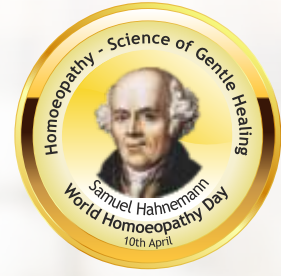




सत्यमेव जयते

Ministry of AYUSH  
Government of India



# World Homoeopathy Day 2021

## Scientific Conference

## Homoeopathy - Roadmap for Integrative Medicine

10 & 11 April, 2021 | Vigyan Bhawan, New Delhi

**CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY**

**New Delhi**

# Souvenir

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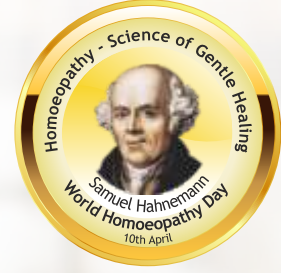
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Ministry of AYUSH  
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# World Homoeopathy Day 2021

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Dr. (Prof.) VK Gupta  
Dr. Sangeeta A. Duggal  
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SOWA-RIGPA, HOMOEOPATHY-(AYUSH)&  
MINISTER OF STATE FOR DEFENCE  
GOVERNMENT OF INDIA



### Message

It gives me great pleasure to learn that the Central Council for Research in Homoeopathy is organising a Scientific Conference on World Homoeopathy Day on 10th- 11th April 2021 at Vigyan Bhawan, New Delhi.

The chosen theme “Homoeopathy - Roadmap for Integrative Medicine” reflects the thoughtfulness of the organisers in understanding the need of the hour. Very relevant and pertinent topics of research experience during COVID-19, Integrative clinical care for public health will be deliberated upon during the conference.

Govt. of India is committed to promote Homoeopathy and is supporting it through resource, infrastructure etc. For the growth of this unique science, cutting edge research is required and I am sure the strategic and meaningful discussions shall be held during the conference. I envisage the outcomes of the conference will immensely help the various professionals who will participate in it and convey my best wishes for the success of the occasion and great circulation of the souvenir.

I wish the organisers of the Conference and the participants a grand success.

NEW DELHI

(Sh. Shripad Naik)

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राज्य मंत्री अल्पसंख्यक कार्य मंत्रालय  
भारत सरकार



## KIREN RIJJU

Minister of State (I/C)  
Youth Affairs & Sports,  
Ayurveda, Yoga & Naturopathy, Unani,  
Siddha, Sowa-Rigpa and Homeopathy (AYUSH) &  
Minister Of State Minority Affairs  
Government Of India

### MESSAGE

I am delighted to know that Central Council for Research in Homoeopathy under aegis of Ministry of AYUSH is organising a Scientific Conference on World Homoeopathy Day to commemorate birth anniversary of acclaimed scientist and founder of Homoeopathy, Dr. Samuel Hahnemann on 10<sup>th</sup>-11<sup>th</sup> April 2021 at Vigyan Bhawan, New Delhi.

Ministry has always been supportive of the dedicated efforts of the Council for the development of Homoeopathy and encourages exchange of knowledge and experience through such platforms. CCRH while serving the fraternity and striving to achieve its goal is working to create a center of learning, research, and practical endeavor for development of Homoeopathy.

I am certain that the new strategies shall be deliberated during the two day conference on a very apt theme "Homoeopathy - Roadmap for Integrative Medicine". The need of integrative medicine has not been felt more significant than during the current Pandemic. The prevailing pandemic of Coronavirus disease (COVID-19) is a major public health challenge with scientists across the world working diligently on its management. I am delighted to learn that the success stories on integrated management of COVID-19 and Cancer Management will be presented during the conference by the learned experts in field. I encourage all the participants to enthusiastically communicate amongst each other and be informed about the latest updates in field of Homoeopathy.

I am sure this conference will be another milestone in ensuring the highest standards in Homoeopathy. I wish the organizers the very best in this and all future endeavors.

(Kiren Rijju)

New Delhi  
March 25, 2021



सत्यमेव जयते

वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha

सचिव  
भारत सरकार  
आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय  
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SECRETARY  
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### Message

It is a matter of great happiness to note that the CCRH is organising a scientific conference on "*Homoeopathy – Roadmap for Integrative Medicine*" on 10<sup>th</sup> – 11<sup>th</sup> April, 2021, at Vigyan Bhawan, New Delhi to advance on the exchange of experience by policymakers and experts to identify strategic actions for the integration of Homoeopathy for public health.

I believe that this conference will be a good opportunity for academicians, scientists, professionals and researchers of various disciplines from all over India to share and express their view, discuss the practical challenges encountered and the solutions especially in the management of COVID-19 and other related research. Ministry released an advisory regarding the preventive role of homoeopathic medicine *Arsenic Album* last year and there has been a great enthusiasm by the homoeopathic doctors to contribute to the fight against the pandemic. Several research studies have been initiated during last year to assess the impact of AYUSH therapies including Homoeopathy in adjuvant treatment and prevention of the COVID-19. I look forward to meaningful deliberations on the outcomes of these researches along with other aspects for the integration of Homoeopathy for public health.

New Delhi  
25<sup>th</sup> March, 2021

वैद्य राजेश कोटेचा

(Rajesh Kotecha)

डॉ. विनोद कुमार पॉल  
सदस्य  
Dr. Vinod K. Paul  
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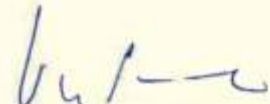


### Message

I am glad to note that the Central Council for Research in Homoeopathy (CCRH) is organizing a conference on **Homoeopathy - Roadmap for Integrative Medicine** on the occasion of the World Homoeopathy Day 2021, to commemorate the birth anniversary of Dr. Samuel Hahnemann, the founder of Homoeopathy. I am given to understand that during the course of the Conference, CCRH is launching evidence-based Homoeopathy Case Repository and CCRH E-library. I am sure such evidence-based clinical researches translated into clinical practice and education would give a boost to the Homoeopathic treatment as an enabler for holistic integrated health care.

It is the aspiration of the Government to provide a holistic health care to the people of India through integration of AYUSH systems with modern medicine for prevention and treatment of various diseases, building upon each other's strength. Homoeopathy has a significant role to play in this regard.

I wish the conference a grand success.

  
(Dr Vinod K Paul )



एक कदम स्वच्छता की ओर

प्रमोद कुमार पाठक  
PRAMOD KUMAR PATHAK  
अपर सचिव  
ADDITIONAL SECRETARY



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यूनानी, सिद्ध, सोवा-रिग्पा एवं  
होम्योपैथी (आयुष) मंत्रालय

GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA, SOWA-RIGPA &  
HOMOEOPATHY (AYUSH)



### Message

It gives me immense pleasure to know that Central Council for Research in Homoeopathy is organising a Scientific Conference on World Homoeopathy Day on 10- 11 April 2021 at Vigyan Bhawan, New Delhi.

India has a great tradition and well-defined infrastructure for institutes in exchanging expertise and knowledge during such scientific conference there has been tremendous progress made in the last few years. India leads the world in terms of the number of people using Homoeopathy and also having the highest number of registered homoeopaths.

It is essential to provide a platform for imparting knowledge and skills to Practitioners, academicians, researchers and students at the national level by organising such scientific seminar for the homoeopathic fraternity. Like every year this year also Council has chosen the pertinent theme, "Homoeopathy - Roadmap for Integrative Medicine". It is essential to identify meaningful role of each therapeutic system of medicine so as to maximize benefit to ailing person in an integrative manner.

I am glad to know that the Council shall also be releasing several useful publications, books, guidelines during the two-day celebrations, which will exhibit the panoramic view of efforts and achievements of the team at CCRH. The Homoeopathic fraternity must unite and connect utilizing this platform and make significant recommendations that can be shared with the Ministry.

I profoundly wish the Scientific Conference every success.

  
(P.K. Pathak)

New Delhi

Dated:- 25<sup>th</sup> March, 2021.

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GOVERNMENT OF INDIA  
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX  
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### Message

My warmest felicitations to CCRH and team of vibrant researchers during the 266th birthday celebrations of the founder of Homoeopathy, Dr Samuel Hahnemann on 10th & 11th April 2021 at Vigyan Bhawan, New Delhi. A Scientific Convention on "World Homoeopathy Day" is an opportune occasion to recognize the latest advancements and connect with homoeopathic fraternity.

I am also delighted to learn that this year CCRH has chosen a motivating theme, "Homoeopathy - Roadmap for Integrative Medicine". Integrative medicine uses a combination of various healthcare practices to gain maximum clinical benefit and provide optimal healing. The integrative model of health care provides individualized and holistic treatment to the patient especially in the current scenario of the pandemic. Homoeopathy enjoys wide acceptability in our country and Homeopathic medicines have proven to be very effective and safe in this need of the hour. Ministry of AYUSH ensures that high-quality clinical research and fundamental research with scientific rationale are conducted for generating evidence-based solution for Homoeopathy. Thereby, it can be mainstreamed and utilized effectively for public health. I look forward to the deliberations and recommendations of this conference towards an effective and efficient inclusion of Homoeopathy in integrative care.

Hopefully, Integrative medicine will be at the forefront in the coming century. I extend my warm greetings to the organizers and the participants and wish this scientific convention all success.

  
(Roshan Jaggi) 5.4.2021

New Delhi  
05<sup>th</sup> April 2021



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March 25<sup>th</sup>, 2021

### Message

I am happy to learn that the Central Council for Research in Homoeopathy (CCRH) is observing the "World Homoeopathy Day" with an important event on 10<sup>th</sup>- 11<sup>th</sup> April 2021 at Vigyan Bhawan, New Delhi. The selected theme, "Integrative Medicine – Roadmap for Homoeopathy" is a very relevant one. I am told that this would be a conference in hybrid mode with both the online and physical presence of resource persons and experts.

CCRH will be launching an E-library and the Homoeopathic Clinical Case Repository (HCCR) on this auspicious occasion. These are important resources for the entire Homeopathy Sector. I hope the young scientists will fully avail these learning opportunities and CCRH will continue to promote information dissemination.

The "World Homeopathy Day", while being a joyous occasion, also gives opportunity for introspection with a view to having well-conceived plans for the future. I wish the organisers the best for the success of the event.

(P N Ranjit Kumar)



**Dr. (Prof.) V. K. Gupta, M.D. (Hom)**  
PADMA SHRI AWARDEE  
CHAIRMAN SCIENTIFIC ADVISORY BOARD, CCRH  
CHAIRMAN HOMOEOPATHIC PHARMACOPOEIA COMMITTEE  
Formerly: Principal, Nehru Homoeopathy Medical College, New Delhi  
Hony: Homoeopathic Physician to the President of India

Central Council for Research in Homoeopathy (CCRH) has been a torchbearer in the field of research and is a veritable gem in providing many precious guidelines for the development and propagation of Homoeopathy. In short, I am happy and proud of the achievements of CCRH.

CCRH is doing credible research in Homoeopathy especially during these difficult times of pandemic. The research work in CCRH continued even during the lockdown and I am glad to see several new studies initiated during this time. Homoeopathy is a viable option, especially during the COVID-19 pandemic, for which the Scientific Advisory Board in its meeting had recommended Arsenic Album 30 as a prophylactic medicine for issuing an advisory by the Ministry of AYUSH. Mass prophylaxis using this homoeopathic medicine has been done, and the outcome of its research shall be presented during the conference. Further, the theme of this year is very interesting "Integrative Medicine - Roadmap for Homoeopathy". I have always held that Homoeopathy must be integrated judiciously and scientifically with the existing modern medicine set-up, based on a pre-defined strategy, for disaster and epidemic management, so that precious time is not lost. Such integration will help to unfold the unexplored potential of Homoeopathy for the ultimate benefit to the suffering of humanity. This type of integration will produce evidence-based data which will be well accepted by the scientific community

CCRH also adapted to the need of the hour and advanced into the digitalization of research work. Organizing regular webinar series for continued learning of all has proven very encouraging as well, as informative.

I wish imperishable glory and prosperity to the homoeopathic fraternity in the years to come and congratulate everyone related to the CCRH all the very best in future.

Dr (Prof.) V. K. Gupta



**Dr. Sangeeta A. Duggal**  
Advisor (Homoeopathy)  
Ministry of AYUSH



### Message

It is indeed very gratifying to know that Central Council for research in Homoeopathy, Under Ministry of AYUSH, Govt. of India is organizing a Scientific Conference on World Homoeopathy Day on 10th and 11th April 2021, at Vigyan Bhawan.

This two days event on the theme “Homoeopathy-Roadmap for Integrative Medicine” will provide a varied and rich feast of scientific research information and knowledge about role of Homoeopathy in integrative care especially during the ongoing COVID-19 Pandemic. I have no doubt that scientific presentations and deliberations during this event will be quite useful to all the participants and will inspire them to strive for excellence in Homoeopathic field. I look forward to release of many important publications and guidelines developed by CCRH under guidance from Ministry. The event will be an important milestone for the homoeopathic fraternity and act as a stimulant for promotion of research in this field.

My sincere felicitations to the dedicated team of CCRH for a meticulous organization and best wishes for the success of the conference.

(Dr. Sangeeta A. Duggal)



डा. सुभाष सिंह, M.D. (Hom.), Ph.D.  
निदेशक

**Dr. Subhas Singh, M.D. (Hom.), Ph.D.**  
Director

राष्ट्रीय होमियोपैथी संस्थान  
एक स्वायत्त संस्थान, भारत सरकार, आयुष मंत्रालय  
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### Message

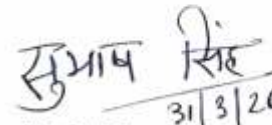
I am extremely delighted to know that Central Council for Research in Homoeopathy (CCRH) is organizing a hybrid conference on Integrative Medicine-Roadmap for Homoeopathy on 10<sup>th</sup> -11<sup>th</sup> April 2021, at Vigyan Bhawan, New Delhi on the occasion of World Homoeopathy Day 2021 to celebrate 266<sup>th</sup> Birth Anniversary of great reformer of Medicine, Dr. Samuel Hahnemann with an objectives to identify strategic actions towards an effective and efficient inclusion of Homoeopathy in integrated care.

This scientific convention is a wonderful opportunity to exchange the experience between policy makers and experts and will help to find out the strategic way to include Homoeopathy in the integrative health care service which will help a better understanding of diseases and their approach to cure and will pave the way to enrich researchers, clinicians and educationist in the field of Homoeopathy.

Homoeopathy made important contribution in the Health care system by imparting valuable services in the treatment of patients and emerged as one of the popular system of therapeutics. Thus scientific research works should be focused and encouraged so that we can enrich our system.

I believe that this conference will come out with a constructive recommendations that will make the stand of Homoeopathy more firm and more relevant in the public health system of India.

I extend my warm greetings and best wishes to the organizers, participants and delegates to make the event of World Homoeopathy Day a grand success.

  
31/3/2021  
**Dr. Subhas Singh,**  
Director.

**Dr. RAJ K. MANCHANDA**  
M.D.(Hom.), MBA (Healthcare)  
Director



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D.O.No. PS/Dir (AYUSH)/21/61



### Message

It is heartening to know that World Homoeopathy Day 2021 is being celebrated in commemoration of the 266th Birth Anniversary of Dr. C.S.F. Hahnemann. I believe this event should be considered as an annual affair for introspection. The contribution of Dr Hahnemann is well known across the world and is the foundation for building synergies to provide affordable, safe and effective health care.

The theme of this year's scientific conference is Integrative Medicine, which is gaining popularity as an effective approach to quality health care. Although medical pluralism is inbuilt in the health system of India, wherein Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy systems collectively known as AYUSH systems, have been officially recognised, patronised and integrated along with Allopathy at primary and secondary health care services.

The Integrative Medicine has a wider scope and mission. The focus of integrative medicine is on holistic health rather than disease and treatment through collective efforts of all medical systems. It also involves patients' participation and responsibility in health care. I wish the conference will facilitate an open dialogue among stakeholders and develop a road map for more deeper and effective integration of homoeopathy in health care in India as well as at a global level.

I extend my warm greetings and congratulation to the organisers, eminent experts and delegates and wish the World Homoeopathy Day celebrations all success.

( Dr. Raj K. Manchanda)



**Dr. Alok Pareek**  
**Immediate Past President LMHI**  
**World President – LMHI (2016-2019)**  
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Date: 25.03.21

## Scientific Convention on World Homeopathy Day 2021

On behalf of the International Executive Committee of the LMHI, I congratulate CCRH for organising this event at Vigyan Bhawan, New Delhi.

Over the past several years, the work done by CCRH has established India as the global torchbearer of Scientific Homeopathy and this event will be another feather in its cap.

The global pandemic has once again brought the public focus on integrative medicine. The aim of this event – “to identify strategic actions towards an effective and efficient inclusion of homeopathy in integrative care” – is very much a need of the hour.

The scientific program looks promising and I am sure it will be enriching for all participants.

I wish this mega event a grand success.

Best Wishes,

Dr. Alok Pareek  
LMHI Immediate Past President  
World President – LMHI (2016-2019)



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RESEARCH INSTITUTE

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Scientific Conference on  
World Homoeopathy Day 2021  
Integrative Medicine –  
Roadmap for Homoeopathy



Message

I'm delighted to forward this message for the Souvenir to be released during Scientific Convention on World Homoeopathy Day on 10-11th April 2021, being organised by Central Council for Research in Homeopathy.

It is encouraging to learn about the chosen theme this year - "Homoeopathy - Roadmap for Integrative Medicine", which is very much in keeping with the needs of today. I strongly believe that any health system can, and should, adopt an integrative approach to healthcare which is safe, effective and provides the best solutions for patients at an individual level.

It is essential that a range of important topics are explored and discussed to facilitate the integration of homeopathy in healthcare, such as research, education and manufacturing issues, so it is great to see this conference providing the ideal platform for such high level exchange. It is also of huge importance that the outcomes from such key events are communicated effectively.

I send my best wishes for a successful Conference.

Rachel Roberts  
Chief Executive

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## About the conference



**Dr. Anil Khurana**  
Director General, CCRH

### **Homoeopathy-Roadmap for Integrative Medicine**

In India, medical pluralism is in existence since ages due to the demand and mass acceptance by the public. It is a fact that, there is not a single system of medicine that can address all the health-care in spite of so much understanding and advancements in the medical science and also there is growing concern about adverse effects of chemical drugs and the need for more accessible care which is not only safe but equally effective. Concomitant with the limitations of Western medicine, the impact of other branches of medicine becoming more necessary and apparent, there is a call for a new type of additional medicine, namely integrative medicine(IM).

The concept of IM is gaining recognition as a practical and effective way to tackle the growing healthcare crisis where medical systems have limitations in addressing the health needs of the patients but if combined together proves to be beneficial. However there are still a number of challenges and perhaps misconceptions a concern about losing their identity and growth that are inhibiting its complete acceptance with.

Ultimately Integrative Medicine isn't trying to replace conventional medicine, but by working collaboratively with traditional medicine it can give patients more choice and control in their own health and wellbeing. It's also vital that both conventional and Homoeopathic medicine should only be considered with the support of reputable medical science.

The idea behind IM is to change the focus in medicine to one of health and healing rather than disease; not limited only to additional clinical benefits but also to improve quality of life. It entails developing insight into the pragmatic approach towards patient's beliefs and practice in vogue that will help the physician understand how best to trigger the necessary changes in the practice with the aim of providing maximum clinical benefit which is affordable and viable.

The Ministry of AYUSH, formed in 2014, not only supports, but also mandates gathering evidence base for facilitating integration of AYUSH systems (Ayurveda, Yoga, Unani, Siddha, Sowa Rigpa and Homoeopathy) at all points of public health care delivery. Co location with allopathy set ups has been enabled, and more such co locations are taking place, with more funds diverted to this cause. There has been a voice from health planners too for such inclusion based approach. It's continually striving for long term sustained health and in the right environment of conventional medicine and AYUSH systems together which carries mostly non-invasive procedures and can definitely work effectively to attain the very best health outcomes for the patients.

India also has the advantage of effective institutionalization of Homoeopathy, with around 250 colleges imparting graduate degree in Homoeopathy and higher educational qualifications include post graduation. Healthcare services in Homoeopathy are provided by as many as 7544 dispensaries and 232 hospitals run by state governments and municipal bodies. A dedicated



autonomous body, CCRH with a network of 24 research centres is unparalleled in the world.

Research studies have shown positive outcomes of studies using integrated approach using Homoeopathic intervention along with standard of care in non-communicable diseases(diabetes, Cancer, Stroke etc), communicable diseases (AES, dengue fever, MDR tuberculosis, HIV/AIDS etc), oncological disorders, paediatric diseases, genetic diseases (Hemophilia, Thalassemia) and Psychiatric disorders (Depression, Schizophrenia) etc.

For incorporation of Homoeopathy into mainstream health system, strategic objectives and actions are required to be delineated in order to address firstly the increased accessibility of the treatment, orientation of different medical system practitioners in order to create mutual respect and acceptability of limitations and strengths of these systems. Further a mechanism is to be developed for capturing data and maintaining documentation in systematic manner for reviewing such strategic actions in the clinics and bed side. Homoeopathy, if integrated into the PHC system, can be not only an answer to most day-to-day illnesses reported in the outpatient department but also an economically viable option. However, we need to adopt a channelized approach toward building a strategy for this integration model to work. The vital elements of this strategy could be:

- Promotion - By integration in health care system, Homoeopathy can play a major role in health service delivery and self-health care. Users are able to make informed choices about therapeutic intervention and self-health care.
- Education - To expand the knowledge base of practitioners of other systems about Homoeopathy. Develop critical evaluation and training in Homoeopathy in university education, during continuing medical education
- Research - Although usage of Homoeopathy along with medicines of other systems is in vogue pragmatically but adequate research in scientific manner to see the efficacy of integrated treatment in specific disease conditions are essentially required build a broad evidence base. Success will further pave the way to find plausible mechanism of action through basic research.
- Policies and regulations - Develop and integrate necessary policies and programs. The Government of India has incorporated in framework for Implementation of National Health Mission strategies to mainstream Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy, so as to enhance choice of services for users. Integration of Homoeopathy in various national healthcare programs such as National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke, healthy child, and National Tuberculosis eradication Program, Control of Epidemics and Pandemics. Specific notifications by Ministry of AYUSH have facilitated adjuvant Homoeopathic management of COVID 19 patients and outcome of these studies has been very encouraging prompting the policy makers to promote integrative medicine.



**Dr. Anil Khurana**  
Director General, CCRH

## Team of supporters & organizers (CCRH)

### Guidance and Facilitation

Sh. Kiren Rijju  
Sh. Shripad Naik  
Vaidya Rajesh Kotecha  
Sh. Roshan Jaggi  
Dr. Sangeeta A. Duggal

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Dr. Bindu Sharma  
Dr. Praveen Oberai  
Dr. O.P. Verma  
Sh. Hari Om Kaushik  
Dr. Jaya Gupta  
Dr. Divya Taneja

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Dr. Praveen Oberai  
Dr. Shaji Kumar  
Dr. Renu Mittal  
Dr. Debadatta Nayak  
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Dr. Pritha Mehra  
Dr. Divya Taneja  
Dr. Deepti Singh  
Dr. Harleen Kaur  
Dr. Suhana P. Azis  
Dr. Digvijay Verma  
Dr. Anupriya

### Souvenir/ Printing/Advertisement

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Dr. Neha Kalra  
Sh. Digvijay Verma  
Sh. Arvind Kumar

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Dr. Debadatta Nayak  
Dr. Pritha Mehra  
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Sh. Jai Prakash

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Sh. Hemraj  
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Sh. Devender (Library)

### Dias Management

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Dr. Shashi Giri

### Hall Management

Dr. Ritika Hassija  
Mrs. Meenakshi Bhatia  
Dr. Rupali Bhalerao

*Programme*  
*Schedule*



# World Homoeopathy Day 2021

## Scientific Conference

*Homoeopathy - Roadmap for Integrative Medicine*

### PROGRAMME SCHEDULE

Day 1 - 10<sup>th</sup> April 2021

Registration: 07:30 - 09:00 am | Tea break: 11:00 - 11:30 am

Lunch: 01:30 - 02:30 pm | Tea: 05:30 - 05:45 pm

Time	Session	Speaker(s)
10:00-11:00 am		<b>Inaugural ceremony</b>
11:30-12:30 pm	<p>Integrative medicine in India: scope and opportunities for Homoeopathy</p> <p>Session coordinators: Dr. Bindu Sharma, AD(H), CCRH</p> <p>Dr. Divya Taneja, RO(H)/S-2, CCRH</p>	<p><b>Panel discussion</b></p> <ol style="list-style-type: none"> <li>1. Dr. Manoj Rajoria, Member of Parliament</li> <li>2. Sh. Roshan Jaggi, Joint Secretary, Ministry of AYUSH</li> <li>3. Dr. VK Gupta, Chairman, SAB, CCRH</li> <li>4. Prof. Bhushan Patwardhan, Former Vice Chairman, UGC</li> <li>5. Dr. Anil Khurana, Director General, CCRH</li> <li>6. Dr. Raj K Manchanda, Director AYUSH, Govt of Delhi</li> <li>7. Dr. Sangeeta A. Duggal, Advisor (Homoeopathy), Ministry of AYUSH</li> <li>8. Dr. K.M. Dhawale, Member, SAB, CCRH</li> <li>9. Dr. Subhas Singh, Director, NIH, Kolkata</li> <li>10. Dr. L Swasticharan, Additional DDG and Director, MOHFW</li> </ol>
12:30-01:30 pm 02:30-04:30 pm	<p>Homoeopathy for COVID - 19 treatment &amp; prevention: research experience</p> <p>Session coordinators: Dr. Debdatta Nayak, RO(H)/S-3 CCRH</p> <p>Dr. Anupriya, RO(H)/S-1, CCRH</p>	<p><b>Chair: Dr Raj K Manchanda   Dr Jaswant Patil</b></p> <ol style="list-style-type: none"> <li>1. <b>Topic:</b> Homoeopathy in COVID-19 Indian Perspective <b>Speaker:</b> Dr. Anil Khurana, DG CCRH</li> <li>2. <b>Topic:</b> Effectiveness of Arsenicum album as prophylactic against covid- results of cohort and randomised, controlled trial <b>Speaker:</b> Dr. Debadatta Nayak, RO(H)/S-3 CCRH, Delhi</li> <li>3. <b>Topic:</b> Homoeopathy as an adjuvant to standard treatment protocol in management of corona virus infection- a randomised, placebo controlled, open label study <b>Speaker:</b> Dr. Govindarajan Sankaran, Mumbai (ONLINE)</li> <li>4. <b>Topic:</b> Clinical Characteristics and Remedy Profiles of Patients with COVID-19: A Retrospective Cohort Study <b>Speaker:</b> Dr. Bipin Jethani, Associate Prof. Dept. of Organon of Medicine (ONLINE)</li> <li>5. <b>Topic:</b> Effectiveness of individualized Homoeopathy as an add-on to standard treatment of Covid-19 - randomized, single blind, placebo, controlled study <b>Speaker:</b> Dr. Juhi Gupta, Astd. Prof., Dept. of Physiology, GHMC, Bhopal (ONLINE)</li> </ol>

		<p>6. <b>Topic:</b> Comparative Effectiveness of Pre-Identified Homoeopathic Medicines in Asymptomatic Covid -19 Individuals Receiving Standard Treatment Protocol-An Open-Label, Randomised, Placebo-Controlled Trial <b>Speaker:</b> Dr. Sunita Tomar, Government Homoeopathic Medical College &amp; Hospital, Bhopal (ONLINE)</p> <p>7. <b>Topic:</b> Homoeopathy as adjuvant to standard of care in moderate and severe cases of COVID19 - A single blind, randomized, placebo-controlled study <b>Speaker:</b> Dr. Harleen Kaur, RO(H)/S-1, CCRH, Delhi</p> <p>8. <b>Topic:</b> Population level prophylactic effect of Arsenicum album- a repeated cross sectional, pan India study <b>Speaker:</b> Dr. Anupriya Chaudhary, RO(H)/S-1, CCRH, Delhi</p> <p>9. <b>Topic:</b> Incidence of Influenza Like Illness (ILI) in participants taken Arsenic Alb 30 Immune Booster during Sars-COVID-19 Pandemic: A Retrospective Cohort Study <b>Speaker:</b> Dr. Subhash Chaudhary, Asst. Prof., NIH, Kolkata</p> <p>10. <b>Topic:</b> Evaluation of Adjunct Homoeopathy treatment in COVID-19 patients in Gujarat State Dedicated COVID Hospitals: A multicentric, single arm retrospective cohort study <b>Speaker:</b> Dr. Deepti Singh, RO(H)/S-1, CCRH, Delhi</p> <p>11. <b>Topic:</b> Possible role of Homoeopathic prophylactic Arsenicum album 30C in mitigating COVID 19 in Delhi Prison Complexes : An exploratory cohort study <b>Speaker:</b> Dr. Suhana P Azis, RO(H)/S-1, CCRH, Delhi</p> <p>12. <b>Topic:</b> Post Prophylaxis Impact Of Arsenic Album 30 In Maharashtra Police <b>Speaker:</b> Dr. Ritika Hassija Narula, RO(H)/S-1, CCRH, Delhi</p>
04:30-04:40 pm		Presentation on UpToDate Advanced- Evidence Based Clinical Decision Support Resource
04:40-05:30 pm	<p>Intra AYUSH collaboration &amp; integrated care</p> <p>Session coordinator: Dr. Renu Mittal, RO(H)/S-3, CCRH</p>	<p><b>Chair:</b> Dr. (Mrs) K. S. Sethi   Dr. MP Arya</p> <p>1. <b>Topic:</b> Integrated approach of Yoga &amp; Naturopathy <b>Speaker:</b> Dr. Anasuya B, CCRYN, Delhi</p> <p>2. <b>Topic:</b> Efficacy of homoeopathy as adjunctive to psychotropic drugs in treatment resistant schizophrenia: an open label randomized placebo-controlled trial. <b>Speaker:</b> Dr. Praveen Oberai, AD(H), CCRH</p> <p>3. <b>Topic:</b> Integrated Approach in Medicine - Need of The Time <b>Speaker:</b> Dr. AK Gupta, Homoeopathic Consultant, Delhi</p> <p>4. <b>Topic:</b> Road map to integrative medicine - the future of medicine <b>Speaker:</b> Dr. Vishal Chadha, Senior Homoeopath, Govt., NCT of Delhi</p> <p>5. <b>Topic:</b> Cure of various diseases using homoeopathy along integrative medicine <b>Speaker:</b> Dr. AK Dwivedi, Prof. and HOD, Dept. of Physiology and Biochemistry, SKRP Gujrati Medical College, Indore</p>

# Day 2 - 11<sup>th</sup> April 2021

Lunch: 01:00-02:00 pm | Tea: 05:00- 05:30 pm

Time	Session	Speaker(s)
10:00-11:15 am	<p>Homoeopathic Industry experience during COVID - 19</p> <p>Session Coordinators: Dr. Suhana P. Azis, RO(H)/S-1, CCRH Sh. Digvijay Verma, RO (Pharmacog.)</p>	<p><b>Chair: Dr. JLN Sastry   Dr SP Shani</b></p> <ol style="list-style-type: none"> <li><b>Topic:</b> Quality management system: A key to overcome Covid crisis <b>Speaker:</b> Dr. Prakash Joshi, Medisynth, Mumbai</li> <li><b>Topic:</b> Homoeopathic and philanthropic activities of Schwabe India during covid-19 <b>Speaker:</b> Dr. Nitesh Sharma, Dr. Willmar Schwabe India Ltd, Noida (ONLINE)</li> <li><b>Topic:</b> Sharing experience of Industry during Covid-19 <b>Speaker:</b> Dr. Nishant Tripathi, M. Bhattacharyya &amp; Co. Pvt. Ltd, Kolkata (ONLINE)</li> <li><b>Topic:</b> Experience of Homoeopathic Pharma Industry during the recent pandemic <b>Speaker:</b> Dr. Durga Sankar Bhar, Hahnemann Publishing Co.Pvt.Ltd, Kolkata (ONLINE)</li> <li><b>Topic:</b> COVID-19: A slip 'twixt the cup and the lip <b>Speaker:</b> Dr. Srinivasa Rao Nyapati, Ramakrishna Homeo Stores Pvt. Ltd, Hyderabad</li> <li><b>Topic:</b> Industry experience during COVID - 19 <b>Speaker:</b> Mr. Nishant Jain, CEO, B Jain Pharmaceuticals</li> </ol>
11:15-11:30 am		Introduction to HCCR by Dr. Suhana Azis, RO(H) & Mr Sivan Sasidharan, Technical Consultant
11:30-01:00 pm	<p>Homoeopathy in public health</p> <p>Session Coordinators: Dr. Shaji Kumar, RO(H)/S-3, CCRH Dr. Deepti Singh, RO(H)/S-1 CCRH</p>	<p><b>Chair: Dr. Alok Pareek   Dr. BT Rudresh</b></p> <ol style="list-style-type: none"> <li><b>Topic:</b> Integrative Homoeopathic prophylactic intervention with Malaria off- 200: A state initiative since 2016 in Madhya Pradesh <b>Speaker:</b> Dr. Sanjay Gupta, Professor, GHMC, Bhopal</li> <li><b>Topic:</b> Homoeopathic Public Health Intervention in Geriatric Healthcare <b>Speaker:</b> Dr. Renu Mittal, RO(H)/S-3 CCRH</li> <li><b>Topic:</b> Integration of Homoeopathy along with Yoga in the National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases, and stroke- An experience from the pilot project <b>Speaker:</b> Dr. Varanasi Roja, RO(H)/S-3 CCRH</li> <li><b>Topic:</b> An overview of Homoeopathic intervention in Haematological malignancies. <b>Speaker:</b> Dr. Vinu Krishnan Medical Officer, GHCC, Kerala (ONLINE)</li> <li><b>Topic:</b> Community based Health Care intervention for mitigation of Malnutrition in children aged 6 months to 5 years through Homoeopathy as a therapeutic mode in Vikramgarh Taluka, Palghar Dist., Maharashtra State <b>Speaker:</b> Dr. Chandrashekar Goda, Director, Rural Community Services, Dr. M. L. Dhawale Memorial Trust, Palghar</li> </ol>

02:00-04:30 pm	<p>Integrative clinical care</p> <p>Dr Varanasi Roja, RO(H)/S-3, CCRH</p> <p>Dr Harleen Kaur, RO(H)/S-1, CCRH</p>	<p><b>Chair: Prof. C. Nayak   Dr. BL Sherwal</b></p> <ol style="list-style-type: none"> <li><b>Topic:</b> Additive Homeopathy Improves Quality of Life and Prolongs Survival in Patients with NSCLC Cancer: A Prospective, Randomized, Placebo Controlled, Double-Blind, Three Arm, Multicenter Study fits perfect into health program <b>Speaker:</b> Dr. Michael Frass, Professor of Medicine, Specialist in Internal Medicine and Internal Intensive Care Medicine, Vienna (ONLINE)</li> <li><b>Topic:</b> Individualized Homeopathic Treatment in addition to conventional treatment in Type II diabetic patients in Hong Kong - Retrospective Cohort study. <b>Speaker:</b> Dr. To Ka Lun Aaron, President, HK Association of Homoeopathy, Hong Kong (ONLINE)</li> <li><b>Topic:</b> Beneficial effects of combinational therapy of Homeopathy to Thalassaemic Patients on Hydroxyurea Therapy. <b>Speaker:</b> Dr. Antara Bannerjee, Associate Professor, Department of Regenerative Biology and Biotechnology, Chettinad Academy of Research and Education, Kelambakkam (ONLINE)</li> <li><b>Topic:</b> Roadmap for Homoeopathy based on the research experience in Haemophilia. <b>Speaker:</b> Dr. Tapas Kundu, Professor and HOD, Dept. of Medicine, Motiwala Homoeopathic Medical College and Hospital, Nasik (ONLINE)</li> <li><b>Topic:</b> Adjuvant homoeopathic treatment to chemo-radiotherapy induced mucositis. <b>Speaker:</b> Dr. Shaji Kumar, RO(H), S-3, CCRH</li> <li><b>Topic:</b> Management of cancer: A homoeopathic experience <b>Speaker:</b> Dr. Sunirmal Sarkar, Consultant, Kolkata</li> <li><b>Topic:</b> Integrated clinical approach to thyroid diseases <b>Speaker:</b> Dr. Muktinder Singh, Professor &amp; HOD, Dept. of repertory Sri Guru Nanak Dev Homoeopathic Medical College and Hospital Ludhiana</li> <li><b>Topic:</b> Integration of Homeopathic Treatment with Conventional Psychiatric Treatment an observation in Pre-diagnosed Psychiatric disorders at Institute of Human Behaviour &amp; Allied Sciences (IHBAS), GNCT of Delhi <b>Speaker:</b> Dr. Ashok Sharma, Chief Medical Officer (Senior Advisory Grade), Govt of Delhi</li> </ol>
04:30-05:00 pm	<p>Valedictory session</p> <p>Dr. Praveen Oberai, AD(H)</p> <p>Dr. Shweta Gautam, RO(H)/S-1 CCRH</p>	<p>Presentation of resolutions from all sessions by the respective chairpersons</p>

*Poster presentation by students of STSH award scheme / MD Scholarship - during tea/ lunch hour in the foyer - Coordination by Dr. Praveen Oberai, AD(H), CCRH*

*Presentation of posters and videos of awardees of Myth busting competition - during session breaks and change overs - Coordination by Dr. Renu Mittal, RO(H), CCRH*



*Speakers Profile  
Et  
Abstracts*



DAY-1 (10<sup>th</sup> April 2021)

SESSION-I

Integrative Medicine in India: Scope and Opportunities  
for Homoeopathy

Panelists



**Sh. Roshan Jaggi**  
JS, Ministry of AYUSH



**Dr. Manoj Rajoria**  
Member of Parliament



**Dr. V.K. Gupta**  
Chairman, SAB



**Prof. Bhushan Patwardhan**  
Former Vice Chairman, UGC



**Dr. Anil Khurana**  
Director General, CCRH



**Dr. Raj K. Manchanda**  
Director AYUSH, Delhi Govt.



**Dr. Sangeeta A. Duggal**  
Advisor (Homoeopathy)



**Dr. K. M. Dhawale**  
Member, SAB, CCRH



**Dr. Subhash Singh**  
Director, NIH, Kolkata



**Dr. L. Swasticharan**  
Add. DDG & Director, MOHFW

Session Coordinators



**Dr. Bindu Sharma**



**Dr. Divya Taneja**

## Dr. Manoj Rajoria

Member of Parliament

Dr. Manoj Rajoria is Member of Parliament since 2014 to the 16<sup>th</sup> and 17<sup>th</sup> Lok Sabha from Karauli-Dholpur (Lok Sabha constituency), Rajasthan. He completed BHMS and MD (Homoeopathy) from Dr. M.P.K. Homeopathic Medical College, Jaipur in 2006 and is a reputed practicing Homoeopath.

He has held several prestigious positions like Member, Standing Committee on Health and Family Welfare; Member, Consultative Committee, Ministry of Tourism and Culture; Member, AIIMS Governing Body, Jodhpur; Member, Standing Committee on Energy; Member, Standing Committee on Social Justice and Empowerment; Member, Standing Committee on Chemical & Fertilizers; Member, Standing Committee on Commerce and Member, Consultative Committee, Ministry of Human Resource Development.

He has supported the development and propagation of Homoeopathy in India and had facilitated several initiatives mainstreaming Homoeopathy. Dr. Rajoria had spoken about utilisation of Homoeopathy in the parliament and stressed that all Primary Health Centres (PHCs) should have a Homeopathy doctors.

## Shri Roshan Jaggi

Joint Secretary  
Ministry of AYUSH, Government of India

Sh. Roshan Jaggi is an officer from Indian Forest Service, Jammu and Kashmir cadre 1988 batch and is presently working as the Joint Secretary to the Government of India, Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) for more than 3 years. He served in the cadre state at different senior positions, in government departments, PSUs including, the Pollution Control Board and Forest Development Corporation and State Wildlife Department.

He has a varied experience of administration and public life, spanning over more than 30 years. He has remained associated with the medicinal plant sector as well and contributed substantially for livelihood avenue generation for the nomadic tribes through the development of the medicinal plant sector in the state of Jammu and Kashmir. He has the experience of working in ecotourism sector of Jammu and Kashmir.

In the Ministry of AYUSH he has been, apart from other assignments dealing with the flagship scheme of the National AYUSH Mission which aims at development and growth of AYUSH sector in partnership with States and Union Territories. He provides an able leadership to the research councils of the Ministry to enhance research potential of the AYUSH streams.

## Dr. (Prof.) V.K Gupta

PADMA SHRI AWARDEE  
Chairman, Scientific Advisory Board

Dr. V.K. Gupta is the Chairman, Scientific Advisory Board and Member Governing body of CCRH, Ministry of AYUSH, Government of India and also Chairman of the Homoeopathic Pharmacopoeia Committee, Ministry of AYUSH, Govt. of India. He is the former honorary physician to the President of India and Principal, Nehru Homeopathic Medical College, New Delhi. He is the National President of honour of the Indian Institute of Homeopathic Physicians (IHP) since 2013.

An eminent academician and clinician of international repute, he is a member of various committees of the Ministry of AYUSH. He had been invited by SCH at Sydney (Australia); NHL, Oslo; Stavanger; Bergen; Trondheim (Norway); Kedah (Malaysia); Johannesburg (South Africa), to deliver various lectures.

He discovered a new drug, Vinca rosea published in Homoeopathic Links in an International journal. He is the PhD. and M.D. Hom. supervisor, examiner, published scientific articles in several Peer-Reviewed Journals, is a resource person in many international and national seminars, conferences, workshops, etc.

Dr. Gupta is in practice for over 50 years and was awarded Padma Shri, a National Civilian Award by the Honble President of India in 2013. He has also been awarded Dhanwantri Award, All India Indian Medicine Graduates Association, for the year 1992-1993; International Dr. Hahnemann Award (1997) by Homeopathic Association of Delhi; International Dr. Yudhvir Singh Award (2001) by Homeopathic Association of Delhi and Significant Contribution Award, International Conference on Multidisciplinary Healthcare AIIMS, Delhi.

## Prof. Bhushan Patwardhan

National Research Professor-AYUSH  
Former Vice-Chairman, UGC

Over 40 year experience in research and development in the area of evidence based Ayurveda, ethnopharmacology, drug discovery & development and integrative medicine. Fellow of National Academy of Sciences (India), National Academy of Medical Sciences (India) and visiting Professor at IIAS, Shimla. Former Vice Chairman University Grants Commission and Chairman additional charge Indian Council of Social Science Research, Government of India. Worked on Boards of several Universities and member of important national committees of the UGC, CSIR, DST, DBT, ICMR, FSSAI and Ministry of AYUSH. He has worked on committees of NITI Aayog, National Knowledge Commission and Planning Commission. Was invited as temporary consultant to the WHO Geneva. Was Director, Institute of Ayurveda and Integrative Medicine and Vice Chancellor of a deemed University. He is on the research advisory committees of national and international institutions and universities. Founder Editor-in-Chief, Journal of Ayurveda and Integrative Medicine published by Elsevier, Academic Editor of eCAM (Hindawi) and is on Editorial Boards of many reputed Journals.

Recipient of many awards and orations including Sir Ram Nath Chopra Oration, Waldemar Haffkine Oration, Dr C. Dwarkanath Oration, Dr P.K. Devi Oration, KLE University Oration, Dr P M Mehta Oration. Recipient of Shri Gopaldas Parikh Award 2015, Harihar Mukherjee Memorial Award 2015, Parkhe Award, Dewang Mehta Award and Prin V.K. Joag Best Teacher Award. Delivered invited lectures at several national and international bodies including ACS, ACR, UCLA, UIC, Johns Hopkins, INSA, IPS, IPC among many others. He has authored many books and chapters with reputed publishers including Elsevier, Academic Press and Wiley. His recent scholarly book 'Integrative Approaches for Health' published by Academic Press Elsevier has received excellent reviews. He has guided 20 PhD students, 8 Indian Patents, 2 US Patents and over 120 research publications with over 9000 citations.

## Dr. Anil Khurana

Director General

Central Council for Research in Homoeopathy, Under Ministry of AYUSH, Govt. of India  
Chairman, Board of Governor, Central Council of Homoeopathy

Dr. Anil Khurana, the Director General of Central Council for Research in Homoeopathy (CCRH), an apex research organization under Ministry of AYUSH and the Chairman, Board of Governor, Central Council of Homoeopathy (CCH), the regulatory council for the education and practice of Homoeopathy in India, is an internationally acclaimed personality in Homoeopathic fraternity. He is well known for his academic, administrative and social involvements towards development of Homoeopathy.

Prior to this, he held additional charge of Director General I/C in Central Council for Research in Homeopathy (July 2019-Sep 2020) and Central Council for Research in Unani Medicine (August 2017- April 2018). He was the Member of Board of Governor, Central Council of Homoeopathy since May 2018 also.

Dr Khurana has a vast experience spanning over 34 years in the CCRH including 03 years as Deputy Director General, 2 years as Deputy Director (Homoeopathy), 6 years as Assistant Director (Homoeopathy), 12 years as Research Officer, 1 year as Officer on Special Duty, Department of AYUSH, 8 years as Assistant Research Officer/Research Assistant (Homoeopathy).

He has undertaken Post-Doctoral Fellowship in HIV-AIDS from University of California, Los Angeles, US, WHO Fellowship on HIV/AIDS and Home Care, Course on Good Practices in Clinical Research. He has also acquired qualification of Bioethicist from ICMR-IGNOU (joint course).

Dr. Khurana is recipient of various awards including Lifetime Achievement award from Board of Homoeopathic System of Medicine, Delhi. He was also awarded for his significant service in Alternative Systems of Medicine by Organizing Committee of International Conference on Multidisciplinary Healthcare AIIMS -2014.

Dr. Khurana has more than 80 research publications in various national and international peer-reviewed journals to his credits, in all areas of research i.e. clinical research, basic research, fundamental research, drug standardization, clinical verification and drug proving. He has presented more than 50 research papers aiming to spread the spirit of evidence-based medicine and encourage research in Homoeopathic science globally. As Chairman, Board of Governors of CCH, he is also contributing to bring reforms in quality of education in Homoeopathy.

## Dr. Raj K Manchanda

Director AYUSH  
Government of NCT of Delhi

Dr. Raj. K. Manchanda is the Director AYUSH, Govt. of NCT of Delhi. He graduated as a homoeopathic physician from Nehru Homoeopathic Medical College, New Delhi and gained further insight into the science during his post-graduation in Homoeopathy from Dr. MPK Homoeopathic Medical College, Jaipur, Rajasthan, India. His interest in healthcare further inspired him to pursue a M.B.A degree in Health care administration from Faculty of Management of Sciences, Delhi University.

During his tenure as the Director General of CCRH from 2012 to 2019, his wide scope of work included handling technical, administrative and scientific aspects of council's work. 30 clinical, 22 fundamental, 40 verification, 20 drug proving studies and 3 public health programs were initiated. Infrastructure strengthening activities were undertaken furthering the deliverable goals of 28 institutes and units of the Council. Operationalization of programs like AYUSH Hospital Management Information System (HMIS), Computerised patient registration data at all institutes as per the international classification of diseases (ICD-10), development of web based specific research modules, in collaborating with radar, Vithoulkas compass, organization of webinars, for the dissemination of research knowledge to colleges and profession, mobile apps for collecting field data from epidemics, development of web based programs for epidemic management studies were further materialised in his tenure. 30 MoUs with homoeopathic medical colleges and 10 MoUs with organizations in USA, UK, Mexico, Argentina, Canada, Armenia, Australia, Brazil, Germany and Israel were signed. Short-Term Studentship in Homoeopathy (STSH) program and MD scholarship program were also initiated to widen the horizon of joint research and upliftment of homeopathy.

He has professional experience of more than 35 years in the field of Homoeopathy, including about 20 years as Deputy Director (Homoeopathy)/Assistant Director (Homoeopathy) in Department of Health & Family Welfare, Directorate of AYUSH, Govt. of Delhi. He has contributed significantly in the development of Homoeopathy and was instrumental in the opening of 66 new clinics, strengthening of Homoeopathic education and research in Delhi Government institutions.

He was the Organising Secretary of the magnificent event: The 66th World Homoeopathic Congress of Liga Medicorum Homoeopathica Internationalis (LMHI) held in New Delhi, India from 1st - 4th December 2011. He is the recipient of "State Award" by the Government of Delhi in 2010 for his meritorious work undertaken in the field of Homoeopathy and has also been presented -"Award of Recognition" by Robert Bosch Foundation, Germany in 2011.

He owes authorship of several research papers in peer reviewed international/national journals and a book: Textbook of Dermatology for Homoeopaths in English and Spanish language. He has been an active participant in International and National conferences where he has presented more than 50 research papers aiming to spread the spirit of evidence based medicine and encourage research in Homoeopathic science globally.

## Dr. Sangeeta A. Duggal

Advisor (Homoeopathy)  
Ministry of AYUSH, Government of India

Dr. Sangeeta A. Duggal is a 1986 batch alumni of Nehru Homoeopathic Medical college & Hospital, New Delhi and an MD in Repertory from Bakson Homoeopathic Medical College & Hospital, Greater Noida, Uttar Pradesh.

She started her career working as research fellow at the Regional Research Institute (Homoeopathy) under the Central Council for Research in Homoeopathy, New Delhi. She joined as Medical Officer with NDMC. Subsequently, she joined the Central Government Health Services (CGHS) and rose to a position of Joint Director -AYUSH . She worked as Joint Director for four and half years before joining the Ministry of AYUSH as Advisor (Homoeopathy).

She has a rich clinical and administrative experience and is highly dedicated towards the progress of Homoeopathy in the country.

## Dr. K. M. Dhawale

Chairman & Founder trustee,  
Dr. M.L. Dhawale Memorial Trust

Dr. Kumar M Dhawale is Chairman and Founder trustee of the Dr ML Dhawale Memorial Trust and Chairman and Managing Director of Dr. M. L. Dhawale Memorial Homoeopathic Institute, Vadodara, Gujarat. With a professional experience of more than 35 years in Homoeopathy, he has pioneered many public health projects in Maharashtra, Gujarat and Karnataka. The homoeopathic hospitals, college, clinics and mobile health services of the trust cater to more than 1,00,000 patients yearly. He was the principal of Dr ML Dhawale memorial Homoeopathic Institute, a post graduate Institute set up at Palghar. He was the Member of postgraduation board of studies in Homoeopathy under Maharashtra University of Health Sciences (MUHS).

The medical facilities under the trust provide integrated health care where a team of allopathic and homoeopathic physicians work together. The trust through Public Private Partnership with the Municipal Corporation of Greater Mumbai provides homoeopathy treatment in the mother and child-care segment in Mumbai.

He has executed research projects on pediatric diarrhea, scabies, diabetes and dyslexia and developed a Centre of Excellence for Neuropsychiatry and Respiratory disorders for inpatient homoeopathic treatment at Palghar, Maharashtra.

He is the member of Scientific Advisory Board and has been the chairman of the Special Committee on Clinical Research of CCRH.



## Dr. Subhas Singh

Director, National Institute of Homoeopathy  
Ministry of AYUSH (Govt. of India)

Dr. Subhas Singh is the Director of National Institute of Homoeopathy, Kolkata, Ministry of AYUSH (Govt. of India). He graduated as a homoeopathic physician from 'The Calcutta Homoeopathic Medical College & Hospital, Calcutta' and completed Post graduation in Homoeopathy from S.K Homoeopathic Medical College, Beed Maharashtra. His interest in academics and research inspired him to complete his PhD from Maharashtra University of Health Sciences, Nashik, Maharashtra.

He received special Honour from NKDA & HIDCO West Bengal for his valuable contribution for Homoeopathy during the COVID-19 pandemic.

His vision for NIH added a prestigious peer reviewed Journal in Homoeopathy 'Journal of Homoeopathy'. He is also Chief Editor of Bulletin of National Institute of Homoeopathy. He is Chief Editor, National Homoeo Recorder, a peer reviewed Homoeopathic quarterly e-journal.

He has contributed to several books in Homoeopathy as an Author/Editor/Translator. His few best books are Mind-a Simplified Study and Samuel Hahnemann's Organon of Medicine: A Study in its History & Evolution. He has published more than 50 research papers that includes 5 clinical trials. He has presented more than 130 papers and delivered Lectures in CME, ROTP, Seminars, Conference, Symposiums and Workshops. He has been examiner for BHMS, M.D. (Hom.) & Ph.D course and had supervised more than 50 scholars of M.D. (Hom.).

He is the Chairman of Scientific committee of Homoeopathic Medical Association of India (HMAI).

## Dr. L. Swasticharan

Additional DDG and Director Emergency Medical Relief  
Directorate General of Health Services, Ministry of Health and Family Welfare  
Govt. of India

Dr. L. Swasticharan is currently the Additional DDG and Director (Emergency Medical Relief) in the Directorate General of Health Services, Ministry of Health and Family Welfare, Govt. of India. He is incharge of National Tobacco Control Programme, National Oral Health Programme, National Programme for Prevention and Control of Diabetes, Cancer, and Stroke (NPCDCS) and Emergency Medical Relief. He is MD in Community Health Administration, Delhi University and MPH from Massey University, Palmerston North, New Zealand. He is also a WHO Fellow in Health Impact Assessment at Liverpool University, United Kingdom. He was also trained in the Leadership program in Global Tobacco Control at Johns Hopkins School of Public Health, Baltimore, U.S., and in the Public Health Leaders' Programme at Emory University, USA. His areas of work inter alia, many public health issues such as integration of Health Programmes for synergistic, better implementation of programs & scientific evidence to policy implementation, systems thinking and innovations in healthcare delivery.

DAY-1 (10<sup>th</sup> April 2021)

SESSION-II

Homoeopathy for COVID-19 Treatment & Prevention:  
Research Experience

Chairpersons



Dr. Raj K Manchanda



Dr. Jaswant Patil

Speakers



Dr. Anil Khurana



Dr. Debadatta Nayak



Dr. Govindarajan Sankaran



Dr. Bipin Jethani



Dr. Juhi Gupta



Dr. Sunita Tomar



Dr. Harleen Kaur



Dr. Anupriya



Dr. Subhash Chaudhary



Dr. Deepti Singh



Dr. Suhana P. Azis



Dr. Ritika Hassija Narula

Session Coordinators



Dr. Debadatta Nayak



Dr. Anupriya

## Dr. Anil Khurana

Director General

Central Council for Research in Homoeopathy, Under Ministry of AYUSH, Govt. of India  
Chairman, Board of Governor, Central Council of Homoeopathy

Dr. Anil Khurana, the Director General of Central Council for Research in Homoeopathy (CCRH), an apex research organization under Ministry of AYUSH and the Chairman, Board of Governor, Central Council of Homoeopathy (CCH), the regulatory council for the education and practice of Homoeopathy in India, is an internationally acclaimed personality in Homoeopathic fraternity. He is well known for his academic, administrative and social involvements towards development of Homoeopathy.

Prior to this, he held additional charge of Director General I/C in Central Council for Research in Homeopathy (July 2019-Sep 2020) and Central Council for Research in Unani Medicine (August 2017- April 2018). He was the Member of Board of Governor, Central Council of Homoeopathy since May 2018 also.

Dr. Khurana has a vast experience spanning over 34 years in the CCRH including 03 years as Deputy Director General, 2 years as Deputy Director (Homoeopathy), 6 years as Assistant Director (Homoeopathy), 12 years as Research Officer, 1 year as Officer on Special Duty, Department of AYUSH, 8 years as Assistant Research Officer/Research Assistant (Homoeopathy).

He has undertaken Post-Doctoral Fellowship in HIV-AIDS from University of California, Los Angeles, US, WHO Fellowship on HIV/AIDS and Home Care, Course on Good Practices in Clinical Research. He has also acquired qualification of Bioethicist from ICMR-IGNOU (joint course).

Dr. Khurana is recipient of various awards including Lifetime Achievement award from Board of Homoeopathic System of Medicine, Delhi. He was also awarded for his significant service in Alternative Systems of Medicine by Organizing Committee of International Conference on Multidisciplinary Healthcare AIIMS -2014.

Dr. Khurana has more than 80 research publications in various national and international peer-reviewed journals to his credits, in all areas of research i.e. clinical research, basic research, fundamental research, drug standardization, clinical verification and drug proving. He has presented more than 50 research papers aiming to spread the spirit of evidence-based medicine and encourage research in Homoeopathic science globally. As Chairman, Board of Governors of CCH, he is also contributing to bring reforms in quality of education in Homoeopathy.

## Homoeopathy in COVID-19: Indian Perspective

Anil Khurana, Debadatta Nayak

### Abstract

SARS-COV2 infection started from the Wuhan city of China in the later part of 2019. Over a few months it rapidly spread all over the globe and was declared as a pandemic by the WHO. The first case of COVID-19 was reported on 30th January 2020 in India. As a preemptive measure and to explore the potential of AYUSH systems, Ministry of AYUSH brought out a Public Health Advisory suggesting AYUSH medicines including Homoeopathy as prophylactic against COVID-19. A focused group discussion was held in the 65th Scientific Advisory Board meeting of CCRH and based on their recommendation Arsenic album 30 was suggested as Genus epidemicus (homoeopathic prophylactic) which was subsequently published by Ministry of AYUSH along with other AYUSH modalities on 6th March 2020. Consequent to this, various state governments as well brought out advisories recommending use of AYUSH modalities including Homoeopathy. On insistence by the Ministry of AYUSH, guidelines for practitioners to treat COVID 19 were drafted by CCRH, which were subsequently vetted by experts & members of the Task force and thereafter published by the Ministry of AYUSH and made available on the website.

Further, the Gazette Notification by Ministry of AYUSH facilitated undertaking research using AYUSH interventions, subject to clearance from the Ethical Committee of the respective COVID Treatment centers. Ministry of AYUSH also invited proposals for research through outsourcing and CCRH, on behalf of Ministry of AYUSH, coordinated for the proposals received on homoeopathy. Research proposals were also invited under Extra Mural Research Scheme and CCRH reviewed them technically.

Around 30 research studies on the subject with varied objectives and designs have been registered in Clinical Trial Registry of India. Central Council for Research in Homoeopathy being the apex research body in India has undertaken 18 research studies on different aspects of COVID. The results of the studies are highly encouraging and will be presented during the convention. Taking into consideration the global picture, India has contributed significantly in homoeopathic research for COVID 19.

## Dr. Debadatta Nayak

Research officer (Homoeopathy)/Scientist-3  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Debadatta Nayak, is presently working as a Research Officer (Homoeopathy)/Scientist-3 at Central Council for Research in Homoeopathy, New Delhi, an apex body for undertaking organised research in Homoeopathy, Under Ministry AYUSH, Govt. of India. He received his Bachelor of Homoeopathic Medicine and Surgery (BHMS) from Dr. Abhin Chandra Homoeopathic Medical College and Hospital, Utkal University, Odisha and M.D. (Hom.) in Materia Medica from J.S.P.S Govt. Homoeopathic Medical College, Hyderabad. He is pursuing PhD in Public Health from Amity University.

He is into research since his joining in the year 2007. He is coordinating fundamental and collaborative research studies. He is also actively involved in undertaking studies on epidemic diseases like dengue, Japanese encephalitis, Malaria, HIV and COVID-19. He has co-authored 42 papers published to his credit in peer reviewed journals and 20 articles in no-reviewed journals. Has co-authored a book, "An update on Bowel Nosodes", contributed to many publications of CCRH. He has also presented various papers in conferences, workshop and CMEs nationally and internationally. He is a recipient of young scientist award of central Council for Research in Homoeopathy in the year 2017.

### Effectiveness of Arsenicum Album as Prophylactic Against Covid-19: Results of Cohort and Randomised, Controlled Trial Debadatta Nayak, Anil Khurana on behalf of study team

#### Abstract

##### Background/Objective

Coronavirus disease (COVID-19) outbreak posed significant challenge for curtailing global spread and maintaining global health security. Arsenic album 30C was declared as Genus epidemicus for this pandemic via public health advisory published by Ministry of AYUSH. To validate the Arsenic album as prophylactics for COVID-19, Central Council for Research in Homoeopathy conducted 02 prophylactic studies to assess effectiveness of Arsenicum album on incidence of COVID -19 in containment zone.

##### Material & Methods

Out of two studies one was cohort study, and another was randomised, multicentric, controlled trial. The cohort study was undertaken at 11 containment zones at Delhi, wherein study was conducted in 27 containment zones of 07 cities (Mumbai, Chennai, Delhi, Kolkata, Surat, Machilipatnam, and Hyderabad) of India. In both the studies, individuals residing in the containment zones aged 1 year & above, both gender and willing to participate were included in studies. Pregnant women and lactating mother, immunocompromised individuals & unwilling to participate in were excluded from studies. Arsenic album 30C was administered twice daily for 7 days. Each dose was comprised of 4 medicated globules. No systematic intervention was given in observation groups. In both studies' outcome measure was incidence of COVID-19 as per definition of NCDC. Telephonic surveillance was undertaken on every 7th day by study team. Enrolled population was followed telephonically for 3 weeks and 9 weeks in RCT & cohort study, respectively

##### Results

In RCT analysis was done for a total enrolled 32301 population; Intervention (22753); observation (9548). In cohort study, 10180 participants were enrolled into the study and assigned to either Homoeopathy intervention (n= 6590) or Non-intervention (n= 3590) cohort. Reported COVID-19 cases in intervention group were reduced from 0.61% to 0.07% as compared to observation group where it was decreased from 0.86% to 0.36% in the RCT. Only 0.50% developed Covid like illness as per standard definition of COVID 19 in the intervention group and 3.03% in the control group. Overall protection rate was 80% against COVID-19 infection. When data was analysed against confounders & effect modifiers, it was found statistically significant.

##### Conclusion

These studies validate the concept & use of Genus epidemicus-Arsenic album in prevention of COVID-19. Results also establish that advisory published by Ministry of AYUSH for using Arsenic album 30C has significant prophylactic effect in the population.

## Dr. Govindarajan Sankaran

Head, The other song—International Academy of Advanced Homoeopathy  
Mumbai

Dr. Govindarajan Sankaran, MD (Hom), is an internationally renowned thinker, teacher and writer of the homoeopathic system of medicine from Mumbai (India). He graduated from the CMP Homeopathic Medical College in Mumbai where he was later associate professor for 25 years.

Dr. Sankaran is reputed to be a clear and original thinker; best known for his innovative concepts in homoeopathy. His understanding of disease as a delusion followed by his discovery of newer miasms, classification of diseased states into kingdoms (viz. plant, mineral and animal) and the seven levels of experience, brought in much more clarity into understanding diseased states.

This method, popular as ‘Sensation method’ has now evolved into a more comprehensive and synergistic approach, which strongly advocates to encompass and integrate the old, classical and traditional approaches with the latest advances.

Dr. Sankaran’s research and extensive clinical practice has led him to much deeper level of understanding grouped together as WISE processes (Witnessing Inner Song Experience); which are used in homoeopathic case-taking and also in health workshops for larger community.

Apart from India, Dr Sankaran teaches in several countries. Amongst his students are some of the well-known teachers of Homoeopathy and heads of several homoeopathic schools and colleges.

Dr. Sankaran has written 22 books, many of which are translated in several international languages. He is also the developer & innovator of a Case-Analysis Software Program called ‘Vital Quest’. He heads ‘the other song—International Academy of Advanced Homoeopathy’, in Mumbai. Dr Sankaran is also a guide to ‘Prana: The Homoeopathy Yoga Centre’ in Pune. Dr Sankaran is a trustee for ‘Homoeopathic research and charities’, which aims to create a holistic health wellness centre ‘Sampoornam’.

## Homoeopathy as an adjuvant to standard treatment protocol in management of corona virus infection- a randomised, placebo controlled, open label study

Govindarajan Sankaran, Anil Khurana, Leena Shah, Kishore Khillare  
Debadatta Nayak, Navin Pawaskar

### Abstract

#### Background and Objectives

This study, an open label, placebo controlled, randomized control trial was commenced in first part of pandemic in Pune, India. The overarching objective of this integrative trial was to test the efficacy of individualised homoeopathic treatment as an adjuvant to modern medicine treatment. The end points of trial was to measure impact on patient distress, mortality rate, laboratory parameters, minimizing length of stay thus, curtailing the resource utilization in the hospitals. The study received ethical clearances and was registered at CTRI, a national trial registry of India.

#### Methods

This study comprised of 300 subjects admitted in 4 tertiary care modern medicine hospitals. The treatment arm received individualized homoeopathic treatment plus a standard modern medicine treatment based on stage of illness. The placebo arm received placebo along with modern medicine after due diligence of clinical approach of individualised homeopathy to avoid any biases. Both the arms were clinically monitored by expert clinicians from modern medicine and homeopathy streams. The rigor of the study was intense complying with all clinical & ethical guidelines.

#### Results

Post the due diligence in data management including: recording, sanitation, validation and suitable statistical analysis, the study was reviewed by a third party. The study demonstrated a clinical superiority of treatment arm over placebo arm in some relevant parameters. A significant impact factor was observed in relief of patient distress, reduction in CRP as a pro inflammatory parameter, mortality rate and length of stay in hospital.

#### Discussion / Conclusion

Homeopathic medicines, as an adjuvant to standard modern allopathic treatment in COVID-19 infections, with mild to moderate signs and symptoms, offers significant clinical benefits.

## Dr. Bipin Jethani

Associate Professor, Department of Organon of Medicine  
NHMC, New Delhi

Dr. Bipin Jethani is working as Associate Professor/ Reader (NFSG) in Department of Organon of Medicine at prestigious Nehru Homoeopathic Medical College & Hospital, (NHMC & H) affiliated to University of Delhi and under Government of NCT of Delhi.

He has to his credit paper presentations at various International and National conferences such as Liga Medicorum Homoeopathica Internationalis (LMHI), Asian Homoeopathic Medical League (AHML), World Homoeopathy Day (WHD) conference, Kent's Memorial Lectures etc. A regular speaker in the monthly CMEs/ seminars of Homoeopathic associations such as PHS, IIHP, DHMA and SDHA, he has been well-known for his clinical case presentations. He has published articles in peer reviewed journals such as Homeopathy, Official E-journal of Homoeopathic wing of Directorate of AYUSH 'Homoeopathic Pulse', Hpathy E-journal and various other journals.

He has worked as Sub-editor of Official E-journal of Dept. of AYUSH, Govt. of NCT of Delhi 'Homoeopathic Pulse'. He has also worked as Expert reviewer for research articles of IJRH (Indian Journal of Research in Homoeopathy), online publication of Central Council for Research in Homoeopathy.

He is Chief Investigator for uni-centric open-ended research study on patients of Degenerative joint disorders in special OPD held every Saturday at NHMC & H. As Academic In-charge of NHMC, he has been involved in co-ordinating and streamlining of Undergraduate and Postgraduate academic activities of NHMC. He is paper setter and examiner in various universities for Undergraduate and Postgraduate {MD (Hom.)} examinations. He is also serving as member of Adhoc Faculty in Homoeopathy of Himachal Pradesh University.

He is involved in implementation of HIMS (Health Information Management System) for Delhi Government homoeopathic hospitals and medical units as Nodal Officer (Homoeopathy).

He has been Awarded 'CERTIFICATE OF EXCELLENCE' 2014-15 by the Directorate of AYUSH in recognition of high standard of performance and meritorious services for official E-journal "Homoeopathic Pulse".

He is proud recipient of Dr. D.P. Rastogi Memorial award and Special Appreciation Award conferred by Board of Homoeopathic System of Medicine.

## Clinical Characteristics and Remedy Profiles of Patients with COVID-19: A Retrospective Cohort Study

### Abstract

#### Objective

The aim of the study was to identify indicated homeopathic remedies based on the clinical characteristics of Coronavirus disease 2019 (COVID-19) patients in India.

#### Methods

In this retrospective, cohort study, confirmed COVID-19 patients admitted at a COVID Health Centre in New Delhi between April 29 and June 17, 2020 were given conventional and homeopathic treatment. Patients were grouped into mild, moderate or severe categories of disease. Their symptomatologic profiles were analyzed to identify indicated homeopathic medicines.

#### Results

A total of 196 COVID-19 patients were admitted. One hundred and seventy-eight patients had mild symptoms; eighteen patients had moderate symptoms; no patients with severe symptoms were included as they were referred to tertiary care centres with ventilatory support. The mean age of patients with mild symptoms was significantly lower (38.6 years; standard deviation or SD  $\pm$ 15.8) compared with patients in the moderate category (66.0 years; SD  $\pm$ 9.09). The most important symptoms identified were fever (43.4%), cough (47.4%), sore throat (29.6%), headache (18.4%), myalgia (17.9%), fatigue (16.8%), chest discomfort (13.8%), chills (12.6%), shortness of breath (11.2%) and loss of taste (10.2%). Twenty-eight homeopathic medicines were prescribed, the most frequently indicated being Bryonia alba (33.3%), Arsenicum album (18.1%), Pulsatilla nigricans (13.8%), Nux vomica (8%), Rhus toxicodendron (7.2%) and Gelsemium sempervirens (5.8%), in 30C potency.

#### Conclusion

Data from the current study reveal that Arsenicum album, Bryonia alba, Pulsatilla nigricans, Nux vomica, Rhus toxicodendron and Gelsemium sempervirens are the most frequently indicated homeopathic medicines. A randomized controlled clinical trial based on this finding is the next step.

## Dr. Juhi Gupta

Astt. Professor, Dept. Of Physiology and Research Methodology & Biostatistics  
GHMC, Bhopal, Madhya Pradesh

Astt. Professor ,Dept. Of Physiology and Research Methodology & Biostatistics, for PG Homoeopathy, Govt Homoeopathic Medical College & Hospital Bhopal. Member Governing Body National Institute of Homoeopathy, Kolkatta and Member Advisory Committee Programme Quality Assessment, Prasar Bharti Doordarshan. Ex Member, Scientific Advisory Board, CCRH, Ministry of AYUSH, New Delhi (2015-19)

Received “Excellence in Service “ award by “Chikitsa Sansar” Ujjain, M.P. 2009. “Yuva Chikitsak Samman” Gayatri Shaktipeeth and Dainik Bhaskar. Best poster on “NEW RESEARCH PROTOCOLS IN HOMOEOPATHY” at 70th LMHI Congress, Rio De Janeiro , Brazil 2015. LMHI Certificate of Appreciation for Active contribution to International LMHI Working Group on Research for 2014-15 at Rio-De- Janeiro, Brazil in August 2015.

Felicitation on Women’s Day 2017 Gaurajan utthan va kalia sanstha, Bhopal “Excellence in Social Service” Sewa Bharti Madhya Pradesh. Corona Warrior Samman 2020 by “Sarvshreshth Brahman Mahasamiti Madhya Pradesh Site Principal Investigator in “Effectiveness of Individualised Homoeopathy as an add-on to Standard Treatment of COVID-19” in collaboration with CCRH, New Delhi and Dept of Health Govt. of MP. Co-PI in “A Clinical and Molecular study to explore the role of Homoeopathy in Psoriasis” in collaboration with CCRH, & Aiiims, Bhopal. Proposer and Nodal officer, Specialty research , CCRH at GHMC Bhopal -Rheumatology, Dermatology, Ophthalmology and Pediatrics. Proposer and Nodal officer, Central Council for Research in Yog & Naturopathy, New Delhi unit at GHMC Bhopal. Member task force ICaP programme, for Palliative Cancer Care ,Ministry of AYUSH.

Appointed Expert by UPSC, Gujarat PSC , AIIMS, Moderator- Research Officer, Research associates selection by Ministry of AYUSH .Member Board of Studies, Madhya Pradesh medical science University, Jabalpur. As Committee Member in “Niyantrit madhumeh bharat abhiyaan” of Ministry of AYUSH and Indian Yoga Association.

Published 21 National and 05 International 05 and Presented 70 National and 09 International scientific papers.

### Effectiveness of individualized Homoeopathy as an add-on to standard treatment of COVID-19 – randomized, single blind, placebo, controlled study

Debdatta Nayak, Juhi Gupta, Anupriya Chaudhary, Debolina Das,  
Abhishek Saha, Deepak Kumar, Ashwani Kumar, Abhijeet Deshmukh,  
Ajay Goenka, S.K. Mishra, Krishna Singh, Sanjay Gupta, Anil Khurana

## Abstract

### Background

Covid 19 pandemic plagued the world with no known treatment or management of the disease. Homoeopathy has a notable presence in the epidemics in the past. A study to evaluate the effectiveness of add-on individualized homeopathy along with standard care in treatment of COVID 19 patients was undertaken.

### Methods

A randomized, single blind, placebo, controlled study was undertaken at Chirayu Hospital, a tertiary care dedicated COVID hospital in Bhopal, Madhya Pradesh. 300 mild/moderate/severe COVID 19 patients were enrolled and randomized to receive standard of care + homoeopathy (SC+H, n=151) or standard of care + placebo (SC+P, n=149) and were followed up for a period of 10 days. Data was recorded as per a structured format and all patients underwent laboratory investigations as per the standard procedure of the hospital. Clinical recovery was the primary outcome.

### Results

Both the groups were comparable at baseline in terms of severity and other covariates. Clinical resolution of symptoms in SC+H group was 2 days earlier in comparison to SC+P group. Patients receiving add on homoeopathy also showed earlier recovery, and fever clearance.

### Conclusion

These results show effectiveness and beneficial role of adjuvant individualized homeopathic treatment in COVID-19 care and suggest the importance of this integrative approach for better management of COVID 19 disease.

# Dr. Sunita Tomar

Associate Professor  
Department of Pathology, GHMC  
Bhopal, Madhya Pradesh

Dr.Sunita Tomar, MD(Hom.), having 22 years of academic experience and 24 years of clinical experience is currently working as Associate Professor in the Department of Pathology, at Government Homoeopathic Medical College and Hospital(GHMC), Bhopal, Madhya Pradesh. Apart from above she also plays vital responsibility as In-charge Hospital Superintendent. She has taken the initiative and started separate geriatric unit in GHMC, since 5 years giving special care and day care to all elderly senior citizens with Homoeopathy. She is the Nodal officer & heading the Geriatric Public Health Initiative project, funded by Ministry of AYUSH for more than three years. She is also the Nodal officer of dengue prevention program, Covid Combat Program for distribution of Arsenic album 30 on mass scale and providing care in Covid Care Center of GHMC, for asymptomatic covid-19 patients since last year.

## Comparative effectiveness of pre-identified homoeopathic medicines in asymptomatic COVID -19 individuals receiving standard treatment protocol- an open- label, randomised, placebo-controlled trial

Roja Varanasi, Sunita Tomar, Sanjay Gupta, Praveen Jaiswal, Ankit Srivastava  
Virendra Parmar, Shradha Chauhan, Arvind Kumar, S K Mishra, Anil Khurana

### Abstract

#### Background/Objective

Asymptomatic Covid19 subjects may transmit the infection for as many as 14 days and shall be regarded as a significant factor in the “rapid progression of COVID-19 pandemic. This study aimed to determine the additional benefit of pre-identified homoeopathic medicines in asymptomatic Covid-19 Individuals receiving standard treatment protocol.

#### Methods

This was a single centre trial being conducted at Government Homoeopathic Medical College and Hospital declared as COVID Care Centre (CCC) by the Government of Madhya Pradesh. Patients admitted to CCC with history of exposure, re-confirmed as COVID 19 through RtPCR and asymptomatic during admission, aged 18 to 65 years, both sexes with written informed consent were enrolled and randomly assigned to one of the four groups: Arsenicum album 30C/ (four pills twice daily for 7 days)/ Camphora 1M, (four pills twice daily for four days)/ Bryonia alba 30C (four pills twice daily for 7 days) and placebo (four pills twice daily for seven days). All the patients were given standard of care such as Hydroxychloroquine (HCQ), vitamin C and vitamin B complex. The primary outcome was patient remaining asymptomatic/ becoming symptomatic / RtPCR negative. Secondary outcomes were time to RtPCR negative recorded at 5th, 10th and 15th day and time to appearance of clinical symptoms of COVID-19.

#### Results

Out of 346 patients screened, 200 patients were enrolled (50 patients in each arm). 177 patients became RtPCR negative by 15th day; 88%, 76%, 98%, and 88% from Ars alb. (n=44), Camph. 1M (n=40), Bry. alb. (n=49) and Pl. (n=44). A chi-square test of association showed a statistically significant difference between the groups (chi-square value:8.1, df: 3, p-value: 0.04). Compliance to study medication was good. No serious adverse events were reported.

#### Conclusion

Further randomized clinical trials with larger samples are required for better evaluation of pre- identified homoeopathic medicines without HCQ in a controlled setting.



## Dr. Harleen Kaur

Research officer (Homoeopathy)/Scientist-1  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Harleen Kaur is a young and dynamic Homoeopathy Research Officer of CCRH, with over 15 years of professional experience. She is the Editor of Indian Journal of Research in Homoeopathy, a Scopus-indexed, official journal of CCRH. Looking after various clinical research projects, Dr. Kaur was deeply moved when the pandemic hit the globe, and out of her sheer passion to serve the COVID19 victims, she designed a study to explore the role of Homoeopathy in serving the moderate and severe cases of COVID19 in an integrated manner. She's going to share the outcomes of her study in her presentation, as well as the team's real-time experience of serving in one of the best government hospitals in India for COVID19 care.

### Homoeopathy as adjuvant to standard of care in moderate and severe cases of COVID-19 – A single blind, randomized, placebo-controlled study

Harleen Kaur, Subhash Kaushik, Gurpreet Singh, Arvind Kumar  
Shweta Singh, Tania Chatterjee, Syed Ali, Khushbu Gautam  
Maneet Parewa, Naval Kumar, Sushma Bhatnagar, Anil Khurana

## Abstract

### Context

Homoeopathy, in the past, is known to have treated many a pandemic or epidemic with noteworthy results (B., 1997) (Shinde, 2020) though not validated then as per the evidence-based standards of today.

### Objectives

This study was undertaken to evaluate whether homoeopathic treatment in moderate and severe cases of COVID19, when given in integration with the standard of care, helped in faster and better recovery.

### Material & Methods

A parallel, randomized, controlled, single blind trial was undertaken from the period 12 October to 10 December 2020. The study was conducted at National Cancer Institute, Jhajjar, India - a branch of the AIIMS, Delhi from the period 12 October-10 December 2020, with 28 days follow up period.

A total of 556 patients were screened, out of which 150 were randomly enrolled as per the inclusion criteria. Total participants were 147; 72 in Add-on Homoeopathy (AoH) arm, and 75 in Standard Treatment (ST) arm. Mean age was  $M \pm Sd = 57.79 \pm 14.04$  &  $58.39 \pm 14.28$  in AoH and ST groups, respectively; mean  $\pm Sd$  population of male (109) & females (41) in both the groups were  $58.02 \pm 14.56$ ;  $58.27 \pm 13.01$ .

### Intervention

Individualized homoeopathic treatment was given to the AoH group, in addition to the standard of care.

### Outcome Measures

Primary outcome was time (in days) to convert RT-PCR COVID-19 status to negative. Secondary outcomes were change in clinical condition assessed through Clinical Ordinal Outcomes Scale of WHO (World Health Organization, 2020) and patient-oriented MYMOP scale (Paterson, 2009), in comparison to the control group, and change in laboratory parameters, including D-Dimer, IL6, CRP and ferritin.

### Results

Swab samples of more patients in AoH group reported negative for RTPCR, and in lesser time, than in the ST group. Mean days of seroconversion of RTPCR were 9.13, as compared to 12.34 in the ST group, and the percentage of recovery in the AoH group in 9.13 days was 65.2%, and 55.9% in ST group.

Results of Clinical Ordinal Outcomes Scale (COOS) of WHO (2) showed more improvement, although statistically insignificant, in the AoH group. Total mortalities in AoH group were 7 (9.7%), while those were 13 (17.3%) in ST group. The improvement in the laboratory parameters was also found to be directional in favour of AoH.

### Conclusion

The positive and directional results speak in favour of conducting similar studies with greater rigour, enabling thereby replication of these results.

## Dr. Anupriya Chaudhary

Research officer (Homoeopathy)/Scientist-1  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr Anupriya is a young and dynamic scientist presently working as a Research Officer (Homoeopathy) in Central Council for Research in Homoeopathy, New Delhi.

After obtaining a Gold Medal in her graduation from Nehru Homoeopathic Medical College, Delhi University and completing her MD in Homoeopathy she gained further insight into the working of a health care organization by pursuing a PG Diploma in Hospital Administration. After being a clinician for some years, she started pursuing a career in research owing to her scientific bent of mind and interest in the field.

Since her joining CCRH in 2014, she has been an active contributor to many clinical research projects especially pertaining to lifestyle diseases; Integrated Homoeopathy NPCDCS Programme and various publications of the Council.

Currently her work spans from 'National Collaborations with homoeopathic medical colleges' under the Council's initiative of Linking research with education; International collaborative clinical research projects with Israel & Argentina and School Health Program. She is also an active member of 'Social Media Initiative' team of the Ministry of AYUSH, towards promotion and propagation of the benefits of Homoeopathy as a healthcare system in social media. and is also contributing as Associate Editor of Indian Journal of Research in Homoeopathy.

Within this short span in the Council she has played a significant role in organizing many scientific conventions-national & international and training program; authored various peer reviewed scientific articles/popular writings and presented talks on research methodology etc.

To her credit she also has the honor of representing the country at International Day of yoga celebrations 2017 at Ghana, Africa as Homoeopathy expert from India where she supported the spread of Homoeopathy across the globe and sensitized the academicians, medical experts and general public about AYUSH systems in India.

### Population level prophylactic effect of Arsenicum album- a repeated cross sectional, pan India study

Anupriya Chaudhary, Debadatta Nayak, Swati Pandey, Resmy R, Anil Khurana,  
Study teams of 50 homeopathic medical colleges

## Abstract

### Introduction

Homeopathy has had a notable role in many pandemics in the past. Ministry of AYUSH declared Arsenicum *album* 30 as a homoeopathic prophylactic for COVID 19 through a public health advisory released early in the pandemic. To observe its real time prophylactic effect in a diverse set of population, a pan India data collection study was undertaken in collaboration with various homeopathic medical colleges.

### Methods

Data was collected through repeated cross-sectional surveys in various population sets which received the prophylactic medicine and completed 21 days of post prophylactic consumption over a period of February-August 2020. A total of 132- surveys were conducted over 07 months to capture information on a uniform structured format and assess the incidence of COVID-19 in the population, which was the outcome measure of the study.

### Results

Data of 669726 individuals residing in 34 districts of 13 states of India was captured. The study population was observed for 2009178 person weeks, each person being followed for 3 weeks after consumption of medicine. Overall incidence of COVID 19 in the population (defined as per standard definition by NCDC in the absence of testing) and comparable rates in the high-risk groups over this period, depicted the prophylactic potential of the medicine. More details about the clinical presentation and disease incidence shall be presented.

### Conclusion

Arsenicum album 30, showed prophylactic effect against COVID 19 and reduced the added risk in high-risk population. The study validates the concept of homoeopathic genus epidemicus yet again and recommends homoeopathy as a viable, safe, inexpensive and effective approach to manage any new or unknown communicable diseases in future.

# Dr. Subhash Chaudhary

Assistant Professor  
National Institute of Homoeopathy, Kolkata

Dr. Subhash Chaudhary is an eminent Homoeopath and faculty working as Asst. Professor at National Institute of Homoeopathy (NIH), Ministry of AYUSH (Govt of India). His listed contribution and achievements in Homoeopathy are commendable. He is M.D. in Homoeopathy and is perusing PhD research work on Diabetes from West Bengal university of Health Sciences. Dr. Chaudhary had published several academic and scientific papers in National and International Medical Journals. He is a renowned Speaker in homoeopathic arena and had presented several well documented scientific papers at National and International platform. Dr. Chaudhary had presented well documented clinical cases series of Neurological disease response to Homoeopathy at MHC AIIMS New Delhi in year 2016 for which he was conferred with ‘Significant Contribution Award in Healthcare’ by AIIMS.

Dr. S Chaudhary had dedicatedly worked during COVID-19 pandemic risking his life for which he was conferred with ‘Certificate of Appreciation’ by HIDCO, NKDA (Govt. of West Bengal) in August 2020. In July 2020 he was conferred with ‘Corona Warrior Honor’ given jointly by NIH Kolkata and HIDCO, NKDA (Govt. of West Bengal). In April 2020 he received appreciation from Ministry of AYUSH (Govt. of India) for providing health services through CSC’s Telemedicine platform during Covid-19. In September 2019 he was conferred with ‘Excellence Service Award’ at All India Physician Felicitation Conference, MP for rendering excellent services with Homoeopathy during Acute Encephalitis Syndrome Epidemic (AES), Bihar. He is also an IT Trained AYUSH professionals from C-DAC Pune and entrusted as Nodal Officer, AYUSH GRID, NIH.

## Incidence of Influenza Like Illness (ILI) in participants taken Arsenicum Album 30 Immune Booster during SARS-COVID-19 Pandemic: A Retrospective cohort Study

Subhash Chaudhary, Lokanath Behera, Prasanta Rath

### Abstract

#### Background & Objective

COVID-19 is a new public health crisis, its manifestation varies from Influenza Like Illness (ILI) to death due to non-availability of any definite treatment or vaccine. Homoeopathy has emerged as a ray of hope all over the globe. Ministry of AYUSH, Govt. of India had issued an advisory for use of Arsenic Alb-30 as Homoeopathic immune booster. On request of NKDA Kolkata, NIH conducted 14 medical camps for distribution of Arsenic Alb 30 to residents of New Town in month of May, June, July 2020. After 6-7 months a Retrospective cohort study was carried out among the studied population.

#### Objectives

To find out the prevalence of symptoms of ILI during Covid-19 among the people who have used Arsenic Album-30 as an immune booster.

#### Methods

Retrospective Cohort study was carried out among the resident of New Town, Kolkata who had received Arsenic Alb 30 as an immune booster during Covid-19.

#### Results

Total 2,695 subjects received Arsenic Alb 30; 2,487 subjects responded to follow up after one month; 1,282 subjects (51.54%) responded to follow up done after 6 months. It was found that 95 patients (7.41%) developed ILI symptoms out of which 35 patients (2.73%) reported covid positive and 1,187 i.e. (92.58%) subjects reported with no symptoms.

#### Discussion/Conclusion

The outcome of study revealed that Arsenic Alb 30 acted as an effective immune booster as 92.58% subjects were found free from ILI symptoms; 7.41% developed ILI symptoms among which 2.73% were covid positive but all patients recovered. No mortality reported in study population.

## Dr. Deepti Singh

Research officer (Homoeopathy)/Scientist-1  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Deepti Singh, MD (Homoeopathy) working as Research Officer (Homoeopathy)/Scientist-1 in Central Council for Research in Homoeopathy, headquarters, New Delhi which is an apex body for undertaking research in Homoeopathy, under Ministry AYUSH, Govt. of India.

Born in Delhi, she has completed her BHMS from the prestigious Nehru Homoeopathic Medical College (NHMC), Delhi University and was recipient of Bronze Medal for holding Third rank in year 2006. She has served as House Physician in the NHMC& Hospital where she has experience of supervising the IPD and OPD of the hospital, conducting regular clinical meet with the interns, case presentations, coding the hospital data of patients in WHO's ICD format. After completing MD (Homoeopathy) in Repertory she has worked as Homoeopathic consultant in Sparsh healthcare in Pune. Her current job profile in CCRH includes coordinating the Clinical Research projects of the Council along with various activities under international collaboration. She has also contributed to ISO certification work of the Council hqrs.

Dr. Deepti is Webinar coordinator of the Council and also serves as Associate Editor of Indian Journal of Research in Homoeopathy. She also handles the CCRH Social Media activities and its Facebook, Twitter page. She has also worked in Council's publications section where she has contributed to the various publications. Dr Deepti was also selected to present poster on the topic "Integration of Homoeopathy" during the 4th International Homeopathy Research Conference on Cutting Edge Research in Homeopathy held in June 2019. She has to her credit two scientific publications in peer-reviewed indexed journals listed in Scopus including a Systematic Review on Homoeopathy in Urological conditions besides 10 other publications.

### Evaluation of adjunct homoeopathy treatment in COVID-19 patients in Gujarat state dedicated COVID Hospitals: A multicentric, single arm retrospective cohort study Dr. Deepti Singh on behalf of study team

## Abstract

### Background & Objective

During the ongoing COVID-19 the Government of Gujarat through its AYUSH department allowed treatment of COVID-19 hospitalized patients with add-on homoeopathy in an integrated approach. This retrospective study aims to analyze the data collected during adjuvant homoeopathy treatment of COVID-19 patients by the Homoeopathic medical officers (HMO). The outcome measure is the time to clinical improvement of symptoms, worsening of symptoms, recovery/discharge or death in hospitalized COVID-19 patients, response in patients with co-morbidities, requirement of ventilator support, duration of homoeopathic medicines taken and most common indicated homoeopathic medicines.

### Methods

The standardized excel sheet and Homoeopathic COVID case record form developed in line with WHO COVID case records form was used by the Homoeopathic Medical officer to record the demographic information, clinical symptoms, homoeopathic management, and outcome data from each patient's which was sourced retrospectively. Data of all cases of any age, both genders hospitalized with COVID-19 were included and entries having missing values incomplete/ incorrect information were excluded from the analysis. All patients provided consent to receive the adjuvant Homoeopathy and to use the data for analysis.

### Results

Out of data of total 6868 patients who received adjuvant homoeopathy, complete and correct information was found in 2852 cases which was used for analysis. Time to clinical improvement of symptoms after add-on homoeopathic treatment was 5 days (Median duration, IQR: 3-7) with 80% patients discharged by 7th day out of which more than 20% patients had atleast one comorbidity. Only 03 death reported in the cohort, that too were male patients above 50 years with comorbidities.

### Conclusion

The data highlighted that Adjuvant Homoeopathy has promising response with relief of clinical symptoms, and less progression into severity in risk group of elderly with comorbidities. There were no reported adverse effects of taking the adjuvant Homoeopathy, making it beneficial for integrated use for management of COVID-19 patients.

## Dr. Suhana P. Azis

Research officer (Homoeopathy)/Scientist-1  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

She is a Research Officer (Homoeopathy) at CCRH from 2016 and has 07 years of research experience in all. She has extensively worked on the research project of clinical verification of 22 drugs of plant and 02 of chemical origin used in Homoeopathy . She has designed / implemented clinical research projects on Lymphatic Filariasis, Child at Risk -Learning Disability (CAR-LD) & Specific Learning Disorders (SLD) . During the Covid 19 pandemic she was involved in field study at prisons of Delhi to study the effect of homoeopathic prophylactic, Arsenicum album 30. She is also involved in various Information Technology (IT) related projects and is the Nodal Officer of CCRH AYUSH Grid Cell and IT division to the Ministry of AYUSH. She is Project Coordinator for the development of the Homoeopathic Clinical Cases Repository (HCCR) which is an ambitious IT project to build clinical evidence in Homoeopathy. She is also Nodal officer Media & Social media activities (CCRH) to MOA as these activities have gained great focus and momentum and has implemented national campaigns like AYUSH for Immunity (AFI) and Jan Andolan Campaigns in CCRH Institutes. She is also handling other administrative portfolios as Nodal Officer, Academic affairs, NHRIMH, Kottayam and Clinical Verification Unit(H), Patna. She has co authored 03 volumes of Clinical Verification Materia Medica , 04 drug monographs and has 05 articles published in peer reviewed journals.

### Possible role of Homoeopathic prophylactic Arsenicum album 30C in mitigating COVID-19 in Delhi Prison Complexes : An exploratory cohort study

Suhana P Azis, Renu Mittal, Kusum Lata, Vishal Chadha, Anil Khurana, Raj K Manchanda

## Abstract

### Background

Prison systems and more than 11 million prisoners worldwide have been disproportionately affected by COVID-19. With the high occupancy rate , the Delhi prison complexes were more vulnerable to the spread of the virus. Permission was given by authorities to distribute homoeopathic prophylactic medicine Arsenicum album 30 C to inmates and staff of the prisons to mitigate the same.

### Objectives

To identify the incidence of COVID 19 infection & development of COVID like symptoms in the prison inmates and staff after administration of Arsenic album 30 C .

### Methods

24,215 prison inmates were distributed the prophylactic medicine inside the prison barracks for the period 2<sup>nd</sup> June to 9<sup>th</sup> September 2020 in three phases and three weekly follow ups were done for the 21 day period post-intake of the prophylactic. Data of COVID positivity and COVID like symptoms were collected in a uniform structured format at all follow ups and compared with the positivity rates in the UT of Delhi. 3851 prison staff including family member were also distributed the prophylactic and data collected in follow ups.

### Results

The number of inmates who tested COVID positive were 31(0.22%), 17(0.12%) and 0 and those who developed COVID like symptoms were 1041(7.54%), 1421(10.35%) and 524(3.56%) respectively during the three phases of distribution and follow ups. Amongst the prison staff including their family 06 (0.16 %) tested COVID positive and 23 (0.60%) developed COVID like symptoms at the end of follow ups. The prison COVID incidence was compared with the positivity and incidence rate of COVID in the UT of Delhi during the study period and details of the same will be presented.

### Conclusion

The COVID positivity and incidence of COVID like symptoms (except in Phase II) showed a progressively declining trend amongst the inmates in the three phases when compared to the incidences in the UT of Delhi during the study period. Arsenic album 30 C would have possibly played a role in mitigating the spread of COVID-19 along with other timely control measures put in place by the prison authorities.

## Dr. Ritika Hassija Narula

Research officer (Homoeopathy)/Scientist-1  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Ritika Hassija Narula is presently working as Research Officer(H) /Scientist-1 in Central Council for Research in Homoeopathy .After graduating from Dr. B.R. Sur Homoeopathic Medical College & Hospital, she did her post graduation from Sri Sainath Homoeopathic PG Institute of Homoeopathy in the subject of Practice of Medicine. PG Certificate Course in Cardiology from Heart Care Foundation of India ,Diploma in Naturopathy and Yoga (N.D.D.Y) from International Foundation of Natural Health and Yoga, P.G. Diploma In Hospital & Health Care Management (PGDHHM) from Symbiosis Center of Health Care, Health Research Fundamentals Course (NIE-ICMR) and passing of A1 Level Exam of German Language from Max Mueller Bhawan (Goethe Institute) are her academic credits. Currently she is the Associate Editor of IJRH and coordinating in the work of patent and clinical research studies. International collaborations with Germany are coordinated by her. She is a co-author of publications on Drug Standardization, Homoeopathy for Healthy Child, Disease and Drug monographs and research articles in Asian Journal of Homoeopathy and IJRH. Presented Scientific papers at National and International Forum.

Currently, she is looking after Fundamental & Collaborative Projects and Clinical research projects. Member of Screening Committee constituted by Ministry of AYUSH for screening of all the proposals related to COVID 19 and all the correspondences related to it with shortlisting of proposals are being dealt. All the international collaborations related to Germany and the project on AMR are also being undertaken.

## Post Prophylaxis Impact of Arsenic Album 30 In Maharashtra Police

### Abstract

#### Background

As mortality and morbidity from novel coronavirus disease (COVID-19) continue to mount worldwide, the scientific community as well as public health systems are under immense pressure to contain the pandemic as well as to develop effective medical counter measures. Keeping in view the increased incidence of cases of COVID-19 in Maharashtra, Homeopathic Physicians to Mumbai Police after the release of advisory by M/O AYUSH approached CCRH in facilitating distribution of Arsenic album 30 (AA 30) as a prophylactic medicine amongst police personnel.

#### Aim

To evaluate the prophylactic effect of homoeopathic medicine Arsenicum album 30 among Maharashtra Police personnel in prevention of COVID-19.

#### Methodology

A Post Prophylaxis analysis of impact of Arsenic album 30 in frontline workers was conducted amongst the Maharashtra Police Personnel in the form of a Follow up Link-based questionnaire. Arsenic album 30 as a prophylactic medicine was distributed amongst police personnel through IHMA, private pharmacies, renowned physicians of Mumbai and RRI(H), Mumbai. For documentation of this prophylactic study, a follow up questionnaire was prepared and made into a link-based application. The link was only shared to all the police officers to maintain strict confidentiality. Team of Maharashtra Police was informed to take the help of SHOs of Police stations to capture maximum follow up information.

#### Results

Amongst the data of 8677 police personnel received, an analysis has been taken up for police personnel posted in containment zone keeping in view their chances of getting infected are much higher as compared to police personnel posted in other zones. Out of 1870 police personnel posted in the containment zone, 1108 got themselves tested for COVID-19 and 283 became positive(25.5%). However, police personnel who took only AA30 in 3 doses within a time period of 30 days as per the advisory released by Ministry of AYUSH, only (n=61) 5% became COVID positive as compared to 13.3% who took other prophylactic interventions (HCQ, Vitamin Supplements etc.)

#### Conclusion

Homoeopathic medicine AA30 has the potential to act as a prophylactic medicine against COVID-19 infection.

DAY-1 (10<sup>th</sup> April 2021)

SESSION-III

Intra AYUSH collaboration & integrated care

Chairpersons



Dr. (Mrs) K. S. Sethi



Dr. M.P. Arya

Speakers



Dr. Anasuya. B



Dr. Praveen Oberai



Dr. A.K. Gupta



Dr. Vishal Chadha



Dr. AK Dwivedi

Session Coordinator



Dr. Renu Mittal

## Dr. Anasuya. B

Domain Expert (Yoga & Naturopathy)  
Central Council for Research in Yoga & Naturopathy (CCRYN)

Dr. Anasuya. B has obtained her Bachelor of Naturopathy & Yogic Sciences (BNYS) degree from Govt. Gandhi Naturopathy Medical College, Hyderabad, affiliated to Dr. NTR University of Health Sciences, Vijayawada, Govt. of Andhra Pradesh in the year 1999. She has been awarded a Gold Medal by Dr. N.T.R. University of Health Sciences, Vijayawada, Govt. of Andhra Pradesh for the year 1999. She has experience of more than 20 yrs that includes clinical, teaching and research in various institutions.

Her passion and inquisitiveness has lead her to pursue PhD in 2019 from All India Institute of Medical sciences,(AIIMS) New Delhi in core topic of physiology of Yoga during slow breathing and orthostatic challenges and simulated microgravity. Apart from her research, she has acquired expertise in instrumentation and evaluation of Autonomic function Testing, Heart Rate Variability, Blood Pressure Variability, Baroreflex Sensitivity, Pulse Wave Velocity, Augmentation Index, Lower Body Negative Pressure applications etc. Her research interests are Yoga & Naturopathy, autonomic function, cardiovascular and respiratory physiology. She has for research publications from her original work in reputed indexed journals. Currently she is working as a Domain Expert in Central Council for Research in Yoga & Naturopathy.

## Integrated approach of Yoga & Naturopathy

### Abstract

Yoga is an ancient Indian way of life which includes specific practices, postures, voluntarily regulated breathing, meditation and philosophical principles. In India research on the effects of yoga began in the 1920s and still continues. Stress and lifestyle have been identified as a major risk factor of non-communicable diseases by disrupting physiological processes. These Yogic practices have shown to provide self-regulatory control of physiology including self-regulation of stress and emotion reactivity in the central nervous system, regulation of the autonomic system via sympathetic and parasympathetic activation and catecholamine, and modulation of the hypothalamic pituitary adrenal system. The applications of yoga in health are many and varied and are being actively explored on various aspects of wellness.

Recent systematic reviews and meta-analyses show a growing body of clinical research trials including multiple randomized controlled trials of increasing quality and rigour demonstrating yoga to be a useful adjunct intervention in the management of non-communicable diseases.

Yoga & naturopathy being a drugless system is very much compatible with conventional medicine as an add on therapy with established beneficial effects in the management of diseases. Similarly, it can be integrated with other systems of AYUSH like homeopathy also with a purpose to achieve highest attainable standard of health at an affordable cost. This presentation enumerates various mechanisms deciphering the effects of yoga.



## Dr. Praveen Oberai

Assistant Director (H)  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Praveen Oberai, has completed her B.H.M.S from Delhi Board, M.D. from Agra University, Post Graduate Diploma in Bio-ethics, from IGNOU in collaboration with ICMR and Diploma in Health Promotion from National Institute of Health & Family Welfare (Distance Learning). Presently she is working as Assistant Director (H) in Central Council for Research in Homoeopathy Headquarters, a premier Institute of research through Homoeopathy, for more than 30 years and is heading the department of Clinical Research. She had been actively involved in preparation of evidence-based protocols prepared in consultation with the scientists of Allied Sciences, Homoeopathic experts and bio-statisticians. In addition to this she is also coordinating the public health program of Ministry of Health and Family Welfare: Integration of Homoeopathy/Yoga in National Programme for prevention and control of Cancer, Cardiovascular diseases, Diabetes and Stroke.

As part of the monitoring team at Headquarters, she has been involved in regular monitoring of various activities at 29 Institutes/Units all over India. In addition to this she has been actively imparting training to the new recruitments/Scientists and health care personnel working at the various Institutes/Units.

She has in her credit more than 40 papers published in National and International journals of repute. She has also presented papers in various National and International seminars in India and abroad, on subjects like Research Methodology, activities of CCRH, role of Homoeopathy in various disease conditions and outcome of various clinical research studies conducted by the Council.

### Efficacy of homoeopathy as adjunctive to psychotropic drugs in treatment resistant schizophrenia: an open label randomized placebo controlled trial

Praveen Oberai, S.Gopinadhan, S.Karunakara Moorthi, Kalpana Gautam, Anu Joseph, Resmy.R, Tanya Aggarwal, Varanasi Roja, R.K.Manchanda

### Abstract

#### Background

Up to 30% of people with schizophrenia do not respond to two (or more) trials of dopaminergic antipsychotics. They are said to have treatment-resistant schizophrenia (TRS). The challenge of any mode of treatment is remission. This study aims to evaluate the effectiveness of adjunctive Homoeopathy treatment in TRS.

#### Materials and method

An open label randomized placebo controlled trial was carried out on patients aged between 18-45 years with TRS taking antipsychotics and fulfilling the inclusion were allocated to interventions comprised adjunctive homoeopathy /placebo with conventional treatment over 12 months. The primary outcome measures were changes in Positive and Negative Symptom Scale (PANSS), Clinical Global Impression -Schizophrenia (CGI-SCH) and Brief Psychiatric Rating Scale. Secondary outcome measures were changes in positive and negative PANSS, Hamilton Depression rating scale, quality of life, remission, relapse, requirement of rescue medicine and side effects. All the parameters were evaluated at baseline, every three months till 12 months.

#### Result

Ninety four patients were enrolled in the study: Homoeopathy (n= 47); Placebo (n=47). Repeated measures ANOVA showed statistically significant difference in the PANSS score over a period of one year between the two groups (F=116.01, p<0.001, effect size 0.57) favouring add on homoeopathy. The adjuvant homoeopathy group had significantly greater improvement in total PANSS ((mean diff.(SE): 51.81(4.48), p=0.0001)) over 12 months. Similarly, the CGI -SCH score also showed significant difference between the two groups ((mean diff. (SE): 2.23 (0.23), 95% CI:1.79, 2.68, p<0.001). This study also demonstrated trends in low relapse rates and high remission (Homoeopathy group: 36 patients, placebo group :5 patients; Odds ratio : 0.036 (95%CI: 0.012 to 0.114) favouring adjunctive Homoeopathy.

#### Conclusion

This study has demonstrated benefit of adjunctive homoeopathic treatment to psychotropic drugs treatment in the management of TRS. Further studies are warranted to validate the results.

## Prof. Dr. A. K. Gupta

Homoeopathic Consultant  
New Delhi

Founder Director- AKGsOVIHAMS (Om -Vidya Institute of Homoeopathy and Allied Medical Sciences). Accredited in Limca Book of Records. He is a Visiting Prof. of Homoeopathic Materia Medica & Therapeutics in B.R. Sur Homoeopathic Medical College and Hospital Delhi, ExGuest Prof. College of Homoeopathy U.K.; Guest Physician Glasgow Homoeopathic Hospital Glasgow (UK). Practicing since 1977. Former Nominated Member of Homoeopathic Advisory Committee and Delhi Board of Homoeopathic System of Medicine, Govt. of Delhi. Doing special research work in cases of Motor Neuron Disease (MND) patients.

He is the author of "The Problem Child and Homoeopathy". He is the President-Homoeopathic Medical Association of India, Delhi State, Ex President SDHA; Hony. Advisor International Institute of Lifestyle management, recipient of "International Dr. Hahnemann Award of the Millennium", Dr. Yudhvir Singh Award, Lord Dhanwantri Award and Life Achievement Award, Gold Medal By Pebble Hills University (Italy), Bharat Excellence Award & Gold Medal, Homoeopathic Gem award, Global Healthcare Excellence Award, Dr. Mahender Singh Memorial Award, Homeo Chikitsa Seva Ratan Award, International Excellence Award.

He has participated in India International Science Festival (IISF 2019, 2020), Kolkata. Invited to Chair session in Wellness Conclave and as Speaker in Health Research Conclave. Presented many Scientific Papers in various Seminars, Symposiums and National and International Conferences in India and Abroad in Singapore, Italy, Moscow, UK. Paris, Almaty, Malaysia, Sri Lanka, Japan, Germany, US, Equador, South Africa, Brazil etc. Chaired many scientific sessions in the conferences.

He has contributed many Scientific papers and Articles published in Periodicals, Magazines, Medical Journals and National daily Newspapers. Delivered talks over AIR and Doordarshan (TV) and many TV Channels in various Health Programms. He has given slogan "Homoeopathy Ensures Health safely" to the profession. He has conducted many Webinars. Website [www.ovihams.com](http://www.ovihams.com) is dedicated to Homoeopathy and Allied Systems of Medicine with motto of Medical and Health Care to all through Homoeopathy. Treating patients all over the globe with Homeopathy.

## Integrated approach in medicine - need of the time

### Abstract

In today's scenario when the entire world is facing the disastrous effects of Corona and havoc of Covid -19. No conventional treatment proved effective despite repeated changes and modifications in the Protocols suggested by WHO. At this very juncture Traditional or Alternative medicines were found to be of help in treating and building up the Immunity of people. With new emerging diseases and health problems, world has started looking around for other system of medicines other than conventional medicine called Allopathy alone.

All systems of medicines have something to offer and are effective. All systems are backed by various scientific theories and principles and are useful to the mankind in some way or the other. But no medical system is complete in itself. All systems have certain limitations too. Understanding of this fact is essential by entire medical fraternity. Due to lack of knowledge about other medical systems and non Willingness to appreciate or ego hassle has been dissuading doctors of conventional medicine to see beyond themselves. This has been causing unnecessary sufferings to the patients. This leaves the patients with no place to go, and majority of patients are left untreated or ill-treated. If Patient's welfare is the sole aim then adopting the Integrative approach for the timely referrals will save the misery of the suffering patients.

I have always felt the need for this integration throughout my early days of professional Homoeopathic practice where a lot of times I felt that perhaps with integrating patients would be much better and sooner to get the best possible results to my patients and vice versa. With this ideology I started OVIHAMS in 1999 which was India's first ever medical center with all medical systems under one roof and Homoeopathy at the helm with only one aim of Patient's Welfare.

We helped a lot many patients with the integrated approach with Homoeopathy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy. In some cases with the help of specialized allopathic doctors viz ENT Specialist, Gastroenterologist, Neurologist, etc. in obstinate cases of Rheumatoid Arthritis, Psoriasis, Neuralgias, Paralysis, MND, Cancers, Advanced cases of Diabetes, Hypertention, Renal failure etc. and the results are heartening. In today's times, an integrated medical network will only save the time and unnecessary expenses of the already troubled patients.

## Dr. Vishal Chadha

Senior Homoeopath, Directorate of AYUSH  
Government of NCT of Delhi

Dr. Vishal Chadha is a senior homoeopath presently working with the Directorate of AYUSH, Government of NCT of Delhi since 1997. He is a clinician with an interest in research activities. He has been a principal coordinator for many projects on integrated modules with premier research bodies in India like Central Council of Research in Homoeopathy ( CCRH) and Central council of Research in Yoga and Naturopathy( CCRYN). His papers published in the International Homeopathy Journal are:

- a) Effect of adjuvant Homoeopathy with usual care in management of Thrombocytopenia due to Dengue: A comparative Cohort Study (2019, August)
- b) Homoeopathic Remedies in Covid 19, Prognostic Factor Research (2021, approved for publication)

He is also a recipient of several awards from the fraternity including Hahnemann Award and Dr Diwan Harish Chand Award by Board of Homoeopathy System of Medicine, Delhi. He is a lifestyle trainer and distinguished speaker on the subjects of Homoeopathy and stress management.

He is an enthusiast on social activities, working as Vice President of Dadhichi Dehdan Samiti, working for the cause of Organ Donation and Body Donation. He is also working as a volunteer with Sewa Bharti Delhi to help and support the health status of the underprivileged section of the society.

## Road Map to Integrative Medicine - the future of Medicine

### Abstract

Emerging challenges to the survival of mankind have pressed the global health care providers to think and innovate newer ways to help mankind. With the changing times, health care providers world-wide have observed the limitations of a single system of medicine and have recognized the need for a comprehensive system of medicine to achieve the goal of “Health for All”.

Health care providers should ethically utilize all appropriate healing sciences to facilitate the body’s innate healing response through integrative health care system, the system that is easily incorporated by all medical specialties and professional disciplines, and by all health care systems, its use not only improves care of patients, it also enhances the cost-effectiveness of health care delivery for providers and payers.

A system of medicine inclusive of complementary and alternative system of medicine and traditional system of healing, the practitioners of the system exemplify its principles and commit themselves to self-exploration and self-development. A system that cares addresses the whole person, including body, mind, and spirit in the context of community. Utilizing the health care facilities to optimum level with all orientations to benefit mankind.

Such arrangements have yielded in better research opportunities also. We have studied at such co-located Homoeopathy Unit at Dr Hedgewar Arogya Sansthan , on Dengue with encouraging results and also during the recent COVID 19 outbreak in 2020 by giving adjuvant Homoeopathy therapy for the cases. We have been able to carry out the distribution of the prophylaxis to the population in other collocated units and setups. Clearly understanding the role of each system in health and maladies, a better system may evolve, respecting each component of the service provider, will ease out the load on the health care system.

## Dr. Ashvini Kumar Dwivedi

Professor and HOD, Department of Physiology and Biochemistry  
SKRP Gujrati Medical College, Indore, India

Dr. Ashvini Kumar Dwivedi, is a leading homeopathy doctor at Indore, Madhya Pradesh. He is not only a Homeopath but also recognized as 'Homeo-reformer' because of his outstanding contribution towards uplifting of homeopathy branch as one of the supporting stream of medical sciences. Over 24 years of his professional life, he is striving to change the image of Homeopathy Science. Apart from treating the patients, he regularly meets people individually in various socio-medical forums to address their medical requirements and various misconceptions related to Homeopathy. Dr. Dwivedi has cured several chronically ill and hopeless patients who were suffering from various curable diseases in like Aplastic Anemia, cancer etc. There are many such success stories related to the critical ailments like Rheumatism, Stone, Ulcer, Migraine, Bone marrow disorder, Complete loss of vision, Adenocarcinoma, Prostate and Skin disorders etc. Dr. Dwivedi is a recipient of several prestigious international, national and state awards. He has published several research papers in various reputed national and international health journals. He is also editor of the monthly magazine "Sehat Evam Surat", which provides an effortless path for people to understand the subject in a better way and to spread awareness about the new generation of homeopathy medicines, treatments, new development and path breaking research going on in the field world-wide.

As a Doctor, Teacher, Researcher as well as an Editor of a Health Magazine he is playing various responsibilities with immense sincerity and passion. He has dedicated his life to serve physical as well as emotional well-being of the people.

### Cure of various diseases using homoeopathy along integrative medicine

#### Abstract

During crisis of the Covid-19 we are currently experiencing a huge turning point in the life of many of us, but will certainly bring a radical turn in our lives. When one treatment system cannot treat any disease there need an integrated approach

Role of Integrative medicines which mainly focus on behaviour modification prevention & cure of diseases, role of diet to boost immune system, role of life style modification viz; physical fitness, importance of sleep, positive mind as a major part of spiritual awakening.

There is need of life style modification so that patients coming to our clinics are more benefited.

As per my experience sometimes Homeopathy is integrated with other system of medicine for getting faster results on many incurable & long lasting diseases

Homeopathy can be integrated with **Allopathy, Yoga, Naturopathy, Ayurveda, Physiotherapy, Blood Transfusions, oxygen supplementation to cure the patients completed from the ailments they are suffering from.** Integrative medicine is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. The homeopathy with integrated system has worked wonders in the treatment of Aplastic Anemia, Arthritis, Spondylitis, Acidity, COVID-19 and many other types of ailments.

The presentation is on successfully treated three cases with supporting evidence.

**Keywords:** Homeopathy, Integrative medicine, ailments.

DAY-2 (11<sup>th</sup> April 2021)

SESSION-I

Homoeopathic Industry experience during COVID-19

Chairpersons



Dr. JLN Sastry



Dr. S. P. Shani

Speakers



Dr. Prakash Joshi



Dr. Nitesh Sharma



Dr. Nishant Tripathi



Dr. Durga Sankar Bhar



Dr. Srinivasa Rao Nyapati



Mr. Nishant Jain

Session Coordinators



Dr. Suhana P. Azis



Sh. Digvijay Verma

## Dr. Prakash Joshi

Technical advisor  
Medisynth

Dr. Prakash Joshi is a retired Sr. Principal Scientific Officer in HPL/AYUSH having experience of more than 35 years in quality control of homoeopathic medicines and presently working as a Technical advisor in Medisynth Pvt. Ltd. He has delivered more than 100 lectures on GMP /quality issues/ standardization etc of homoeopathic medicines. During HPL tenure he organized more than 40 training programs for drug enforcement officers of different states. He has contributed in more than 40 research papers /articles in different journals and also edited four books on medicinal plants used in homoeopathy.

### Quality management system : A key to overcome COVID crisis

#### Abstract

The COVID-19 was declared as a global pandemic by the WHO on March 2020. This pandemic had major effects on the pharmaceutical industry. Major work of homoeopathic pharma industry of R&D was hampered during the lockdown phase with sudden closure. But the R&D section of Medisynth developed In-house standards and as part of QMS followed the same standards batch to batch. These data helped a lot in the time of crisis. Quality Management System includes all SOPs, STP and their proper implementation from time to time. Under the worst situation of this pandemic the QMS developed by Medisynth helped to produce quality drugs which assured the quality of manufactured drugs during lock down. Medisynth have a system for interdepartmental training which came handy even with Covid related staff restrictions and gave satisfactory production yield. Regular internal audits of different section and the audit report discussion involving the staff made them well versed with the systems. After CCRH through Ministry of AYUSH declared Arsenic album 30C as preventive medicine during the pandemic, Medisynth received placements of drug orders in large scale and the manufacturing facilities catered efficiently to the market demand. Medisynth provided Arsenic album free of cost to many Government institutions and NGOs on humanitarian grounds and ensured the medicine sales in open market at a reasonable cost so that common man does not suffer. Although the industry assured, the maximum availability of Arsenic album with all regulatory compliances there were few unfortunate incidences of market exploitation occurred. Medisynth was able to maintain the quality of drugs in the last one year in sync with market demands. This clearly shows that Medisynth has managed the situation very well.

Together everyone contributed and came out of the crisis.

## Dr. Nitesh Sharma

Scientific officer  
Dr. Willmar Schwabe India Ltd.

Dr. Nitesh Sharma happened to take up BHMS from Bengal Homoeopathic Medical College and Hospital and started clinical practice 10 years back. In 2015 he joined the reputed German homoeopathic pharmaceutical major Schwabe Group at their Noida unit. He is currently working as a Scientific officer, Schwabe India, the Indian subsidiary of Dr. Willmar Schwabe Group of Companies, Germany. He is currently overseeing new product development, regulatory affairs and liaisoning, medico-marketing etc. He has contributed to more than 30 articles in reputed journals.

### Homoeopathic and philanthropic activities of Schwabe India during COVID-19

#### Abstract

COVID-19 emerged as a life changing pandemic in the year 2020. India witnessed first case in January 2020. CCRH under the Ministry of AYUSH swiftly acted and the Group of Experts inter-alia recommended Arsenicum album 30C as genus epidemicus and a Government advisory in this regard was brought out. Following this, there was unprecedented surge in the demand of the homoeopathic medicine Arsenicum album 30C all over the country. At Schwabe India, the entire operations team worked in war-foot mode and catered to this unprecedented demand. Schwabe India also played active role to distribute the medicine as immunity booster free of cost to different societies and institutions. Apart from this, the organisation has also extended its philanthropic activities for societal benefit during the difficult time of lockdown period.. It served food packets and distributed ration to needy people. Organisation and its employees have made huge contribution to the PM CARES fund. To avoid COVID blues and to maintain mental health of employees during lock-down, there were employee engagement programs and online trainings provided. Even though Government allowed 100 strength of employees when lock-down was lifted, it started operations only with 50% of employees strictly adhering to COVID norms.

## Dr. Nishant Tripathi

Head (Sales/Marketing/Import/Export)  
M. Bhattacharyya & Co. Pvt. Ltd.

Dr Nishant Tripathi is currently working as Head (Sales/Marketing/Import/Export) with M Bhattacharyya & Co. Pvt. Ltd, Kolkata who are one of the oldest names in Indian Homeopathy pharmaceutical industry under Emami Group Venture. One of the oldest name in Indian Homeopathy under Emami Group Venture. He was formerly Member in Scientific body (PCIM&H) under Ministry of AYUSH. He has previously worked with SBL Pvt. Ltd., Delhi from 1997 to 2008. He has around 25 years of wide experience in the field of Homoeopathic Pharma industry and has presented papers on Homeopathy in various platforms.

### Sharing experience of Industry during COVID-19

#### Abstract

The unique situation of Covid-19 has brought in unprecedented industry experience especially for homoeopathic drug manufacturers. Experience of how the demand and supply chain was stretched and how the hurdles were overcome would be discussed during the session.



## Dr. Durga Sankar Bhar

Managing Director  
Hahnemann Publishing Co. Pvt. Ltd.

Durga Sankar Bhar completed his Ph.D in Organic Chemistry from Calcutta University and worked as Post Doctoral Fellow. He has contributed to many publications on Natural Product Chemistry as well as on Homoeopathy in different first grade international journals. He joined HAPCO in 1975 and is working as Managing Director of HAPCO since 2008. He is engaged in basic scientific research for understanding nature and content of Homoeopathic Potentised medicines as well as in determining expiry time for Homoeopathic Medicines. He is a member of various Central Government Committees , W.B. Council of Homoeopathic Medicine , Editorial Advisory member of the journal IJRH and member of various industry federations .

### Experience of Homoeopathic Pharma Industry during the recent pandemic

#### Abstract

COVID-19 pandemic created havoc in every sphere of life and Homoeopathic Pharmaceutical Industry is no exception. Because of about two and half months of total Lock Down throughout India, the industry suffered most. At that time there was a huge demand of Arsenicum album 30C as well as of Camphor 1M potency as prophylactic against COVID. This demand also could not be met fully by the industry for want of required man power. Moreover, suffering people dependent on some important medicines for their daily use found it very difficult to get them. Usefulness of Homoeopathic medicines both for treatment as well as for prophylactic use is well known. Homoeopathy showed its strength in controlling the situation arising out of the experience gained from containing various epidemic outbreaks historically from Cholera to Scarlet fever to Influenza and other viral diseases. It was proposed to develop three types of Nosodes using the homoeopathic method of preparation, one with separated spike protein of the virus, the other with separated RNA of the virus and the third with the whole virus to find which one is most potent and may be usefully applied specifically for prevention and treatment of COVID-19. But the nosode preparation could not be initiated timely though, later on we find vaccines are being prepared using those very materials as was proposed by us.

## Dr. Srinivasa Rao Nyapati

Managing Director  
Ramakrishna Homeo Stores Pvt. Ltd.

Dr. Srinivasa Rao Nyapati is the Managing Director of Ramakrishna Homeo Stores [P] Ltd, third generation of a family-owned Homoeopathic Pharmacy, established in 1937. A Postgraduate in Homoeopathy Philosophy and Organon, active in clinical practice and research since 1982. He founded the Delphis Complementary Medicine and Therapies Pvt Ltd, an Integrative Health Clinic in 1993. He has served in several positions of the National Executive of the Indian Institute of Homoeopathic Physicians. He is also a founder member of the Anthroposophic Medical Society [India], and an International faculty for the Medical Section of The Goetheanum, Switzerland which conducts International Postgraduate Training Program [IPMT] and Mistletoe Therapy for Cancer. An active participant in National Seminars and Conferences, he has several scientific papers to his credit and presented papers in International Homeopathic congresses of Liga Medicorum Homoeopathica Internationalis [LMHI] . He has been elected from erstwhile Andhra Pradesh as Member of the Central Council for Homoeopathy under the Ministry of AYUSH, Govt of India. He was nominated as Member, Special Committee for Research, Central Council for Research in Homoeopathy, Ministry of AYUSH, Govt of India. He is currently a member, Advisory Committee, Regional Research Center, Gudivada [CCRH].

### COVID-19 : A slip 'twixt the cup and the lip

#### Abstract

This paper discusses the missed opportunity for Homoeopathy and its advocates to prove its worth during the 'Covid times'. It brings to attention the efforts and shortfalls of the Homoeopathy Industry while trying to rise to the needs of the Nation and the role of State & Central authorities to utilise the strengths of Homoeopathy. It also examines the 'Demand & Supply ' during the formal & informal efforts to implement Homoeopathy as prophylaxis for Covid-19. And in conclusion, it recommends a study design to survey to evaluate and assess all such formal and informal initiatives from clinical and Industry perspective.

## Mr. Nishant Jain

CEO, B Jain Pharmaceuticals

Nishant Jain earned his Masters in Business Administration from SP JAIN Mumbai. He joined the family business at a very young age. He is a very hard working individual who started his journey at grassroots level, where he was responsible for the sales of the homeopathic software. His work made him travel around the country and he got an extensive exposure to the market.

He later headed the publishing division where he was successful in creating partnerships on a global level including formation of BJAIN Archibel which was the first venture of the company outside India. He also was the key person responsible for the diversification of business into Pharmaceuticals. He has been able to set up a world class pharma facility and was amongst the very few pharma companies who got approved by the US FDA for the manufacturing of medicines. B Jain is one of the top few homeopathic pharma companies in the country.

In 2020, he forayed into the personal hygiene segment and has been able to grow the business to the next level.

He is a member of various homeopathic govt organisations and plays an active role in the policy framing and medicinal research.

## Industry experience during COVID-19

### Abstract

We all have been affected by the current COVID-19 pandemic. However, the impact of the pandemic and its consequences are felt differently depending on type of Industry and nature of business we belong to. For Sure Industry has no prior expertise to handle such a catastrophe & nobody has experienced such a situation and we really do not know how long this pandemic situation is going to prevail.

If I react to this situation from B.Jain's point of view for the industry, we faced major challenges on facilities to keep the workforce healthy and to keep them motivated towards work. Shortage of alcohol for medicine manufacturing was another biggest challenge and arrangement of transportation and inflated logistic cost was another financial burden.

Our establishment arranged accommodation for the workers in the factory. Met govt. authorities for approval of additional quota of alcohol. Launched economical single dose Arsenicum Alb. 30C pack with a target to reach masses far and wide. Of the entire Homoeopathic industry, we have not shut-down our plant not even for a day during COVID pandemic. In the middle of April 2020 we came up with 100ml, 500ml and 5ltr pack size sanitizer namely, Omeo Rub.

It has been a blessing in disguise for alternative medicine industry, as people trust Homeopathy & herbal products. As World is looking towards India as a savior in this pandemic and this is the right time for us as well as for AYUSH fraternity to enhance exports and thereby industry can move to a next level of achievement.

DAY-2 (11<sup>th</sup> April 2021)

SESSION-II

Homoeopathy in Public Health

Chairpersons



Dr. Alok Pareek



Dr. BT Rudresh

Speakers



Dr. Sanjay Gupta



Dr. Renu Mittal



Dr. Varanasi Roja



Dr. Vinu Krishnan



Dr. Chandrashekhar Goda

Session Coordinators



Dr. Shaji Kumar R. T



Dr. Deepti Singh

## Dr. Sanjay Gupta

Professor Department of Practice of Medicine  
GHMC, Bhopal, Madhya Pradesh

Dr. Sanjay Gupta is working as a Professor in Department of Practice of Medicine at Govt. Homoeopathic Medical College & Hospital, Bhopal, Madhya Pradesh with total teaching experience of about 17 years.

Dr. Gupta is also the youngest member at Board of Governors (BoG), Central Council of Homoeopathy a statutory body and as officer on Special Duty at State council of Homoeopathy Madhya Pradesh.

He has been associated as member Board of Studies, examiner with various universities and Member, state task force for Homoeopathic Research, Madhya Pradesh.

He has also presented scientific papers at national and international forum, including LIGA.

He is also working as State Nodal officer for Joint AYUSH Malaria Control Programme through Homoeopathy since 2016. As an achievement, he has been able to demonstrate the role of homoeopathy from Malaria control through the publication report and research paper in association with AIIMS, Bhopal and State Malaria Department.

He has an outstanding expertise over the formulation and execution of policy initiatives related to public health and education in Homoeopathy.

## Integrative Homoeopathic prophylactic intervention with Malaria off- 200 : A state initiative since 2016 in Madhya Pradesh

### Abstract

#### Background & Objectives

Madhya Pradesh is endemic for malaria with regular outbreaks in the tribal districts. Malaria Control Programs in India, have concentrated mainly on insecticidal activities, monitoring and surveillance of cases and treatment of patients. The integrative homoeopathic activity by Department of AYUSH and Department of Health, Govt. of MP included routine anti-malarial measures to control vector and mass prophylaxis with Homoeopathic medicine Malaria off-200, in the high risk villages for malaria since 2016.

Objectives of Joint AYUSH (Homoeopathy) Malaria Control Campaign were-

1. To assess the effectiveness of Homoeopathic medicine Malaria off-200 as mass prophylaxis against malaria along with routine anti-malarial activities .
2. To compare the outcomes of integrative homoeopathic prophylactic activity of the years 2016, 2017 & 2019

#### Methodology

The integrative homoeopathic prophylactic intervention along with routine malaria control activities was conducted in selected high risk villages (high API) of Madhya Pradesh in the year 2016, 2017 and 2019. Total six doses of Malaria Off 200 were distributed in two rounds (peak prevalence months- July & Oct.) with three doses in each round. The activity was done with the help of ASHA, anganwadi and other field workers under the supervision of respective District Malaria Officer and District AYUSH Officer. 23.1 lac, 24.5 lac and 21.3 lac population from 17, 24 and 39 districts respectively received prophylactic Malaria Off- 200 in the years 2016, 2017 and 2019.

#### Result

From January to June only routine antimalarial activities were conducted, whereas from July to December integrative Homoeopathic prophylactic activity was done. The proportionate reduction of cases in the second half yearly period when compared with the consecutive past two years was more than that in first half yearly period. However annual, 1st half yearly and 2nd half yearly case incidence, were reduced to more than half the number of cases in last year, suggesting the significant effect of the integrative Homoeopathic intervention.

#### Conclusion

The Integrative Homoeopathic prophylactic intervention with Malaria off-200, along with routine anti-malarial activities was found to be significantly effective in the control/ prevention of malaria in selected high risk villages of Madhya Pradesh.

#### Keywords

Malaria, Homoeopathy, Malaria off, Prophylaxis, AYUSH

## Dr. Renu Mittal

Research officer (Homoeopathy)/Scientist-3  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Renu Mittal, is working as Research Officer (Homoeopathy)/ Scientist-3 in Central Council for Research in Homoeopathy since 2006. She has contributed for research in multidrug resistant tuberculosis, oesophageal reflux disease, anaemia, surveys on patients preference on integrating homoeopathic services, adolescents health care, geriatrics, KAP on tuberculosis. She is coordinating for public health program of the council viz. Homoeopathy for healthy child, Swathya rakshan program and SCSP health program. She has contributed in a number of publications, notably Homoeopathy - Science of Gentle Healing, Training Manuals on Mother and Child Care, Healthy Child, Health Teething, drug monographs. She also has 13 peer reviewed publications to her credit. She has presented papers in national & international conferences and seminars.

### Homoeopathic public health intervention in geriatric healthcare

#### Abstract

##### **Introduction:**

India has about 112 million elderly people with 71 percent of them living in rural areas. The elderly suffer with multiple physical, social, psychological, and economic problems with unmet needs in all domains of health. A public health program of CCRH was developed to screen psycho-socio-medical needs of elderly population in scheduled caste dominant areas, and to provide homoeopathic treatment for their immediate concerns through medical camps.

##### **Methods:**

Areas with 40% of population belonging to the communities identified under the scheduled castes were identified. A door to door survey was undertaken in these areas for screening of elderly population for their psychosocial need using Integrated Care Tool - BRIEF questionnaire (developed by Department of Geriatrics, AIIMS for Indian population in 2019). The elderly suffering from any disease and intending to take homoeopathic treatment were referred to geriatric mobile OPD camps conducted weekly. In the camp OPDs, the patients reporting were assessed for their daily activities using KATZ index (Best Practices in Nursing Care to Older Adults, The Hartford Institute for Geriatric Nursing, New York University, College of Nursing, [www.hartfordign.org](http://www.hartfordign.org).) and disease specific scales. Follow ups were conducted fortnightly for upto 6 months.

##### **Results:**

4125 elderly were screened for their psycho-socio-medical needs and 921 cases were treated in OPD. Out of these 921 cases, 65% had musculoskeletal complaints, 8% dermatological, 8% gastrointestinal, 7% genitourinary and 12% had multi morbidity(12%). Morbidity profile and treatment data will be presented during the conference.

## Dr. Varanasi Roja

Research officer (Homoeopathy)/Scientist-3  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Roja Varanasi, MD (Hom.), is currently working as Research Officer(H)/Scientist-3, in Central Council for Research in Homoeopathy, Headquarters, New Delhi, Ministry of AYUSH, Govt. of India. She completed her post-graduation from Abhin Chandra Homoeopathic Medical College and Hospital, at Bhubaneswar, Odisha. She is a passionate researcher and interested in Clinical Research. Her area of interest is on non-communicable diseases. She worked in Life style disorders (Pre- diabetes; hypertension; dyslipidemia), Pediatric disorders (Acute otitis media in children; Acute encephalitis syndrome and Adenotonsillar Hypertrophy in children), Data capturing of the patients treated in OPD at 23 institutes/units under CCRH through the Patient Reported Outcome study. She is the Co-nodal officer for the Integrated NPCDCS AYUSH (Homoeopathy)- Project of CCRH in collaboration with MOHFW, Govt. of India.

She is dynamically and significantly contributing in the development of Standard Treatment Guidelines in Homoeopathy published by the Council. She is actively contributing in System Dossier, 'Homeopathy-Science of Gentle Healing', 'Scientific Framework in Homoeopathy' from time to time. She also contributed in development of the monographs on Diabetes mellitus, Lymphatic Filariasis and Homoeopathic Materia Medica of Indian drugs published by the Council. She presented 22 scientific papers in international and national forums, CMEs organized by the Council and other organizations. She also holds the position of Associate editor, Indian Journal of Research in Homoeopathy, the official Journal of CCRH. She has co-authored the book "An update on Bowel Nosodes". Authored and co-authored over 30 publications published in peer reviewed journals, and 11 popular articles. She is honoured with "Young Scientist Award in Clinical Research" in the year 2018, by Hon'ble Vice President of India, sponsored by Central Council for Research in Homoeopathy, Ministry of AYUSH. She is currently pursuing her PhD in Public Health from AMITY University, NOIDA.

### Integration of Homoeopathy along with Yoga in the National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and stroke- An experience from the pilot project

Varanasi Roja, for the Integrated NPCDCS-Homoeopathy Project group

## Abstract

### Background and objectives

India's burden of non-communicable diseases (NCDs) is escalating. NCDs contribute to around 38 million (68%) of all the deaths globally and to about 5.87 million (60%) of all deaths in India. Central Council for Research in Homoeopathy in collaboration with Ministry of Health and Family Welfare has implemented and executed integration of AYUSH (Homoeopathy along with Yoga) component with National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases, and stroke (NPCDCS) with the aim and objectives for opportunistic screening and in the management of NCDs.

### Methods

The program was implemented across four districts of the country namely Krishna (Andhra Pradesh), Darjeeling (West Bengal), Nashik (Maharashtra) and Sambalpur (Odisha) at 22 AYUSH life style disorder Clinics (ALSD Clinics) in the premises of District Hospital/ Area Hospital/Rural Hospital/ Community Health centres/Block PHC. Homoeopathy along with Yoga and therapeutic lifestyle changes (TLC) is an integral part of this project. To achieve the objectives, opportunistic screenings are conducted at ALSD clinics and out-reach camps. Diagnosed patients were given treatment in an integrative manner. Patients treated were grouped into 04 cohorts based on their diagnosis and preferred treatment (Cohort I for pre-clinical conditions: IA: Homeopathy along with Yoga and TLC; IB: Yoga and TLC only, Cohort II for clinical NCDs: IIA: Homoeopathy + Yoga and TLC and on allopathic treatment; IIB: Allopathic treatment +Yoga and TLC). The mass awareness was generated about NCDs, Homoeopathy, and Yoga through IEC materials. Treatment was assessed with longitudinal follow up.

### Results

During September 2015 to March 2020, a population of 1,93,315 was screened and 1,06,515 persons (55.1%) have been diagnosed with one of the identified NCD's. 68,298 patients were registered for treatment and 18635 patients data was documented in a structured format. Out of them 6055 patients completed six months follow up and 94% of them have improved in outcome related to activity of daily living. There were also statistically significant differences in many parameters such as RBS, FBS, PPBS, HbA1c, SBP, and DBP from baseline to 6 months in all the cohorts.

### Conclusion

This pilot project is tangible successful model of operationalization of integration with mainstream healthcare delivery in the country. This program boosted the referrals and cross-referrals of patients to other systems. Expansion of this model to other districts across the country is suggested.

# Dr. Vinu Krishnan

Medical officer  
Govt. Homoeopathic Cancer Centre, Wandoor, Kerala

Dr. Vinu Krishnan, a Postgraduate from Govt. HMC, Thiruvananthapuram, Kerala is currently pursuing Ph D programme. He is working as Medical officer, Govt. Homoeopathic Cancer Centre, Wandoor, Kerala. This hospital is in existence for 14 years and the only government homoeopathic cancer hospital in India having 18 beds including pay ward to treat terminal cancer cases. A team of 06 doctors including Dr. Vinu Krishnan has been treating challenging cases such as carcinoma lung, carcinoma of hepato biliary system, haematological malignancies etc. with good success rate. Dr Vinu Krishnan is the Member of Scientific committee in cancer, Central Council for Research in Homoeopathy New Delhi. Formerly, he was Lecturer in Nehru Homoeopathic Medical college, Department of AYUSH, NCT of Delhi.

## An over view of homoeopathic intervention in hematological malignancies.

Ramlath K, Vinu Krishnan, Anil N.M, Sumaya, Vajitha

### Abstract

#### Background

Hematologic malignancies are cancers that affect the blood, bone marrow, and lymph nodes. This classification includes various types of leukemia (acute lymphocytic (ALL), chronic lymphocytic (CLL), acute myeloid (AML), chronic myeloid (CML), myeloma, and Hodgkin's & non-Hodgkin's lymphoma. Conventional treatment offers chemo- radiation therapy and stem cell transplant which may be beneficial for a small group only. Hence an attempt is made to identify the usefulness of homoeopathic intervention in these clinical conditions.

#### Objective

To determine the usefulness of Homoeopathic intervention in enhancing survival period with less complications in various hematological malignancies treated at Govt. Homoeopathic cancer center, Malappuram

#### Methods

As a rule, primary cases were not considered in leukemia and only cases with relapse were considered. But in Myeloma all types of cases were considered. Generally, cases were focused for enhanced survival period even with relapse after chemotherapy. Homoeopathic medicines were given as constitutional and specifics. The most used constitutional medicines were Sulphur, Medorrhinum, Tuberculinum, Arsenic iodatum, Thuja, syphilinum, Natrum muriaticum in centesimal potencies.

#### Results

From September 2017 till September 2020, 72 cases of myeloma were registered at this center, of which 6 cases had a survival period more than 24 months, 13 cases survived between 12 to 24 months. Among other blood malignancies total 80 cases were registered of which 59 (74%) were lymphomas. 2 cases of lymphoma had a survival period between 36 to 48 months, 3 cases had survival between 24 to 36 months, 7 cases survived between 12 to 24 months. Out of 7 (8.8%) chronic lymphocytic leukemia (CLL) 4 cases had survival between 12 to 24 months, 3 cases survived between 6 to 12 months. In 2 chronic myeloid leukemia (CML) cases 1 had survival between 6 to 12 months. Out of (7) (8.8%) acute myeloid leukemia (AML), 1 case had survival period between 6 to 12 months. In acute lymphocytic leukemia (ALL), 1 case had a survival period between 12 to 24 months.

#### Conclusions

Even though results are minimal in this analysis, a promising area in enhancement of survival period through homoeopathic intervention in hematological malignancies of patients opted out from undergoing bone marrow transplantation is the outcome of this study.

**Key words-** Hematological malignancies, Homoeopathy, survival period



# Dr. Chandrasekhar Goda

Professor & HOD, Dept. of Paediatrics  
Dr. M. L. Dhawale Memorial Homoeopathic Institute, Palghar, Maharashtra

Dr. Chandrasekhar Goda, MD (HOM) from Mumbai University. Post Graduate Certificate Course in Public Health Management. Professor, H.O.D. & Guide in Dept of Paediatrics in Dr. M. L. Dhawale Memorial Homoeopathic Institute. Director: Clinical Growth & Development Tribal Health Center at Bhopoli Village, Vikramgad Taluka, Palghar District. Practicing Homoeopathy since 30 years.

Have been associated with the Dr. M. L. Dhawale Memorial Trust since its inception in 1987 & closely involved with the establishment of the Mobile Rural Health Services since 1995. Also has been instrumental in the establishment and growth of the Community Health Centre and Smt. Janki Bachhu Dubey Homoeopathic Hospital and guiding the Community Health and Development services since 2002. The centre runs programmes in Health (focusing on Mother & Child); Education, Organic Farming, Women empowerment through Self Help Groups, & Warli Art. It serves the Tribal population of the Palghar District (particularly Palghar & Vikramgad blocks) & is intensely working on Malnutrition in children in 25 villages of Vikramgad Block.

The Center is also partnering with CCRH in Homoeopathy for happy & healthy childhood through programmes currently in Dentition & shortly in Malnutrition. Dr. Chandrasekhar Goda has been Project Manager of AYUSH project on M & C health for 50 villages in Vikramgarh Taluka, Thane dist. Maharashtra State. Dr.Goda was the Principal Investigator, AYUSH funded research Project in Scabies in Resident Schools for Tribal Children Dr.Goda has made presentations in national seminar on M & C health in the community at Delhi & state seminars in Goa Karnataka, Tamil Nadu & Maharashtra.

## Community based health care intervention for mitigation of malnutrition in children aged 6 months to 5 years through Homoeopathy as a therapeutic mode in Vikramgarh Taluka, Palghar Dist., Maharashtra State

### Abstract

#### Background:

Malnutrition, which is all-pervasive in India, is assumed to be solely caused by food security. Yet govt. schemes targeted at providing children with nutritious food supplements have not brought significant improvements. Vikramgarh, Maharashtra, has a predominantly tribal population, where the malnourishment has worsened through generations, giving rise to stunting & underweight state in reproductive population. Community based health care intervention with Homoeopathy as a therapeutic mode, for mitigating malnutrition, will have to deal with this chronic state of the community. Hence the changes can be expected only in a graded manner.

#### Methodology:

This study was conducted in a total of 600 children of moderately acute malnutrition (MAM) identified through a survey of aanganwadi children. A team of physicians, along with community health workers made homoeopathic case definitions of these children, treated them with the similimum & handled follow ups. Another part of the intervention was educating the mothers and aanganwadi workers to improve their feeding habits.

Community susceptibility is available through common community characteristics, which guide us towards a group of remedies. Careful delineation of the differential features will allow us to train the health workers and make this PHI scalable.

#### Results:

Both the factors implemented together brought about improvement in the state of nutrition in approximately 50% of children. The frequency of infections also reduced significantly.

For prevention of malnutrition IYCF (Infant & Young Child Feeding) program was implemented. This reduced the occurrence in the age group of 0-2yrs of age.

Out of 600 children who were defined & initiated for treatment, 51 did not complete even 6 months of treatment & hence have not been considered for the analysis. Out of 549 children 271 (49.4%) improved, 137(25%) were S.Q. 141(25.6%) were worse. IAP (Indian Association of Paediatrics) scale was used for assessment.

#### Conclusion:

Homoeopathic Similimum along with proper feeding practices, administered through network of grassroot health workers helps in mitigating malnutrition on a scalable level.

# DAY-2 (11<sup>th</sup> April 2021)

## SESSION-III

### Integrative clinical care

#### Chairpersons



Prof. C. Nayak



Dr. BL Sherwal

#### Speakers



Dr. Michael Frass



Dr. To Ka Lun Aaron



Dr. Antara Bannerjee



Dr. Tapas Kundu



Dr. Shaji Kumar R. T



Dr. Sunirmal Sarkar



Dr. Mukhtinder Singh



Dr. Ashok Sharma

#### Session Coordinators



Dr. Varanasi Roja



Dr. Harleen Kaur

# Michael Frass

Professor of Medicine, Medical University of Vienna  
Scientific Society for Homeopathy (WissHom.de), Koethen, Germany

Michael Frass, MD, Professor of Medicine, Specialist in Internal Medicine and Internal Intensive Care Medicine, Classical Homeopathy. 1992 to 2004: Head, Intensive Care Unit, Department of Internal Medicine I, Medical University of Vienna, Vienna, Austria. 2004 to 2019: Head, Outpatient Unit Homeopathy in malignant Diseases, Division of Clinical Oncology, Department of Internal Medicine I, Medical University Vienna, Austria. Vice President “Doctors Association for Classical Homeopathy”, President “Austrian Umbrella Association for Medical Holistic Medicine”, Chairperson of WissHom: Scientific Society for Homeopathy. Invention, development, and evaluation of the Esophageal Tracheal Combi tube (Combitube™, produced by Covidien, Mansfield, Massachusetts, USA). The Combi tube is included as a Class II a device in the Guidelines of the American Heart Association (AHA).

## Additive Homeopathy Improves Quality of Life and Prolongs Survival in Patients with NSCLC Cancer: A Prospective, Randomized, Placebo Controlled, Double-Blind, Three Arm, Multicenter Study fits perfect into health program

### Abstract

#### Background

Patients with advanced non-small cell lung cancer (NSCLC) have limited treatment options. Alongside conventional anticancer treatment, additive homeopathy might help to alleviate side effects of conventional therapy. We wanted to investigate the effect of additive homeopathy on quality of life (QoL) and survival in NSCLC patients.

#### Methods

In this prospective, randomized, placebo-controlled, double-blind, three-arm, multicenter, phase III study, we compared additive homeopathic treatment and placebo in NSCLC stage IV patients with respect to QoL in the two randomized groups and survival time in all three groups. Treated patients visited the outpatients' centers every 9 weeks. 150 Patients with stage IV NSCLC were included in the study. 98 received either individualized homeopathic medicinal products (n=51) or placebo (n=47) in a double-blinded fashion. 52 control patients (third group) without any homeopathic treatment were observed for survival only.

#### Results

QoL as well as functional and symptom scales showed significant improvement with homeopathy when compared to placebo after 9 and 18 weeks of homeopathic treatment ( $p < 0.001$ ). Median survival time was significantly longer in the homeopathy group (435 days) vs placebo (257 days;  $p = 0.010$ ) as well as vs control (228 days;  $p < 0.001$ ). Survival rate in the homeopathy group differed significantly from placebo ( $p = 0.020$ ) and from control ( $p < 0.001$ ).

#### Conclusion

QoL improved significantly with homeopathy group compared to placebo. In addition, survival was significantly longer in the homeopathy group versus placebo and control. A higher QoL might have contributed to the prolonged survival. The study suggests that homeopathy positively influences not only QoL but also survival. Further studies including other tumor entities are warranted. The paper confirms results of a previous open pragmatic study regarding QoL, as well as a retrospective study regarding prolonged survival. The interval of 9 weeks between appointments is compatible with the financial resources of the public health services as well as with the time resources of the patients. Therefore, we believe that additive homeopathy fits perfectly into the health program of public health services.

# Dr. To Ka Lun Aaron

President, HK Association of Homoeopathy  
Hong Kong

Aaron To Ka Lun established the homeopathic centers “Living Homeopathy” in Hong Kong and Macau in 1994. The number of visitors grew up to more than 220,000 to date, i.e. every 1 in 35 people in Hong Kong have visited Living Homeopathy at least once.

Aaron led the Hong Kong Association of Homeopathy (HKAH) and the Macau Association of Homeopathy (MAH) since 2005. These two associations became member of the International Council for Homeopathy (ICH) in 2014 and 2015 respectively. The two associations organize homeopathic conferences and exhibitions, attracting an attendance of more than 3.000 people. They have ongoing meetings with governments in Mainland China, Hong Kong, Macau and Taiwan on regulations of homeopathy.

Aaron is active in training professional homeopaths and researchers, the first cohort study of homeopathy in China was finished in 2016. In collaboration with Zeusoft, he created the first fully fledged Chinese homeopathic software. Aaron 's team also finalized the first complete Chinese translation of Kent's Repertory, William Boericke's Repertory and Materia medica, which has been made available with Radaropus. New books in Chinese are being added and more translations of classical homeopathic literature are in process. He has three papers published in peer reviewed journal to his credit.

## Individualized homeopathic treatment in addition to conventional treatment in Type II diabetic patients in Hong Kong – Retrospective Cohort study

### Abstract

#### Objective

Glycemic goals were not achieved in majority of type II diabetic patients (T2DM), especially in those with long disease duration and on multiple oral antidiabetes drugs (OAD). We aimed at investigating the effectiveness of individualized homeopathic treatment in glycemic control.

#### Design

Retrospective Cohort study

#### Setting

At least 6 months of individualized homeopathic treatment at a private homeopathic Centre in Hong Kong.

#### Participants

27 adults aged 37-84 were treated with individualized homeopathic remedy between 2012-2015. Published data on 40 T2DM patients under standard conventional treatment in Hong Kong were used as control. Main Outcome Measure Change in fasting plasma glucose (FPG) and glycated hemoglobin (HbA1c) at 12 month follow up.

#### Results

Compared with the conventional treatment only group, the homeopathy group had higher baseline FPG ( $p=0.044$ ), more patients had long (>20 years) duration of diabetes ( $p=0.006$ ), and history of heart events ( $p=0.022$ ). The mean difference of FPG in the homeopathy group was significantly better than control after 12 months,  $-2.24$  mmol/L (95% CI:  $-3.47$  to  $-1.01$ ) vs  $0.16$  mmol/L (95% CI:  $-1.72$  to  $2.04$ ),  $p=0.001$ . The mean difference of the glycated hemoglobin (HbA1c) was also significantly better,  $-1.11\%$  (95% CI:  $-2.17$  to  $-0.05$ ) vs  $0.08\%$  (95% CI:  $-1.37$  to  $1.53$ ),  $p=0.046$ . Poorer baseline glycemic control was associated with better outcome ( $r = -0.750$ ,  $p<0.001$ ), which is opposite to the effect of OAD.

#### Conclusion

Individualized homeopathic treatment was associated with better glycemic control compared to standard conventional treatment alone. Further investigations were suggested to confirm the role of homeopathy especially in patients refractory to conventional treatment.

## Dr. Antara Banerjee

Associate Professor  
Department of Regenerative Biology and Biotechnology  
Chettinad Academy of Research and Education  
Kelambakkam, India

Research Interests: Stem Cell Biology/Regenerative Medicine, Oncology, Toxicology, Molecular Biology, Gastroenterology, Alternative Medicine.

Antara Banerjee completed her Ph. D in the year 2008 and pursued her post-doctoral research at University of Padova, Italy till 2012. Later she joined as Senior Research associate in University of Linkoping, Sweden till 2015 and worked in collaboration with Karolinska Institute, Sweden. Presently she is continuing as Associate Professor in Chettinad academy of research and Education, Chennai. She has published over 61 high impact peer reviewed articles in International and National Journals with citation index 854 and i-index 20 and has active collaboration with top research laboratories in Sweden, Italy and India. She is serving as Editorial Board member and reviewer in several International, National Journals and Core Committee member/reviewer for International grants. Her core expertise is in stem cell biology and regenerative medicine and oncology and alternative medicine. She has been awarded with Awarded Young Scientist award by DST SERB, ECR award, Govt of India for the project on Umbilical cord Derived Mesenchymal stem cells in modulating Colon cancer and other Extra mural funding from Pharma industries from India and Europe. She is the Editor in Chief of books "Stem Cells and Aging (2021)" Book by Elsevier Publishing House, USA and "Cancer Stem Cells: New Horizon in Cancer Therapy (2021)" Book by SPRINGER-NATURE Publishing House, USA.

### Beneficial effects of combinational therapy of Homeopathy to Thalassaemic Patients on Hydroxyurea Therapy.

#### Abstract

Thalassemia is among one of the most common hereditary disorders worldwide caused due to hereditary defects in haemoglobin production. It is clinically heterogeneous because various genetic lesions variably impair globin chain synthesis. The symptoms of the resulting anaemia ranges from moderate to severe depending on the gene mutations involved and consequently it is clinically heterogeneous. Transfusion therapy is considered the main stay of treatment when the patients become anemic beyond a threshold with all typical sufferings of thalassemia, and treatment by the usual chelation therapy is no more effective. This investigation was undertaken with the aim to examine if the homeopathic remedy, in combination with HU, could bring beneficial effects. In the current investigation, homeopathic remedies like Pulsatilla Nigricans (30th potency), Ceanothus Americanus (both mother tincture and 6th potency) and Ferrum Metallicum (30th potency) have been administered to 38 patients either singly or in combination depending on changeable symptoms in patients who have been on HU treatment for varying periods of time from a few months to over 6 years. Levels of serum ferritin (SF), fetal hemoglobin (HbF), hemoglobin (Hb), platelet count (PC), mean corpuscular volume (MCV), mean corpuscular hemoglobin concentration (MCHC), mean corpuscular hemoglobin (MCH), white blood cell (WBC) count, bilirubin content, alanine amino transferase (ALT), aspartate amino transferase (AST) and serum total protein content of patients were analysed before and after administration of the homeopathic remedies when combined with HU.

Preliminary results indicated that there was a significant decrease in the HbF and SF and increase in levels in the combinational treatment subjects. Although the changes in other parameters were not so significant, there was a significant decrease in size of spleen in most patients with splenomegaly and improvement in general health conditions along with an increased gap between transfusions in most patients receiving the combined homeopathic treatment. The homeopathic remedies being inexpensive and without any known side-effects seem to have great potentials in bringing additional benefits to thalassaemic patients; particularly in the developing world where blood transfusions suffer from inadequate screening and fall short of the stringent safety standards followed in the developed countries. Further independent studies are encouraged.

## Dr. Tapas Kundu

Professor & HOD of Medicine  
Motiwala Homoeopathic Medical College and Hospital Nasik, Maharashtra

Dr. Tapas Kundu is B.H.M.S. (Cal.) and M.S. (counselling & psychotherapy) currently working as Professor and H.O.D. of Medicine, Motiwala Homoeopathic Medical College and Hospital Nasik, Maharashtra. He was also appointed as Senator in Maharashtra University of Health Sciences, Nashik. He has more than 30 years of clinical experience in treating difficult cases in homoeopathy, specially has Excellency in treating haemophilia and other heamatological disease by passing years. He has worked on more than 1500 cases of haemophilia and haematological disorders collectively. He is a renowned homoeopath who has contributed ample no of papers and research articles in reputed journals national and international level. He has achieved multiple awards and honours in this field. He is also a recipient of best research paper award for Clinical Research in Homoeopathy by CCRH. For 12 years he is running charitable clinic for haemophilia patient in different parts of Maharashtra for which his name is listed in “India Book of Records” for “Most Charitable Homoeopathy Medical Camps in India”.

### Roadmap for Homoeopathy based on the research experience in Haemophilia

#### Abstract

Haemophilia an inherited single gene disorder with an incidence of 1 per 10,000 births, manifests as spontaneous, trauma-induced haemorrhagic episodes in patients, progressing to chronic disability and premature mortality in untreated patients or patients with sub-optimal treatment. India lacks a national policy on the prevention and control of this condition. These patients are treated with deficient factors concentrates, pain killers like paracetamol, tramadol & anti fibrinolytic drugs like Tranexamic Acid, etc. With the available conventional treatment many patients are not fully satisfied and feel the necessity of homoeopathic therapy as an adjunct. Add to it, the cost of the modern conventional treatment is exorbitantly high which they cannot afford many times unless otherwise managed they had to tolerate massive loss in terms of health, wealth and quality of life.

This investigation with homoeopathic system of medicine was undertaken with the aim to examine if the homeopathic remedy, in combination with mainstream medicine could bring beneficial effects. In the current investigation, homeopathic remedy like Arnica Montana (200th potency), abrotanum (30), other constitutional and specific medicine can help in treatment of this disorder. Multiple studies on different aspects of haemophilia like reduction of need of clotting factor concentrates, management of acute bleeding, using Homoeopathic medicines as add on treatment has shown significant results. More than 1500 patients given add on homeopathic medicines improved frequency of bleeding, extent of bleeding, blood products consumed and pain. There was also significant improvement in well-being. The homeopathic remedies being inexpensive and without any known side-effects seem to have great potentials in bringing additional benefits to haemophilia patients.

## Dr. Shaji Kumar R.T

Research officer (Homoeopathy)/Scientist-3  
Central Council for Research in Homoeopathy  
Ministry of AYUSH, Govt. of India

Dr. Shaji Kumar R.T, MD(Hom.), is working as a Research Officer (Homoeopathy) / Scientist-3 at Central Council for Research in Homoeopathy, New Delhi, under Ministry of AYUSH, Govt. of India. Presently he is serving at CCRH Head Quarters, New Delhi. Since his joining in the year 2006, the core area of interest has been in conducting clinical research programs and medical writing. He had been instrumental in the publication of over 25 publications of the Council in clinical research, drug proving monographs and clinical verification programs conducted by the Council. He also had an opportunity to work in the Homoeopathic education and policy makers section of the Ministry of AYUSH for seven long years.

Dr. Shaji Kumar was actively involved in Cancer research and establishing an MoU with the State-run Delhi State Cancer Institute, New Delhi. An exploratory study in treating the side effects of Chemo- Radiotherapy induced Mucositis in head and neck cancers with add -on Homoeopathy has got concluded and the outcome of the study is under analysis. Another protocol on the treatment of side effects of chemo- radiotherapy with add-on homoeopathy with the approval of the Ethical Committee of Delhi State Cancer Institute, New Delhi is about to start. He has contributed to many publications of CCRH, and scientific papers published in peer reviewed journals. Dr. Shaji also presented scientific papers at over 15 National and International forums and has conducted CMEs.

### Adjuvant homoeopathic treatment to chemo -radiotherapy induced mucositis

#### Abstract

##### Introduction

Oral mucositis is a common, debilitating complication of chemotherapy and radiotherapy, occurring in about 40% of cancer patients. Lesions of oral mucositis are very painful and often associated with trouble swallowing, which can lead to dehydration and malnutrition. The research studies in homoeopathy suggest positive leads in delaying the progress of disease and improving well-being. An improvement of quality of life in cancer patients under complementary homeopathic treatment was observed in different studies.

##### Methodology

An exploratory study to find the usefulness of homoeopathic adjuvant therapy in treatment induced oral mucositis. 149 cancer patients having grade III & IV (WHO scale) of chemo & radiotherapy induced oral mucositis were referred from the OPD/IPD of Delhi State Cancer Institute, Dilshad Garden, New Delhi to the treatment -cum-research OPD of CCRH co-existing in the hospital premises. Adjuvant homoeopathic medicines were administered to patients in accordance with homoeopathic principles and as per the protocol. Edmonton Symptom Assessment Scale was used to analyze the pre and post treatment effect.

##### Outcome

50% of the reported cases were between the age group of 41-60 years. Out of the 124 cases, 101 (81.5%) were males and 23 (18.5%) were females. 90% cases were of oropharyngeal cancer. 93 out of 124 cases have received radiotherapy and chemotherapy. In most of the patients, mucositis developed between 13 to 24 radiotherapy exposures. The mean grade of mucositis of 124 patients reduced from  $3.03 \pm 0.22$  to  $1.41 \pm 0.56$  ( $p < 0.0001$ ) within  $7-10 \pm 2$  days. Edmonton Symptom Assessment Scale in the pre and post treatment analysis showed significant change in pain ( $p < 0.0001$ ), tiredness ( $p < 0.0001$ ), nausea ( $p < 0.0001$ ), lack of appetite ( $p < 0.034$ ) and depression ( $p < 0.003$ ). 47.58% of patients completed the chemo/ radiotherapy schedule without gap correction.

##### Conclusion

Patients with oral mucositis are at a higher risk of unplanned breaks in radiation therapy and hospitalization. Based on the preliminary trend, it is suggested that Homoeopathy has a supportive role in management of radiation induced mucositis, thereby improving quality of life and compliance to treatment.

## Dr. Sunirmal Sarkar

Former Reader, NIH  
Kolkata

Dr. Sunirmal Sarkar is a MD(Hom), Ph.D. in Homoeopathy. Formerly he worked as Reader at National Institute of Homoeopathy, Kolkata. He has worked as junior Medical Officer and Assistant Officer at NIH Kolkata. He is former residential physician at Calcutta Homoeopathic Medical College and Hospital. He has visited Indiana University, USA for WHO fellowship in cancer. He was ex-visiting Professor at Southwest College of Naturopathic Medicine, USA. He is the Author of many famous books like; Just You See, and Just You Think, Monsoon Medicine: a Diary of a Canadian medicine women and tales of a Bengali doctor, Monsoon Medicine: homoeopathy keynote and Materia medica. He has done his Ph.D. on “Homoeopathic Treatment of Cancer- A Case Series Of 30 Patient from Practice”. Dr. Sarkar is one of the busiest Homoeopathic Practitioners in the city of Kolkata. He is master of Allen's Keynotes, Boericke's Materia Medica, Kent's Repertory and Pulford's Materia Medica.

In more than 40 years of clinical practice, Dr. Sarkar's tremendous success in pathological cases has astonished rest of the world. He specializes in all types of cancer cases and sees at least 50 cancer cases on daily basis.

### Management of cancer: A homoeopathic experience

#### Abstract

Cancer is the second leading cause of death globally and is responsible for about 10 million deaths per year. Globally, about 1 in 6 deaths is due to cancer. Approximately 70% of deaths from cancer occur in low- and middle-income countries. This presentation reflects success story of patient suffering from cancer like Ca Breast, Ca Ovary, neuroendocrine tumor of lung, secondary brain metastasis and other type of cancer treated with homoeopathy. Homoeopathic medicine prescribed based on constitutional features, organospecific remedies, tautopathic medicines depending on the symptoms presented by the patients. Homoeopathic medicines used in an integrative approach enhances the quality of life, with laboratory evidence such as changes in PET scan, tumor marker, making homoeopathy as evidence-based practice. All four patients clinically improved in an immediate temporal relationship to the additional treatment. The results presented here can be considered as a step towards for conceptualizing pragmatic effectiveness studies that would use more robust outcome measures and include a larger number of patients prescribed a single or a multiple homeopathic prescription on an individualized basis for generating higher level of evidence as per the evidence base pyramid of clinical research.



## Dr. Muktinder Singh

Professor & HOD, Dept. of Repertory, SGNDHMC&H  
Ludhiana

Dr. Muktinder Singh, MD, is currently working as Professor (HOD) Dept. of repertory Sri Guru Nanak Dev Homoeopathic Medical College and Hospital Ludhiana. Specialist in classical Homoeopathy especially dealing with pediatric cases and behavioral problems. He is the Chairman of Scientific Committee, Indian Institute of Homoeopathic Physicians (IIHP), and International Homoeopathic Foundation. He has presented papers as a speaker at multiple National Congress organized by IIHP state branches across India. He is also a speaker at International Seminar on Disaster management at Air Force Auditorium New Delhi organized by Pebble Hill University, Italy. He is also trained homoeopaths at different workshops and training programs both at National and international level. He also delivered in live talk show at Doordarshan, Jalandhar on different topics related to child growth and development. He is a routine columnist in Regional and National newspapers on health and lifestyle. He received Lifetime achievement award from Delhi Board of Homoeopathy, awarded as best motivational speaker by Falahi Sahib Trust. He is the Director of Homoeocare, a chain of pediatric specialty having clinics across India. He is also a trustee Mission Paigam e shabad Guru a non-profit organization.

### Integreted clinical approach to thyroid diseases

#### Abstract

It has been estimated that about 42 million people in India suffer from thyroid diseases. Which includes hypothyroidism, hyperthyroidism, goiter and iodine deficiency disorders, Hashimoto's thyroiditis, and thyroid cancer. it has become a lifestyle disorder and it does not only affect individual's physical health, but mental, emotional, and financial state as well. This condition is treated with hormonal tablets like thyroxin, thyronorm etc. as mainstream treatment. This presentation reflects the success story of patient suffering from thyroid disorder treated with homoeopathy. Currently Homoeopathy is emerging out as top alternative to established medical practices. This presentation consist data of 10 patients who were on adjuvant homoeopathic treatment alongwith conventional treatment. The treatment duration of these patients ran from 18 months to 2 years. The prescription of these patients was purely based on patient 's constitution after thorough case taking which includes investigation of emotional and psychological factors such as stress, repressed emotions, mental shock, grief, anger, dreams, delusions, and all other factors affecting the mind along with past, family history and intellectual and physical aspects of patient and then proper analysis of the case followed by repertorization. Amongst them three were completely withdrawn of their conventional treatment and seven patients has reduced the intake of it. To treat these conditions apart from medicinal intervention, patients were advised to do regular exercise and follow appropriate diet management. Constitutional homeopathic medicine has shown positive results in thyroid disorders. It has helped to improvise the quality life in relation with mental, physical, and economical way. More research on this condition is warranted.

## Dr. Ashok Sharma

Chief Medical Officer (Sr. Advisory Grade)  
Govt of Delhi

Dr. Ashok Sharma, MD (Hom.) is currently working as Chief Medical Officer (Senior Advisory Grade) he was posted in prestigious tertiary care Psychiatry Hospital of Government of Delhi, i.e., Institute of Human Behaviour and Allied Sciences (IHBAS) New Delhi. He has 40 years of experience in homoeopathic practice and specialized in treatment and management of Psychological and Psychiatric disorders. Cured difficult and intractable cases such as Autism, Oppositional and Defiant Disorders, Conduct and Oppositional Defiant, Schizophrenia and Major Depression Disorders, chronic headaches, Irritable bowel Syndrome, Coeliac disease, Lifestyle disorders. Because of successful clinical practice he has referrals by special clinics like Child Guidance Clinic, Psychiatry and Neurology OPD, which helped to reduce the unwanted effects of allopathic drugs and thereby reducing the number of drugs and dosages of allopathic medicines. Along with this he has been a covid worrier during covid-19 pandemic situation. He is an excellent speaker and presenter in many resourceful platforms, delivered more than 25 talks on different channels of All India Radio on topics like, Early childhood Mental Disorders, Autoimmune illnesses, and their homoeopathic management etc. He is Actively involved in preparing clinical protocols of Anxiety Disorders, Schizophrenia, Phobic Disorders, Sports Injury, and their Management and a reviewer of different scientific articles published by Central Council for Research in Homoeopathy Ministry of AYUSH Government of India in their official Journal, Indian Journal of Research in Homoeopathy. He is Invited in multiple Rajya Sabha Television program AYUSHMANBHAV for awareness and educating public on various disease such as Stress, Anxiety, Hernia, Acne, Alzheimer, Depression, Covid-19, and effect of online education in children, Thrombosis. He is also a recipient of All India Hakim Ajmal Khan Award for his excellence in homoeopathy.

### Integration of Homeopathic Treatment with Conventional Psychiatric Treatment an observation in Pre-diagnosed Psychiatric disorders at Institute of Human Behaviour & Allied Sciences (IHBAS), GNCT of Delhi

#### Abstract

Integration of various systems of medicines is the best of all concerned. It enables the provision of the best available therapeutic care to the patient, without any delay making way for a better prognosis. Mental health has been turned pandemic of the 21st century, and a large share of those exposed do not receive treatment or many must discontinue or noncompliance to the conventional treatment due to its unwanted effects in the form of metabolic, dyskinesia and hypo- prolactaemia etc. to constipation intolerance of food etc. In the Institute of Human Behaviour and Allied Sciences (IHBAS) tertiary care psychiatric hospital GNCT Delhi. Many patients with depression, anxiety, and other refractory disorders from neurological and psychiatric OPD were referred to Homeopathic Unit. The prime aim of the medical science is the promotion of health and care of ill health. The practitioners of various system of medicine endeavour to fulfil the goal based on knowledge of the system. In total more than 60 patients were treated for anxiety, sleep disturbances and psychosis etc. The results were found to be effective in the form of reduced pharmaceutical load and more compliance with the treatment. Homeopathic intervention has also been found to be effective in behavioural treatment. The results obtained are more than satisfactory. In this presentation the need and results of the treatment administered at IHBAS along with conventional treatment shall be highlighted.

*Popular  
Articles*





**CENTRAL COUNCIL FOR RESEARCH  
IN HOMOEOPATHY**



**आयुष मंत्रालय  
MINISTRY OF  
AYUSH**

# Homoeopathy – Mainstreaming in Health Care Delivery

The unprecedented COVID-19 pandemic has challenged the existing medical care like never before. Atmanirbhar Bharat aims to invest more in public health, improve epidemic preparedness and provide health care at grass root, amongst others, through innovative and indigenized systems, enhancing self sufficiency. India has a unique model of medical pluralism includes components of patient choice through cafeteria approach, physician ethics via a shared medical decision making, executive requirements of mutual cross referrals, ultimately leading to an integrated care for the patient. Homoeopathy is the largest complementary and alternative system of medicine in the world. In India, Homoeopathy has a robust infrastructure, practiced by trained physicians and has regulated education, practice, research and drug development standards, equivalent to those of conventional system of medicine and other alternative systems. Utility of Homoeopathy is visible by its patient base, time tested effectiveness, validated by modern research techniques, safety and economic benefit. The reduced cost of treatment, makes it affordable, acceptable system as first line health care, lessens burden on secondary and tertiary care more expensive treatments and leads to self reliance and self sufficiency in health. This is in line with the Atmanirbhar Bharat vision of accessible, affordable, effective health care through treatments whose efficacy and safety is validated on modern scientific parameters.

## GOVERNANCE BY Central Council of Homoeopathy (CCH)

### EDUCATION:

- National Institute of Homoeopathy, Kolkata
- 225 plus Homoeopathic Medical colleges annually inspected and approved as per Minimum Standards of Requirements for quality teaching
- Registration of faculty of medical colleges with CCH
- Courses: Bachelor of Homoeopathic Medicine and Surgery (BHMS), MD(Homoeopathy), PhD in Homoeopathy

### PRACTICE:

- Registered with Central and State Homoeopathic Boards/Councils
- Around 3 lakh registered practitioners
- 10000+ government dispensaries & clinics
- Trainings of practitioners by State Boards/Councils for emerging diseases

### DRUG QUALITY:

- Pharmacopoeia Commission of Indian Systems of Medicine and Homoeopathy
- Homoeopathic Pharmacopoeia Committee
- GMP certified homoeopathic pharmaceuticals

### RESEARCH:

- Central Council for Research in Homoeopathy, New Delhi with 24 research centres

**HOMOEOPATHY  
IN INDIA**



Central Council for Research in Homoeopathy (CCRH), an autonomous organization under Ministry of AYUSH has a vision to promote research in Homoeopathy that contributes towards improving public healthcare in the country and development and acceptability of Homoeopathy globally. Since 2014, the CCRH pilot tested homoeopathic public health care approaches. Preventive medicine distributions have been undertaken for influenza like illnesses and dengue in epidemic inflected regions from time to time. Data generated has shown significant effects of these preventives. Researches on treatment of Japanese Encephalitis and Acute Encephalitis Syndrome were undertaken in laboratory, clinical and field settings. Anti-viral action of homoeopathic medicines has been established against the JE virus in in-vitro and in-vivo studies. Mortality and post encephalitis morbidity of AES infected children reduced significantly on adjunctive Homoeopathic treatment.

A novel programme on Homoeopathy for Healthy Child was undertaken in 2015 with the directions from the Hon'ble Prime Minister of India, Mr. Narendra Modi, who expressed that Homoeopathy needs to be given adequate attention. In particular, specific medical conditions, like teething in children, need to be identified, where homoeopathic medicines can give relief without any side effects. Home based care was provided to more than 80000 children by ASHAs, much appreciated by both parents and health care workers. These ASHA workers under the NRHM are the backbone for linking health care in the farthest villages in the country. These ASHAs can easily be trained to provide homoeopathic home based care and a simple kit with a few immediate need medicines will markedly reduce morbidity and need for active medical care.

Linking with Swachh Bharat Abhiyan in 2016, CCRH envisaged Swasthya Rakshan Karyakram in rural areas, for accessible health care and create hygiene and cleanliness awareness by enabling behavior change. Pilot implementation of integration of Homoeopathy to the National Program for control of Non-communicable diseases has contributed in early identification, treatment of lifestyle disorders in rural areas and thereby decreasing

the morbidity. Involvement of potential human resource of Homeopathy in mainstream healthcare at a National level will be helpful in reducing urban and rural healthcare inequality.

In public health high safety profile of medicines, ease of dispensing, palatability and almost no additional handling or storage requirements makes Homoeopathy, a highly, popular and acceptable system for the Indian population. Per individual cost for medicine calculated comes to be less than Rs 5/- per person. Accessibility of Homoeopathic treatment, therefore, needs to be enhanced at the first place. State Governments can easily adopt and implement these programmes through the existing health care infrastructure utilizing the services of Homoeopaths and other health care personnel.

Indian homoeopathic pharmaceutical industry is strategically aligned towards 'Make in India'. Multiple factors like indigenization, availability of raw material, manufacturing of quality medicines has led to a decrease in exports, cost efficiency, and self-sustenance. In 2016, the CCRH and Homoeopathic Pharmacopoeia Laboratory, under Ministry of AYUSH, entered into a tripartite agreement for harmonization of Indian homoeopathic pharmacopoeia with that of the USA. CCRH in its medicinal garden in Nilgiris maintains germplasms of exotic medicinal plants and cultivates plants native of Europe for drug production. Development of agro-techniques for medicinal plants promotes their cultivation, ensuring quality raw material to the industry. Although Homoeopathic industry in India is growing at the rate of 25% due to increased demand but addressing the technology gap and self production will give the Indian Homoeopathic pharmaceuticals industry a competitive edge in order to become a meaningful player in the global supply chain.

During the present pandemic as well, the homoeopathic research community is incessant in exploring medicines for prevention & treatment of the illness and has initiated a host of studies in the laboratory, clinics, hospitals and field settings. Medical colleges and practitioners have actively distributed Homoeopathic immune booster medicine Arsenic album 30 to lakhs of people.

Homoeopathic doctors, most being family physicians are treating patients with COVID-19 infections solely, or as an adjuvant to other conventional care modalities. Aims of these studies are, reducing intensity of illness, time to recovery and building immunity to make persons less susceptible. The meta-data being developed will lead to conclusive results in near future and will pave novel ways for handling epidemics and pandemics.

Homoeopathic softwares were first launched in India more than 30 years back. Today when digitization is moving at a very fast pace, homoeopathic patient management system permit easy access to patient data and brings forth quality checks in patient care. Fully implemented, these systems can promote easy data access, transferability and development of health meta-data, much needed today. Digital technology is being enhanced by development of software and mobile technology for data consolidation and ease of access of health care services.

Questions of the skeptics with scientific evidences are being answered gradually with scientists of allied sciences through high end researches being published from time to time in well accepted peer reviewed journals. Indian scientists at IITs at Mumbai, Delhi, Kharagpur, Roorkee and at reputed University like IEST(WB), Delhi University, University of Kalyani etc. have taken up such studies. Notwithstanding this, Homeopathy is poised to play a big role in the medicine of the future. Utility of Homoeopathy in public health is visible by its effects and patient base, its time tested effectiveness, validated by modern research techniques.

India is at an inflection point of a major transformation of healthcare sector, driven by high quality service delivery, cutting edge research, technology, innovation and enhanced skill-sets to achieve scalability and coverage for all. Syntheses of research not only show Homoeopathy to be safe and effective for a range of conditions but also a more satisfied patient population and lesser per-patient burden on the conventional health system. Integrating Homoeopathy in health care systems has advantages of improved health outcomes and economic benefits and appropriate utilization of the qualified human resource.



**Strategic position of Homoeopathy for Health in the Atmanirbhar Bharat**

- High safety profile
- Cost effective
- Time tested
- Validated treatment methods
- Trained manpower
- Medical care infrastructure
- Mass appeal
- Public acceptance

**Dr. Renu Mittal**  
Research Officer(Homoeopathy)/Scientist-3

**Dr. Divya Taneja**  
Research Officer(Homoeopathy)/Scientist-2

**Dr. Anil Khurana**  
Director General Incharge  
Central Council for Research in Homoeopathy,  
New Delhi

## Homeopathy Treats You in Person

*Anil Khurana, Harleen Kaur*

**H**omeopathy is an age-old system of healing, with its discovery dating back to 1796. It was discovered by a German doctor, Dr. Samuel Hahnemann, in his discontentment with the then medical practices and lack of cures. He firmly believed that treatment should restore the sick to health gently, permanently and without accompanying side effects. Homeopathy is a nature-based system that treats holistically as well as individually, by way of stimulating one's own immunity capable to fight an illness. It is a much sought after method of treatment worldwide, and in India, it is a part of the medical systems recognized and promoted by the Government.

### Why Choose Homeopathy?

World over, there is a renaissance of natural treatments that treat a person as a whole and heal not only the disease. Homeopathy considers this 360°-approach for healing process of your disease as the most integral aspect of treatment. Unless your treatment is individualized, or so to say, unless you are treated in person (customized for you), recovery cannot be long lasting, or devoid of side effects. The principles that Homeopathy works on include such nature-based, pragmatic facts, like treating a person *holistically*, through a *single, simple medicine*, prepared in a *dynamic manner*, and prescribed in a *dosage that is just enough* to stir up the self-healing mechanism of your own body. It is these principles that set

Homeopathy apart from other systems of medicine, as well as ensures that homeopathic treatment makes a person feel better as a whole as soon as one starts with it.

Many people who took resort to Homeopathy after failed treatments in other systems, report of general feeling of well-being soon after their first few doses. Further, many of them admit of being convinced of the healing power of Homeopathy only after they recovered from their long-standing illnesses without recurrences. These people have gone on to recommend Homeopathy to their family and friends and have become regular users of this gentle science of healing.

### Homeopathy Addresses Multi Morbidity Successfully

These days people do suffer from two or more illnesses concurrently

The principles that Homeopathy works on include such nature-based, pragmatic facts, like treating a person holistically, through a single, simple medicine, prepared in a dynamic manner, and prescribed in a dosage that is just enough to stir up the self-healing mechanism of your own body.

especially as age advances. It is common to find arthritis pains, hypertension, thyroid disease as well as diabetes.

Such conditions are called multi-morbid conditions. One of the potential aspects of Homeopathy is that it addresses these conditions in a patient successfully, that too



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with single, or at the most with two medicines. Even long-term treatment with these medicines does not lead to any side effects or dependence. As much challenging as it may sound, Homeopathy treats the multi-morbid person as a whole, which works on bringing back the biological functions in order, thereby addressing them all, and thus helping the patient holistically and simultaneously improving his/her general well-being.

### Homeopathy is A Science as well as Art.

Finding the right homeopathic medicine for a person who is sick requires taking into account his individualistic response to the disease agent, as well as understanding the person as a whole, which is certainly a work of art. A homeopathic doctor tries to understand the person who is suffering, the personality and psychological aspects of that person, and pays enough time to analyze this information, which eventually leads him to finding a correct remedy. Such a carefully chosen medicine brings lasting response, and prevents recurrence many a time.

Despite the evident effectiveness of Homeopathy, some people question the ultra-diluted nature of homeopathic

For diseases of chronic or prolonged nature, like various types of arthritis, diabetes mellitus, migraine, sinusitis, respiratory and cardiovascular problems, Homeopathic treatment is very popular due to its known effectiveness.

medicines. Dr. Samuel Hahnemann, once said to such skeptics, "Try this science before you write it off." Many a scientist, who set out to disprove Homeopathy, could not do it once they themselves saw the effect of homeopathic medicines on various kinds of patients, as well as in the petridishes and microscopes of their laboratories. And this is not a blast from the past. Even today, the scientists who are working on the plausibility of homeopathic medicines, have found results that have astonished them to work more on this area. Even Nobel Laureates – Emeritus Professor of Physics, University of Cambridge (UK) Brian D Josephson and the French virologist Prof. Luc Montagnier endorsed the credibility of Homeopathy through their understanding of science.



## Bachelor of Homeopathic Medicine and Surgery

### What Illnesses are Best Treated with Homeopathy?

Homeopathy can be your first line of treatment in many day to day illnesses like seasonal viral fevers, allergic cold, gastric troubles, minor cuts and injuries, headache, skin diseases like acne, warts, rashes and muscular pains caused by muscle spasms.

For diseases of chronic or prolonged nature, like various types of arthritis, diabetes mellitus, migraine, sinusitis, respiratory and cardiovascular problems, Homeopathic treatment is very popular due to its known effectiveness. A recent paper in a leading international journal reported that given the present health trends in India, 7 out of the top 10 diseases recognized as a national burden have







a considerable overlap with the top 10 diseases that patients reported to the homeopathic clinics. The seven conditions common in both sets comprised cardiovascular diseases, gastric disorders, respiratory diseases, endocrine/genitourinary diseases, musculoskeletal disorders, anaemia and pediatric diseases (Homeopathy 2019;108:76-87).

### **Finding a Homeopathic Doctor**

If you plan to choose Homeopathy for treatment of regular illnesses of your family, it is important to have a good, qualified doctor as your family doctor. Homeopathic doctors are given BHMS (Bachelors of Homeopathic Medicine & Surgery) after their graduation. This is a five and half years' course, including one-year mandatory internship. These doctors are trained with the same subjects that are taught to allopathic students during their graduation, apart from the homeopathic ones, which means the knowledge of medicine of a homeopathic doctor is no less than a conventional medicine doctor. These days, many BHMS doctors are advancing their knowledge by doing M.D. in Homeopathy after which they mention M.D. (Hom.) against their names.

Following their degrees, the Homeopathy doctors are registered under the statutory registration boards of their respective states, and/or under a central registration body, Central Council of Homeopathy, which is an autonomous body of Government of India.

Your search for a good, reliable homeopathic doctor should have the degree BHMS/MD and registration number of the doctor as quick check points.

### **Buying OTC Homeopathic Products**

Although many chemists and homeopathic pharmacy shops are selling Over-The-Counter (OTC) homeopathic medicines, it is recommended to take them after prescription by a doctor only. Usually, these OTC medicines may provide relief only for a short duration. For long term benefits, it is advisable to always consult a homeopathic practitioner before buying any OTC homeopathic products.

### **Homeopathy Treatment on Internet**

In today's era of internet, it seems very easy to get a prescription for your illness through just a few clicks, without personally meeting a doctor. While in some cases this can help,

it is most recommended to resort to this medium when no other option is available. Despite this being the era of gadgets and virtual world, a personal visit to a doctor and personal examination still tops the ways of getting the best treatment possible.

### **Take Home Points**

There were times when our grandparents and their parents relied on nature's own way of treating diseases. With the evolution of medicine in the last few decades, we have given that charge to the drugs. We have drugs for mostly everything, and yet, we have all the hospitals and clinics full of diseased people. It is about time we revisit our understanding of our own body and what may be ailing it. And in that revisit, we will find Homeopathy fits the bill perfectly. It is not drugging your system, in fact, it is de-drugging your system, and helping your body take charge of its own system, through minimum doses of gentle medicines.

Homeopathy could be your window to holistic health that will rekindle your love for nature's own way of fighting back, just as our forefathers asserted.



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# HOMOEOPATHY

## THE SCIENCE OF GENTLE HEALING

Homoeopathy is an affordable, safe, personalised and effective treatment for all ages



**H**omoeopathy is being used by hundreds of millions of people worldwide as a first line treatment for both, common day-to-day illnesses and chronic diseases. It is widely practiced and recognised, and is integrated into the pluralistic healthcare system of India, especially, and other countries across the globe including Switzerland, Brazil, Chile and Mexico.

### STRENGTHS AND BENEFITS OF HOMOEOPATHY

#### Holistic and Personalised Care

Homoeopathy is a system of medicine that treats the individual with medicines that stimulate the body's self-healing mechanisms to restore its natural equilibrium. The physician treats the patient as a whole rather than a particular clinical condition or body part, by taking into account a patient's actual symptoms in addition to his/her individualistic responses to environmental factors, susceptibility and genetic predisposition before

prescribing any medicine. This holistic as well as individualistic approach makes Homoeopathy unique, with every 'bespoke' prescription tailored to the individual patient.

Homoeopathy is, at times, criticised by those outside the sector who have not had personal experience of this medicine or studied it. However, such misconceptions and myths are rapidly dispelled once patients experience the usefulness of Homoeopathy first hand. It is increasingly being accepted due to its inherent strengths as a safe and cost effective treatment with wide-ranging applications.

#### A Safe Therapy

Homoeopathy is being practiced by qualified and trained professionals around the world, and medicines are prescribed using patient-centered approaches. Over 25 years of safety data on Homoeopathy has demonstrated its excellent safety record,

with side-effects described as rare, mild and transient. It is popular for being non-invasive, non-toxic, easy to administer, well tolerated and non-addictive. The quality and safety of homeopathic medicines are assured by the well-established regulatory framework of most countries, including India.

#### A Popular Medicine

Homoeopathy is a popular method of medical treatment in India. Many people integrate Homoeopathy in their healthcare as stand alone as well as an adjunct treatment option and as surveys suggest, are satisfied with its efficacy and tolerability. Indian patients also prefer integration of Homoeopathy into standard conventional/ allopathy therapy.

#### An Effective Treatment

Several clinical trials have shown the efficacy of homeopathic medicines in specific diseases such as otitis media, allergic rhinitis, diarrhoea and others. The most common illnesses for which patients seek Homoeopathy are:

- Skin diseases e.g. urticaria, psoriasis, eczema, warts, corns, vitiligo
- Musculoskeletal problems e.g. arthritis, gout, lumbago, cervical pain
- Digestive disorders e.g. indigestion, colic, acidity, diarrhoea, constipation, piles and fissures
- Respiratory troubles e.g. common cold, cough, asthma, allergies
- Childhood troubles e.g. dentition troubles, worms, enuresis



**“Homoeopathy cures a greater percentage of cases than any other method of treatment. Homoeopathy is the latest and refined method of treating patients economically and non-violently.”**  
**Mahatma Gandhi**

**“Homoeopathy is a new Science with a rational philosophy as its base. We require more scientific interest and inquiry into the matter with special stress upon the Indian environments.”**

**Dr. Rabindra Nath Tagore**  
 Nobel Laureate



**WORLD HOMOEOPATHY DAY**

The homeopathic profession worldwide celebrates the birth anniversary of the founder of Homoeopathy, Dr. Samuel Hahnemann, a great scientist and medical doctor as the World Homoeopathy Day (WHD). In India, CCRH organises a scientific convention where all stakeholders participate to discuss advancements in Homoeopathy, get to know about latest research findings and deliberate on key challenges faced by it. Last year, CCRH celebrated its 40th anniversary on WHD which was inaugurated by Hon'ble Vice President of India, M. Venkaiah Naidu. During his motivating inaugural address, he proclaimed, *“Homoeopathy should be every Home's Pathy!! It is easy to administer and has no side effects, after-effects, or defects”*.

- Female disorders e.g. menstrual irregularities, dysmenorrhoea, menopausal complaints
- Homoeopathy is often used to treat common infectious diseases, enabling a reduction in the use of antibiotics, thereby, helping to tackle the global problem of anti-microbial resistance.

**A large population-based survey conducted in France indicated that people treated with homeopathic medicines consume fewer antibiotics, analgesics and psychotropic drugs, whilst achieving the same therapeutic outcomes.**

In India, Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), is looking after the development and propagation of Homoeopathy by actively taking steps to enrich it with quality and research.

**Institutionalised and Regulated Framework**

India has a statutory council to regulate homeopathic medical

education with a curriculum a par with conventional medicine. There are more than 200 undergraduate and 50 postgraduate colleges. With more than 293,000 registered homeopathic practitioners, Homoeopathy is well institutionalised. The quality of homeopathic medicinal products is regulated and covered under the provisions of the Drugs and Cosmetic Act, 1940, and scientific research is being undertaken by Central Council for Research in Homoeopathy (CCRH), an autonomous organisation under Ministry of AYUSH.

Homoeopathy is progressively receiving scientific validation, not only as a result of significant clinical research outcomes, but also due to new insights into how homeopathic medicines might work. As science takes significant steps towards understanding the mechanism of action of homeopathic medicines, scientists are now beginning to view Homoeopathy in new light.

This year the theme of the convention is “Linking Education and Clinical Practice with Research: Advancing Scientific Collaborations” focussing on the quality of education, enhancing the success rate of an average practitioner. This will be a unique opportunity for academicians, clinicians and researchers to unite for the further development and promotion of Homoeopathy.

**(Details @ [www.whdccrh.in](http://www.whdccrh.in))**



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- Central Council for Research in Homoeopathy

As in August 2020, there are more than 20 lakh COVID-19 survivors in India. In the recent days, various news reports mention interviews with physicians in tertiary care reporting patients, purportedly recovered from Acute COVID-19 episodes to be suffering from various conditions ranging from weakness to diarrhoea,

diagnosis and treatment.

The British Medical Journal based on UK COVID symptom study published practice pointers in August 2020 identifying that approximately 10% of people experience prolonged illness after the acute COVID-19 infection, clinical management of which requires a whole-patient perspective. The

are breathlessness or weakness or both. But the range of illnesses reported is much beyond these. A brief synopsis of these conditions as identified from the published literature so far (included in the bibliography) is presented here.

#### Post COVID-19 illness

There are no uniformly available definitions presently. However, the BMJ identifies post-acute covid-19 to be illness extending beyond three weeks from the onset of first symptoms and chronic covid-19 as extending beyond 12 weeks.

#### Likely Causation

• Persistent viremia-As per Centre for Disease Control (CDC), USA recovered patients can continue to have SARS-

has been recovered between 10 and 20 days after symptom onset, which is a very small percentage. • Failure of complete resolution of lung lesions or a relapse of infection or appearance of new lung lesions

• Inflammatory and immune response with generation of cytokines and other inflammatory markers which can cross the blood brain barrier

• Mental or psychological factors associated, particularly due to illness, fear, anxiety, isolation and frequently social ostracization

In past, long term respiratory, musculoskeletal, and neuropsychiatric sequelae have been described for influenza, other

## Post acute covid-19

vomiting, to more severe conditions such as thromboembolism, myocarditis to lung fibrosis. These numbers may be limited presently, but with increasing number of infections and subsequently survivors the post COVID 19 illnesses are likely to be reported more frequently, requiring the medical community to gear itself up for its

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commonest reported symptoms

CoV-2 RNA detected in their upper respiratory specimens for up to 12 weeks (3 months). They are however, not infectious because patients with mild to moderate COVID-19, replication-competent virus has not been recovered after 10 days following symptom onset. In some cases of severe COVID 19, replication-competent virus

coronaviruses i.e. SARS, MERS and these have pathophysiological parallels with post-acute COVID 19.

#### Common symptoms

• Weakness, fatigue - chronic fatigue syndrome (myalgic encephalomyelitis) is being frequently reported with its

(Cont'd on page 18)



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## (Cont'd from page 01) Homeopathy in...

clinical hallmarks of numbness, pain, tingling, weakness and lethargy.

- Dyspnoea or breathlessness leading to a marked decrease in physical activity
- Persistence or appearance of loss of smell and/or loss of taste
- Continuation of low-grade fever with physical weakness
- Gastric symptoms including gastrointestinal disturbances
- Potential life-threatening conditions include myocarditis, arrhythmias, myocardial infarction, lung fibrosis, low oxygen saturation

### Mental illness

Acute trauma associated with the condition has led to an increased reporting of post-traumatic stress disorder; particularly in patients who have undergone prolonged periods of isolation. Change in family dynamics due to deaths or illness, work scenarios including loss of work, and social rejection coupled with isolation and quarantine leads to hopelessness and depression. Irritability, brain fog are also being reported.

### Range of symptoms reported by patients as recorded in literature

A range of symptoms are being reported and recorded internet-based sources, most of which is presently in non-peer reviewed records.

**Common symptoms:** weakness, fatigue, chest pain, tinnitus, heart palpitations, back pain, stiff neck/neck pain, coldness in extremities and other body parts, eye burning, joint pain, diarrhea, kidney pain, muscle spasms, respiratory distress, pain/upper left abdominal pain under the rib, metallic taste, sinus congestion, cough, nasal discharge, dry nose/mouth/throat, leg pain, lump in throat, body vibration/tingling, and flare-ups of pre-existing conditions (including endometriosis, tendonitis, stomach ulcers, breast tissue that had undergone radiation, herpes, and shingles).

Other notable but less commonly reported symptoms: petechiae, changes to the ear/ear canal (including pressure, blockage, burning, and swelling), being woken up by shortness of breath, migraines, yeast infections/thrush, mouth ulcers, low temperature, exercise intolerance, rib pain, spine pain, changes in

menstruation, high blood pressure, changes to the eye (including eye discharge and redness on the outside of the eye), costochondritis, constipation (one case lasting four weeks), bowel obstruction, gassiness/bloating, and seizures/fainting, sensitivity to light, blurry vision, double vision, sensitivity to noise, phantom smells, enhanced sense of smell, loss of hearing, postural hypotension, Gullain Barr syndrome, muscle wasting (particularly in severe prolonged bed ridden patients).

### Multisystem Inflammatory Syndrome in children (MISC)

The condition may begin weeks after a child is infected with SARS-CoV-2. It is also possible that the child may have been infected from an asymptomatic contact and, in some cases, the child and their caregivers may not even know they had been infected with COVID 19.

CDC defines MISC as fever, laboratory evidence of inflammation, and evidence of clinically severe illness requiring hospitalization, with multisystem ( $\geq 2$ ) organ involvement (cardiac, renal, respiratory, hematologic, gastrointestinal, dermatologic or neurological) in an individual below the age of 21 years; with no alternative plausible diagnoses; And Positive for current or recent SARS-CoV-2 infection by RT-PCR, serology, or antigen test; or exposure to a suspected or confirmed COVID-19 case within the 4 weeks prior to the onset of symptoms.

### Severity

The severity of post-acute COVID conditions are associated with occurrence of severe COVID, patients who have been on high flow oxygen or ventilator, increasing age or very young children and patients with multi-morbidities.

### Management

Depending upon the conditions that the patients present with and their severity the physician would need to identify the best possible treatment approaches. Physical examination in these patients necessarily includes temperature, pulse (heart rate and arrhythmias), blood pressure, and oxygen saturation.

Laboratory examination would depend on the presenting condition and can include blood counts, inflammatory markers including CRP, D Dimer, Creatinine kinase, ferritin. ECG can be conducted to identify arrhythmias. Chest X-ray for

lung lesions. Other radiological investigations would depend upon the complaints that the patients present with.

### Homeopathic Therapeutics

There are a number of medicines reported in the literature for post influenza conditions. Most of the literature belongs to late 19<sup>th</sup> and early 20<sup>th</sup> century and term Grippe is also used at many places. Grippe is an old term for an acute febrile contagious virus disease. Considering that most of these symptoms are clinical symptoms where the patients suffering from after effects of acute febrile illnesses had been treated successfully the present-day homeopathic physicians can take a cue from these medicines.

The Repertory by Dr Oscar Boerick in the rubric Debility of influenza gives the following medicines: Abrotanum, Adonis vernalis, Arsenic iodatum, Avena sativa, Carboic acid, Chininumarsenicum, Chininumsulphuricum, Cinchona, Conium maculatum, Eupatorium perfoliatum, Gelsemium, Iberis, Lac caninum, Lathyrus, Phosphorus, Psorinum, Salicylicacidum, Sarcocollactacidum.

The rubric Influenza pain remaining medicine Lycopersicum is given

In the Materia Medica by Dr William Boerick, in the medicine Abrotanum with the symptom "weakness after influenza" Kali Phos is added. This medicine is however, not mentioned in the repertory.

The more recent repertory by Dr Murphy mentions the following medicines in the rubric Weakness after influenza:

Abrotanum, Carcinosis, Conium maculatum, Chininumsulphuricum, Cypripedium pubescens, Gelsemium, Kali phosphoricum, Phosphoric acid, Scutellaria laterifolia, Xray.

Some pointing indications as per Materia Medica with specific reference to influenza are as follows:

#### Abrotanum

Great weakness after influenza (Kali Phos)

#### Adonis vernalis

A heart medicine after influenza where the muscles of the heart are in a stage of fatty degeneration

#### Arsenic iodatum

Influenza, hay fever, chronic nasal catarrh and catarrh of middle ear; profound prostration, rapid irritable pulse, recurring fever and sweats, emaciation, tendency to diarrhoea

#### Avena sativa

Tonic for debility after exhausting

diseases

#### Carboic acid

Produces mental and bodily languor, disinclination to study with headache like a band, very marked acuteness of smell, pains are terrible, come and go suddenly, physical exertion brings on abscess somewhere

#### Chininumarsenicum

General weariness and prostration, circulatory weakness after acute infections, shortness of breath on ascending, cardiac dyspnoea, early myocardial degeneration,

#### Cinchona

Influenza with debility; debility from exhausting discharges; loss of vital fluids, together with nervous erethism

#### Conium maculatum

Tonic after grippe

#### Cypripedium

Post-influenza debility, nervous weakness following influenza.

#### Eupatorium perfoliatum,

Influenza with great soreness of muscles and bones

#### Gelsemium

Influenza, dizziness, drowsiness, dullness and trembling; slow pulse, tired feeling, mental apathy; paralysis of various group of muscles about the eyes, throat, chest, larynx, sphincter, extremities, etc.

#### Iberis

Cardiac debility after influenza

#### Lac caninum

Low vitiated, non-feverish type of sickness; erratic pains, alternating sides, great lassitude

#### Lathyrus

After influenza, where there is much weakness and heaviness, slow recovery of nerve power; sleepy, constant yawning

#### Lycopersicum Esculentum

Severe aching pains all over body. Pains left after influenza.

#### Phosphoricum acidum

System exposed to ravages of acute disease, excesses grief, loss of vital fluids. Mental debility first, later physical

#### Phosphorus

Great susceptibility to external impressions, to light, sound, odors, touch, electrical changes, thunder-storms. Suddenness of symptoms, sudden prostration, faints, sweats, shooting pains, etc. Inflammation of the respiratory tract.

#### Psorinum

Debility, independent of any organic disease, especially the weakness remaining after acute disease. Extreme sensitiveness to cold. Often gives immunity from cold-catching.

#### Salicylicacidum

Prostration after influenza; also tinnitus aurium and deafness.



Retinitis after influenza

**Sarcocollac acid**

Epidemic influenza, especially with violent and retching and greatest prostration, when Arsenic had failed. Tired feeling with muscular prostration, worse any exertion. Sore feeling all over, worse in afternoon. Restless at night. Difficulty in getting to sleep. Tired feeling in morning on getting up.

**Scutellaria lateriflora**

Nervous weakness after influenza

These are only a few medicines which cover a wide range of action including weakness, respiratory, gastrointestinal, rheumatological, cardiac, renal and neurological complaints and can be prescribed on the basis of symptom similarity.

There is no dearth of medicines to treat patients presenting with Post-acute COVID 19 illnesses with the homoeopathic physicians. Antimonium crudum, Antimonium tartaricum, Arnica montana, Arsenic album, Carbo vegetabilis, Camphor, Ipecacuanha, Influenzinum, Kali bichromicum, Lycopodium, Medorrhinum, Mercurius solubilis, Nux vomica, Pulsatilla, Tuberculinum, etc. can also be used based on symptom similarity. Practice treatment *guidelines and resource material* on COVID 19 illness has been prepared by The Ministry of AYUSH and the Central Council for Research in Homoeopathy, to facilitate homoeopathic practitioners.

It is, however, imperative that the physicians document the cases that they treat and present and publish these cases at appropriate platforms. This would enhance the evidence base in favour of Homoeopathy and would also lead to addition, updation and validation of the Homoeopathic Materia Medica and the repertory, in modern times, for this new emerging disease, as our stalwarts possibly did for influenza in the early 20<sup>th</sup> century after the influenza pandemic.

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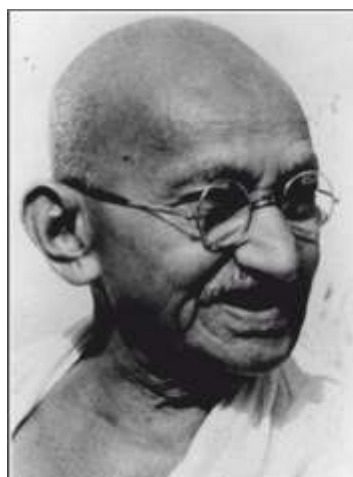


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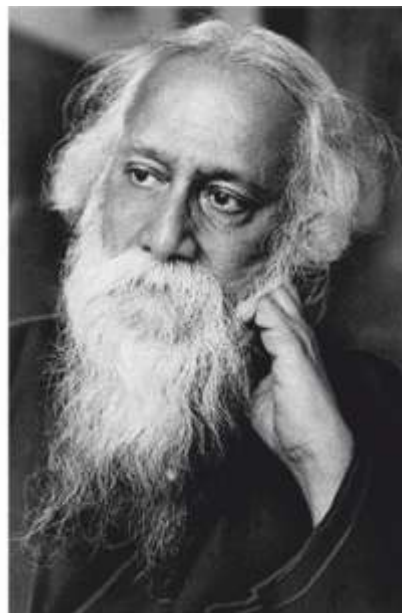
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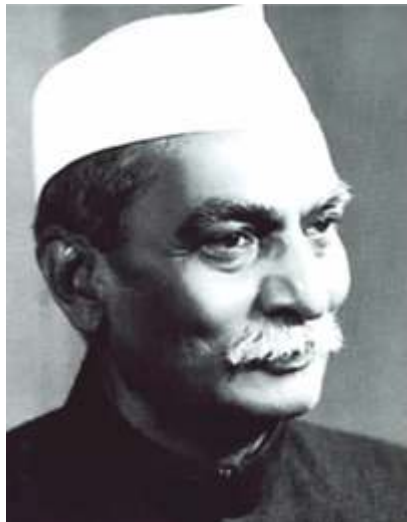
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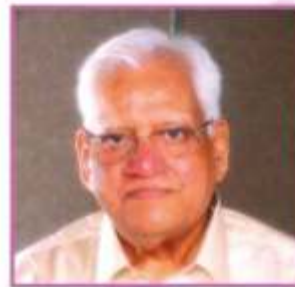
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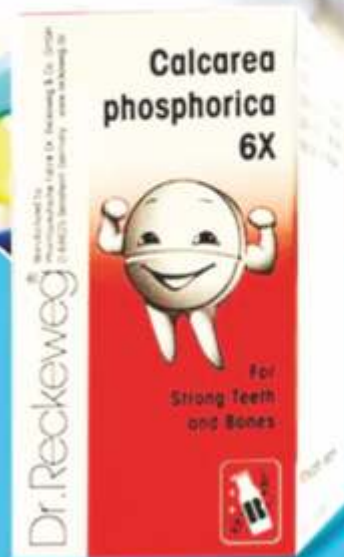
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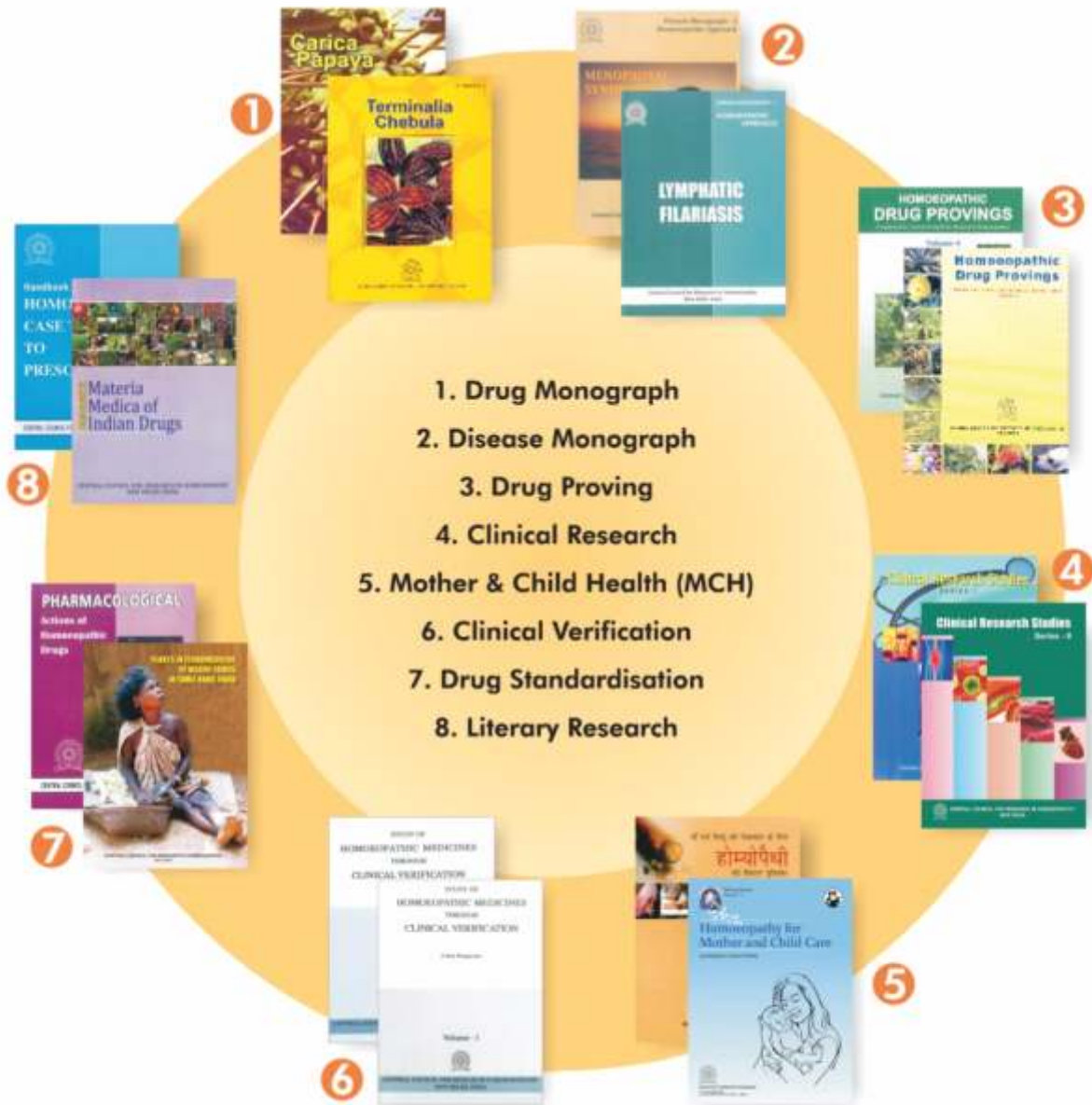
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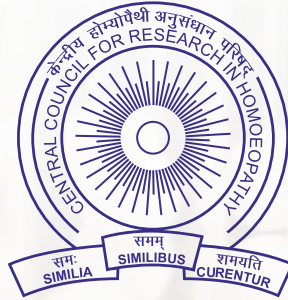
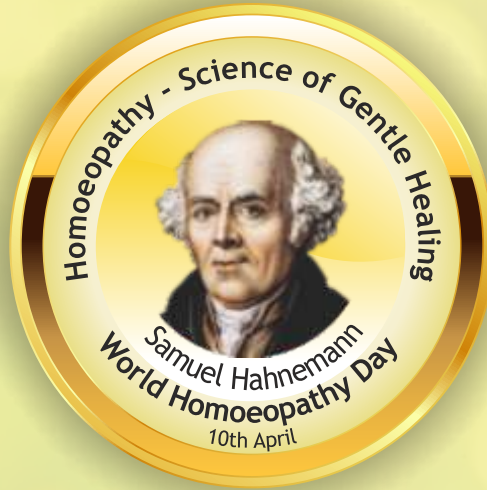
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