

## Five New Homeopathic Drugs Show Effects Against Fungus and Bacteria: Biosimilia Research

In breakthrough research by Indian homeopath, Dr Rajesh Shah in collaboration with clinical pharmacologists at Mumbai's BYL Nair Hospital, five new homeopathic drugs have shown anti-fungal and anti-bacterial effects in a laboratory model. The research paper was published in a peer-reviewed, Pub-med listed *British Homeopathy Journal*.

In this research, five new homeopathic nosodes were developed from bacteria that produce typhoid (*Salmonella typhi*), pneumonia (*Klebsiella pneumoniae*), gonorrhoea (*Neisseria Gonorrhoea*), gastrointestinal infections (*E. Coli*) and from fungus (*Candida albicans*) by Dr Rajesh Shah, a homeopath cum researcher. Nosodes are homeopathic medicines prepared from bacteria and viruses. Nosodes are often comparable with vaccines because they are prepared from viruses and bacteria, but they are not vaccines. There are about fifty nosodes used in homeopathy for over 150 years. Interestingly, homeopathy and vaccination were introduced to the world in the same year, that is 1796.

"This research is a strongly convincing evidence of the scientific proof of the anti-bacterial and anti-fungal effects of homeopathic

medicines in laboratory experiments." Dr Shah was earlier awarded a national award from the Ministry of AYUSH in 2018, for his research in developing another nosode from the TB germs. Dr Renuka Munshi and Geeta Talele are the co-authors of this research paper.

The research shows that a nosode prepared from *Candida* fungus was able to inhibit the growth of *Candida* fungus in the laboratory. Its success was as effective as standard anti-fungal medicine called amphotericin.

Similarly, the homeopathic nosodes prepared from Typhoid bacteria (*Salmonella typhi*) in certain doses could inhibit the growth of the germs similar to that by Ciprofloxacin and Ofloxacin. A new drug prepared from *E. Coli* could also inhibit the growth of *E. Coli* bacteria as effectively as the previously mentioned antibiotics. Typhoid and *E. Coli* bacteria are amongst the major bacteria producing infections of the intestines and other organs.

*Klebsiella pneumoniae* is a major cause of pneumonia, a lung infection. A homeopathic nosode prepared from the same bacteria could inhibit the growth at par with the commonly used antibiotics.



## Ayurvedic Treatment for Arrhythmias and Heart Failure

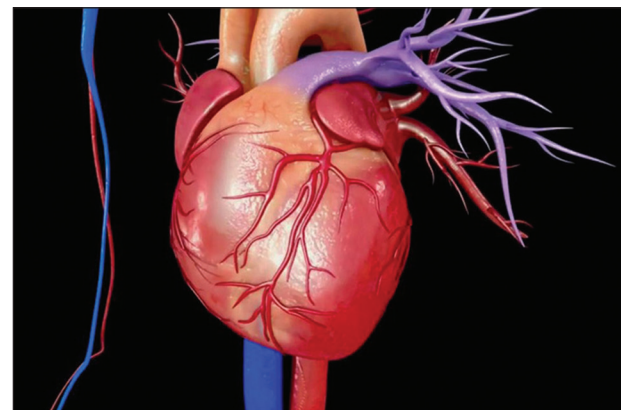
Ayurvedic herbs for the treatment of abnormal heart Arrhythmia and Heart failure according to Shuddhi Ayurveda include:

**Arjuna:** Arjuna is known to be a very effective herb for heart failure and other heart-related problems. This ayurvedic herb has cardioprotective properties that mainly strengthens the muscles of the heart. This natural ayurvedic herb regularly will help to provide relief in abnormal heart rhythms.

**Ashwagandha:** This ayurvedic herb is very beneficial for reducing the side effects of medications and control other heart-related problems. The root and berry of this herbal plant are used in Ayurveda for maintaining the good cholesterol level and remove the bad cholesterol in the body.

**Pipal Tvak:** Pipal tvak offers a great value in the Ayurveda. Pipal tvak herb is effective in managing and preventing ab-

normal Heart Rhythm. This herb also strengthens the heart muscles.



**Brahmi:** It is another important herb in Ayurveda. It mainly balances the stress level of the body. This helps to boost memory and increase the response time of our immune system against various diseases.

**Punarnava:** This ayurvedic herb offers the best medicinal value since ancient times to manage abnormal heart rhythms. Punarnava has revitalizing properties that are very helpful in relaxing the heart muscles.

**Twak:** To maintain blood pressure levels and strengthen the heart muscles this ayurvedic herb is very effective. This ayurvedic herb is beneficial to deal with heart diseases.

### A Mix of Modern, Ayurvedic Medicine Helps Treat Covid-19



An integrated therapy of modern medicine and Ayurveda has benefited Covid-19 patients with faster recovery in mild-moderate Covid-19 cases and preventing ICU admissions and deaths, according to a study by the Directorate of AYUSH-Gujarat.

The study findings revealed that Covid-19 patients on combined therapy of allopathy and Ayurveda, got RT-PCR negative results in an average of 7.85 days, as against 12.19 for those only on allopathic medicines. Also, the number of patients recovering within 0-3 days was 33 per cent in the case of patients on both the therapies, as against none in the case of only allopathic treatment.

The study was conducted at the 1,200-bed Covid-19 hospital at Ahmedabad's Civil Hospital campus. Covid-19 patients with mild symptoms were divided into two groups with one receiving regular allopathic treatment and the other given ayurvedic medicines in addition to the allopathic medicines.

All these ingredients were tested to be free from poisonous substances, steroids or metallic substances. These medicines were administered for 28 days or negative RT-PCR, whichever was earlier. The study found that no patient reported an Adverse Drug Reaction (ADR). Ayurveda-assisted Covid-19 treatment has helped overcome major symptoms much faster.

### Ozone Therapy for Diabetes Treatment

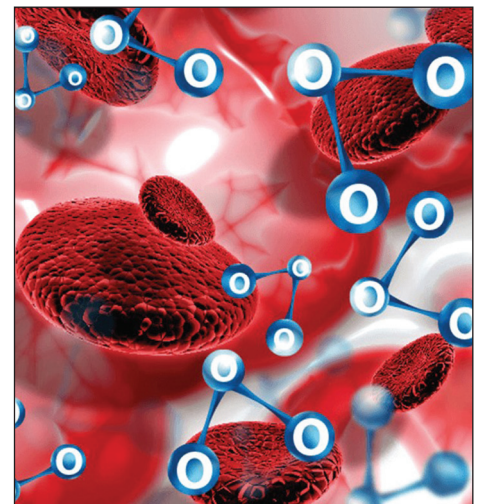
Ozone Therapy, a branch of Naturopathy, has emerged as a promising alternative medicine therapy to support diabetes treatment with oxygenation. Medical professionals at the Ozone Forum of India have highlighted the therapeutic benefits of ozone therapy during the treatment of type-2 diabetes.

Experts believe that Ozone Therapy can be a holistic treatment for a multi-organ level cure for diabetes rather than only treating blood sugar levels.

Ozone improves oxygen delivery to the tissues, resulting in improved circulation and helps in reducing insulin resistance by correcting oxidative stress. It gives better sugar control and also has better infection control. When Ozone therapy is administered, the body improves oxygen metabolism. Ozone improves ATP (Adenosine triphosphate), which is the primary carrier of energy in cells regulation. Thus, ozone targets improve the energy for the cell and maintain the cellular redox balance.

Early detection of diabetic foot ulcers is important. Ozone therapy delivers more oxygen to the tissue. Ozone works with platelets to improve circulation and healing. As Gautam Shah, Orthopedic Surgeon, said, "Ozone therapy prevents the diabetic foot ulcer from amputation by increasing the oxygenation and improving the blood circulation of the limb. It helps in healing of diabetic ulcer by reducing infection, it helps in swelling and pain reduction."

Ozone Forum of India has trained over 2,400 doctors and treated over 50,000 patients with this beneficial and impactful cost-effective treatment across tuberculosis, cancer, skin treatments, diabetic foot and more.



## Electroacupuncture Reduces Cold Stress-Induced Pain in Fibromyalgia

Fibromyalgia patients suffer from chronic and persistent widespread pain and generalized tenderness. Transient receptor potential V1 (TRPV1), which is reported as a Ca<sup>2+</sup> permeable ion channel that can be activated by inflammation, is reported to be involved in the development of fibromyalgia pain.

The recent study explored that the TRPV1 channel functions as a noxious sensory input in mice cold stress model. It remains unknown whether electroacupuncture (EA) attenuates fibromyalgia pain or affects the TRPV1 pathway.

Hsien-Yin Liao, College of Chinese Medicine, School of Post-Baccalaureate Chinese Medicine, China Medical University and his team showed how that cold



stress increases mechanical and thermal pain (day 7: mechanical:  $1.69 \pm 0.41$  g; thermal:  $4.68 \pm 0.56$  s), and that EA and Trpv1 deletion counter this increases. EA and Trpv1 deletion reduced the cold stress-induced increase in inflammatory mediators and TRPV1-related molecules in the hypothalamus, periaqueductal gray (PAG), and cerebellum of mice.

Their results published in *BioMed Central Journal* imply that EA has an analgesic effect associated with TRPV1 downregulation. They provide novel evidence that these inflammatory mediators can modulate the TRPV1 signaling pathway and suggest new potential therapeutic targets for fibromyalgia pain.

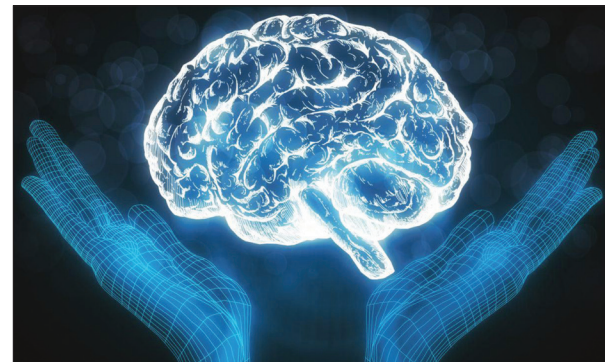
## Meditative Practice and Spiritual Wellbeing May Preserve Cognitive Function in Aging

A new review in the *Journal of Alzheimer's Disease*, published by IOS Press, examines research that finds spiritual fitness, a new concept in medicine that centers on psychological and spiritual wellbeing, and Kirtan Kriya, a simple 12-minute meditative practice, may reduce multiple risk factors for AD.

"The key point of this review is that committing to a brain longevity lifestyle, including spiritual fitness, is a critically important way for aging Alzheimer's disease-free," explain authors Dharma Singh Khalsa, MD, Alzheimer's Research and Prevention Foundation, Tucson, AZ, USA, and Andrew B. Newberg, MD, Department of Integrative Medicine and Nutritional Sciences, Department of Radiology, Marcus Institute of Integrative Health, Thomas Jefferson University, Philadelphia, PA, USA. "We hope this article will inspire scientists, clinicians, and patients to embrace this new concept of spiritual fitness and make it a part of every multi-

domain program for the prevention of cognitive disability."

Research reveals that religious and spiritual involvement can preserve cognitive function as we age. The authors observe that today, spirituality is often experienced outside the context of organized religion and may be part of every religion or separate from it. Spiritual fitness is a new dimension in AD prevention, interweaving basic, psychological and spiritual wellbeing. The authors discuss the research on how these factors affect brain function and cognition. For example, psychological wellbeing may reduce inflammation, cardiovascular disease, and disability. Significantly, individuals who have a high score on a "purpose in life" (PIL) measure, a component of psychological wellbeing, were 2.4 times more likely to remain free of AD than individuals with low PIL. In another study, participants who reported higher levels of PIL exhib-



ited better cognitive function, and further, PIL protected those with already existing pathological conditions, thus slowing their decline.

The overall relationship between spiritual fitness and a person's complete physical and mental health is a topic of investigation in the emerging field of study called neurotheology. Neurotheological studies can help to understand how a practice such as KK can lead to more permanent effects in brain function that support spiritual fitness, according to Dr Khalsa and Dr Newberg.

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