NSAID or opioid between treatment and placebo group. Laser acupuncture showed no effect on time to mobilization and length of stay.

Conclusion: Our study could not demonstrate significant effects by the application of laser acupuncture on postoperative pain in women undergoing cesarean section.

Choubey Gurudev, Pratap Indra, Banerjee Abhiram, Varanasi Roja. Individualized homoeopathy in the treatment of gallbladder polyp with multiple comorbidities: A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 139-47p.

Abstract:

Introduction: Gallbladder polyps are usually asymptomatic and detected incidentally during abdominal ultrasonography (USG). Their presence, irrespective of size, is considered an indication of surgical removal.

Case Summary: A 44-year-old hypertensive and diabetic male presented with severe pain in the left lower back for 1 month. Abdominal USG revealed the presence of a 4-mm size gallbladder polyp, mild hydronephrosis of the left kidney, two left renal microliths, 5.2-mm calculus in the left vesicoureteric junction, Grade-I fatty liver and Grade-I prostatomegaly. The patient was advised for cholecystectomy, but he opted for homoeopathic treatment to avoid surgery. At the first visit, homoeopathic medicine *Calcarea fluorica* was prescribed and the patient was followed up periodically for 1 year. His back pain reduced within 15 days. The patient was assessed for subjective improvement through the 'outcome related to

impact on daily living' scale. USG after 10 months of treatment revealed that the gallbladder polyp was not present and his liver, kidney and ureteric functions returned to normal as per investigations. Modified Naranjo Criteria for Homoeopathy score (+8 on the '-6--13' scale) assesses if the improvement of the patient can be attributed to the homoeopathic treatment provided. This case report is presented to document the scope of individualized homoeopathy in the treatment of gallbladder polyp with multiple comorbidities pathologies. Further, documentation of consistent results from a large number of similar cases is warranted.

Cramer Holger. Distinguishing Fact from Opinion: Social Media, Free Speech, and Evidence-Based Medicine. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 455-56p.

D'Adamo Christopher, Rountree Robert. Nutritional Epidemiology and Culinary Medicine. *Integrative and Complementary Therapies* 2022; 28(3): 107-14p.

Engel R, Barop H, Giebel J, Ludin SM, Fischer L. Influence of Modern Neurophysiology on the Previous Definitions of "Segment" and "Interference Field" in Neural Therapy. *Complementary Medicine Research* 2022; 29(3): 257-67p.

Abstract:

Background: In neural therapy, local anesthetics are injected for diagnostic and therapeutic purposes. In this process, therapy makes use of the regulatory functions and plastic properties of the nervous system, especially its autonomic part. Up until now, a distinction has been made between "local/segmental neural therapy" and "interference field therapy." This division dating back to the middle of the last century was based on the assumption that anatomical and clinical segments were identical. However, this is only true for the projection symptoms, which are limited to metamerism. All pathophysiological processes beyond this segment were called "interference field events" ("outside of any segmental order" and "not explainable by neuroanatomical circuitry").

Summary: However, modern neurophysiology no longer recognizes segmental boundaries, taking into account the occurrence of cross-segmental sensitization processes, neuroplastic changes, immune processes, and neurogenic inflammation. In addition, new insights into neuroanatomical circuitry have also contributed to segmental expansion. Thus, in recent years, much of the interference field activity has been assigned to an "extended" segment; however, even there, no segment boundaries can be defined. Thus, the former definition of the interference field effect (considered to be outside any segmental order) is considered obsolete. Nowadays, interference fields are called "neuromodulatory triggers." They can act anywhere, both locally and fairly distant, and even systemically.

Key Messages: Thus, it is no longer tenable to classify interference field therapy as “unscientific” and “not recognized” while local and segmental neural therapy is being scientifically recognized. In the work at hand, the interference fields discovered by the Huneke brothers become scientifically definable as “neuromodulatory triggers” by showing that clinically and pathologically, hardly any segmental boundaries exist.

Fresco David M. Neuroscience: Emotional Regulation, Mindfulness, and Relieving Distress. *Integrative and Complementary Therapies* 2022; 28(3): 115-18p.

Gautam Pooja, Goel Meetu. Pityriasis versicolor in an infant treated with homoeopathy: A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 132-38p.

Abstract:

Introduction: Pityriasis versicolor (PV) is one of the common disorders characterised by cutaneous pigmentary changes due to the colonisation of the stratum corneum by a lipophilic fungus, *Malassezia*. It can occur at any age but is most commonly seen in young adults and is relatively rare in children. PV is not easy to cure, as relapse after the treatment can be as high as 80% within 2 years.

Case Summary: The case reported here is of PV in 6-month-old child who was treated successfully with individualised homoeopathic medicine for 6 months. Sulphur was prescribed based on the totality of symptoms. Causal attribution of changes was assessed by Modified Naranjo Criteria. The patient had been observed for more than 2 years without recurrence. Treatment with homoeopathy should be explored in such recurrent and relapsing skin disorders.

Gilla Deepthi, Devasia Mohan N, AL Akhila. Dementia treated with individualized homoeopathy: A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 148-54p.

Abstract:

Introduction: Dementia is a devastating neurodegenerative disorder that places a significant physical, emotional, and financial burden on patients, their caregivers and society. The global burden of dementia is growing alarmingly greater in the past few decades. There is an evidence base for the effectiveness of homeopathic medicines in certain psychiatric disorders, but literature is scarce on the usefulness of homoeopathy in dementia.

Case Summary: A 72-year-old female patient was brought to the psychiatry outpatient unit with symptoms such as sleeplessness, irrelevant talking, irritability, weakness of memory, lack of personal hygiene, and wandering away from home. The case was diagnosed as unspecified dementia, assessed with mini-mental state examination (MMSE), and treated with

Ignatia 200. MMSE score of 10 (severe cognitive impairment) at baseline gradually improved to 24 (no cognitive impairment) within 6 months and was maintained up to 12 months. Clinical improvement was also observed in cognitive functions, behaviour as well as the general condition of the patient. Causal attribution to changes after homeopathic intervention is evaluated through Modified Naranjo Criteria for homeopathy.

Gilla Deepthi, Nair Sreeja KR, Devasia Mohan N. ND. Acute polymorphic psychotic disorder with symptoms of schizophrenia : A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 155-62p.

Abstract:

Introduction: Acute polymorphic psychotic disorder (APPD) with symptoms of schizophrenia is a rare psychiatric presentation with a rapidly changing and variable clinical state. There is much scope to explore the effectiveness of homeopathy in acute psychotic disorders. Due to the rarity of its presentation, a case of APPD managed with homeopathic medicines is reported here.

Case Summary: A 49-year-old female was brought in a restrained state due to disorganized behaviour, violent anger with hurting tendency, irrelevant talk, bizarre delusions, and markedly variable perceptual disturbances. The case was diagnosed as APPD with symptoms of schizophrenia and the improvement was assessed with the brief psychiatric rating scale (BPRS). The case was treated with homeopathic medicines in the in-patient unit of the National Homoeopathy Research Institute in Mental Health, Kottayam. The BPRS score at baseline of 91 turned to 18 (normal) on the fifth day with Hyoscyamus 200 single dose and the patient was discharged with totally normal behaviour on the eighth day. The patient was given a dose of Aurum sulph 200 as a constitutional remedy in the 2nd week after discharge. The remedy was infrequently repeated during monthly visits for up to 1 year. There was no relapse of psychotic episodes and there was good psychosocial adaptation. Future research based on well-planned study designs is necessary to establish the evidence. The likelihood of causality between intervention and outcome has been discussed as per Modified Naranjo Criteria for Homoeopathy.

Hart Jane. Herbalists Without Borders: Empowering Communities with Access to Herbal and Botanical Wellness. *Integrative and Complementary Therapies* 2022; 28(3): 146-47p.

Hart Jane. Random Acts of Kindness: A Way to Improve Health and Wellbeing. *Integrative and Complementary Therapies* 2022; 28(3): 121-23p.

Heiderscheit Annie, Johnson Kaylie, Chlan Linda L. Analysis of Preferred Music of Mechanically Ventilated Intensive Care Unit Patients Enrolled in a Randomized Controlled Trial. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 517-29p.

Abstract:

Objective: Music listening interventions are utilized in a wide variety of clinical settings to help patients manage stress, anxiety, pain, discomfort, as well as attendant influences on sedative exposure, delirium, and cognitive functioning. While the body of research regarding the use of music-based listening interventions continues to grow, there is a paucity of information in the literature about specific music used for listening interventions. The purpose of this secondary analysis is to examine the music that study participants identified as their preferred music and listened to during the study.

Design: This secondary analysis is based on data from a parent study, which was a three-arm randomized controlled trial attesting a patient-directed music (PDM) listening protocol to manage the psychophysiological symptom of anxiety.

Setting: Twelve intensive care units in a major metropolitan area in the United States.

Subjects: Participants included the 126 mechanically ventilated patients enrolled and randomized to the PDM listening arm of the study.

Results: Data presented in this study include playlists from the 12 genres patients self-identified as preferred with specific groups and artists requested for music listening during the study. Discographies of the playlists are also included.

Conclusions: The efficacy of interventions is impacted by the design of the intervention and the selection of music utilized. Implications of this analysis further explore the role of a board-certified music therapist (MT-BC) in designing and implementing a music listening intervention. The specialized knowledge on the therapeutic use and benefits of music that an MT-BC possesses supports the development of quality study intervention and appropriate implementation. The review of the music utilized in the parent study provides detailed information about the music utilized to inform future research focused on music listening interventions to effectively build on previous studies.

Clinical Trial Registration: ClinicalTrials.gov NCT00440700.

Hodges Romilly. Immune Resilience: Considering Intermittent Fasting. *Integrative and Complementary Therapies* 2022; 28(3): 129-33p.

Horiuchi Sakura, Flusberg Yael, Peterson Christine Tara, Mills Paul J, Chopra Deepak, Kogan Mikhail. Current Approaches to Yoga in U.S. Medical Schools: Scoping Review of the Literature. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 463-73p.

Abstract:

Background: Yoga is described as a system of physical and mental practices originating from India that connects mind, body, and spirit with techniques such as physical exercises, breathing, and meditation to promote health and well-being. Medical students experience an immense amount of stress that unfortunately continues throughout their residency and careers. Yoga represents a tool to reduce stress and support medical student resilience.

Objective: This study aims to evaluate the current approaches to yoga in U.S. medical schools.

Methods: A scoping literature review was conducted using search terms such as “medical school,” “medical student,” “medical education,” “yoga,” “asana,” “pranayama,” and “mindfulness.” The primary aim of the review was to examine if U.S. medical schools offer accessible yoga to medical students and the characteristics of those yoga programs.

Results: The search yielded 1313 primary articles. All titles and abstracts were screened for eligibility. Duplicate articles were removed, and 156 articles were reviewed independently by two authors. A total of eight articles met all the criteria. Yoga is offered in medical schools through three main models: recreational, research, and educational. All of the studies indicated various positive effects on medical students from these yoga programs, including in psychological states, perceived stress, and scores on medical knowledge assessments.

Conclusions: Yoga aligns well with the objectives of medical education by combining physician resiliency, mindfulness, and education that can ultimately serve patients. Greater opportunities should be created to engage medical students in yoga through the length of their entire undergraduate and graduate medical training.

Jeitler Michael, Roth Sandra, Steckhan Nico, Meier Larissa, Koppold-Liebscher Daniela A, Kandil Farid I et al. Therapeutic Phlebotomy in Patients with Grade 1 Hypertension: A Randomized-Controlled Trial. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 530-39p.

Abstract:

Aim: Study aim was to investigate the effects of therapeutic phlebotomy on ambulatory blood pressure in patients with grade 1 hypertension.

Methods: In this randomized-controlled intervention study, patients with unmedicated hypertension grade 1 were randomized into an intervention group (phlebotomy group; 500 mL bloodletting at baseline and after 6 weeks) and a control group (waiting list) and followed up for 8 weeks. Primary endpoint was the 24-h ambulatory mean arterial pressure between

the intervention and control groups after 8 weeks. Secondary outcome parameters included ambulatory/resting systolic/diastolic blood pressure, heart rate, and selected laboratory parameters (e.g., hemoglobin, hematocrit, erythrocytes, and ferritin). Resting systolic/diastolic blood pressure/heart rate and blood count were also assessed at 6 weeks before the second phlebotomy to ensure safety. A per-protocol analysis was performed.

Results: Fifty-three hypertension participants (56.7 ± 10.5 years) were included in the analysis ($n = 25$ intervention group, $n = 28$ control group). The ambulatory measured mean arterial pressure decreased by -1.12 ± 5.16 mmHg in the intervention group and increased by 0.43 ± 3.82 mmHg in the control group (between-group difference: -1.55 ± 4.46 , $p = 0.22$). Hemoglobin, hematocrit, erythrocytes, and ferritin showed more pronounced reductions in the intervention group in comparison with the control group, with significant between-group differences. Subgroup analysis showed trends regarding the effects on different groups classified by serum ferritin concentration, body mass index, age, and sex. Two adverse events (AEs) (anemia and dizziness) occurred in association with the phlebotomy, but no serious AEs.

Conclusions: Study results showed that therapeutic phlebotomy resulted in only minimal reductions of 24-h ambulatory blood pressure measurement values in patients with unmedicated grade 1 hypertension. Further high-quality clinical studies are warranted, as this finding contradicts the results of other studies.

Joshi Rachana. What a relief by H!. *National Journal of Homeopathy* 2022; 24(6): 42-43p.

Kaushik Subhash. Pointers to reporting a case. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 77-78p.

Kulkarni Indira. My views are never appreciated. *National Journal of Homeopathy* 2022; 24(6): 37-40p.

Abstract:

The most awaited season is Monsoon and it has arrived. It also brings various health issues, due to viruses, bacteria or even parasites. The windy environment, heavy rains, the chill humid climate can become a super spreader for many infectious conditions if sufficient care is not taken. This case study highlights the efficacy of homoeopathic medicines in treating a case of repeated enteric fever which is one of the common causes of concern for health during monsoon.

Kulkarni Sushant. Yes! Homoeopathy is the fastest and safest. *National Journal of Homeopathy* 2022; 24(6): 46-47p.

Abstract:

One of the commonest ailments seen during monsoon in India is Diarrhoea caused by gastroenteritis and similar water/food borne diseases. According to WHO, at least 2 billion people have a contaminated drinking water source, estimated to cause approximately 4.8 lac diarrhoea deaths each year. Children are the easiest victims because of a developing immune system, and it has been reported that 2.9 lac deaths in children aged less than 5 years could be avoided each year if they had access to safe drinking water and food.

Kundu Chittaranjan, Ahmed Zeeshan, Das Subhrasankha. Homoeopathic medicine Gettysburg water in osteoarthritis: A case series. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 125-31p.

Abstract:

Introduction: Rheumatism alludes to various painful medical conditions which influence joints, bones, ligaments, tendons and muscles. It is also called musculoskeletal disease which is portrayed by pain and a gradual diminishing in the range of motion and function, in one or more areas of the musculoskeletal structure. In a few specific diseases, there are indications of inflammation, swelling, redness and warmth in the influenced zones like in osteoarthritis (OA), rheumatoid arthritis, etc.

Cases Summary: Four cases of Osteoarthritis were treated with Gettysburg water (Get.) as a potentised homoeopathic medicine. Each case was followed up with clinical observation and reported according to the criteria of the HOM-CASE guidelines. Assessment of homoeopathic treatment and its effect was carried out using the visual analogue scale (VAS) during every visit. Improvement in all cases was evident from the reduction of pain in the affected joints and relief in other associated symptoms within 2–6 months of treatment. VAS scores for the cases ranged from 8 to 4 in all cases. Complaints associated with chronic OA were relieved by potentised Get. This case series has shown promising outcomes and a further high-quality clinical trial is needed for the establishment of effectiveness data for the said medicine.

Li A, Wang H, Li Q, Dong W, Wang S, Wang A et al. Shengxuebao Mixture for Iron Deficiency Anemia: A Meta-Analysis and Systematic Review. *Complementary Medicine Research* 2022; 29(3): 249-56p.

Abstract:

Objective: Traditional Chinese medicine Shengxuebao Mixture (SXBM) has been approved for treating iron deficiency anemia (IDA) in China. This study aimed to collect evidence and quantify the effect of SXBM on IDA.

Methods: Seven online databases were surveyed up to July 13, 2021. Randomized controlled trials in which SXBM was combined with

conventional therapies to treat IDA and compared with placebo or conventional therapies were included in the study. The red blood cell (RBC) count, hemoglobin (Hb) level, serum ferritin (SF) level, and adverse events rate (AER) were evaluated.

Results: A total of 1,108 patients from 8 trials were recruited. SXBM plus conventional therapy increased the Hb level (mean difference [MD] = 13.04, 95% confidence interval [CI] 8.37–17.7, $p < 0.00001$), RBC count (MD = 0.41, 95% CI 0.19–0.62, $p = 0.002$), SF level (MD = 6.25, 95% CI 2.88–9.62, $p = 0.0003$), and AER (risk ratio = 0.56, 95% CI 0.36–0.86; $p = 0.008$).

Conclusions: SXBM combined with conventional treatment seemed to be beneficial for patients with IDA. However, the harmlessness of SXBM was not confirmed due to insufficient trials and low methodological quality. Follow-up clinical studies should be cautiously designed, and more research is needed.

Liebell Donald. Clinician Wellness Self-Care for Staying Healthy: Sleep Advice for the Overtired and Overactive Body and Mind. *Integrative and Complementary Therapies* 2022; 28(3): 119-20p.

Lucius Khara. Melatonin Beyond Sleep, Part I: An Overview. *Integrative and Complementary Therapies* 2022; 28(3): 138-45p.

Abstract:

The pineal hormone melatonin has many and various physiologic actions. While it plays key roles in sleep and chronobiologic functions, melatonin also possesses antioxidative and anti-inflammatory properties and helps modulate mitochondrial homeostasis. Because of these numerous actions beyond direct effects on sleep, melatonin has therapeutic potential in a large number of conditions. Trials demonstrate a multitude of actions of melatonin for people with liver disease, autoimmunity, cardiovascular disease, diabetes, cancer, and more. Part I, an overview, discusses melatonin's effects in general medicine, including a discussion of safety, while Part II specifically focuses on the use of melatonin in oncology.

M Ansari Fauzia, Khan P Farhan. Fever after getting wet in rain. *National Journal of Homeopathy* 2022; 24(6): 20-22p.

Abstract:

Dengue- DHF (dengue haemorrhagic fever) also known as break-bone fever, is an infectious tropical disease caused by the dengue virus. Every year the incidence rises despite having good medical and social care. The disease has a seasonal pattern with an upsurge during the end of monsoon. Homoeopathy has a long record of success in the treatment of epidemics and in the management of dengue fever. The treatment is holistic and individualized. There is vast literature proving that homoeopathic

intervention can be preventive for unaffected/ high risk population as well as curative for the patient suffering from dengue.

M Ansari Fauzia. Thrombocytopenia: H rescues. *National Journal of Homeopathy* 2022; 24(6): 22-24p.

Mehta Lopa. Monsoon melodies and maladies. *National Journal of Homeopathy* 2022; 24(6): 8-10p.

Mishra Kavita K, Victorson David, Mehta Darshan H, Vago David R. Personalized Mind–Body Medicine in Integrative Oncology: Meeting the Moment with Each Patient. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 457-62p.

Monsoon ailments. *National Journal of Homeopathy* 2022; 24(6): 10-15p.

Moorthi S Karunakara, P Radhika, Devasia Mohan N. Homoeopathy as an add-on treatment for schizophrenia: A case series. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 94-109p.

Abstract:

Introduction: Schizophrenia is a complex, progressive and severe mental disorder characterised by distortions in thinking, perception, emotions, language, sense of self and behaviour. Conventional medication and cognitive behaviour therapy are used in the treatment of schizophrenia. Homoeopathy can also offer promising results in schizophrenia as evident from the previous studies.

Case Summary: Five patients reported at the outpatient department of National Homoeopathy Research Institute in Mental Health, Kerala, India, with symptoms of schizophrenia were treated with individualised homoeopathic medicine as an add-on therapy to conventional medicines. Assessment of the patients was done using three scales: Positive and Negative Syndrome Scale, brief psychiatric rating scale and Glasgow Anti-psychotics Side-effects Scale. Possible causal attribution of changes was explicitly depicted by Modified Naranjo Criteria. All five patients showed improvement as evident from the assessment scales. These cases show the positive role of homoeopathic treatment in schizophrenia, reducing the psychotic symptoms and reinstating the insight of the patient and also tapering the conventional medication. To bring out further robust evidence of homoeopathy in schizophrenia, extensive research studies are required.

Nadaf Shahala. Skin woes in merry monsoon. *National Journal of Homeopathy* 2022; 24(6): 25-31p.

Abstract:

Even though the monsoon season provides much needed succour from the scorching summer heat, it could still pose a threat to our health. Owing to excessive rainfall, increased humidity and water stagnation, we are at risk of acquiring various skin infections (bacterial, viral, fungal) and other diseases. Presenting some of the acute & common dermatological cases encountered in monsoon.

Nair Sreeja KR, Gilla Deepthi, Devasia Mohan N. Role of Carcininum in Autism Spectrum Disorder- A Case series. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 79-86p.

Abstract:

Introduction: Autism Spectrum Disorder (ASD) is a pervasive developmental disorder having the potential to cause lifelong disability. Individualised homoeopathic remedies are found to be safe and effective in the management of ASD.

Cases Summary: Three cases of ASD treated with Carcininum at the Child psychiatry unit of the National Homoeopathy Research Institute in Mental Health, Kottayam are presented to show the action of this nosode in ASD. Indian Scale for Assessment of Autism (ISAA), an indigenous tool, was used for the assessment of severity at baseline and subsequent follow-up visits. Remarkable improvement was observed in these three cases. After one year of treatment, the baseline ISAA scores of 151, 127 and 132 turned to 65, 14 and 15, respectively (ISAA score 153 Severe Autism).

Noble Anita, Noble Lawrence M, Spector Rachel, Liebergall-Wischnitzer Michal, Rony Rachel Yaffa Zisk, Wruble Anna C Kienski Woloski. Spiritual Interventions Used by Jewish Women to Facilitate the Family Continuum: A Qualitative Study. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 507-16p.

Abstract:

Introduction: Spiritual interventions (SI) are used by patients and their families as a means to promote health. The family continuum (FC), which includes finding a partner/spouse, getting married, becoming pregnant, and having a safe pregnancy/birth, is an important concept for the Jewish culture as well as other cultures that have a traditional family-centered approach. There is a dearth of professional literature pertaining to SI to promote the FC. Although patients may use SI, this information is not routinely collected in a health history. The purpose of the study was to describe the experience of Jewish women's use of SI to promote the FC.

Methods: This ethnographic study included interviews of Jewish women pertaining to FC, a text review, and field study. Coding of the text, site visits, and interviews were performed and reviewed to identify categories and themes and were refined until saturation was achieved.

Results: Fifty-three observant and non-observant Jewish women participated in the study. Women expressed that SI were the means for them playing an active role in fulfilling the FC, and included intermediaries to God, self-improvement, and folk/spiritual remedies. The examples of SI included: visits to holy sites and spiritual leaders for blessings and advice, prayers, psalms, doing good deeds, eating special foods, wearing amulets, and performing certain SI with predesignated repetitions. Women attributed these SI to attaining an FC. Women who achieved each FC milestone without difficulty tended to use less SI, whereas women's SI usage increased the longer a milestone was not achieved.

Conclusions: Jewish women are using many SI to promote the FC. Health care should be delivered in a culturally competent manner, which includes the incorporation of safe cultural practices. Obtaining a cultural assessment as part of the medical history could assist the health care professional in integrating safe SI into patient care.

Panda Sumana Kumari, Sahoo Amulya Ratna, Nayak Chaturbhuja, Kanungo Shyama. Homoeopathic management of infertility due to blockage of fallopian tube: A case series. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 178-86p.

Abstract:

Introduction: Infertility is characterised by the failure to establish a clinical pregnancy after 12 months of regular and unprotected sexual intercourse. The prevalence of infertility in the general population is about 9–18%. Out of several causes of infertility, the tubal factor plays a role in 15.4% of cases. Homoeopathy is a gentle and effective mode of treatment. A few previous studies indicate that homoeopathy is a useful method of treatment for the treatment of infertility cases.

Cases Summary: Four cases of female infertility due to blockage of fallopian tubes treated at Dhabaleswar Homeo Clinic, Cuttack, are presented herewith. The cases were treated successfully with individualised homoeopathic medicines. After the treatment, all patients conceived normally and delivered healthy babies. The medicines used were Sepia, Sulphur and Medorrhinum in centesimal potencies. Difficult cases of infertility with fallopian tube blockage are thus treatable and women can attain pregnancy with the help of homoeopathic treatment.

Pandey Arohi. Rain rain don't go away: I have homoeopathy with me. *National Journal of Homeopathy* 2022; 24(6): 31-33p.

Abstract:

Homoeopathic medicines are best way to treat monsoon ailments, after prevention. A homoeopathic physician can keep a monsoon medicine box ready as soon as the season approaches because temperature fluctuations

weaken the WBC which lowers immunity, acutes too can be managed well with help of Homoeopathy.

Parthasarathy Vishpala. Monsoon: The fun and fury. *National Journal of Homeopathy* 2022; 24(6): 6-7p.

R Dravid Yogesh. H in acute cases. *National Journal of Homeopathy* 2022; 24(6): 43-45p.

Abstract:

These 2 cases highlight the role of homoeopathy in acute cases.

Rajachandrasekar Bhuvaneshwari, Radhakrishnan Reshma. Endometriotic cyst and fibrocystic disease of the breast treated with individualised homoeopathy: A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 87-93p.

Abstract:

Introduction: Endometriosis is one of the benign gynaecological disorders in childbearing women, characterised by the presence of functioning endometrial tissue outside the uterine mucosa. Fibrocystic disease of the breast is the most common and benign lesion among women of reproductive age group seeking medical advice for breast problems during a lifetime. It is characterised by hyperproliferation of connective tissue or fibrosis, which is followed by facultative epithelial proliferation in the breast tissues.

Case Summary: A case of a left endometriotic ovarian cyst with multiple cystic lesions in the right breast in a 36-year-old patient successfully treated with individualised homoeopathic medicine is reported. She had severe cyclic lower abdominal pain for more than 7 years, and conventional analgesics and even surgical procedures could not afford relief. Homoeopathic treatment was started with Silicea based on the totality of symptoms and repertorisation and later switched to Conium maculatum as an anti-miasmatic remedy, which showed disappearance of the left endometriotic cyst and reduction in the size of cystic lesion in the right breast with general improvement. The Modified Naranjo Criteria were used to assess causal attribution to the prescribed medicine in this case. Assessment of pain was done using a visual analogue scale. This evidence-based case reported according to the HOM-CASE guidelines suggested that individualised homoeopathic medicines can be used as a useful, safe and non-invasive mode of treatment for ovarian endometriotic cyst, associated with fibrocystic disease of the breast.

Rajachandrasekar Bhuvaneshwari, Sunny Anita. Usefulness of homoeopathic medicines for infertility: A case series. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 110-18p.

Abstract:

Introduction: Infertility is the inability to achieve a successful pregnancy within 2 years of regular unprotected sexual intercourse. About 8–12% of couples of reproductive age experience infertility worldwide. Infertility may result from any underlying pathology or unexplained causes and can cause severe emotional disturbances in both partners. The complexity and cost of conventional treatment may not be affordable for a majority of people.

Case Summary: Three cases of infertility with an underlying pathology successfully treated with standalone homoeopathic treatment are reported. These cases presented with a structural deformity as a cause of infertility. The patients partners were also given homoeopathic medicines in all the cases. The first case showed a long liquefaction time on semen analysis and the female partner had a unilateral tubal block. The second case investigation reported ipsilateral varicocele and small-sized testes with oligospermia. In the third case, the female had polycystic ovarian syndrome with a sub-septate uterus and multinodular goitre. All three cases were treated with individualised homoeopathic medicine. All these cases were followed up regularly and they conceived within 6 months of treatment.

Riley Timothy D, Roy Siddhartha, Parascando Jessica A, Wile Kevin, LaGamma Christina, Dong Huamei et al. Mindfulness-Based Stress Reduction Live Online During the COVID-19 Pandemic: A Mixed Methods Feasibility Study. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 497-506p.

Abstract:

Objectives: To assess the feasibility, acceptability, and effects of Mindfulness Based Stress Reduction (MBSR) live online during the COVID-19 shutdown.

Design: Mixed-methods study using a sequential explanatory design.

Settings/location: Cohorts 1-4 took place in-person and Cohorts 5-6 took place over Zoom following the onset of the COVID-19 pandemic.

Subjects: Participants were paying members of the general public enrolled in one of six live MBSR courses.

Interventions: All MBSR courses followed the standard 8-week MBSR curriculum, led by experienced instructors.

Outcome measures: Feasibility measured via class attendance, acceptability measured via the adapted Treatment Satisfaction Survey, and MBSR course effects measured by a focus group with Cohort 5, and the following assessments completed by all cohorts: Perceived Stress Scale-10, Generalized Anxiety Disorder-7, Patient Health Questionnaire-9 and the 36-item Short Form Survey.

Results: 73 adults participated in six live MBSR courses (48 in the four in-person courses; 25 in the two online courses). Most of the participants identified as white, non-Hispanic, middle-aged females, with annual household income >\$100,000. Course completion, defined as at least 6/8 classes attended, did not differ between in-person and online cohorts (84.1% versus 67.6%, respectively, $p = 0.327$). Participants in Cohort 5 who completed the course ($n = 10$) rated it as very important and useful for stress coping, and reported high likelihood of continuing their mindfulness practice (all ratings: between 8 and 10 on a 1–10 Likert scale), with open-ended responses corroborating their numerical ratings. Focus group ($n = 6$) responses indicated that online MBSR was positively received, reduced perceived loss of control, and improved quality of life and morale during the pandemic.

Conclusions: Delivering MBSR live online can be feasible and acceptable for the general public, and is potentially beneficial, including during the social upheaval of the COVID-19 pandemic. Online delivery could help expand access to MBSR and address health inequities.

Ritu Lalwani. Washerwoman's hassle in the battle of rain. *National Journal of Homeopathy* 2022; 24(6): 48-51p.

Abstract:

The dry, prickly heat of summers brings with it, its own set of problems that can be damaging to both skin and hair. While summers are considered to be the harshest on your skin, monsoons are not far behind in the race to damage. The first drops of rain can make you feel refreshed and rejuvenated after the hot summer, but the downpour can be quite punishing triggering a host of issues like skin allergies, hyper-pigmentation, facial folliculitis, dull and frizzy hair due to dirt, pollution, acidity in rain, wetness and excessive humidity. A case report of 29 years old female maid is presented. after case-taking and confirmed diagnosis, indicated remedy was administered and the hassle was relieved.

Rotter Gabriele, Ortiz Miriam, Binting Sylvia, Tomzik Juliane, Reese Frauke, Roll Stephanie et al. Mindful Walking in Patients with Chronic Low Back Pain: A Randomized Controlled Trial. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 474-83p.

Abstract:

Aim: The objective of this study was to investigate the effectiveness of a mindful walking program (MWP) in patients with chronic low back pain (CLBP).

Methods: The trial was a two-armed, randomized, controlled single-center open clinical trial. The study was performed in the Outpatient Clinic for Integrative Medicine of the Charité–Universitätsmedizin Berlin. The participants were adults aged 18–65 years with CLBP (≥ 3 months) and an

average low back pain within the past 7 days measured on a visual analog scale (VAS, 0 = no pain, 100 = worst imaginable pain) of at least 40 mm. The patients received either eight weekly MWP sessions or no intervention (control). The primary outcome was the perceived pain intensity assessed with a VAS (0–100 mm) after 8 weeks. The secondary outcomes included back function assessed by the Hannover Functional Questionnaire Backache (FFbH-R) and perceived stress assessed by the 14-item Cohen's Perceived Stress Scale (PSS-14). The results were obtained by analysis of covariance adjusted for the respective baseline values.

Results: In total, 55 patients were randomized (MWP: n = 29, 82.8% female, mean (\pm standard deviation) age: 52.5 ± 8.6 years, pain: 56.4 ± 14.1 mm; control: n = 26, 84.6% female, 54.8 ± 7.5 years, pain: 55.4 ± 13.1 mm). After 8 weeks, compared with the control conditions, the MWP was not associated with a statistically significant benefit for pain (VAS), adjusted mean -9.6 [-22.3 to 3.1], $p = 0.136$, clinical benefits for back function (FFbH-R), adjusted mean 2.2 [-4.2 to 8.6], $p = 0.493$, or stress (PSS-14), adjusted mean -1.6 [-4.8 to 1.6], $p = 0.326$.

Conclusion: In conclusion, compared with no intervention, mindful walking did not significantly improve pain, back function, or perceived stress in patients with CLBP.

Rui Viegas Rajiv. Utility of dulcamara in monsoon ailments. *National Journal of Homeopathy* 2022; 24(6): 40-41p.

Abstract:

The rain and pain are ongoing concerns of many in our country. Here we see the same remedy with different indications but same core issues.

Sadhukhan Madhumita, Kundu Chittaranjan, Das Subhrasankha. Lentigo treated by *Sepia officinalis*: A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 119-24p.

Abstract:

Introduction: Lentigo is a benign pigmented macular lesion on the skin with a clearly defined margin. It can affect both genders, all ages and races. Solar lentigines are especially prevalent in fair-skinned adults. Sunburn may be one of the causes of lentigo. Modern medicine treats these conditions by either melanin-specific high-energy lasers or external applications.

Case Summary: A 56-year-old female visited outpatient department with a complaint of lentigo on the right cheek for the past 15 years. The patient was treated with *Sepia officinalis* in increasing potencies (200, 1M and 10M). The treatment got completed over 9 months with significant improvement and complete disappearance of lentigo. The cases were documented with proper photographs at onset and during treatment. It can

be suggested from this case study that high dilutions of homoeopathic medicines are useful for patients with lentigo.

Sauma Hiie. Dance Emotions. *Integrative and Complementary Therapies* 2022; 28(3): 134-37p.

Schon Christiane, Knaub Katharina, Alt Wilfried, Durkee Shane, Saiyed Zainulabedin, Juturu Vijaya. UC-II Undenatured Type II Collagen for Knee Joint Flexibility: A Multicenter, Randomized, Double-Blind, Placebo-Controlled Clinical Study. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 540-48p.

Abstract:

Objective: Joint-related stress models have been used in the past to induce a standardized load on physical structures, allowing researchers to observe changes in perceived stress on joints as accurately as possible in healthy individuals. Previous studies support the efficacy of UC-II® undenatured type II collagen (“undenatured collagen”) supplementation in maintaining joint health. The purpose of this study was to assess the effect of undenatured collagen on knee flexibility in healthy subjects who experience activity-related joint discomfort (ArJD).

Methods: This randomized, double-blind, placebo (PLA)-controlled study was conducted in healthy subjects with ArJD who had no history of osteoarthritis, or joint diseases. Ninety-six (n = 96, 20–55 years old) subjects who reported joint discomfort while performing a standardized single-leg-step-down test were randomized to receive either PLA (n = 48) or 40 mg of undenatured collagen (n = 48) supplementation daily for 24 weeks. Range of motion (ROM) flexion and extension were measured using a digital goniometer.

Results: At the end of the study, a statistically significant increase in knee ROM flexion was observed in the undenatured collagen group versus the PLA group (3.23° vs. 0.21°; p = 0.025). In addition, an increase in knee ROM extension by 2.21° was observed over time in the undenatured collagen group (p = 0.0061), while the PLA group showed a nonsignificant increase by 1.27° (p > 0.05). Subgroup analysis by age showed a significant increase in knee ROM flexion in subjects >35 years old in the undenatured collagen supplemented group compared with PLA (6.79° vs. 0.30°; p = 0.0092).

Conclusion: Overall, these results suggest that daily supplementation of 40 mg of undenatured collagen improved knee joint ROM flexibility and extensibility in healthy subjects with ArJD.

Sherman Karen J, Wellman Robert D, Jones Salene MW, Cara C. Lewis. Interest in Mindfulness Training for Chronic Low-Back Pain: Results from a Vignette-driven, Web-based Survey of Patients. *Journal of Integrative and Complementary Medicine* 2022; 28(6): 484-96p.

Abstract:

Objectives: Mindfulness-based stress reduction (MBSR) has been found effective for improving chronic low-back pain (cLBP). However, little data exist regarding how attractive this technique is to Americans as a therapy for cLBP.

Design: Survey of randomly selected persons with cLBP.

Settings/Location: Respondents were recruited from Kaiser Permanente Washington and one-time surveys were completed online.

Patients: Adults 18–80 years of age with cLBP.

Surveys: The study was conducted between December 2019 and August 2020.

Outcome measures: The survey described an evidence-based classic MBSR course and then asked respondents about their sociodemographic characteristics, their current back pain, previous back pain treatments, behavioral risk factors for back pain, and four outcomes indicative of intention to engage in MBSR.

Results: Four-hundred fifty-seven respondents completed the survey. Respondents were primarily women, white, educated, and with back pain for more than 5 years. About half had previously used a mind-body therapy for their pain. Overall, they reported moderate to high intention to try mindfulness classes and practice at home (median of 5 with 50% of the observations between 4 and 6, and 5.7, 50% of the observations between 4.3 and 6.3, respectively, on a 7-point scale). They reported a willingness to spend a median of 3 h/week learning mindfulness and 3.5 h/week practicing mindfulness techniques (for both outcomes, 50% of the respondents reported between 2 and 5 h). Few patient characteristics predicted intention to engage in MBSR, with no variable predicting all outcomes. The magnitude of the effect associated with significant predictors was small.

Conclusion: Classic MBSR appealed to many survey respondents, in that they reported high interest in learning MBSR and intention to practice at home. The amount of time they reported being willing to spend learning MBSR and practicing at home is consistent with the time commitment in the original course.

Shukla Indu. Tinea Faciei treated with constitutional Homoeopathic Medicine using Vithoulkas Compass: Two evidence-based case reports. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 171-77p.

Abstract:

Introduction: Tinea faciei, also known as tinea faciale or facial ringworm, is a common infection of the skin on the face caused by a fungus. In general, tinea infections are quite common, but facial ringworm infections happen mostly in teens and young adults or anyone with an immunosuppressive disease. Management involves the use of topical antifungals in limited diseases, and oral therapy is usually reserved for more extensive cases. These agents have side effects, sometimes even severe.

Cases Summary: Two diagnosed cases of tinea faciei, treated with individualized constitutional homeopathic medicines, are presented. Both patients complained of red, itchy rashes on their faces, which were treated using homeopathic medicine. The cases were documented photographically at the onset and the end of treatment. Both patients went into remission following treatment, and long-term follow-up suggested that the therapy remained efficacious long after cessation of treatment. No significant side effects were noted. Homeopathic medicines may be effective for the treatment of tinea, without any side effects. More research on the subject is warranted.

Tawani Pavankumar, V Kulkarni Archana. Allergic rhinitis and H: A case report. *National Journal of Homeopathy* 2022; 24(6): 34-36p.

Abstract:

Allergic rhinitis, a common and often debilitating disease, marked by rhinorrhea, nasal congestion, nasal itching and sneezing, is on the increase worldwide. Medications to relieve minor allergies are available over the counter (not requiring a prescription) antihistamine, nasal decongestants, nasal sprays are known to even layman and generally prescribed by doctors, but these medicines only restrict the discomfort and alleviate the symptoms during an acute attack, they cannot help significantly in reducing body's tendency to overreact to harmless internal or external agents.

Vagedes J, Henes J, Deckers B, Vagedes K, Kuderer S, Helmert E et al. Topical *Rosmarinus officinalis* L. in Systemic Sclerosis-Related Raynaud's Phenomenon: An Open-Label Pilot Study. *Complementary Medicine Research* 2022; 29(3): 242-48p.

Abstract:

Background: An effective and well-tolerated topical treatment of Raynaud's phenomenon is needed. The aim of this pilot study was to determine change in skin temperature and self-reported warmth perception from topical rosemary essential oil in patients with systemic sclerosis and secondary Raynaud's phenomenon.

Patients and Methods: Twelve patients with progressive systemic sclerosis and Raynaud's phenomenon were consecutively enrolled in an open-label pilot study at a university outpatient rheumatology clinic. Each patient received an application of olive oil to both hands as a control and 3 h later

an application of a 10% essential oil of *Rosmarinus officinalis* L. Clinical severity and subjective warmth perception were assessed; skin temperature was measured by infrared thermography.

Results: Skin temperature increased significantly after both olive oil and rosemary oil but differences between oils did not reach significance. Self-reported warmth perception increased after rosemary oil but not after olive oil. No adverse effects were observed.

Conclusion: Topical rosemary essential oil increased warmth perception in patients with systemic sclerosis-related Raynaud's phenomenon but did not increase finger skin temperature more than the olive oil control.

Vagedes J, Kuderer S, Helmert E, Vagedes K, Kohl M, Szoke H et al. Immediate Effect of *Sinapis nigra* and *Zingiber officinale* as Thermogenic Substances during Footbaths: A Randomized Controlled Crossover Trial. *Complementary Medicine Research* 2022; 29(3): 213-22p.

Abstract:

Objective: Warm footbaths infused with *Sinapis nigra* (mustard, or MU) or *Zingiber officinale* (ginger, or GI) are used for various thermoregulatory conditions, but little is known about how they are perceived by individuals, both short and long-term. We analyzed the immediate and long-term effects of MU and GI on warmth and stimulus perception in healthy adults.

Methods: Seventeen individuals (mean age 22.1±2.4 years; 11 female) received three footbaths (mean temperature was 40 ± 0.2°C, administered between 1:30 and 6:30 p.m.) in a randomized order with a crossover design: 1. with warm water only (WA), 2. with warm water and MU, and 3. with warm water and GI. Warmth and stimulus perception at the feet were assessed at the 1st, 5th, 10th, 15th, and 20th minute of the footbaths, in the late evening (EVE), and the following morning (MG). We further assessed well-being (at EVE and MG) and sleep quality (at MG). The primary outcome measure was the warmth perception at the feet at the 10th minute of the footbath.

Results: At the 10th minute of the footbath, warmth perception at the feet was significantly higher with MU and GI compared to WA. The immediate thermogenic effects pointed to a quick increase in warmth and stimulus perception with MU, a slower increase with GI, and a gradual decrease with WA. Regarding the long-term effects, warmth and stimulus perception were still higher after GI compared to WA at EVE and MG. No differences were seen for general well-being and sleep quality.

Conclusion: Thermogenic substances can significantly alter the dynamics of warmth and stimulus perception when added to footbaths. The different profiles in the application of GI and MU could be relevant for a more

differentiated and specific use of both substances in different therapeutic indications

Vagedes Jan, Kuderer Silja, Helmert Eduard, Vagedes Katrin, Kohl Matthias, Szoke Henrik et al. Immediate Effect of *Sinapis nigra* and *Zingiber officinale* as Thermogenic Substances during Footbaths: A Randomized Controlled Crossover Trial. *Complementary Medicine Research* 2022; 29(3): 34-36p.

Abstract:

Objective: Warm footbaths infused with *Sinapis nigra* (mustard, or MU) or *Zingiber officinale* (ginger, or GI) are used for various thermoregulatory conditions, but little is known about how they are perceived by individuals, both short and long-term. We analyzed the immediate and long-term effects of MU and GI on warmth and stimulus perception in healthy adults.

Methods: Seventeen individuals (mean age 22.1 ± 2.4 years; 11 female) received three footbaths (mean temperature was $40 \pm 0.2^\circ\text{C}$, administered between 1:30 and 6:30 p.m.) in a randomized order with a crossover design: 1. with warm water only (WA), 2. with warm water and MU, and 3. with warm water and GI. Warmth and stimulus perception at the feet were assessed at the 1st, 5th, 10th, 15th, and 20th minute of the footbaths, in the late evening (EVE), and the following morning (MG). We further assessed well-being (at EVE and MG) and sleep quality (at MG). The primary outcome measure was the warmth perception at the feet at the 10th minute of the footbath.

Results: At the 10th minute of the footbath, warmth perception at the feet was significantly higher with MU and GI compared to WA. The immediate thermogenic effects pointed to a quick increase in warmth and stimulus perception with MU, a slower increase with GI, and a gradual decrease with WA. Regarding the long-term effects, warmth and stimulus perception were still higher after GI compared to WA at EVE and MG. No differences were seen for general well-being and sleep quality.

Conclusion: Thermogenic substances can significantly alter the dynamics of warmth and stimulus perception when added to footbaths. The different profiles in the application of GI and MU could be relevant for a more differentiated and specific use of both substances in different therapeutic indications.

Wadhwa Bharti, Singh Anamika. Infantile hemangioma cured with homoeopathy: A case report. *Indian Journal of Research in Homoeopathy* 2022; 16(2): 187-94p.

Abstract:

Introduction: Infantile hemangioma (IH) is the most common benign vascular neoplasm in infants. It is characterized by endothelial cell

proliferation which usually develops shortly after birth and grows most rapidly over the first 6 months. It is self-limiting in nature. However, in a small percentage of patients, hemangioma does not disappear completely. It may result in serious ocular or systemic complications. These patients may require drug therapy, surgical intervention, and/or laser therapy often during childhood at the cost of certain adverse events.

Case Summary: The case reported here is of IH affecting the right eye in a 5-month-old female child who was cured completely with the help of homoeopathic medicine within 4 months. Arnica montana was prescribed as a specific remedy based on its physiological action. Follow-up was done every 2 weeks for 4 months. Vancouver scar scale (VSS) score and photographs were considered every month to assess the involution of hemangioma. For confirming complete recovery and no recurrence, follow-up for another 3 months was done after involution. VSS score reduced from 9 to 0 in 4 months duration. Complete cure in this case of hemangioma with homoeopathy can be considered as a reference to explore the utility of alternative modes of treatment like Homoeopathy to give a better therapeutic option for such conditions and avoid any kind of surgical intervention.

Yılmaz Kubra, Ceylan Erdal, Gulşen Derelioglu. Determination of Chestnut Honey Consumption Characteristics as a Traditional Treatment Method and Its Effect on Protection from COVID-19. *Complementary Medicine Research 2022; 29(3): 34-36p.*

Abstract:

Background: Chestnut honey plays a positive role in strengthening the immune system as it contains vitamins, minerals and antioxidants. It, moreover, has both antibacterial and antiviral properties.

Objectives: This study aimed to examine how people consume chestnut honey as a form of traditional medicine and how it might protect them from COVID-19.

Methods: This study was carried out on 177 people (who had been snowball sampled) from a province in Turkey where chestnut honey is widely produced. The data was collected using a 20-open/closed-question online questionnaire form that asked the participants to report their sociodemographic details, how they consume chestnut honey, and about COVID-19. Results: 41.8% of the participants reported that they used chestnut honey to protect themselves against COVID-19, 40.7% believed that chestnut honey helped to make them immune against COVID-19, and 37.3% felt that chestnut honey could treat COVID-19. However, there was no significant relationship between the participants consuming chestnut honey and their either being tested for COVID-19 ($p > 0.05$, $\chi^2 = 1.080$) or testing positive for COVID-19 ($p > 0.05$, $\chi^2 = 0.793$).

Conclusions: This study revealed that chestnut honey is a widely used remedy in Turkey for treating different health problems and for maintaining health. In contrast, it also demonstrated that consuming chestnut honey has no effect on protecting the participants from COVID-19.