

Dear Readers,

Homeopathy is being attacked from different sectors, more for the past few years. A recently published paper titled 'Adverse effects of homeopathy: a systematic review of published case reports and case series' by Posadzki et al concluded that 'Homeopathy has the potential to harm patients and consumers in both direct and indirect ways. Clinicians should be aware of its risks and advise their patients accordingly.' The paper was published in International Journal of Clinical Practice. The aim of this systematic review was to critically evaluate the evidence regarding the adverse effects (AEs) of homeopathy. The method adopted was: five electronic databases were searched to identify all relevant case reports and case series. The paper studied a total of 38 primary reports which met the inclusion criterion.

Prof. George Vithoulkas submitted a response to the journal stating that '*In this study becomes apparent that there is actually a strong biological effect upon the human organism, something that was maintained all along by homeopaths (initial aggravation in serious diseases, proving symptoms etc.) The well researched article by Posadzki et al giving evidence of the adverse effects of homeopathic remedies upon the human organisms, proves clearly that this fact cannot be denied any more. I believe that this paper is a good starting point for discussions between the two approaches: homeopathy and conventional medicine in order to be discovered each other's strengths and weaknesses.*' But sadly, the journal denied publishing this response.

Prof. Vithoulkas response is a very accurate. Its a logic that anything which is said to have an adverse effect, by design is accepted to have an effect. Whereas till now skeptics were calling homeopathy as a mere placebo and having no effect.

This study therefore is a very positive comment for homeopathy. The myth that homeopathy doesn't have side effects is also not in favour of homeopathy but against homeopathy. If one claims there are no side effects, how does one justify the effect which homeopathy claims. I would quote few lines from Kent's writings from 'Lectures

of Homeopathy Philosophy' when he discusses about proving.

"For instance, say you are proving Arsenicum; If the Arsenic symptoms are coming and showing clearly, and at the end of a week or ten days you say: 'Let us brighten this up a little, and do this thing more thoroughly,' and to accomplish this you take a great deal more, you will engraft upon your constitution in that way the Arsenicum diathesis, from which you will never be cured. You are breaking right into the cycles of that remedy and it is a dangerous thing to do. At times that has been done and the provers have carried the effects of their proving to the end of their days. If you leave this Arsenical state alone it will pass off entirely, and the prover is very often left much better for it. A proving properly conducted will improve the health of anybody; it will help to turn things into order."

Another place where Kent talks about prescribing for different groups of symptoms he says it will do more harm than good. As a remedy which is not the similimum will produce adverse effects.

Quote: '*The oftener you prescribe for different groups of symptoms the worse it is for your patient because it tends to rivet the constitutional state upon the patient and to make him incurable. Do not prescribe until you have found the remedy that is similar to the whole case, even although it is clear in your mind that one remedy may be more similar to one particular group of symptoms and another remedy to another group. Very often a remedy that will go to the very centre and restore order to the economy will cause quite a turmoil.*'

Therefore the good news is homeopathy's effect has been recognized in a scientific paper from a platform which has been denying the very existence of homeopathy. Another aspect coming up through this paper is to remind ourselves that how important it is to prescribe a similimum as we can do more harm to economy by giving similar but not a similimum.

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Unbolt Yourself

Month	Topics	Submission Starts	Last Date of Submission
June 2013	Calcarea Group	February 7, 2012	April 20, 2013
July 2013	Role of Homeopathy in Psychiatric Disorders	February 7, 2012	May 20, 2013
August 2013	Different Methods of Homeopathic Practice	February 7, 2012	June 20, 2013
September 2013	Importance of Organon in Today's Perspective	February 7, 2012	July 20, 2013
October 2013	Homeopathy and Immunity	February 7, 2012	August 20, 2013
November 2013	Drug Proving in Homeopathy	February 7, 2012	September 20, 2013
December 2013	The Benefits of Repertory Tool in Homeopathy	February 7, 2012	October 20, 2013

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