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When little beings are celebrated with gentle, healing hands: The role of Homoeopathy in shaping a healthier generation

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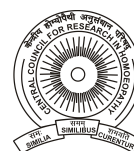
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When little beings are celebrated with gentle, healing hands: The role of Homoeopathy in shaping a healthier generation

Abstract

Editorial

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“Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow.”

Children’s day is being celebrated in India on 14th of November every year on the birthday of the first prime minister of India, Jawaharlal Nehru, to raise awareness about the rights, education and welfare of children.^[1] Pandit Jawaharlal Nehru’s one of the primary focuses was to create an atmosphere in the country where the attention was constantly directed to children and their welfare.^[2] A strong health system creates the very basic foundation to ensure welfare and well-being of children. Homoeopathy has been considered as a safe and alternative mode of treatment laying out this foundation.

Back in 2007, *The Lancet* reported that Homoeopathy was booming in India.^[3] Almost two decades hence, Homoeopathy continues to boom in the country, with reports suggesting Indian homoeopathic medicine market being the most rapidly growing Asian-Pacific market.^[4] Women and children constitute approximately 67% of India’s population, and their health is one of the most pressing public health challenges facing the nation today. To emphasise the benefits of AYUSH systems – comprising Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy, the Department of AYUSH launched several national campaigns focussed on specific health conditions. One such initiative was the National Campaign on Homoeopathy for Mother and Child Care launched in 2017. This campaign aimed to raise awareness amongst policymakers, medical professionals from other healthcare systems and the general public about the potential role of Homoeopathy in addressing maternal and child health issues. Under the ambit of the campaign, a programme ‘Homoeopathy for Healthy Teething,’ as a part of the ‘Homoeopathy for Healthy Child’ initiative, was implemented in selected districts of India. A study conducted during this programme concluded that an approach with regular use of *Calcarea phosphoricum* 6X and home-based care with Homoeopathy through health workers for common problems in teething children is acceptable to the community and enhances outreach of services to the public at large.^[5]

The health of the women and children is also a top priority for the National Rural Health Mission (NRHM) of the country, with reducing maternal and child mortality and ensuring universal access to health services for women and children being amongst the main goals. Interestingly, the NRHM emphasises integrating AYUSH systems into the country’s healthcare delivery system.^[6] Central Council for Research in Homoeopathy joined hands with the renowned clinician and

~ Pandit Jawaharlal Nehru, The First Prime Minister of India

researcher, Dr. Menachem Oberbaum, Director, Centre for Integrative Complementary Medicine for a study in children. The outcome reported in the *European Journal of Pediatrics* supports the use of Homoeopathy, using conventional medicine only as a safety backdrop, as a safe and cost-effective primary care modality during the first 2 years of life.^[7]

If Homoeopathy is made to reach the children more easily and more often, it is not a long road before we would see healthier children around us, who would make it to the school on most days and have to be put lesser on conventional support, given their high immunity to fight day-to-day infections. On the occasion of National Children’s Day, here’s wishing India will lead the way to make it happen.

In this issue, the readers will be enthused with an *in vitro* comparative study showing the efficacy of well-known homoeopathic mother tinctures, *Abroma augusta* Q, *Gymnema sylvestre* Q, *Cephalandra indica* Q, *Momordica charantia* Q and *Syzygium jambolanum* Q.^[8] The efficacy of *Ferrum metallicum* 30C in cases of polycystic ovarian syndrome has been documented in a randomised, placebo-controlled, single blind trial.^[9] The role of individualised homoeopathic treatment in cases of tinea cruris and corporis is depicted through a case series.^[10] Homoeopathy may work as an alternative mode of treatment in case of occupational disorder, as suggested by this study on individualised homoeopathic medicine, along with judicious application of an intercurrent homoeopathic remedy.^[11] A miasmatic approach to prescription may help critical disorders like lateral venous ulcer with individualised Homoeopathy.^[12] We end that this issue by featuring a study suggesting Homoeopathy may serve as a great help in acute cases such as periorbital cellulitis with the help of *Hepar sulphuris*.^[13]

As we end this year of 2024, here’s to the great memories of the year behind us and to the beautiful start to the next one!

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