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RESEARCH ARTICLE

MECHANISM OF ACTION OF HOMOEOPATHIC MEDICINES.

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Abstract

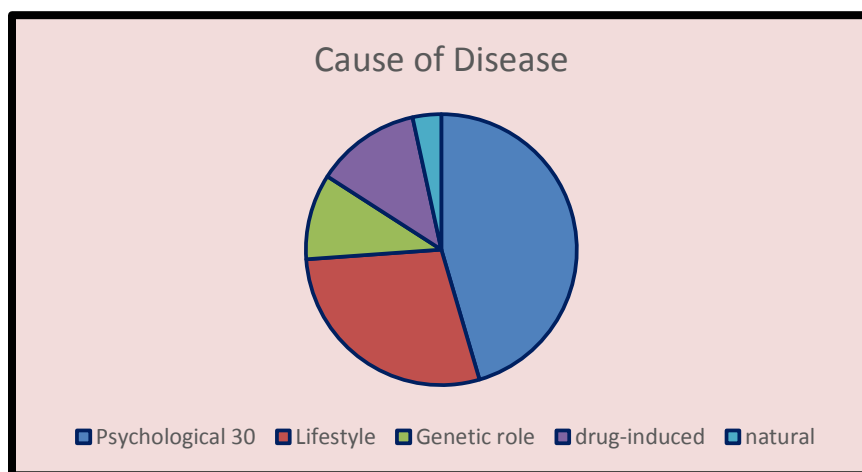
Science is such a subject; needs to be devoid of any biasness and prejudice. Among the different branches of science, the most practical branch is 'Health science', which deals with the life directly by the means of health education, health care delivery and prevention of the pathological conditions. There are several different systems of medicine exist in the world, named Allopathy, Homoeopathy, Ayurveda, Siddha, Unani etc. based on different principles. Among these systems, Homoeopathy is considered as the most controversial system for the so-called scientific community, as it is little difficult to understand materialistically. As it is little bit of different from usual path, they generally consider it as 'pseudoscience' and 'placebo effect.' We are instituting this study from a neutral point of view, not tilted towards any medicinal system for explaining the most debatable question of the century 'what is the mechanism of action of Homoeopathic medicines'. Many people said, 'I do not have faith on Homoeopathy/ Allopathy/ Ayurveda etc.', but to say very clearly that, 'any of the scientific phenomena does not require any faith on it, they work in their own way spontaneously without bothering anyone's belief or disbelief'. In this study, we are taking some medicines and some diseases, because it is nearly impossible to describe all medicines and all diseases in a particular research work. Every system of medicine has its own scopes and limitations; so it is useless and immaterial to declare any of the systems as unscientific without any clearly defined reason just based on their self-preference or any particular business purpose. It is not only the fault of few scientists or people, rather it is a fault of homoeopathic researchers and doctors also, because they do not feel any need to prove the 'Modus operandi' of Homoeopathic remedies, as in an aphorism of 'Organon of Medicine' Dr. C.F.S.Hahnemann had written, knowledge about the modus operandi of Homoeopathic medicines is not much important than giving aid to the suffering society. We have taken several patients with different diseases as the control, then we have applied the needed homoeopathic remedies accordingly and have done several pathological examinations and clinical examinations not considering the feeling of the particular patient, as for few people, feeling may be subjected under the 'placebo effect'. Finally, we have tried to figure out the mechanism of action of Homoeopathic remedies in a simple and clearly defined manner.

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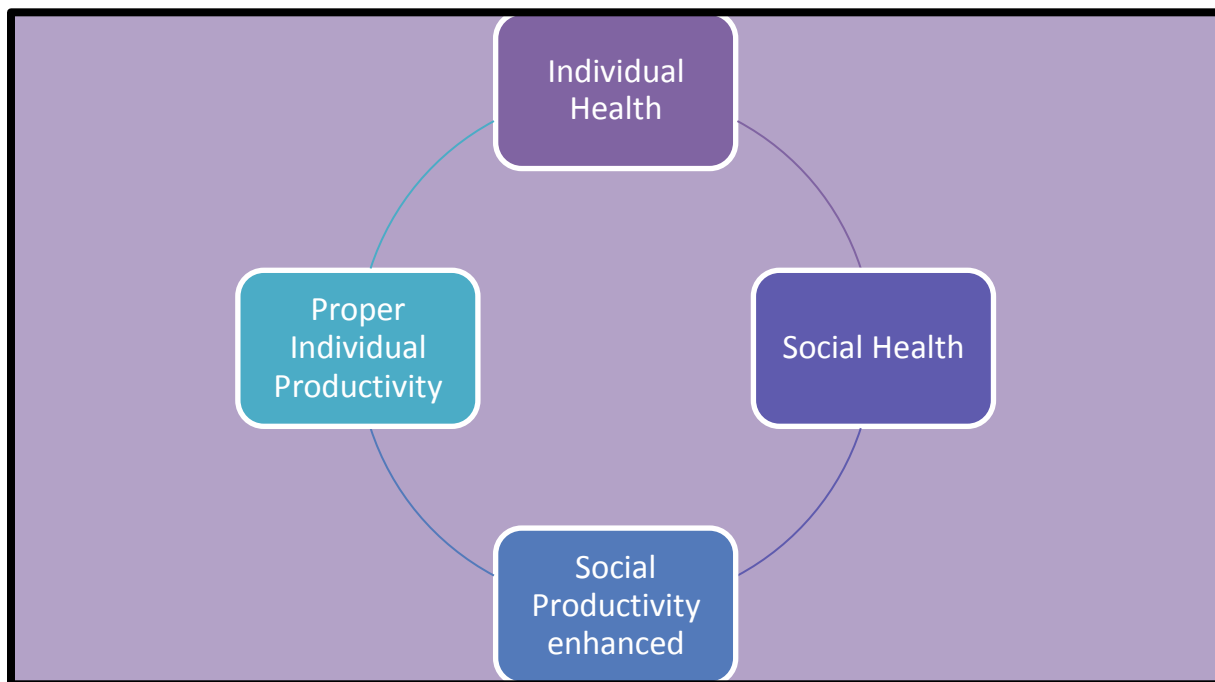
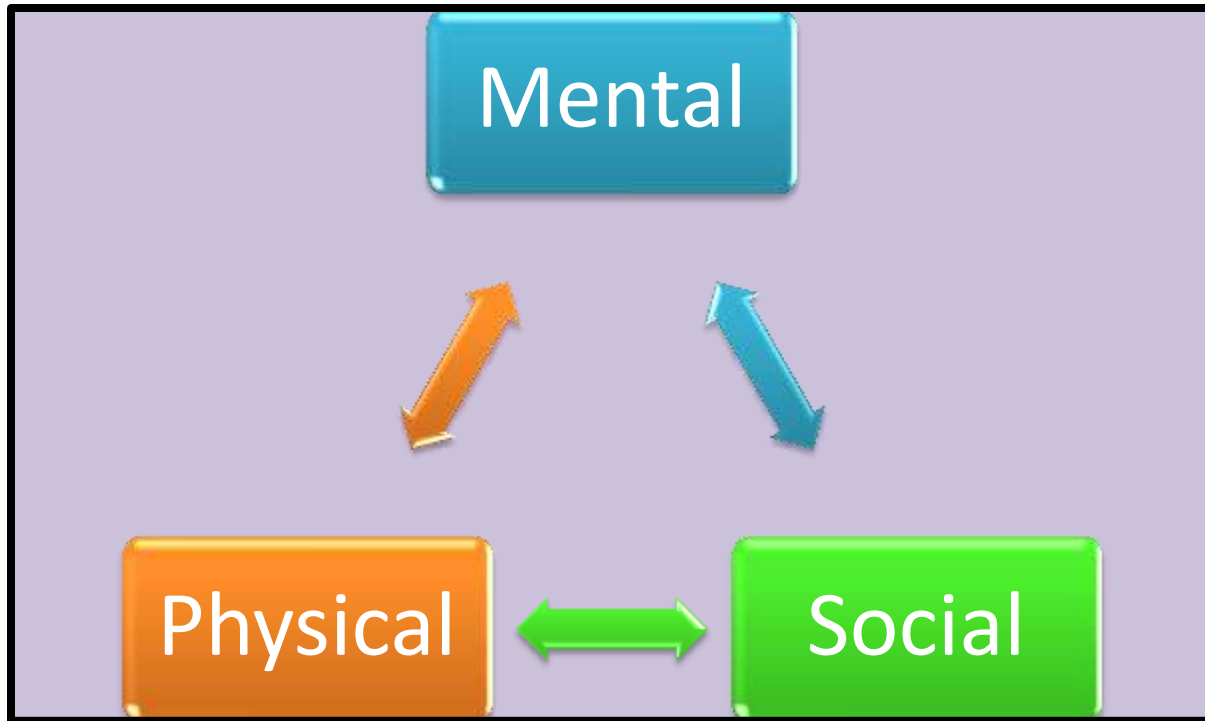
Introduction:-

Science is the study of natural phenomena by means of observation, discussion, cross-examination and experimentation where possible. Science is theoretically sub-divided into physical science, discussing the physical world and life science, discussing the living world. Among the different branches of life science, Health science is that branch of 'applied science', which deals with our health & health care delivery system directly. Health sciences are classified according to the different mode of treatment into several sectors, like Allopathy, Homoeopathy, Ayurveda etc. in a faulty manner. In this extremely developed time, in spite of solving many complicated mysteries, the world is drowning under the dump of diseases or several disharmonious conditions rapidly and continuously, just because of our biased and prejudiced nature. There are two groups of people existing in the society; one of them is the intellectual community, either knowing the matters then explain those or explain the matters without having any knowledge. The other one is the mass; they either follow the path prevailed in the society or very much eager to pass foolish comments & explanations blindly. It is that precious sector of science, which deals with life directly and must be devoid of noxious business influences. But, it is very painful that these important sectors are directed by the business strategies nakedly or in an indirect manner. Before proceeding further, I want to discuss about nature & health in brief.

According to the WHO, "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity." From this definition, we can easily figure out that, there are three factors important in order to maintain health, i.e. **1) physical factors, 2) mental factors & 3) social factors**. Therefore, for the maintenance of health, removing of the pathological condition is not sufficient; rather there is a need to restore the physical, mental and social status appropriately. Mental, physical and social factors are inter-dependable to each other not different one from another. Each and every physical illness has an important psychological side in their development; further every psychological deviation can contribute in several physical complaints seriously. So, we can say easily, these are inter-dependable. So, to make a person absolutely healthy, one has to remove the psychological and physical deviations of that person thoroughly.

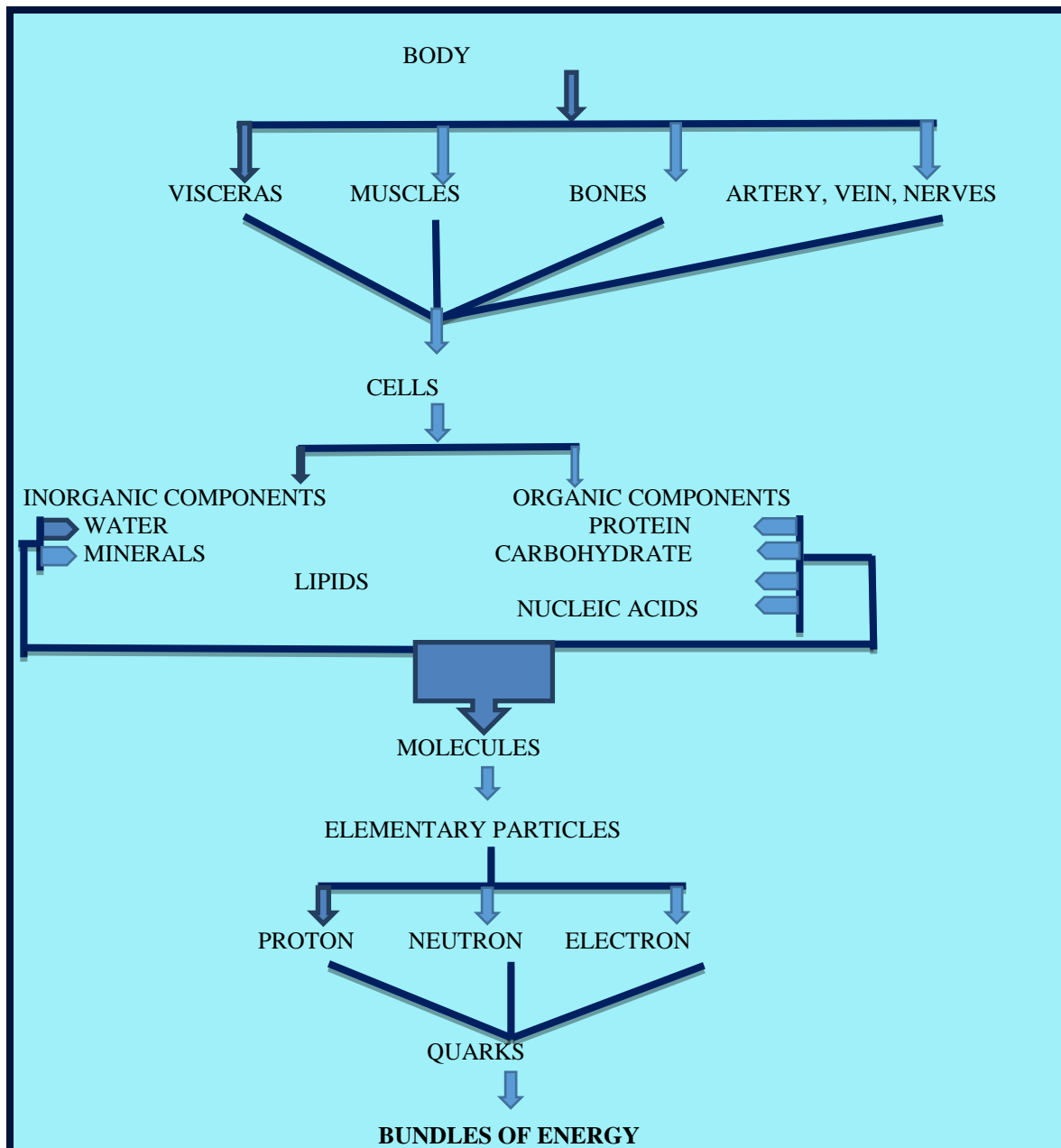


Again, individual wellness can contribute a major role in the social health, because society is the composition of enormous amount of individuals, or one can say individuals are the fragmentary parts of larger society. Individual wellness can enhance individual contribution and individual productivity, which collectively results into social productivity. Therefore, to enhance a gross social productivity, development of individual productivity is very much important. That is why for the purpose of treatment, considering several systems of the body in isolated manners and exclusion of mental parameters from their collection is nothing but a faulty and wrong way of approach. For the purpose of restoration of health, correction of life style and removal of the social stigmas, the two important pillars, need to be performed thoroughly and carefully. Otherwise, due to our biased approach, the conditions of the patients have to be deteriorated due to the over usage of drugs.



There are lots of thoughts, myths, habits and practices, prevailed throughout the ages; those are the principal enemy of healthy life and healthy atmosphere. Fight against these enemies of the society is one of the important works of the people who want a healthy and peaceful world. For the purpose of treatment, we have to be wiser, more knowledgeable, more analytical, more methodical and obviously unprejudiced. Now come to our next point of discussion, i.e. **'nature'**. *"Nature is a balanced state, where all the elements of the nature live harmoniously, under a fixed principle."* As we all belong to the natural community, we have to follow the natural rules and principles carefully, otherwise in the long run nature will exclude us like a diseased part.

Before proceeding further, I want to discuss about the fundamental structure of the body at first. We know that, the body is composed of enormous amount of cells. Cells are the structural and functional units of body. These cells are fundamentally composed of carbohydrates, proteins, lipids and many inorganic compounds. The biomolecules, like carbohydrate, protein and fat are composed of basic elements in different arrangements and numbers, namely carbon, hydrogen, nitrogen and oxygen with the direct and indirect association of other several inorganic substances like phosphorus, chlorine, potassium, sodium, magnesium etc. If one is capable of demonstrating internal organization of these elements, they will find, these elements are the composition of many minute molecules. Each molecule is composed of many atoms; atoms are the composition of different charged particles, like proton (positively charged), neutron (neutral), electron (negatively charged), positron, neutrino. Boson etc; these fundamental particles are composed of several quarks in different arrangements and finally these quarks are nothing but the bundles of energy.



From the above discussion, one can easily understand one bitter truth of this earth, i.e. every component, every element and every material of this earth is fundamentally formed by the condensation of energy, which is far beyond our materialistic concepts. It is very obvious that when the natural and physical phenomena are governed by energy and most fundamental form of the body is nothing but the energy, even we are connected with this greater nature by means of energy, then the polluting or pathological agents deranging our health must be by means of energy, i.e. their disease producing power. When disease produced due to the imbalance in the energy field of materialistic body and disease produced by the energy, then it is obvious that, the correction can be done by the means of energy. It will be our only goal to correct the particular imbalance accordingly, not the application of more harmful chemicals, because those can derange the state of health more violently.

The incidents, we are unable to understand or to explain, usually declared as ‘accidents’, ‘miracles’, ‘happen by chance’ etc., cannot permit us to allow those to consider as correct results just because of our biased mentality. This is nothing but the ‘preference’; because preference is made on the basis of personal comfort, guided by the mentality to avoid risks, tendency to avoid controversies and to obtain results easily. This nature is nothing but the ‘biasness’. Homoeopathy, Ayurveda these traditional systems of medicines are victims of this biased nature & forcefully endorsed Allopathic system of medicine in our life. As our topic of study is ‘mechanism of action of Homoeopathic medicines’ I want to discuss about Homoeopathy in short. Homoeopathy is a system of medicine, based on a fixed principle i.e. ‘*similia similibus curenter*’ and following three fundamental guidelines, i.e. **1) minimum medicine, 2) minimum dose and 3) maximum similarity**. Historically the concept of ‘like cure likes’ originated in time of the father of medicine Hippocrates. After long time, Dr. C.F.S. Hahnemann established this system of medicine with the name Homoeopathy. Before selecting a Homoeopathic remedy, it is of prime importance that we have to construct a perfect ‘totality of symptoms’, depending on which we have to select the particular indicated Homoeopathic remedy. We know that, every stimulus is capable of altering a particular state of health, altering in an unique manner and varying in intensity. From this point of view, Homoeopathy does not consider disease alone as a distinct pathological entity, rather a diseased person as a whole. In Homoeopathy, there are more than one medicine grouped under a single disease, but considering all the deviations of body and mind (totality of symptoms) carefully, they can find only one medicine indicated for the particular pathological state of a particular disease. For example, if we consider some cases of ‘Arsenic poisoning’, where many people think as Homoeopathy considers ‘like cure likes’, then one can prescribe the Homoeopathic Arsenicum album in every case of arsenic poisoning blindly and observing the inappropriate results they can easily able to declare that Homoeopathy is a pseudoscience or nothing but the placebo effect etc. But, by considering the symptomatology of arsenic poisoning, one can easily find there are different symptoms & signs in different stages of arsenic poisoning. That is why in those different phases you have to prescribe different Homoeopathic medicines to obtain a desired result. Before considering these minutest deviations for medicinal selection, it is immaterial to declare any biased statement blindly.

Now, let us come to another point of discussion, i.e. ‘mode of treatment’. The mode of treatment means the paths need to be followed to treat a pathological condition. Which path is ideal for treatment is intentionally made controversial and debatable also. Let us take a view on the possible routes of treatment procedures. Treatment can be done mainly with the help of drugs along with many other methods but the physicians readily avoid those methods in recent dates. The body is a self-manageable instrument, not a non-living instrument. The body has the capabilities to combat with the offending pathological stimuluses and agents spontaneously with its own instruments. Now the question arises, if body can combat with all insults spontaneously, then what is the utility to apply any medicinal substance and how? It is true that body is a self- manageable instrument, but every instrument has its limitation of work. To help the living instrument we have to assist the body with our medicines not to interrupt its spontaneous action with artificial chemical substances.

Another point we have to discuss, i.e. the placebo effects. Discussion of the ‘placebo effect’ is important, because many people consider homoeopathic medicinal effects as placebo effects. Placebo is a non-medicinal substance does not possess any medicinal property. These substances are used to treat patients psychologically or to give mental satisfaction to the patients, where true pathological deviations are absent. But before considering a case for placebo, one has to be sanguine about the nature of the case. Placebo can treat any sensation of discomfort not originating pathologically or not deep-seated; but natural diseases, having pathological findings, cannot be treated with placebo. After considering remarkable changes in the pathological data, even in those cases where modern medicine failed to act, considering Homoeopathic medicines as placebo is nothing but the proof of their biasness, faulty way of thought and half- hearted knowledge. We know that for the development of a pathological condition, there is a major role of our thought, rather better to say maximum of the role played by our thought, but its exact mechanism is still not

known. In these cases placebo or non-medicinal substances can help us to correct his or her mental alteration to some extent, which may uncover their physical alterations produced by the influence of those improper thoughts.

Homoeopathic Medicines:-

Many people have called 'Homoeopathic Medicines' as 'diluted solutions' and marked as 'mixtures without any medicinal property', but in recent dates, a scientific team of IIT Bombay has demonstrated about the existence of the starting component in the higher dilution also. On another side, few intellectual personalities of USA said that, Homoeopathic dilutions are harmful substances and it has a severe adverse effect on the organism. These are the ever-debatable topics of extremely materialistic community and business personals; it is very easily understandable that these above mentioned statements are opposite to each other. The potency of Homoeopathic medicines increases through 'trituration' and 'succussion'. During these processes, molecules of the medicinal substance and molecules of the vehicle get collisioned with each other; even the molecules also stroked with the wall of the bottle and grinder rapidly; which leads to liberation of an amount of energy by compromising the molecular masses; that is why more the potency leads to decreased size of medicinal molecule and increased energy within the solution. In many cases, during this procedure, the characters of the drug substance has become changed due to the repeatative collision of the molecules; for that reason one may encounter different findings in different potencies of the medicine. This is not our point of discussion, because my duty is to describe about the mechanism of action of Homoeopathic medicines only.

Materials & Methods:-

Study group:-

For this particular study, we have selected people of different age groups, sex groups, religions, occupations, geographical conditions and disease conditions. The basis of selecting disease conditions are only those patients whose pathological parameters can be checked repeatedly after application of the Homoeopathic drugs. We have divided the cases as acute & chronic based on our Homoeopathic point of view.

SELECTION CRITERIA	NO. OF PATIENTS
Age : 12 – 20 years	34
Age: 20- 28 years	42
Age: 30 – 40 years	49
Age: 41 – 50 years	72
Age: 51 – 60 years	69
Age: above 60	138
Acute cases	125
Chronic cases	279
Male	139
Female	265
Poor	134
Middle class	270
Student	43
Employed	193
Unemployed	112
Business man	56
Hindu	188
Muslim	208
Christian	08
Kolkata	190
Bardhamann	51
24 pargana (N)	79
24-pargana (S)	37
Midnapore	40
Siliguri	07

Materials:-

1. Homoeopathic medicines from Schwabe India of 30 & 200 potencies.
2. Distilled water
3. 30 no. globules.
4. One Touch Select glucometers.
5. Sphygmomanometer
6. Hammer
7. Measuring tapes
8. Stethoscope

Authorities:-

1. Humanity Institute for advanced medical & Cultural Research
2. Sree Krishna Society
3. G.M.I.D.C. for basic pathological testing.

Methods:-

Patients are carefully selected by observing their every single pathological deviation even a minutest also and make sure that the complaints are completely devoid of any fabrication, exaggeration, miss-interpretation and hypochondriasis. Every case is considered as a fresh one for the purpose of observation, clinical examination, questioning and pathological findings.

After taking cases thoroughly, we have divided the patients into two groups:

1. Patients with true pathological conditions and**2. Patients with false pathological sufferings or pseudo sufferings:-**

Then in the next step, we have constructed a 'totality of symptoms', i.e. the ideal picture of the patient or sufferer, on the basis of which we can prescribe indicated medicine. For selection of medicine in acute cases, prime considerable point is the causation of that particular pathology and followed by modalities and concomitant symptoms.

Then we have observed the changes manifested in the patients carefully by examining and cross-examining them and observing there pathological data carefully. We have designed a case taking proforma, so that a thorough & detailed case taking can be instituted. Both acute & chronic cases are thoroughly categorized in this manner.



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STUDY TO FIND THE MECHANISM OF ACTION OF HOMOEOPATHIC MEDICINES
CASE TAKING PROFORMA

Page No. _____ Date _____

Age _____ Sex _____ Religion _____ Occupation _____

Address _____

DOB _____

PRESSENT COMPLAINTS (in chronological order)

HISTORY OF PRESENT COMPLAINTS

Mode of onset _____

Time _____

Duration _____

PAST HISTORY (in chronological order)

FAMILY HISTORY

Paternal side _____

Maternal side _____

Ever ill _____



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FAMILY HISTORY

Paternal side _____

Maternal side _____

Ever ill _____

Case Taking Proforma Designed For This Particular Study

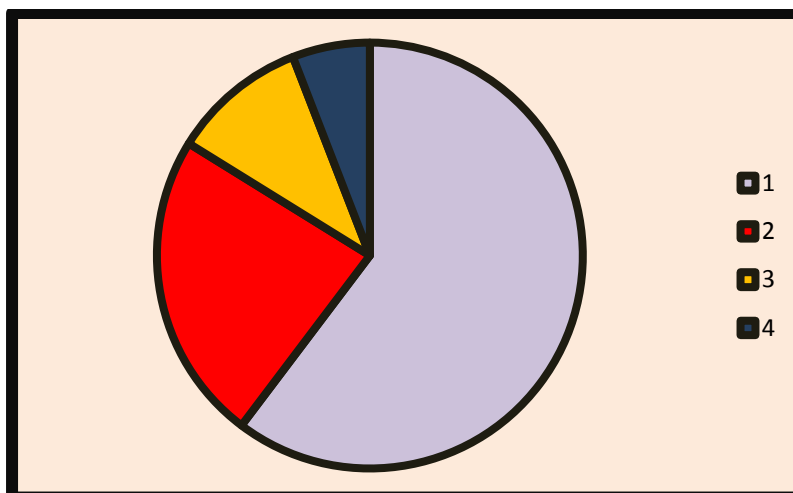
As every pathological condition has a major background of psychological deviation, we have spent a lot of time with them for excluding the disturbed psychological background at first, which have successfully relieved several symptomatologies and their pathological data also showing their improvement; even in those cases having no psychological background also showing improvement due to the continuous effort to spread positive thought by our medical team.

Findings:-

The observations are instituted from the very first moment after administration of the required medicines. We have started to receive our results, as soon as medicine is exposed to the nerves. To confirm its nervous transmission of signals, we have changed the routes of administration accordingly like ingestion, olfaction and rubbing.

There are few different findings we observed:-

1. In some cases, we have seen slight aggravation of the existing symptoms, and then those automatically become obsolete, without any further medicinal intervention. In these cases, where primary aggravation of the symptoms occurred, there is also primary elevation of the pathological findings can be observed. In cases of DM-2, along with the primary elevation of the existing symptoms, we found elevation of the glucose level in the blood also.
2. In some cases, we have encountered rapid relief of sufferings without any aggravation, but followed by reappearing of the sufferings again.
3. In some cases of true sufferings, we have used 'placebo' to observe the changes in the patients, but we have failed to get any desired effects.
4. In the cases of false sufferings or sufferings due to negative thoughts or faulty lifestyles we have not prescribed any medicine except placebo and done thorough counseling, to treat those cases and we have seen good results.

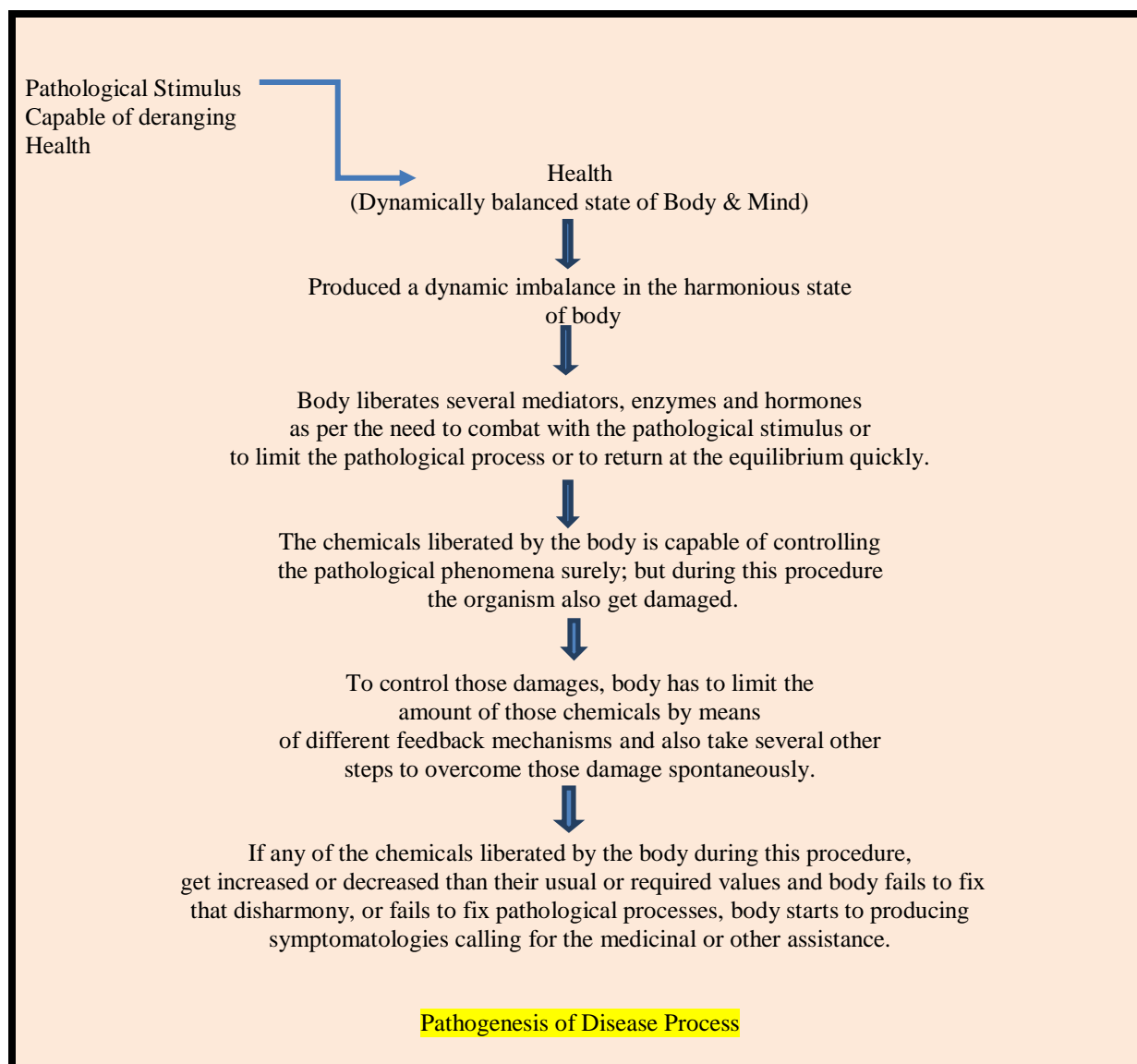


Discussion:-

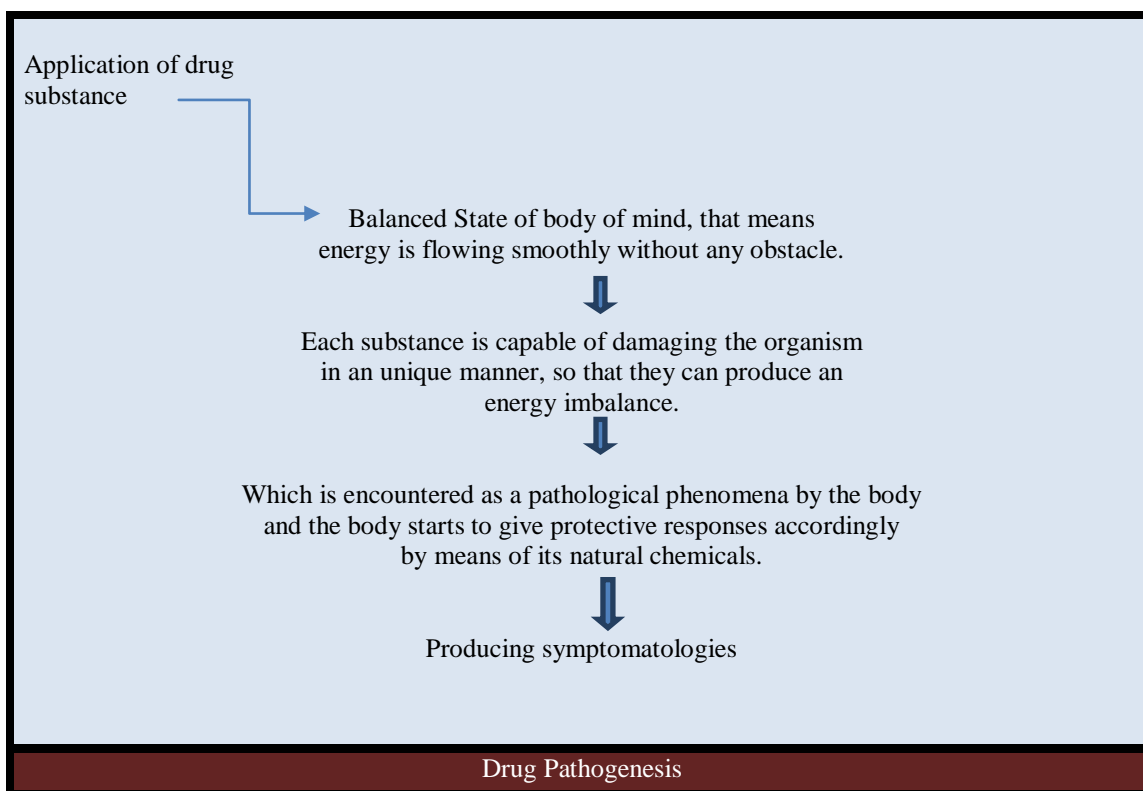
On the basis of above findings and data, one can easily find out the improvements of the cases treated with homoeopathic medications. It is impossible that all cases treated with Homoeopathic medications are 'accidents' or 'happened by chance' cases. Now, let us come to the main point of discussion, how homoeopathic medicine works? The body is a self-manageable instrument, with the capabilities to combat with the offending pathological stimuluses spontaneously. Before proceed further, just take a rough view of the pathological responses.

When the body is exposed to any kind of pathological stimulus, which is capable of damaging the organism, body gives its 1st line of defense by means of allergic reaction. We know that allergy is a defensive mechanism of our body which can release several chemicals, capable of producing these allergic reactions externally and to neutralize or control those allergic reactions body secretes anti-allergic substances itself. If allergy continues or maltreated by blocking allergic reactions, that may result into inflammation, which is called the first line defense exerted by the body by means of inflammatory mediators, needed for the pathological conditions. These chemicals liberated by the body have varying potentials to damage the cells. Therefore, to control the excessive amount of secretion of mediators or to protect the body from the vulnerable effects of those chemicals, body has several pathways to control, that may be through neural or chemical mechanism. Not only in the case of inflammation, these types of phenomena occur within the body naturally, if any pathological condition occurs. We know, chronic diseases can be categorized according to their contributing factors, like psychological, lifestyle, drug-induced, genetic and natural.

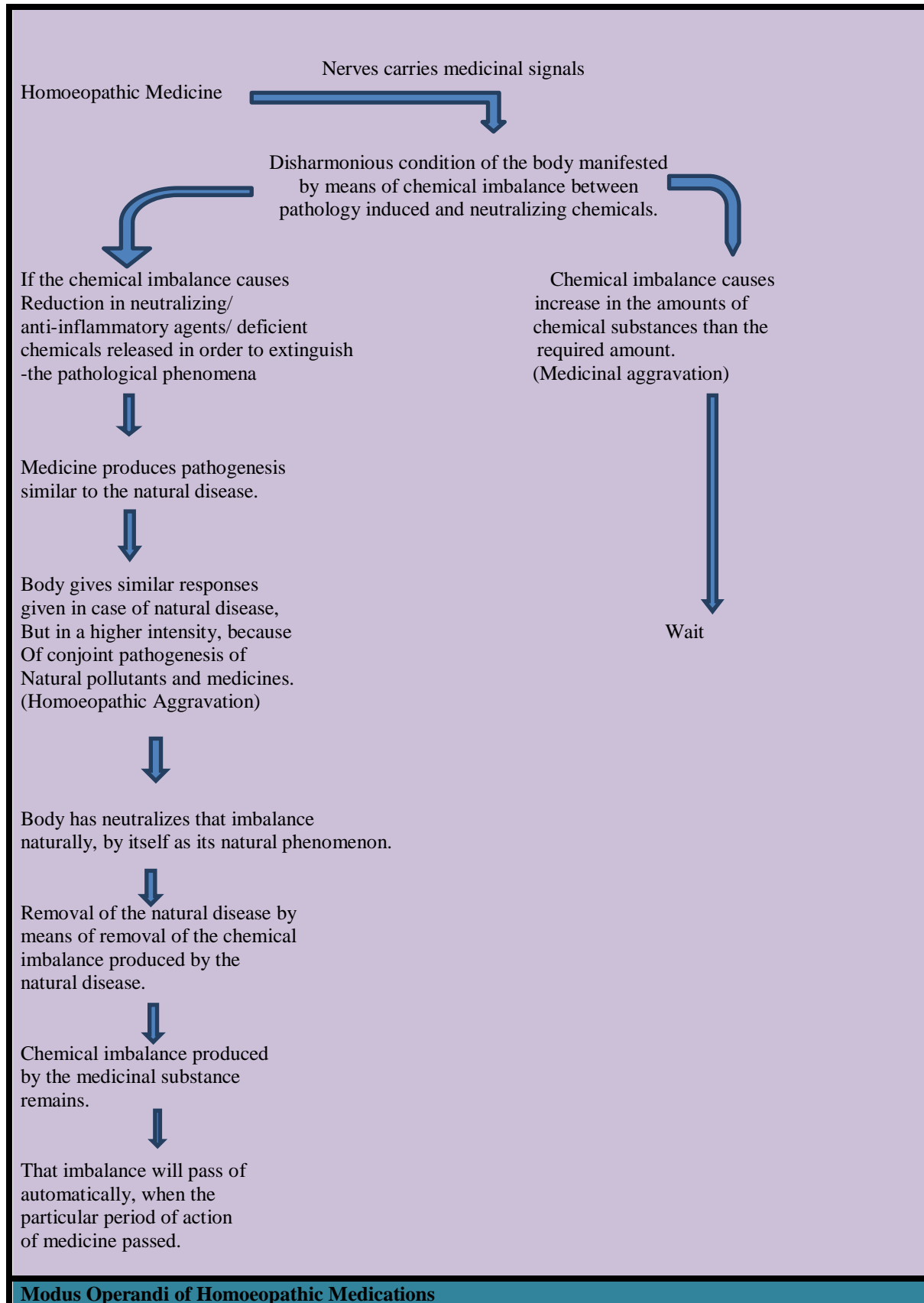
When a natural disease occurs with the contributions of psychological factors, life styles, genetic factors, and others; they can successfully derange our body and mind by means of the dynamic deranging potentials of pathological stimuluses; the body exerts a protective response grossly. During this procedure, we can find the manifestations by means of symptoms and signs from each systems of the body. So, symptomatology is the results of these complex mechanisms and these do not arise due to the pathological stimulus alone, rather due to the cellular damage occurred by the chemical substances liberated to combat with the pathological insult also. There is no need to provide crude artificial chemical substances for the purpose of controlling the pathological procedures, because body has its own protective mechanisms to control those. The purpose of prescribing medicines is just to limit the gross damage occurred by the insults or by the chemicals liberated by the body naturally, by providing strength to the body's vitality. If not, then there must be three- way damage occurs within the body; one by the disease producing power of the pathological agent, secondly due to the suppression of the body's natural barriers and thirdly by the means of artificial chemical agents, as drugs. Before prescribing a homoeopathic remedy, one has to thoroughly compare the drug pathogenesis with the disease pathogenesis.



Drug pathogenesis means, how a drug substance can alter a state of health and produce symptomatology. **Drug substances** are derived from different sources, like vegetable kingdom, animal kingdom, mineral kingdom, nosodes, sarcodes etc. Drug substances are basically composed of different elements in different number and arrangements; those elements are composed of different molecules, which are ultimately composed by quarks and we know that, quarks are nothing but the collection of energy. We know from our previous discussion that, body is basically collection of energy and it is governed by the energy. It is well known to us that energy cannot be created or destroyed by any means, it is converted from one form to another. This drug pathogenesis can be encountered during the procedure of drug proving.



To achieve desired Homoeopathic cure, one have to compare these drug pathogenesis and disease pathogenesis thoroughly. Now, let us discuss what medicine can results. As soon as a homoeopathic medicine similar to a particular case comes in contact with the peripheral nerves, that provides a pathological signal to the brain similar to the existing natural pathological phenomena. Brain will respond to that medicinal signal by releasing its natural chemicals, which are liberated for the particular natural disease, in a greater quantity; which is sufficient to extinguish the disease as a whole. During this procedure, through proper nutritional management and psychological management, the cellular damages can also be minimized; there is no need to provide any artificial chemical agents for this purpose, until and unless body's vitality is not seriously deprived. As the goal is just to provide a similar signal to the brain by means of nerves, to which the body is already exposed(susceptible), there is no need to provide homoeopathic medicines in large quantity, a little quantity is sufficient enough to provide a desired effect. In this investigation, in the patients of DM-II after administering homoeopathic medications, we have encountered an elevated level of blood glucose primarily according to their causations and as a response there is also elevated level of Insulin also encountered; but these cases have not relapsed again, because of absolute homoeopathic response without compromising organic status. But where we have provided medicines just to control blood glucose level by means of mother tinctures, we have observed a primary and abrupt declining of the blood glucose but followed by a huge elevation of blood glucose again; because this effect is not homoeopathic absolutely.



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