

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY
BRIEF REPORT ON THE ACTIVITIES AND ACHIEVEMENTS (2014-15)

INTRODUCTION

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

INFRASTRUCTURE

The Council with its Headquarters at New Delhi has a network of 22 Institutes/Units, all over India. These include 02 Central Research Institutes, 08 Regional Research Institutes, 01 Homoeopathic Drug Research Institute, 08 Clinical Research Units, 01 Drug Standardization Unit, 01 Clinical Verification Unit and 01 Survey of Medicinal Plants and Collection Unit. Apart from this there are 04 Homoeopathic OPDs for providing homoeopathic treatment in allopathic hospitals.

ACHIEVEMENTS

Drug Standardization: The Council has assigned drug standardization studies on 12 drugs for the year 2014 - 15 viz. *Aethiopsantimonialis*, *Anemopsis californica*, *Arundomauritanica*, *Bryonopsis laciniata*, Chlorpromazinum, Eosinum, *Jatrophaurens*, *Kaliumhydroidicum*, *Lobelia purpurascens*, *Kaliumarsenicum*, Lecithinum and *Manganumsulphuricum* to both Drug Standardization centers of the Council. Physico-chemical studies on drugs i.e., Chlorpromazinum, Eosinum and *Kaliumhydroidicum* from annual assignments have been completed whereas, pharmacognostic and physico-chemical studies of *Bryonopsis laciniata* and *Aethiopsantimonialis* are in progress during the reporting year, 2014-15. Along with the above annual assignment, pharmacognostic and physico-chemical studies on drugs assigned in the previous years, i.e., *Ephedra gerardiana*, *Syzygium jambolanum*, *Salvia sclarea*, *Quassia amara* and *Rosa damascena* are also completed.

Homoeopathic Pharmacopoeia of India Volume X was screened and vetted for technical inputs. HPI Volume X was approved by the experts and by the Homoeopathic Pharmacopoeia Committee following which the publication is under print. Council has also published a book under the heading 'Vernacular Names of Plants Drugs in Homoeopathic Pharmacopoeia of India'.

Drug Proving: During the period from 1st April 2014 - 31st December 2014, seven drugs have been assigned to various drug proving centers. Apart from these seven drugs, proving on two more drugs assigned in 2013-14 is ongoing. It is expected that by March 2015, study on another four drugs will be completed. The study on two drugs has been completed during this period and compilation of the data is under progress. The data of eight proved drugs was put up before Special Committee on Drug Proving in its 4th meeting held on 11th Sept.' 14 for approval. Out of eight drugs, data of four drugs was

approved and reproving of rest of the four drugs was suggested by the Committee. The next meeting of the Special Committee on Homoeopathic Pathogenetic Trial and field visits to monitor the work at all the Drug Proving centers is expected to take place in January / February 2015.

As Drug proving is the integral part of Homoeopathic system of medicine, the Council will continue to prove indigenous drugs and fragmentarily proved drugs. Further, there is a need to improvise the process and procedure to prove various drug substances, Council has revised its Drug Proving protocol keeping in consideration the protocols being followed in European and American countries. The revised Generic protocol for Homoeopathic Drug Proving was drafted by the Council which was approved by Special Committee on Drug Proving in its 4th meeting and approved by Scientific Advisory Committee in its 56th meeting held on 30th-31st October 2014. The Committee recommended to provide Technical support to various Homoeopathic Medical Colleges who are interested to take up Drug Proving Programme at their respective colleges. The colleges who had approached the Council for initiating the Drug Proving Programme in their respective colleges have been informed regarding the decision of SAC. As per the recommendation of SAC a letter has also been sent to the Project Officer In-charge at RRI (H), Jaipur, to initiate the process of selecting the Proving Master/Site Investigator and also constitution of the Drug Proving Committee to monitor the Drug Proving Programme at this new Drug Proving center of the Council.

Clinical Verification: Clinical Verification of 16 newly assigned drugs commenced from April 2014 and is continuing. During the reporting period of April 2014-November 2014, 893 cases have been enrolled under assigned drugs.

Six drugs from the previous 23 drugs assigned in 2010-2013 also continued. By September 2014, 04 drugs have achieved the required target and 02 drugs viz., *Cheloneglabra* and *Clerodendroninfortunatum* are yet to achieve targets. 309 cases have been enrolled for the previously assigned 6 drugs during the reporting period. In all, 1202 cases have been enrolled for the new and old drugs together.

During the reporting period, review work on the book 'Study of Homoeopathic Medicines through Clinical Verification-A New Perspective, Volume -3' had been carried out and the book is ready for publication.

Clinical Research: Clinical Research is one of the major research activities of the Council. The initial clinical trials conducted by the Council were mostly long term observational studies with an objective to ascertain the role of Homoeopathic therapy in specific disease conditions. This was followed by short term observational studies and randomized controlled trials. The protocol are prepared involving the experts in respective fields from All India Institute of Medical Sciences (AIIMS), Indian Council of Medical Research (ICMR), National Institute of Communicable Diseases (NICD), National AIDS Control Organization (NACO), eminent homeopathic educators researchers and practitioners. The protocol follows Good Clinical Practices of India, ethical guidelines of ICMR. During the year 2014-15, the enrollment and follow up in following 14 studies continued:

- Homoeopathy as adjunctive treatment to resperidone/ olanzipine in treatment resistant patients of schizophrenia: an open label randomized placebo controlled trial.

- A randomized, placebo controlled, cross-over, clinical trial of homoeopathic medicines in Autism.
- Effects of Homoeopathic intervention in Stage I essential hypertensive patients: A randomized double blind, placebo controlled trial.
- Effect of individualized homoeopathic intervention in dyslipidemia: An open label randomised controlled exploratory trial.
- Effects of Homoeopathic intervention in pre-diabetes (EHIP): An open label randomized controlled exploratory trial.
- Comparing individualized homoeopathy with placebo in managing pain of knee osteoarthritis: a double-blind randomized controlled trial.
- Observational study to evaluate response to homoeopathic treatment in psoriasis.
- Observational study to evaluate response to homoeopathic treatment in vitiligo.
- A comparative randomized controlled trial of homoeopathy & allopathy in acute otitis media & its recurrence in children.
- Individualized homoeopathic intervention in Diabetic Foot Ulcer: A randomised controlled pilot study using Calendula Q vs normal saline for ulcer dressing.
- Adjuvant homoeopathic management for cancer patients experiencing side effects from chemotherapy- a pilot study.
- A multi - centre single blind randomized placebo controlled trial to evaluate the efficacy of individualized homoeopathic intervention in Breast fibroadenoma.
- Management of Polycystic Ovarian Syndrome with homoeopathic intervention versus placebo- A randomized controlled pilot study.
- An open label (pre and post homoeopathic intervention) study to evaluate the efficacy of homoeopathic treatment of Gastro Esophageal Reflux Disease (GERD).

Following four studies will be initiated soon as these are under pre trial preparations:

- Follow up cross sectional study of subclinical hypothyroid children post three years of treatment.
- Multi-Drug Resistant Pulmonary Tuberculosis and
- HIV Infection
- Iron deficiency anaemia

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

- Homoeopathic Genus Epidemicus '*Bryonia alba*' as a prophylactic during an outbreak of Chikungunya in India: A cluster -randomised, double -blind, placebo- controlled trial.

The study was conducted on 38229 health individuals to investigate the preventive effect of *Bryonia alba* 30C against chikungunya. *Bryonia* significantly protected (19.76%) the individuals in comparison to placebo (P value = 0.03).

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- Managing acute alcohol withdrawal with homoeopathy: A prospective, observational, multicentre exploratory study

The present work reports the results of a prospective, observational, exploratory, multicentre trial (2008–2011) to assess the role of homoeopathy in acute alcohol withdrawal (AAW). Individualized homoeopathy was given to 112 patients reporting with AAW. There was a significant decrease in Clinical Institute Withdrawal Assessment Scale for Alcohol-Revised (CIWA-Ar) mean scores and increase in quality of life score ($P < 0.001$).

Published in: Indian Journal of Research in Homeopathy 2014 8(4): 224-230

Apart from the above research results, the following protocol articles are also published

- A randomized controlled trial in the management of alcohol dependence: Homoeopathic vs. standard Allopathic treatment
- A randomized, double blind, placebo-controlled, multi-centric parallel arm trial to assess the effects of homoeopathic medicines on chronic rhinosinusitis
- Homoeopathic therapy for lower urinary tract symptoms in men with Benign Prostatic Hyperplasia: An open randomized multicentric placebo controlled clinical

Others

Council has also developed a database on Dengue information system for disseminating information on dengue and capturing the dengue cases treated by homoeopathic practitioners which is available at <http://ccrhindia.org/dengue1.asp>

Fundamental & Collaborative Research: To undertake multidisciplinary, quality research, Council collaborates with reputed institutes of excellence. These collaborations enable the Council to conduct basic and fundamental research in Homoeopathy which involves technical expertise and precision. Council has collaborated with the organization like IIT, Delhi, Bose Institute, Kolkata and AIIMS, New Delhi etc. in the past. Recently, Council has developed a scheme for collaboration and Expression of Interest (EoI) proposal are invited from reputed institutes. 21 proposals have been received under EoI so far. A brief account of activities during this period is given below.

Ongoing Studies

08 projects are currently ongoing in different areas with various institutes like 'In vitro studies of some Homoeopathic medicines on the proliferation and differentiation of neural stem cell' at School of Biotechnology, West Bengal University of Technology, West Bengal; 'Exploratory experiments on ultrasonic velocity in homoeopathic potencies' with Dyal Singh college, Delhi University, New Delhi; Evaluation of anti-fungal activity of certain homoeopathic medicines on growth of human pathogenic fungi 'Candida albicans' using in-vitro assays, Evaluation of anti-fungal activity of certain homoeopathic medicines on growth of human pathogenic fungi 'Aspergillusniger' using in-vitro assays, Evaluation of anti-fungal activity of certain homoeopathic medicines on growth of human

pathogenic fungi 'Microsporumceni' using in-vitro assays, Screening of antibacterial activity of certain homoeopathic medicines on the growth of human pathogenic Gram negative bacterial strain "Escherichia coli" in-vitro models, Screening of antibacterial activity of certain homoeopathic medicines on the growth of human pathogenic Gram negative bacterial strain 'Klebsiella pneumonia' in-vitro models and Screening of antibacterial activity of certain homoeopathic medicines on the growth of human pathogenic Gram negative bacterial strain "Proteus mirabilis" in-vitro models at Central Research Institute (H), Noida.

Studies Published

Studies conducted under collaboration are published in various national and international journal;04 studies have been published during the reported period. The summary of the results of these studies are given below:

- Effect of homeopathic *Lycopodiumclavatum* on memory functions and cerebral blood flow in memory-impaired rats

In this study effect of Lyc. has been explored in animal model of memory impairment and on cerebral blood flow. It was found that Lyc. mother tincture and 200C improved the learning and memory in treated rats compared to control. There was also increased cerebral blood flow (CBF) of Lyc. treated rats. The authors concluded that Lyc may be used as a drug of choice in condition of memory impairment due to its beneficial effect on CBF. (Homeopathy (2014)

- Evaluation of safety profile of homoeopathic mother tinctures.

The present study investigated the acute and sub-acute oral toxicity of different homoeopathic mother tinctures (*Bellis perennis*, *Curcuma longa*, *Rauwolfia serpentina*, *Ricinus communis*, *Tribulus terrestris* and *Terminalia arjuna*) in experimental models. Results indicate that there were no toxic symptoms observed in tested animals. Results of sub-acute toxicity study did not show any change in body weight, haematological and biochemical parameters as compared to control. The histopathological examination of kidney and liver also did not reveal any organ toxicities. (Ref: Indian J Res Homoeopathy 2014;8:81-6)

- Protective role of Homoeopathic medicines on cerebral Ischemia in animals.

The protective effect of some Homeopathic drugs has been studied in the middle cerebral ischaemia occlusion (MCAO) model of rat. The study concluded that the Homeopathic drugs have protected most of the studied parameters significantly but further studies are required to comment on the mechanism and reproducibility of Homeopathic drugs. (Ref: Indian J Res Homoeopathy; 2014 issue 4)

Extra Mural Research: Central Council for Research in Homoeopathy is providing technical expertise and scrutinizing new projects relating to Homoeopathy received for grant-in-aid for Department of

AYUSH. During the period from April 2014 till 10th December 2014, 08 new proposals have been received.

02 Internal Scrutiny Committee (ISC) meetings were held to scrutinize the new proposals, monitoring and review of the ongoing and concluded studies under EMR on 9th April 2014 and 11th July 2014. The ISC reviewed 07 new, revised and re-revised proposals and discussed pending issues in concluded studies. The committee recommended 02 concluded studies to the Project Evaluation Committee for consideration of release of remaining grant-in-aid. A PEC meeting was held on 15th July 2014 under the chairmanship of Joint Secretary, Ministry of AYUSH. The PEC recommended 02 concluded studies for consideration and approval of the Project Approval Committee (PAC). The Project Approval Committee meeting was held under the chairmanship of Secretary, Ministry of AYUSH on 10th Dec 2014.

Studies Published:

- To ascertain the role of Homoeopathic therapy in the management of Learning Disabilities. IJRH, Vol. 7, No.2, Apr-Jun 2014.
- Exploring effectiveness of Homoeopathic therapeutics in the management of Childhood Autism Disorder. IJRH Vol. 8, No.3 Jul-Sept. 2014.

New studies initiated:

- Evidence based support for efficacy of homoeopathic remedy, "*Nux vomica*" through pharmacological studies and elucidation of its mechanism of action using Gene Expression Profiling at Department of Biotechnology, Institute of Applied Sciences & Humanities, GLA University, Mathura,
- Effect of Homoeopathic medicine *Cephalandra indica* on glucose metabolism, β cell function and insulin resistance in adults of type 2 diabetes. Double blind, placebo controlled cross over study at S.P. Medical College, Diabetes Care & Research Centre, S.P. Medical Govt College, Bikaner –
- To evaluate the attenuating potential of *Gymnema sylvestre*, *Cephalandra indica* and their bioactive compounds in diabetic complications [diabetic neuropathy and diabetic nephropathy at Maharishi Markandeshwar College of Pharmacy, Maharishi Markandeshwar University, Mullana, Ambala, Haryana-133207.

Documentation & Publication: Dissemination of research work of the Council to the stakeholders such as clinicians, researchers, teachers, students, industry and the common man is one of the mandates of the Council. Effective communication channelizes information exchange and spreads awareness on scientific and technical issues among general public, researchers and professionals. Council has been sharing this information through publications both priced and non-priced & IEC material in the form of handouts, translites, posters etc. During the reporting period from 1st April 2014 – 10th December 2014, three issues each of the periodical publications i.e. Indian Journal of Research in Homoeopathy and of CCRH News have been published. Two issues of the periodical Current Health Literature Awareness Services have also been published. Annual report (2013-14) of

the Council has been laid down in both houses of Parliament. During this period 41 articles are published Council's website: <http://www.journalonweb.com/ijrh> for publication. Four books including drug monograph *Cynodondactylon*, 'Keynotes of Homoeopathic MateriaMedica', 'Homoeopathic MateriaMedica of Indian drugs' 'CCRH an overview: Activities & Achievements' were published. Compilation of three drug monographs and one disease monograph is under progress. IEC material on 'Chikungunya' in English and 10 handouts in Hindi has been published. Council's publications have been made available for sale online. The website for e-books www.ccrhpubonline.com has been developed and 59 publications of the Council have been converted into e-books. Integration of payment gateway with the website is in process. Shooting of three documentary films targeting, general masses, researchers and pharmaceutical have been completed.