

Restore and Resolve - Homeopathic System (HS) of Medicine in Synergy with Integrative Oncology (IO). Retrospective Analysis of Case Studies of Cancer Patients Which Aims to Analyse the Role of the HS of Medicine in IO

Dr. Mitesh Kothari, MD

Homoeopathic Education and Research Institute (H.E.R.I.), Mumbai, India

Introduction:

Homeopathy is often sought by patients for treatment of chronic conditions. In spite of its popularity for having no side effects and being cost effective when it comes to treatment of cancer cases, it is mostly sought as alternative or complementary Therapy. This may be because there are seldom clinical trials conducted to prove the evidence for its role in integrative oncology.

The homeopathic system of medicine is based on the concept of individualization and susceptible constitution. In order to differentiate and individualize, a classical homoeopathic treatment broadly consists of two main elements - the case history and prescribing an individually selected single homeopathic medicine.

Goal of the homeopathic case history

- Diagnosing the case clinically
- Perceiving the phenomenon of disease i.e. the journey of the patient from health to disease
- Premorbid and morbid states of mind and body
- Deviation from normal physiological functions while in a state of health and deviation in disease
- Mental states - traumatic events / experiences and their effects on thoughts, feelings, actions and behaviour
- Attributes and Disposition
- Life situation - childhood, upbringing, education and academic performance, Traumatic experiences, coping skills and abilities, attitude and adaptability, habits, work circumstances, profession and social interactions, mode of living, interpersonal relations (IPR) in the family, duties and responsibilities, cultural and religious concepts, morals and value system.

Methods:

Samples were gathered from all the Oncology Clinics of Homoeopathic Education and Research Institute, India, Mumbai. (H.E.R.I.) A total of 198 cancer cases from January 2006 to 2016 were analysed; almost all of them were cases of recurrence /relapse of disease.

All cancer cases which were clinically diagnosed having metabolically active disease supported with pathological and radiological evidences were included in the study.

Cases that were treated and managed according to the homeopathic system of medicine were included in the study.

Cases that received both homeopathic treatment and Helixor injections according to the Helixor therapy guidelines were also included in the study.

Cases that received any conventional chemo- and/or radio therapy as treatment for active disease along with homeopathic treatment and Helixor therapy as complementary therapy for co-morbid psychological and physical symptoms of side effects were included in the study as well.

All cases that were in remission after treatment but had co-morbid psychological symptoms and received homeopathic treatment for the same were also included in the study.

Cases that received a minimum of 6 months and more of treatment were only included for study.

Results:

The following groups emerged while analysing the case histories of patients.

- a) Group of patients who received conventional therapy, complementary/adjuvant Therapy (Helixor therapy) and homeopathic management all together or at different point of time.
- b) Group of patients who received conventional chemotherapy and/or radiotherapy and homeopathic management.
- c) Group of patients who received Helixor therapy and homeopathic management.
- d) Group of patients who received only homeopathic management.

Observations:

- It was observed that Homoeopathic case taking in itself worked as therapeutic measure relieving the anxiety and depressed moods almost immediately after the first interview; this lasted for a few days but did not completely resolve.
- It was observed the co-morbid psychological symptoms were relieved within 4 - 8 weeks of the beginning of homeopathic treatment.
- In all 9 patients failed to respond to homoeopathic medicines, for which psychiatric intervention was required.
- It was observed that 22 patients received only homeopathic medicines, and of which 14 survived for more than 1 year. 8 patients survived for more than 2 years and 5 patients survived for more than 3 years. 1 patient survived for more than 8 years.
- It was observed that out of 198 cases 144 suffered from severe emotional conflict / trauma in terms of failed relationships, loss of loved ones or sudden loss in business, disappointment in love, etc. Because of these experiences, they had negative feelings such as hatred, helplessness, hopelessness, doubtfulness, despair, vengefulness, etc.
- It was observed that homeopathic treatment in terms of medications were helpful in relieving the negative emotional symptoms and restoring the mental state to the premorbid status.

- Homeopathic history taking was helpful in generating insight in patients, thus helping them resolving their conflict so as to adapt to the situation.
- It was observed that patients who showed a positive attitude towards life and living, and those who had better coping skills which helped them overcome the conflict and adjust or accept the situation and tried to forget their trauma survived a minimum of 2 years.
- It was observed that in spite of good adaptability, almost half of them suffered relapse of disease, as most of them had despair and doubted complete recovery.
- The patients who were proactive and had a positive attitude towards life adapted easily and also had a strong belief system survived for more than 5 years. These patients chose to change the situation rather than living with it and believed that they would be cured.

Only 2 patients survived for more than 10 years. Along with all the above qualities such as a positive attitude, good coping mechanisms and adaptability, they both practiced forgiveness. Both were religious and shared a strong spiritual inclination as common feature.

Conclusion:

The above observation clearly indicates that homeopathic system of medicines has a definite role in oncology. It plays a vital part in relieving co-morbid psychological symptoms. It can be complemented with other therapies in management of oncological conditions. The homeopathic system of medicine can restore and resolve and be in synergy with integrative oncology.