

Review Article

Science of well-being and homoeopathy

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ABSTRACT

The article discusses about the science of wellbeing, its modalities and its impact on epidemiology, interventions that include health promotion, prevention and treatment (PPT) approaches. The concept of wellbeing in the article is seen through the concept of psychology and medicine where the emotional, mental and physical health aspects are taken into account. It also discusses the supportive therapies around the PPT triad. The public health dimension of the well-being concept is also dealt in this article. The article discusses the role that homoeopathic therapeutics can play in the domain of new treatment options to deal with the acute, sub-acute and chronic cases. Homoeopathy can be a supportive therapy that can help to deal with the upcoming challenges not only in the morbidity profile but also the mortality profile. Homoeopathy has repeatedly proved its efficacy in chronic diseases of all natures since the last two and half centuries.

Keywords: Hedonic well-being, Eudaimonic well-being, Well-being, Homoeopathy, Psychology

INTRODUCTION

In the subject of preventive and social medicine (PSM), there is a chapter on 'health and its dimensions'. Health has multiple dimensions. The status of health affects economies, public policy and the quest to live life. The outbreaks, epidemics and pandemics at all levels have contributed to the escalation of chronic illnesses, ageing global population and transformations in the era of medicine.¹⁻³

There are many ways in which wellbeing is explained. One way explores wellbeing as a multi-faceted construct involving positive emotions, life satisfaction and positive functioning. Another view states that wellbeing provides the fundamental constitutional view that the health encompasses complete physical, mental and social

wellbeing and not merely absence of infirmity. Psychology sees wellbeing as the focus on essential skills required building meaning and life satisfaction. One view sees it as physiological and emotional interactions that define wellbeing.⁴⁻⁶

The concept of wellbeing also analyses how physical health, spiritual wellbeing, environmental or social conditions intertwines to dictate one's overall quality of life.

Further, it is also seen as the presence of positive emotions and moods, the absence of negative emotions, satisfaction with life, fulfilment and positive functioning. Wellbeing includes happiness, contentment, wellness and lack of suffering but actually wellbeing is more than all these.⁷⁻⁹

There are two types of wellbeing and many related constructs. The two types are hedonic well-being (HWB) and eudaimonic well-being (EWB). Basically, a person's evaluation of their own life both emotionally and cognitively is HWB. Similarly, there are certain needs or qualities that are essential for one's psychological growth and development. The fulfilment of these needs enables a person to reach their full potential. The concept of psychological wellbeing is under EWB.¹⁰⁻¹³

The components of HWB constitute the distinction between affective and cognitive wellbeing. The various aspects of affective wellbeing are valence, frequency versus intensity, arousal and inter personal engagement. Similarly, the various aspects of cognitive wellbeing are life satisfaction, life evaluation and domain satisfaction.¹⁰⁻¹³

Basically, EWB addresses about 'feeling good' while HWB addresses a meaningful and purposeful life. In these two types of well being, there are also trait versus state conceptions of wellbeing. The distinction between the two has implications for understanding the structure of affect, the relation between wellbeing and health. It also includes the cultural variation in wellbeing. In EWB, affective dimensions beyond valence lead to distraction between state and trait. Further, this distraction will lead to understand the difference between HWB and EWB.¹⁰⁻¹³

In the new phase of chronic illnesses as mentioned in the first paragraph of this section, the factors that drive medicine are predictive science, personalized care, innovations and efforts in not just extension of not just life but healthy life i.e. the concept of wellbeing. The approach of the medicine has moved from reacting towards diseases to proactively protecting human being.^{14,15}

The proactive approaches of the medicine are multiple. However, broadly there are 8 approaches. These are 'moving from treatment to prevention', 'use of smart machines and advanced technology', 'global preparedness towards vaccines', 'precision and immunotherapy in cancer', 'research in transplantations, stem cells and laboratory grown tissues' and 'deal with ageing, longevity and healthy life span', 'personalized care' and 'focus on medical pluralism'.^{14,15}

PROACTIVE APPROACHES

The first approach is the shift from treatment approach to prevention approach. Here predictive care is also included. Tools like advanced genomics, metabolic biomarkers and artificial intelligence (AI) will enable clinicians to identify and reduce disease risks much prior to the advent of symptoms.^{1-4,15}

Therefore, currently routine checkups include genetic screening, metabolic profiling, continuous monitoring via wearable or implantable sensors as in blood sugar monitoring have become the mainstay. This approach

helps doctors to intervene earlier, design personalized strategies and lifestyles modified strategies that fosters in slowing the progression of the disease. It is already seen that these wearable sensors and related AI tools are predicting illness much before the appearance of symptoms.^{1-4,15}

These approaches have helped the clinicians to deal with conditions like amyotrophic lateral sclerosis (ALS), Alzheimer's and Parkinson's, other rare autoimmune disorders or genetic disorders. Clinicians are monitoring these conditions more effectively thereby improving quality of life thus offering a hope for new therapeutics.^{1-4,15}

The second approach is the use of smart machines and advanced technology. Currently, the artificial intelligence assisted technology is detecting subtle abnormalities in radiology, pathology as these tools have become smarter, faster and more precise. Hence, these tools are aiding early cancer diagnosis, early diagnosis of heart disease and neurological diseases.^{1-4,15}

Further, robotic surgeries are highly precise, minimally invasive with faster recovery and much less complications. Digital twins, virtual model of a patient's body created from clinical and genetic data are assisting clinicians simulate drug response before actual treatment. This process reduces the trial-and-error medicine.^{1-4,15}

The third approach is vaccines and the related global preparedness. Vaccine science has fostered into m-RNA, self-amplifying RNA and protein-based vaccines have expanded their scope beyond infectious diseases. These are now adapted for cancer prevention, auto immune disorders and chronic viral infections.^{1-4,15}

Further, the next generation vaccines target respiratory viruses, antibiotic resistance pathogens and emerging zoonotic diseases thus addressing global preparedness towards vaccines. Moving on, personalized care vaccines where it is designed using a patient's tumor profile are the promises towards reduction of relapse after the initial therapeutic intervention.^{1-4,15}

The next in line is the precision and immunotherapy in cancer. The combined effect of the triad of ageing population, environmental factors and life style factors are making cancer a global health challenge. Cancer not only has health or medical impact but also has emotional and financial burden on the families of cancer patients. Thus, it puts burden primarily on the health care systems. Currently, the genetic and molecular analysis of the cancer tumor is in the forefront of cancer care.

This analytical approach has given rise to CAR-T cell therapy, Cu-Resveratrol therapy and immune checkpoint inhibitors therapy. These therapies deal with not only with the solid tumors but also in the blood cancers.^{1-4,15}

Further strategies are also designed to deal with converting previously unresponsive 'immune cold tumors to 'immune active' tumors. Thus, more patients are benefited from immunotherapy. More interventions include advanced radiation techniques, targeted drug delivery, rational combination of therapies thus targeting enhanced survival and minimum side effects. In the near future, the therapeutic approach will be more effective, personalized and less toxic.^{1-4,15}

Following this approach, the approach of research in transplantations, stem cells and laboratory grown tissues are the next in line. In this approach, donor organs are the key but that remains a shortage. Regenerative medicine offers new solutions in this approach. Stem cell therapies repair damaged tissues in heart disease, degenerative conditions, neurological injuries, 3 dimensional (3D) bioprinting and tissue engineering are helping to create laboratory grown tissues like skin, cartilage and blood vessels. Early clinical applications are emerging where bioengineered tissues partially replace organ function. Thus, it reduces transplant wait time while chances of desired outcomes increase.^{1-4,15}

Next approach is to deal with ageing, longevity and healthy life span. Modern health care system is shifting towards the focus on ageing and longevity. Here the goal is not just to extend life span but to increase health span. Health span includes living life with good physical and cognitive health. In this domain, research into cellular health, mitochondrial function, inflammation and senescence reshapes the way ageing is comprehended and dealt with.^{1-4,15}

Moving on, the personalized care approach is one thing that the clinicians will focus in future. This care will help in early detection of chronic and genetic diseases, personalized therapies for cancer and autoimmune disorders, safer and faster surgeries, minimally invasive procedures, laboratory grown tissues, regenerative treatments and new tools to monitor and improve healthy life span. All these approaches will show that health care is no longer just about curing illnesses but it is about extending vitality thus enabling longer, healthier and more productivity in lives.^{1-4,15}

The last but not the least approach is the approach of medical pluralism. As we discuss health systems, one has to include the AYUSH system as well. As mentioned above, the well-being concept not only deals with physical health but also mental health and emotional health. The health system includes the modern medicine and as well as the AYUSH system in India. It is applicable across the globe wherever alternative systems are available. As people use these systems, the medical system is not singular but plural. The role of AYUSH system in personalized care, individualized care, mitochondrial health, cellular health, vitality, non-communicable diseases (NCD) and autoimmune disorders cannot be

overlooked and the science of well-being is incomplete without this medical pluralism.^{1-4,15}

The following section sees the role of homoeopathy of AYUSH in the 8 pro-active approaches that are mentioned above.

HOMOEOPATHIC PERSPECTIVE

The 8 approaches are 'moving from treatment to prevention', 'use of smart machines and advanced technology', 'global preparedness towards vaccines', 'precision and immunotherapy in cancer', 'research in transplantations, stem cells and laboratory grown tissues', 'deal with ageing, longevity and healthy life span', 'personalized care' and 'focus on medical pluralism'.^{1-4,15}

Regarding prevention, Dr. Phatak in his *Materia Medica* book has mentioned 99 medicines that can be given as preventives before surgeries. He has mentioned the list under three headings. The first heading has the name of the drug, the second heading has the sphere of action of the drug (general, particular, male, female) and the third heading is the type of surgeries for which the drug is preventive.^{16,17}

Homoeopathy is a system of therapeutics that is entirely based on the syllabus of modern medicine. The pharmacy, principles, the drugs and the subject of *Materia Medica* is only different. The use of smart machines and advanced technology is also a helpful tool for the homoeopath. In fact, the lead author of this article has an article on cancer that aligns homoeopathy with the advanced technologies. Homoeopathy also prepares medicines from the modern medicine, hormones, vaccines, disease causing organisms which have a variety of use when these medicines are prepared as per homoeopathic pharmacy. One example is the drug 'cipro' prepared from ciprofloxacin. These drugs are called as 'tautopathic' drugs in homoeopathy.^{18,19}

As mentioned in the above paragraph, homoeopathic medicines are prepared from vaccines also as per the homoeopathic pharmacy. Some of the examples of such drugs are BCG, measles, MMR, diphtheria, tetanus, polio and rota. Further, there are multiple remedies for adverse events following immunisation (AEFI). Examples are Thuja, Silicea, Antim Tart, Vaccinum and the remedies prepared from vaccines. Hence, as the vaccine therapy progresses, homoeopathy will also use its pharmacological strength to prepare dilutions under the tautopathic domain.^{20,21}

The next approach is precision and immunotherapy in cancer. The new approaches in cancer are 'R-Cu', 'CAR-T cell therapy', 'CRISPR' and 'chronotherapy'. Along with these precision therapies, the approach of 'general and specific' strategies are adopted in homoeopathy to prescribe drugs for cancer. All these are discussed in detail in the following sections.¹⁵⁻²²

The homoeopathic medicines that are related to the nutraceutical 'R-Cu' are 'citrus decumana' in mother tincture (MT) and 'cuprum met-3x'. The doses can be 20 drops from the MT and 2 tablets from the other once a day. The MT is prepared from the grape fruit from which 'R' (resveratrol) is derived and the other will provide the Cu or copper in minute doses.¹⁵⁻²²

The medicines that are related to the CAR-T cell therapy are 'thymus', 'zinc met-3X', 'Echinacea', 'Alfaalfa', 'Sterculia', 'AIDS nosode', 'alcohol sulphuris'.¹⁵⁻²²

Similarly, drugs that are related to CRISPR are 'DNA', 'RNA', 'VAB' and 'Actea racemosa'.¹⁵⁻²²

The chronotherapy related medicines are those that ameliorate the complaints in general with particular time duration in 24 hours. For instance, 'Chelidonium', 'Merc sol' and 'Zin met' ameliorate generally from 4 am to 9 am. Cancer patients who are better as a general symptom from 4 am to 9 am can take the remedies in more frequency during 4 to 9 am. Drugs like 'alumina', 'Lil T', 'Lyc' ameliorate as a general symptom from 9 am to 12 noon. For amelioration during 12 noon to 6 pm, the drug is 'sepia'. Homoeopathy has multiple remedies for all time zones in 24 hours.¹⁵⁻²²

There are the drugs that act in all types of cancer. This condition leads to various complications in the body. The drugs are 'Arsenic', 'Carbo animalis', 'Conium', 'Graphites', and 'nitric acid'.¹⁵⁻²²

Boericke's Materia Medica mentions drugs under cancer in the therapeutic index. The drug for bladder cancer is 'Taraxacum', for epithelial cancer the drug is 'acetic acid', for gastric cancer the drug is 'geranium', the drugs for rectal cancer are 'Ruta', 'Hydrastis', 'Kali cyanatum'. The drug for tongue cancer is 'Fuligo ligni'.²¹

Similarly, the drugs for all cancers are 'Sempervivum tectorum', 'Arsenic', 'Hydrastis', 'Antim chlor', and 'Galium'. The drugs for cancer mammae are 'Asterias rubens', 'Conium', 'Plumbum iod', and 'Carcinosin'. To relieve pains of cancer the drug is 'euphorbium'.²¹

For Cancrum oris condition, the drugs are 'Secale cor', 'Kreosote', 'Arsenic', and 'Baptisia'.²¹

Besides the potency medicines, the mother tinctures of Indian drugs can also be prescribed. It is also equally critical to keep the Bach flower remedy known as 'rescue remedy' as these patients can be saved from cancer complications as well.^{18,19,23,24}

The preventive and curative medicines like the bowel nosode 'Bacillus number 7' can be prescribed for mental and physical fatigue. As cancer is related to overall nutritional status in the body, the bowel nosode 'Gartner bach' can be prescribed.^{18,19,23,24}

As the entire process is of inflammation inside the body, anti-inflammatory medicines like 'prednisone', 'cortisone', 'hydrocortisone'. 'Curcuma longa' in potencies has to be prescribed. Besides the morgan group of bowel nosodes can be prescribed as these are anti congestive.^{14,18,19,23}

Other specific medicines are 'Carcinosin' and 'Aurum ars' in potencies.^{18,19,23,24}

As per Murphy's Materia Medica, there are drugs mentioned in capitals under cancer in the medical repertory guide section of the book. These drugs that are to be given in potencies as well as in mother tinctures are 'Arsenic', 'Asterias', 'Bromium', 'Bufo', 'Cadmium sulph', 'Carbo animalis', 'Carcinosin', 'Conium', 'Cundurango', 'Hydrastis', 'Lappa A', 'Lycopodium', 'Nitric acid', 'Ornithogalum', 'Phosphorus', 'Phytolaca', 'Scirrhim', 'Scrophularia N', 'Silicea', and 'Trif P'.^{18,19}

Similarly, there are drugs mentioned under the rubric 'Scirrhus, cancer', the drugs mentioned in capitals are 'Carbo animalis', 'Conium', 'Scirrhim' and 'Silicea'.^{18,19}

Similarly, under cancer, the drugs to check metastasis are 'Viscum album' and 'Cundurango' in mother tinctures. These drugs can also be given in potencies and as well as mother tinctures.¹⁸⁻²⁵

For palliative care and complications arising due to chemotherapy there are separate drugs. For palliative care, drugs like 'Euphorbium', 'Morphine aceticum', 'Chamomilla', and 'Carbo animalis' can be prescribed in potencies and mother tinctures as well.¹⁸⁻²⁵

Cases having chemotherapy related issues, drugs like 'Cadmium brom' and 'Radium brom' can be prescribed.¹⁸⁻²⁵

Similarly, the appropriate bio-chemic salt can also be prescribed from among the 12 body salts using the Phatak's repertory.¹⁶

The next pro-active approach is 'research in transplantations, stem cells and laboratory grown- tissues'. Here homoeopathy has a unique role to play. Based upon the use of laboratory grown tissue and organ transplant, the preventive can be given before surgery as mentioned above. After the surgery, there are medicines to lessen the complications; rejection and treatment for infections like viral or fungal where antiviral, antifungal and certain antibiotics are not to be prescribed to the patient who is the receiver of the donated organ. There are also medicines to modulate the action of the immune system. Here, the advantage is that the drugs have no side effects at all.¹⁶⁻²⁶

The stem cells or the cord blood therapy is actually following the principle of Isopathy which Dr. Hahnemann described in his organon of medicine in early part of 19th

century. Here, the medicines are prepared from the patient's body and the same medicine is applied on the patient. It is important to mention that the principle of Isopathy is followed in the manufacture and preparation of vaccines or the process of immunization.¹⁶⁻²⁵

The approach that surfaces now is to 'deal with ageing, longevity and healthy life span'. Here, the basic problem is early ageing (EA). For EA, the homoeopathic drugs are 'Ambra G', 'Arg nit', 'Bar C', 'Berberis V', 'Conium', 'Flouric acid', 'Kali carb', 'Lyc', 'Sel', and 'Sumbul'.¹⁶⁻²⁶

The second last approach is about 'personalized care'. Homoeopathy itself is not a generalized system of therapeutics but an individualized system of therapeutics. The constitutional medicine or the indicated medicine for the patient at the time of prescription is all about personalized care. The human clinical trials (HCL) of all the drugs have brought out mental, physical, psychological and emotional symptoms that only human beings can express. The personalized care approach follows the matching of the symptom picture of the patient with that of symptoms of a drug that has been described by the participants'/human beings during HCL.¹⁶⁻²⁶

The last approach is to put 'focus on medical pluralism'. Medical pluralism means there are other systems of medicine other than the modern medicine. People are using all these medical or therapeutic systems. In India, the Government of India (GOI) has a full ministry known as AYUSH and Sowa-rigpa. Society will benefit at large when all these systems are seen as complementary and not adversary. Their use is increasing in diseases like cancer, neurological conditions and NCDs. The masses should see the therapeutic approaches as a sum of the modern medicine plus the AYUSH and Sowa-rigpa.¹⁶⁻²⁶

This article is a step in that direction as it sees the role of homoeopathy in the above said proactive approaches.¹⁶⁻²⁶

CONCLUSION

As the issues of the science of wellbeing concept are in the fore front across the globe, the issues of mortality, morbidity, quality of life, life span and healthy span under the domain of wellbeing are also in the surge because of NCD issues in rich nations and both NCDs and CDs especially in poor nations across the globe. It is here that the inclusion of the suggested medicines from the homoeopathic system of therapeutics in each of the approaches will not only benefit the medical fraternity but also the masses at large and especially the masses in poor nations.

It is a step towards the achievement of fostering the public health ministry of nations including the other systems of medicine and motivating the health personnel associated with these ministries. It is here where especially the homoeopathy therapeutic has the capability towards

gaining popularity in the domain of NCDs and CDs there by moving towards wellbeing.

The essential properties of homoeopathic medicines in line with the essential medicines like cost effectiveness, clinical effectiveness and no side effects will only boost the use and popularity of the new approaches in medicine to catalyze the science of wellbeing.

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