

Research for Growth of the Science and Self

ABSTRACT: *Today the world demands evidences for everything and that is the way science grows. So research has become part and parcel of our clinical work. In homoeopathy we are not strict in maintaining standardized evidences. Who should undertake this challenge? Unless young enthusiastic homoeopaths do it, the science will go into stagnation.*

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NEED OF RESEARCH

The popularity of Homoeopathy is increasing day by day. The concept of individualization has been realized by many and now most of the treatment systems are talking about tailor-made medicines for the individual diseased person. So the realization of the basic concept on which homoeopathy works is getting a firm foothold in other medical systems. At the same time homoeopathy is under siege. It has been some time now that many reputed journals are taking advantage of so-called deficiencies of Homoeopathic science such as lacking a credible scientific explanation to explain its mechanism of action. There is an increase in the organized onslaught on the science.

WHAT IS RESEARCH?

The commonest parlance is a search for knowledge. However, there are many definitions of research. Some define it as a systematized effort to gain new knowledge or a movement from known to unknown. In the scientific world, one defines research as the systematic objective analysis and recording that may lead to controlled observations to generalize and may lead to the development of principles or theories, resulting in prediction and possibly ultimate control of event.

RESEARCH IN HOMOEOPATHY

Dr C F S Hahnemann himself was a great researcher. One of the qualities of a researcher is to ask right questions at the right time. Research is always based on evidence. Thus Hahnemann while translating Cullen's *Materia Medica* was stuck on Cinchona bark explanation. Since then he did lot of experiments on

himself and only because of that, he could lay down the fundamental principles of homoeopathy.

Another important point one needs to remember is that the growth of any science is dependent on the research done in that field. Hence, if we want homoeopathy to keep pace with the recent development in physics and medicines then one needs to do lot of work in research.

SCOPE OF RESEARCHES IN HOMOEOPATHY

Homoeopathy deals with patients on holistic principles. Individualization is the heart of homoeopathic philosophy. On the other side, the scientific process demands the standardized systems of approaches. Even the purpose of research is to generalize concept from specific experiences so that various principles or management strategies can be formulated. Thus, we see there is difference between homoeopathic concepts and actual established research design. To avoid this difference one needs to have fine balance between scientific research methods without compromising homoeopathic fundamental principles. Any system evolves continuously to give optimum function. Research methods in homoeopathy also needs to evolve to give fitting responses to those who take advantages of so called deficiency of homoeopathy in giving scientific explanations.

AREAS OF RESEARCH

BASIC RESEARCH: As mentioned above the first need of homoeopathic research is to prove scientific aspect of homoeopathy. There is a scope for basic research. Lot of work is going on in that respect and scientist are looking beyond Avogadro's number. More re-

search in this field will definitely prove the scientific aspect of homoeopathy.

CLINICAL RESEARCH: While doing basic research one must not forget the concept of Individualization. Keeping that in mind research should be done to improve the efficiency of homoeopathy in various clinical condition and different stages of clinical diagnosis. This will give confidence to clinicians in taking various challenges of medical science more confidently. Therefore, there is equal scope for both basic as well as clinical research.

LITERARY RESEARCH: New researches are based on existing knowledge base. Homoeopathic literature is very rich and still there are many hidden treasures. Some of these may be completely new and some may require understanding from the recent advances in the medical field. Various clinical experiences are also part of literature. Hence studying various types of literature is a very important part of research.

ACTION RESEARCH: COMMUNITY BASED: We need to spread homoeopathy at every doorstep. This is not possible until we work on community based action research. In this way not only community but also the researcher who is immensely benefited, as he understands the individualistic responses at mass level.

AGRO AND VETERINARY RESEARCH: Isolated experiences are indicative of the scope homoeopathy has in these two fields. Definitely research in these field will widen the scope of homoeopathy. Apart from this, another major advantage for our science would be that the results can be more objectively verified and subjectivity would be minimized. Hence it is most important to work in these fields to ensure the scientific nature of homoeopathy.

EDUCATIONAL RESEARCH: Research is done for generating knowledge. Unless knowledge is not disseminated to enlighten younger minds, the science will not grow. Hence, we need to develop various teaching techniques to ensure that more and more students understand homoeopathy in a scientific way.

GROWTH OF HOMOEOPATHIC RESEARCHER

Research helps science to keep pace with the current developments. The science grows because of the valid conclusions made by recording and analyzing a se-

ries of observations. At the same time, the homoeopathic researcher should get benefit of doing research. From my own experiences and my team members experiences, we have seen that, the researcher who had taken this challenge also gets the benefit not only from the medical/ homoeopathic point of view but in shaping his personality. The two aspects of him viz. that of a clinician-researcher and his own personality undergo a sea change.

LEARNING AND GROWTH IN TERMS OF

- Learns importance of Evidence based practice Experiences the Unprejudiced Observer
- Understands in a better way the Art of Homoeopathic Prescribing
- Develops courage to ask questions to self and scientific world
- Develops his/hers Critical Thinking and learns to do constructive Analysis
- Gets Sensitivity training – required for becoming a successful professional
- Learns perseverance – ability to persist in spite of all odds
- Sharpens writing skills – There are different ways of writing - for interim reports, scientific journals, publishing papers etc.
- Acquires communication skills – when working for team, disseminating knowledge to colleagues and in presenting papers
- Last but not the least, you master so many technical skills like working on PC – using number of software for analysis, etc.

CONCLUSIONS

- Research is the need of the hour
- Basic research and clinical research are both important in making homoeopathy more scientific
- One can decide own aptitude and take relevant research area. There is scope for everybody.
- The growth and science and researcher is directly proportional to each other.

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