



Advance Homoeopathy Research

Why in News?

Adamas University, Kolkata, and the **Central Council for Research in Homoeopathy (CCRH)**, New Delhi, have signed a **Memorandum of Understanding (MoU)** to **strengthen academic and research collaboration in [Homoeopathy](#)**.

Key Points

- **Significance of the Partnership:**
 - This agreement represents a **key step in interdisciplinary research**, promoting **scientific advancements in Homoeopathy** through collaborative initiatives.
 - Both institutions have reaffirmed their **commitment to innovation and evidence-based research** in alternative medicine.
- **Expected Outcomes:**
 - The partnership aims to **strengthen academic ties and facilitate joint research** projects.
 - It is expected to contribute to the broader acceptance and integration of Homoeopathy in mainstream healthcare.
- **About CCRH:**
 - **The Central Council for Research in Homoeopathy (CCRH)** operates under the **[Ministry of Ayush](#)**, Government of India as an **apex research organisation**.
 - It **conducts core research in Homoeopathy** and collaborates with national and international institutes of excellence for various research activities.

Homeopathy

- It is a system of medicine which is based on the concept that the **body has an inherent ability to heal itself**, and the role of the homoeopathic remedy is to **stimulate this self-healing process**.
 - Practitioners of homoeopathy believe that diluting the substance to extremely small amounts enhances its healing properties while reducing any potential side effects.
- **The World Homoeopathy Day** is observed **every year on 10th April** to commemorate **the Birth Anniversary of Dr. Hahnemann**, the Founder of Homoeopathy.

AYUSH Systems of Medicine

AYUSH encompasses Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy, with Ayurveda having a documented history of 5000+ years.

Ayurveda

- ↳ **Samhita Period (1000 BC):**
Emerged as mature medical system
 - ↳ **Charaka Samhita:** Oldest and most authoritative text
 - ↳ **Sushruta Samhita:** Gives fundamental principles and therapeutic methods in eight specialities
- ↳ **Main Schools:**
 - ↳ **Punarvasu Atreya** - School of physicians
 - ↳ **Divodasa Dhanvantari** - School of surgeons

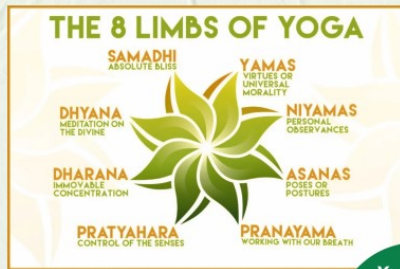
Branches of Ayurveda:

- Kayachikitsa (internal medicine)
- Shalya Tantra (surgery)
- Shalakyata Tantra (disease of supra-clavicular origin)
- Kaumarabhritya (paediatrics)
- Agada Tantra (toxicology)
- Bhootavidya (psychiatry)
- Rasayana Tantra (rejuvenation and geriatrics)
- Vajikarana (eugenics & science of aphrodisiac)



Lord Brahma is believed to be the 1st proponent of Ayurveda

Yoga & Naturopathy



- ↳ **Naturopathy:** Healing with help of 5 natural elements - Earth, Water, Air, Fire and Ether
 - ↳ Based on theories of self-healing capacity of body and principles of healthy living
 - ↳ Encourages a **person-centred approach** rather than disease-centred

Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

Unani

- ↳ **Pioneered in Greece, developed by Arabs as 7 principles (Umoor-e-Tabbiya)**
- ↳ Based on the framework of teachings of **Buqrat** (Hippocrates) and **Jalinoos** (Galen)
 - ↳ Hippocratic theory of **four humors** viz. blood, phlegm, yellow bile, and black bile
- ↳ **Recognised by WHO** and granted official status by India as an alternative health system

Siddha

- ↳ **Dates back to 10000 – 4000 BC; Siddhar Agasthiyar - Father of Siddha Medicine**
- ↳ Preventive, promotive, curative, rejuvenative, and rehabilitative health care
- ↳ **4 Components:** Latro-chemistry, Medical practice, Yogic practice & Wisdom
- ↳ Diagnosis based on 3 humors (**Mukkutram**) and 8 vital tests (**Ennvagai Thervu**)

Sowa Rigpa

- ↳ **Origin: Lord Buddha in India before 2500 years**
- ↳ Traditional medicine in Himalayan regions of Ladakh, Himachal Pradesh, Arunachal Pradesh, etc.
- ↳ Recognised in India by Indian Medicine Central Council Act, 1970 (As amended in 2010)

Homeopathy

- ↳ **German physician Dr. Christian F. S. Hahnemann codified its fundamental principles**
- ↳ Medicines prepared mainly from natural substances (plant products, minerals, animal sources)
- ↳ Brought in India by European missionaries - 1810; official recognition - 1948
- ↳ **3 Key Principles:**
 - ↳ **Similia Similibus Curentur** (let likes be cured by likes)
 - ↳ Single Medicine
 - ↳ Minimum Dose

