

## Homoeopathy available alternative

A recent German medical study showed the use of a homoeopathic remedy to be as effective as a prescription medication for post-surgical foot pain and discomfort. Homoeopathy is one of the most common medical system worldwide.

It is based on the idea that a person who is sick can be treated with a vanishingly small concentration of a substance (remedy) that at higher concentrations would cause similar symptoms of illness in a healthy person.

In homoeopathy, the more dilute the remedy, the stronger the action. This is in stark contrast to traditional medicine where the higher concentration of drug, the stronger the action.

Homoeopathy does not lend itself well to the usual research format since remedies are tailor-made for each patient and can change as the patient's condition changes. For example, the initial remedy that a person might

take for high blood pressure could change over time as the blood pressure improves. In traditional medicine, the patient may stay on a specific medical regimen, possibly for life.

As a result, few clinical trials comparing homoeopathic remedies to commonly used medications have been done. However, the recent German study was a well-designed clinical trial, and the results were published in the peer-reviewed *Journal of Alternative in Complementary medicine*.

In this study, 88 patients underwent the same type of foot surgery and were randomized to receive either Arnica montana (homoeopathic remedy) or diclofenac sodium (anti-inflammatory medication). Reduction in pain was slightly better with the diclofenac sodium group; however, swelling, redness and range of motion were significantly better in those taking Arnica montana.

The researchers concluded that Arnica

montana would be a good option for patients after foot surgery. Like other drugs in its class (non-steroidal anti-inflammatory drugs), diclofenac sodium can cause side effects. It's also more expensive than Arnica montana.

Homoeopathic remedies may not work for everyone, and undoubtedly there are some people who will not respond at all. However, at least for foot surgery, it certainly seems to be a reasonable option in those people who would like to try it or for those who have problems with anti-inflammatory medications.

Homoeopathic remedies are manufactured in FDA-approved laboratories under strict guidelines. And while there is no licensing for homoeopathy in Illinois, we are fortunate in the Chicago area to have a number of excellent medical physicians and well-qualified chiropractors who are experts in homoeopathy.

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## KRV members raid private clinics

**BANGALORE, SEP.18:** Members of the Karnataka Rakshana Vedike on Wednesday raided two private clinics charging that the doctors were not qualified. During the raid, they had with them Karnataka Medical Council (KMC) and Karnataka Homoeopathic Board Registrars. The first visit was to the clinic run by Dr S Ramakrishna, who was also practicing homoeopathy. He had registered himself with the KMC but had homoeopathic medicines in his clinic.

When KMC registrar Dr. Vidyasagar questioned Dr. Ramakrishna, the latter said that it was being practiced by his father. Dr Vidyasagar made it clear said such practice was against Supreme Court ruling. "We will summon Dr. Ramakrishna before the KMC and the council will take a decision on him," Dr Vidyasagar said.

The second raid was on a private clinic run by Dr Ramanand Rao J.V and his wife. Dr Rao who claimed himself to be an MD was

actually a homoeopathic doctor and had registered himself with Homoeopath Board. However, Dr Rao denied that he was practicing in that clinic.

Regarding his wife, Dr Rao said that she was a Unani doctor and did not practice. Karnataka Homoeopathic Board registrar Dr Ashwathnarayan said that there was no case against Dr Rao or his wife. "The activists took them to the police station, where the doctors made some statement," he added.

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