

Dear Readers,

Last month, I got an opportunity to present the significance and use of software in homeopathy in an international conference on Research in Malaysia. It was a wonderful experience to be there as I learnt many new things about research in our field. There were homeopathic doctors and researchers from all over the world. There were few important things, which were brought out in the seminar and I would like to share that with you.

It is known that most of the research in homeopathy done till now is being questioned. The answer that homeopathy cannot be tested by randomize clinical trials is not an explanation which will take us anywhere. This is an answer which will make homeopathy more ridicule.

The thing required is more research in homeopathy which should be planned and standardized. There have to be works which can be authenticated with references cited, where results can be traced back to all the steps followed, so the they can be reproduced.

The important factors which have to be considered while planning a research are efficacy, safety and cost-effectiveness. The research should be made relevant in these aspects. We should have a question when we plan a research as to what we are trying to find and ensure that we have enough evidence collected which matches the question raised.

The stakeholders have to be taken into consideration, that is, the patients, the homeopath involved, the scientists, the funders, the Govt. or the private body whichever is involved in the research and the insurance company if it is applicable. As far as the inclusions are concerned, it is suggested that if it is a general research, it is always better to take young and middle aged people for the study unless the research is age defined like for children or geriatric age group.

Another important aspect is that we look for all previous researches done so far on the subject we have chosen for our work. This data has to be studied, put into analysis and understood before we plan our research so that it can be used as a base for planning our work. We can use both positive and negative outcomes from it and apply it to the plan and structure our research.

For the medicines which we use, we need to have the information, which is based on solid foundation of drug proving. Alastair Gray gave a wise example that we can really go and tell people that how *Blatta orientalis* was brought into the homeopathic practice. One day, somebody was having tea. When he finished his tea, he discovered that a cockroach had fallen into that cup and his asthma got cured and thereafter, *Blatta* was absorbed in the Homeopathic Materia Medica. If we go and tell people the source of this medicine, our science will only be ridiculed. Alastair has done a proving of *Blatta* in an exhaustive way and that is the kind of documentation that can be a source of a drug being used a medicine.

There was also a discussion on vaccination, which is a big question. The conclusion was that studies do indicate that the vaccination can have harmful effects but it is important to compare that whether people are better with vaccination or without vaccination and, above all, you have to let your patient make an informed choice. Give your patient all the information about pros and cons of vaccination and why it is included in the national immunization schedule and let the parent decide what they want to go for. It is the patient's choice as we have not reached the stage, where we can claim that we can 100 % take care of things without vaccination. So the overall view is to be updated and to be informed so that we can help our patients take informed decisions.

In this issue, we have discussed the role of homeopathy in delayed milestones. This is one state which does not have a reason for it, but can be helped by homeopathy and the information in this regard can be used for homeopathic prescription. We have also touched few cases of mental retardation, which have improved tremendously with the help of homeopathic treatment.

I hope you find the above information and our issue on 'delayed milestones' useful. Looking forward to your feedback at editor@bjain.com

Dr Geeta Rani Arora

Editor



Unbolt yourself ...

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November, 2011	Throat Disorders	September 20, 2011
December, 2011	Sycotic Miasm	October 20, 2011

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