

DO HOMOEOPATHS USE STEROIDS?

**DR. FAROKH J MASTER
M.D (HOM)**

This is a very common question discussed during homoeopathic consultations. The answer is definitely ‘NO’. Any homoeopath who is committed to his science and is a man of integrity has no need to use steroids or mix any other medicine in homoeopathic pills or powders.

I am practicing homoeopathy since the last 23 years, teaching internationally since the last 18 years and I find this system so useful, giving excellent results both in acute as well as chronic conditions, that there is no room for any malpractice.

However, patients argue that they have got the powders and pills analyzed showing “test for cortisone positive”.

My argument with them is on the following points:

- 1. If a patient is being given cortisone for a long time (more than 30 days), then the following side effects will start appearing- swelling of the face or puffiness of the face (moon faces); osteoporosis i.e. washing away of calcium from the bones and bones becoming weak and brittle; development of diabetes, indicated by high blood sugar levels and presence of sugar in urine. Unfortunately none of the patients, who got the medicine tested for cortisone, developed any of these complications.**
- 2. Cortisone is not a universal panacea or a universal cure for each and every illness. Giving cortisone only helps those patients who suffer from asthma, rheumatoid arthritis, and other collagen disorders. It does not help if given to patient suffering from any disease other than the diseases mentioned above. In fact it may aggravate the condition. Also giving cortisone with homoeopathic medicine itself suppresses the action of the homoeopathic remedy. Most of the patients who had the medicine tested for cortisone either came for consultation of recurrent cough and cold or recurrent sore throat. Giving steroids to them is useless as it is of no use to them! In view of this why should any homeopath use steroids when it is going to do more harm than good?**

Recently I had an occasion to these allegations. One of my patients got the medicines analyzed that tested positive for steroid, at the most reputed hospital in South Mumbai. It was mentioned in the report that the “sample contains less than the normal levels of cortisone”. This is technically incorrect reporting as it clearly gives the signal to the reader that homoeopathic drugs do contain cortisone, even if it may be in a negligible amount.

After contacting the chief pathologist there, he argued that the there was no cortisone in the sample and hence he has reported “below the normal range level”. However, I emphasize that this can damage the reputation of homoeopathy in general. Hence, in future all the samples should either be reported just as positive or negative for cortisone.

Also, many laboratories are not well equipped with the latest technical know how of testing steroids; as samples collected by the hospitals in Mumbai neither have expertise nor the equipment to do the correct complete procedure.

Dr. Anil Nibhkar, an expert in the field of pharmacology, and an ex-head of the department of pharmacy at Kalina, Bombay University when contacted clearly stated that the calorimetric method using tetrazolium blue salts gives false positive results. The only authentic test for steroids is Liebermann Buchard test or thin layer chromatography test or UV absorption test.

It is very essential for the patient to know that before they accept the claim, that the tested medicine contains steroid, they should find out the procedure of the test as false allegation against any homoeopath is not only unfair but is cancerous to the whole profession.