

**Letter to the Editor**

## **Placebo a wizard in scientific world of homoeopathy.**

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Myths are difficult to encounter with the scientific evidences as they sound true by means of belief in aspects of real world but are misleading when rigorously interrogated with scientific methodologies. Placebo a term which is used in many pseudo facts so called scientific articles still persist to be a booming topic of concerned in this so called scientific world. Past historic facts of epidemic have encountered the dreadful controversy of credibility of researchers for their efforts put forth in gaining the noble prize or scientific achievements in their domain of work. In the year 1854, John Snow had been widely credited for decline the epidemic cases of cholera. He considered the disease prevalent among Londoners who had witness the water consumed through well supplied company and not among the well of another company (1). In this scenario he nullified the offending pump statements, while simultaneously there was decrease in the cases of cholera. Snow's effects for establishing the cause cholera had little effect on the epidemic course. Similarly, some previous published fact for homoeopathic treatment consider as placebo effects in controlled clinical trial had been a dark shade of spoofing the so called popularity against the scientific treatments (2). Decades after researchers had documented the scientific facts of nullifying the placebo effects to therapeutic effects by reconsidering the controlled trails and proved the pseudo facts by considering paucity of clinical trial data while interpreting the meta-analysis studies of it (3-4).

### **Placebo and Homoeopathy: Entangled approach in research practice.**

Homoeopathy well established and recognized with its principle of "Similia Similibus Curenture" had meticulously been reviewed and proved with preclinical studies (In-vitro, In-vivo), Clinical trial and Meta-analysis. Homoeopathy has been always questioned about its physiochemical presences of source material in respective potency's emerging above so called Avogadro's Constant ( $6.02214 \times 10^{23}$ ).<sup>(5)</sup> Another interrogation for homoeopathy complies with its therapeutic effects pertaining with pharmacology of it. These research questions had been investigated by many researches. In preclinical and clinical studies, placebo is considered as succussed ethanol (Percentage of ethanol depends on different homoeopathic pharmacopoeia) as the preparations of homoeopathic medicines have 90% ethanol in it followed with 10% source material of drug.<sup>(5)</sup> As to established the fact that homoeopathy is superior than placebo in preclinical and clinical studies, the comparator group of succussed ethanol, homoeopathic medicine and established drug (Allopathy, Ayurveda.etc) is considered and investigated for the concerned research questions.<sup>(5)</sup> Studies have proven the effects of homoeopathic medicine superior than placebo and had been investigated with ethanol issues in cell culture experiments, ethanol toxicity in animal experiments and drug delivery (pharmacokinetic and pharmacodynamics) activity through hormesis effects.<sup>(6)</sup> Inspite of so many rigours efforts putforth by various researchers in deciphering the actions of placebo against homoeopathy, still researchers are reluctant to accept its scientific evidence and are attempting in proving homoeopathy as placebo (pseudo-science) and not merely as therapeutic science.<sup>(7)</sup> Today, there are so many

pooled clinical trial investigated on homoeopathy by considering the Evidence Based Medicine Criteria. However, this letter is way of communicating placebo as a key of wizards in this scientific world which needs to be justified with repeated scientific experiments and not merely on belief. The current homoeopathic era is about establishing therapeutic facts by re-experimenting the empirical research model (preclinical & clinical) with newly developed investigational equipment's and therapeutic approach as to decipher the wizards of placebo with therapeutic science. <sup>(8)</sup>

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