

Dear Readers,

In the history, the first account of drug proving is mentioned around 2000 BC which is by Shen Nung, Emperor of China who tested herbs upon himself for eliciting therapeutic efficacy. Dr Hahnemann was the first person who did meticulous drug proving on healthy human beings and recorded the methodology as well as drug proving results. This contribution of Dr Hahnemann made him being titled as the father of experimental pharmacology. Today, drug proving is unique to Homeopathy where the pathogenesis of a drug is evolved through its trials on apparently healthy human beings (Provers). The aim of drug proving is to find out the pathogenetic effects of a drug on healthy human beings. Drug Proving is one way to learn *Materia Medica*. Hering says *"It is the way to learn; to observe the art of arts, the principal one on which all others are based."*

Hering, Wells and other 19th century homeopaths conducted great provings, but later on, the quality gradually diminished. Many of the provings conducted in the 20th century have lacked the refinement of earlier provings.

A well proven remedy has the foundation to support its efficacy and through clinical application the understanding of the remedy's true nature can be enhanced.

To make the proving data reliable we need standardised methods of drug proving. A lack of consistent protocol

throughout a proving diminishes the credibility of the results. There is a need to follow protocols which define all steps of the study from the beginning till the end. The methodology should be such so as to obtain an unprejudiced result in a proving, free from prejudices of a prover and also of the other personnel involved from investigators, to statisticians etc. Doctors can attempt to perform drug proving as this will give us a new avenue to understand our remedies. It is also a verification of our literature after 200 years of its publication. The ethical aspects about consent and informed decision of patient are also the criterion which is to be considered while planning a drug proving. Various institutes and homeopaths have defined the protocol for a homeopathic drug proving like Central Council of Research in Homeopathy, Dr Jeremy Sherr's design, Dr Alastair Gray and few more.

Dr Jeremy Sherr's design is considered to be one of the reliable ways as it covers the Hahnemann's suggestion for proving and also considers the modern aspects. It sets high standards for provings and embracing the concept of a proving that is well-rounded and non-prejudicial and maintains the consistency of protocol.

More and more participation from practitioners can take homeopathy higher and higher, so contribute and give back to the pathy, it needs you.

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Note: *The Homoeopathic Heritage* is now a peer reviewed journal since January 2013. All the articles are peer reviewed by the in-house editorial team and a limited number of articles from each issue are sent for peer review by an external board of reviewers and those articles are distinctly marked with a stamp of 'peer reviewed'. For inclusion of articles in peer review section, kindly send your articles 3-4 months in advance of the said month.

Unbolt Yourself

Month	Topics	Submission Starts	Last Date of Submission
December 2013	The Benefits of Repertory Tool in Homeopathy	February 7, 2013	October 20, 2013
January 2014	Palliation	August 1, 2013	November 20, 2013
February 2014	Natrum Group	August 1, 2013	December 20, 2013
March 2014	Homeopathy for the Special Child	October 1, 2013	January 20, 2014
April 2014	Polycrest remedies	October 1, 2013	February 20, 2014
May 2014	Infections and Homeopathy	October 1, 2013	March 20, 2014
June 2014	Syphilitic Miasm	October 1, 2013	April 20, 2014
July 2014	Psychosomatic Disorders	October 1, 2013	May 20, 2014
August 2014	Homeopathy for Endocrine Disorders	October 1, 2013	June 20, 2014

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