



Building Bridges To Knowledge: An Open Ended Survey To Know The Qualities Of A Researcher And The Imperative For Research In Homoeopathy

Dr. Deepti Sharma¹, Dr. Shobha Teterwal², Dr. Chandrabhan Sharma³

¹ (MD Scholar, Department of Paediatrics, Swasthya Kalyan Homoeopathic Medical College & Research Center, Jaipur, Rajasthan)

² (H.O.D., Associate professor, Department of Paediatrics, Swasthya Kalyan Homoeopathic Medical College & Research Center, Jaipur, Rajasthan)

³ (Associate professor, Department of Psychiatry, Swasthya Kalyan Homoeopathic Medical College & Research Center, Jaipur, Rajasthan)

ABSTRACT-

Introduction- Research is a systematic pursuit of knowledge aimed at uncovering new truths or reaffirming established ones. It is an art of scientific investigation and serves as the foundation of scientific progress and evidence-based practices. In the realm of medicine, research bridges the gap between theoretical knowledge and practical applications, enabling the development of innovative treatments, enhanced diagnostic tools, and informed public health policies. Medical researches are the cornerstone of evidence-based medicine and the quality of research is directly linked to the capabilities and mindset of the researcher. Research is essential for establishing the scientific validity of homoeopathy as a system and thereby enhancing its credibility. An effective researcher is vital for producing impactful and transformative research.

Study design- Open ended survey

Aim- To identify need of researches in homoeopathy and qualities of a researcher

Methodology- An interactive classroom discussion was organized in which the participants shared insights about need of research in homoeopathy and qualities of a good researcher. Responses were documented, analyzed, and validated collectively through published research articles.

Result- Key findings emphasized the role of research in validating the efficacy and safety of homoeopathic remedies, refining the materia medica through proving and reproofing, integrating homoeopathy with modern scientific paradigms, exploring new therapeutic applications and uncharted domains and developing evidence based practice. 26 qualities for researchers were identified, including curiosity, diligence, problem-solving capacity, creativity, acceptance of criticism and a commitment to truth.

Conclusion- In homoeopathy, research holds immense potential to validate its efficacy, expand its materia medica, and explore uncharted domains, thereby strengthening its scientific credibility and public acceptance. Identifying the qualities of a researcher ensures the advancement of knowledge, fosters innovation, and builds trust in research outcomes, ultimately contributing to the growth and credibility of the field.

Keywords- Researcher qualities, Research, Scientific advancement, Homoeopathy

Introduction-

Research according to Smith is a "disciplined inquiry."^[1] According to Clifford Woody, research comprises defining and redefining problems, formulating hypothesis or suggested solutions; collecting, organizing and evaluating data; making deductions and researching conclusions; and at last carefully testing the conclusions to determine whether they fit the formulating hypothesis.^[2] The main aim of research is to look into the matter in a scientific and "rational" attitude and the conclusions and benefits must be used for the development of skills, clinical practices, repositories and growth.^[3] Research has 2 general purposes: (1) increasing knowledge within the discipline and (2) increasing knowledge within oneself as a professional consumer of research in order to evaluate and understand new developments within the discipline.^[1] Research in homoeopathy has a wide scope as there are various domains in which the usefulness or effectiveness of homoeopathic remedies in particular diseases are yet to be found. Another point is that in India, Homoeopathy is a budding system of medicine and more researches with better results not only proves the efficacy of the system but also creates awareness about the same. Currently practiced in over 100 countries, its inclusion in healthcare delivery systems nonetheless varies greatly. Despite its more than 200-year history and long tradition of use in both Europe and the USA, homoeopathic practice is not integrated into conventional medicine in most parts of the world and is treated with varying degrees of skepticism and suspicion by physicians, academic scientists, and policy makers. Major contributors to the marginalization of homoeopathy are organizational resistance, its unexplained biological mechanism, and the lack of conclusive randomised controlled trials (RCTs).^[4]

Proving and reproving of drugs creates a wider knowledge about the drugs, reprovved medicines creates the basis for doubt clearance and also improves or advances the existing materia medica. Today researches are being done on plants and animals and thus research can create a new field or area of work in homoeopathy. We must be able to find the hidden treasures of Homoeopathy and present them to the scientific fraternity in a comprehensible manner.^[3] But all this will be done by a researcher and thus qualities of the researcher needs to be mentioned. Identifying the qualities of a researcher is essential because it helps to understand the skills, mindset, and characteristics that contribute to successful research. Recognizing these qualities also guides academic or professional development, allowing researchers to focus on areas for improvement. Moreover, strong research qualities foster innovation, enhance problem-solving abilities, and contribute to the integrity and credibility of research findings. Identifying these traits is also crucial for choosing the right researcher for specific tasks or projects.

Aim- To identify need of researches in homoeopathy and qualities of a researcher

Objectives-

1. To emphasize the necessity of research in homoeopathy
2. To know qualities of an effective researcher

Methodology-

The necessity of research in homoeopathy and qualities of a researcher focused in this article were identified through an interactive classroom discussion, an open ended survey conducted among students specializing in homoeopathy. The discussion aimed to explore and compile a comprehensive list of imperative of research and qualities of an effective researcher.

The methodology for this study involved the following steps:

1. Participant Selection and Study Setting:

The participants included MD students of Swasthya Kalyan Homoeopathic Medical college and research centre, Jaipur, Rajasthan, who actively engaged in the study of homoeopathy, who were familiar with the principles of research and its importance in advancing the field.

2. Discussion Framework:

The discussion was structured to encourage open participation. Each student was invited to share their thoughts on the qualities they believed a good researcher should possess and to why more researches are needed especially in homoeopathic system of medicine.

3. Data Collection:

The responses were noted systematically during the session. Emphasis was placed on capturing diverse perspectives to ensure a holistic understanding of the topic.

4. Data Compilation and Analysis:

The collected responses were compiled into a comprehensive list. Similar or overlapping qualities were grouped, and the attributes were organized logically to reflect their relevance and importance in the research process.

5. Validation:

The compiled list was reviewed collectively with the participants to ensure accuracy and agreement on the identified qualities and need for research, and its external validity was established by experienced professional and research articles.

Necessity of research in Homoeopathy-

1. Validation of Efficacy and Safety- A general consensus exists on the fact that homoeopathic treatment is safe and causes minimal to no adverse effects. What unfortunately remains a matter of concern is that not many clinical researches report of either ADE or homoeopathic aggravation, thus barring the true analysis of the safety index of homoeopathic treatment.^[5] Homoeopathic remedies are often marginalised for lacking scientific validation. Rigorous research is necessary to demonstrate the efficacy and safety of these treatments in managing specific diseases. Clinical trials, observational studies, and case reports help establish evidence-based support for homoeopathy, fostering trust among practitioners, patients, and the broader medical fraternity.

2. Proving and Reproving Remedies- The process of “proving” involves testing a substance on healthy individuals to determine its therapeutic potential, also known as homoeopathic pathogenetic trial. Proving and reproving allows for refining the materia medica by expanding knowledge about remedy indications, thereby enhancing clinical outcomes.^[5]

3. Integration with Modern Science- In today’s era of interdisciplinary medicine, integrating homoeopathy with modern scientific paradigms is crucial. Research enables homoeopathy to align with advanced diagnostic tools, molecular biology, and pharmacodynamics, creating a bridge between traditional practices and contemporary medical science.^[6]

4. Exploration of Uncharted Domains- Research opens doors to new applications of homoeopathy. Homoeopathic physicians are mostly focused on research about individualization, similarity and globality. That does not exclude research on some diagnoses and a lot of indications are reaching a IIIb level of evidence and would be further considered for more research.^[5] Studies on plants, animals^[5], and even molecular-level effects of remedies^[6] have the potential to uncover unique therapeutic opportunities. Such exploration can lead to the discovery of novel remedies or techniques, expanding the scope of homoeopathy.

5. Addressing Criticism and Misconceptions- Homoeopathy often faces skepticism due to misconceptions about its principles and methods. Also, the well known ‘Lancet’ journal regarded homoeopathy no better than placebo, however the metanalysis in which this was mentioned was later concluded to have bias, asymmetry, and omission of significant small trials.^[5] Well-designed research studies provide data-driven responses to such criticisms,

countering the argument that homeopathy lacks scientific validity. This helps improve its perception among healthcare professionals and the general public.

6. Creating Awareness and Acceptance- In countries like India, where homeopathy is still considered a "budding" system of medicine, research plays a pivotal role in creating awareness about its benefits.^[4] Documenting successful outcomes, publishing research papers, and presenting findings at scientific forums can significantly enhance public and professional acceptance.

7. Development of Evidence-Based Practice- Evidence-based medicine is the cornerstone of modern healthcare.^[6] Research allows homeopathy to move from anecdotal evidence to robust data-driven practices. This not only enhances clinical decision-making but also aligns homeopathy with global standards of medical care.

8. Shaping Public Health Policies- Research in homeopathy contributes to shaping health policies by providing insights into cost-effectiveness, accessibility, and therapeutic benefits. It can play a crucial role in addressing global health challenges, such as managing chronic diseases and promoting integrative medicine.

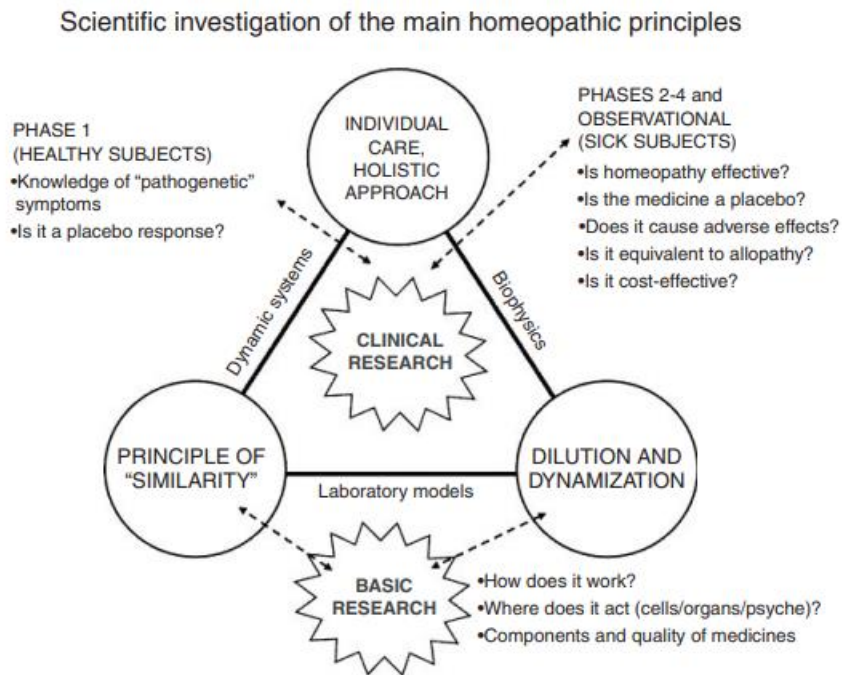


Figure 1- The three tenets of homeopathy- objects of scientific investigation^[7]

Qualities of a researcher-

1. Curious or inquisitive- drives them to ask meaningful questions and delve deeper into problems.
2. Keen observer- Observation being an essential component of research gives new insights and can further lead to more refined knowledge.
3. Wants to and can learn new things (learner)- Being adaptable and eager to learn ensures the researcher stays relevant and effective.
4. Intelligent- Intelligence helps a researcher analyze information, identify patterns, and draw logical conclusions. It also aids in grasping complex concepts and solving challenging problems.
5. Diligent- Diligence in a researcher means being thorough, consistent, and meticulous in their work, ensuring every step of the process is carefully planned, executed, and reviewed to maintain accuracy and reliability.
6. Determined- Determination helps a researcher come closer to the truth and overcome obstacles and setbacks
7. Mentally prepared- Research can be demanding and unpredictable. Mental preparedness helps a researcher handle stress, adapt to changes, and stay motivated.
8. Questions himself- Self-questioning fosters critical thinking and self-reflection, which are essential for validating findings and ensuring accuracy.
9. Open to imperfections or open receiver- Recognizing and accepting imperfections in one's research allows for growth and improvement of oneself and for one's field of research.
10. Strong willed- A researcher must be resilient and committed to their goals, especially in the face of skepticism or criticism.
11. Accept his mistakes- Admitting mistakes and learning from them is crucial for refining methods and ensuring credible outcomes.
12. Can bear criticism- Feedback from peers and mentors is vital for improvement. A researcher should embrace constructive criticism with a positive mindset.
13. Hard working/ Laborious in specified area- Diligence and consistent effort in the chosen area of research are essential for making meaningful contributions.
14. Skilled- Being skilled as a researcher means having the expertise, technical proficiency, and practical abilities to carry out a research

15. Has knowledge about research methodology and strong fundamentals of his area of research
16. Problem solving capacity and attitude- A researcher must identify problems and devise innovative solutions to address them effectively.
17. Creative thinker- Creativity helps in generating new ideas, exploring unconventional approaches, and solving problems in unique ways.
18. Punctuality- Punctuality in a researcher means consistently adhering to deadlines, maintaining a disciplined schedule, and ensuring timely completion of tasks and experiments.
19. Logical and analytical person- Logical reasoning and analytical thinking allow researchers to evaluate data, interpret findings, and make sound decisions.
20. Acceptance for final outcome- A researcher should remain unbiased and accept outcomes, even if they contradict their expectations or hypotheses.
21. Honest- Honesty and integrity ensures that research findings are accurate, reliable, and credible, without manipulation or fabrication.
22. Alert and conscious- Being alert helps a researcher identify potential errors, risks, or opportunities during their work.
23. Has patience- Patience ensures persistence through challenges
24. Focused- Concentration is necessary to achieve deep understanding and meaningful progress in a specific research area.
25. Unprejudiced- Researchers must remain unbiased, approaching their work with an open mind to ensure objectivity and fairness.
26. Lover of truth and knowledge- A genuine passion for discovering the truth and expanding knowledge is the driving force behind successful research.

A researcher must have or inculcate the above mentioned qualities in order to do a quality research. A healthy, creative and logical mind is the only key to an innovative, factual, reliable and advancing research.

Conclusion-

Research is the cornerstone of progress, transforming theoretical knowledge into practical applications that advance science and society. In homeopathy, good research not only validates its principles but also uncovers new avenues for its application, ensuring its evolution and relevance in modern healthcare. However, the quality of research depends on the caliber of the researcher. A researcher equipped with curiosity, diligence, creativity, and a commitment to truth can conduct impactful investigations that drive innovation and credibility. Therefore, cultivating these qualities is essential to achieving research that is not only methodologically sound but also transformative, fostering growth and confidence in homeopathy and beyond.

REFERENCES-

1. Morgan, G. A., Gliner, J. A., & Harmon, R. J. (1999). Definition, purposes, and dimensions of research. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38(2), 217–219. <https://doi.org/10.1097/00004583-199902000-00023>
2. Kothari CR, Garg G; Research methodology: methods and techniques; 4th edition, New age international (P) limited, publishers, New Delhi, 2019
3. Arora S., Scientific Research in Homeopathy: An overview, requisites, current scenario, challenges and future. Hpathy Ezine, 2012
4. Oberbaum, M., Chaudhary, A., Ponnampalani, H. B., Krishnan, R., Kumar, D. V., Irfan, M., Nayak, D., Pandey, S., Archana, A., Bhargavi, S., Taneja, D., Datta, M., Pawaskar, N., Pandey, R. M., Khurana, A., Singer, S. R., & Manchanda, R. K. (2024). Homeopathy vs. conventional primary care in children during the first 24 months of life-a pragmatic randomised controlled trial. *European Journal of Pediatrics*, 183(12), 5455–5465. <https://doi.org/10.1007/s00431-024-05791-1>
5. Van Wassenhoven, M. (2021). Scientific framework of homeopathy: evidence-based homeopathy. *International Journal of High Dilution Research*, 7(23), 72–92. <https://doi.org/10.51910/ijhdr.v7i23.286>
6. Bell, I. R. (2008). The evolution of homeopathic theory-driven research and the methodological toolbox. *The American Homeopath*, 14, 56–74
7. Pitari, G. (2007). Scientific research in Homeopathic Medicine: Validation, methodology and perspectives. *Evidence-Based Complementary and Alternative Medicine: eCAM*, 4(2), 271–273. <https://doi.org/10.1093/ecam/nel085>