

Editorial for the month of June 2009

Scientific Proof of High Dilutions

The effectiveness of homeopathy has been in dispute since its inception. Scientists from allopathic world have always claimed that the methodological quality of the research base is generally low, with such problems as weaknesses in design or reporting, small sample size, and selection bias. No individual preparation has been unambiguously demonstrated to be different from a placebo.

Also no single model has been sufficiently widely replicated.

The biggest shock came in 2005, *The Lancet* medical journal published a meta-analysis of 110 placebo-controlled homeopathy trials and 110 matched medical trials based upon the Swiss government's Program for Evaluating Complementary Medicine, or PEK. The study concluded that its findings were compatible with the notion that the clinical effects of homeopathy are nothing more than placebo effects.

Another shock came in 2006 meta-analysis of six trials evaluating homeopathic treatments to reduce cancer therapy side effects following radiotherapy and chemotherapy found "encouraging but not convincing" evidence in support of homeopathic treatment. Their analysis concluded that there was "insufficient evidence to support clinical efficacy of homeopathic therapy in cancer care".

Subsequently The Cochrane Library found insufficient clinical evidence to evaluate the efficacy of homeopathic treatments for asthma or dementia, or for the use of homeopathy in induction of labor. Other researchers found no evidence that homeopathy is beneficial for osteoarthritis, migraines or delayed-onset muscle soreness.

Health organizations such as the UK's National Health Service, the American Medical Association, have issued statements of their conclusion that there is no convincing scientific evidence to support the use of homeopathic treatments in medicine.

My argument is that all such allegations are baseless because they do not test "classical homeopathy". There have, however, been a number of clinical trials that have tested individualized homeopathy. A 1998 review found 32 trials that met their inclusion criteria, 19 of which were placebo-controlled and provided enough data for meta-analysis. These 19 studies showed a pooled odds ratio of 1.17 to 2.23 in favor of individualized homeopathy over the placebo, but no difference was seen when the analysis was restricted to the methodologically best trials. The authors concluded "that the results of the available randomized trials suggest that individualized homeopathy has an effect over placebo. The evidence, however, is not convincing because of methodological shortcomings and inconsistencies."

Jack Killen, acting deputy director of the National Center for Complementary and Alternative Medicine, says homeopathy "goes beyond current understanding of chemistry and physics." He adds: "There is, to my knowledge, no condition for which homeopathy has been proven to be an effective treatment."

While some articles have suggested that homeopathic solutions of high dilution can have statistically significant effects on organic processes including the growth of grain, histamine release by leukocytes, and enzyme reactions, such evidence is disputed since attempts to replicate them have failed. In 1987, French immunologist Jacques Benveniste submitted a paper to the journal *Nature* while working at INSERM. The paper purported to have discovered that basophils, a type of white blood cell, released histamine when exposed to a homeopathic dilution of anti-immunoglobulin E antibody. The journal editors, sceptical of the results, requested that the study be replicated in a separate laboratory. Upon replication in four separate laboratories the study was published.

How can we forget the cholera epidemic which Hahnemann treated from 1831 to 1832 by the highest dilution of *Veratrum album* which he used by olfactory method and he had received almost 100% result.

Attacks by allopathic physician on Hahnemann for using higher dilution were not new!!! In the year 1825, there were some violent attacks on Hahnemann in

the medical journal where allopathic doctors dared to state in all seriousness that the preparation of Hahnemann higher dilutions was really quite impossible and to this attack Hahnemann wrote an article title 'Information to The Truth Seeker' in the same year and he showed from his practice how successfully he could cure cases using a higher dilutions. Subsequently in 1828 when he wrote his book on chronic disease he clearly mentioned about the efficacy of high dilutions.

My personal experiences with high dilutions in homoeopathy are as follows in nutshell. To begin with I would like to tell you a case of a child 12 years old whose mother phoned me fanatically for urgent appointment, the child complained of severe Epistaxis. When I saw the child he was passing bright red blood, he was bleeding like a tap, the face was looking little pale, his mother complained to me that this Epistaxis comes quite frequent every few months, unless and until they do not go to hospital and have adrenal packs plugged in the nostrils. The family had no faith in homoeopathy, it was only because the neighbor insisted that the child can be treated with homoeopathy, she brought the child to me. Any motion any exertion used to aggravate the bleeding from the nose.

Based on these symptoms I gave the medicine Erigeron 50M, every few minutes and within half an hour the Epistaxis was completely stopped.

Another case I would like to share with you is of a hysterical female who complained of recurrent sensation of choking in the throat, she took many treatments but there was no improvement. She felt that her throat is getting completely choked up, the breathing is much oppressed and she had a sensation of lump in the throat. When I started talking with her I came to know that she has a strong fear of infection and infectious diseases. Based on these symptoms I gave her Variolinum 10M and after giving few doses the lady felt much better in the choking in the throat.

I can also quote many examples of animals which have been helped by me. I had a case of a Neapolitan Mastiff dog that had a severe pain in the hip joint with inability to walk, he will just fall down, while climbing the stairs it was difficult, he had to be lifted up. When I saw the x-ray the right hip joint was

much more affected than the left. Based on this symptom I gave *Ledum palustre* 10M, within few months with repeated doses the dog's arthritis was much better.

What more can I say, my three decades of homoeopathic practice and hundreds of cases cured with high dilutions, is any other proof necessary?