

Editorial

Research and Homoeopathy: Strengthening Scientific Evidence through Clinical Excellence

It gives us immense pleasure to present this edition of the Research Journal of Motiwala Homoeopathic Medical College & Hospital, Nashik. This volume reflects our institution's unwavering commitment to scientific inquiry, academic excellence, and evidence-based homoeopathic practice. The articles featured herein demonstrate the collective efforts of our faculty members, researchers, interns, and students in advancing homoeopathic knowledge through quality research and scholarly reflection.

The journey of Homoeopathy in the twenty-first century is guided not only by its rich philosophical heritage but also by its ability to generate credible scientific evidence. Modern healthcare demands well-designed research, systematic documentation, and critical evaluation of clinical outcomes. This journal represents our sincere endeavour to bridge classical homoeopathic principles with contemporary research methodology.

The opening case series on Internal Haemorrhoids highlights the effectiveness of individualized homoeopathic prescribing in managing a common clinical condition. It reinforces the importance of careful case-taking, individualized remedy selection, and systematic follow-up, demonstrating how clinical practice can contribute meaningfully to evidence generation.

The study on Computer Vision Syndrome using *Ruta graveolens* 30 CH addresses a rapidly emerging lifestyle disorder associated with increased digital screen exposure. The findings encourage further exploration of homoeopathic interventions for occupational and technology-related health problems, emphasizing the adaptability of Homoeopathy to contemporary healthcare challenges.

The case series on Primary Dysmenorrhoea reflects the holistic strength of Homoeopathy in managing one of the most common health concerns affecting young women. By focusing on individualized treatment rather than symptomatic suppression alone, the study highlights the patient-centred philosophy that remains the hallmark of homoeopathic practice.

The research on Pityriasis Capitis demonstrates the potential of constitutional homoeopathic management in chronic dermatological disorders. It reminds clinicians that sustainable therapeutic success lies in addressing the underlying constitutional imbalance rather than merely controlling superficial manifestations.

A remarkable contribution in this volume is the Randomized Controlled Trial on *Kalium Phosphoricum* 6X in the cultivation of *Capsicum annum*. This innovative work extends the scope of homoeopathic research beyond clinical medicine into sustainable agriculture. Such interdisciplinary research broadens scientific horizons and opens new avenues for investigating the applications of homoeopathic and biochemic preparations in environmental and agricultural sciences.

The literature review on Myopia integrates current scientific understanding with the homoeopathic perspective, encouraging practitioners to combine contemporary ophthalmic knowledge with individualized constitutional prescribing. Likewise, the review on Rheumatoid Arthritis highlights the significance of miasmatic evolution and individualized treatment in managing chronic autoimmune disorders, emphasizing the relevance of classical homoeopathic philosophy in modern chronic disease management.

This edition also proudly documents the institutional celebrations of International Yoga Day 2026 and World Homoeopathy Day 2026. These reports illustrate our commitment to preventive healthcare, holistic wellness, interdisciplinary collaboration, and community outreach. They reaffirm that research, education, and public health activities together create a comprehensive academic environment that nurtures future healthcare professionals.

Collectively, the contributions presented in this journal reflect a vibrant culture of research, innovation, and academic responsibility. They encourage clinicians to document their observations meticulously, inspire young researchers to undertake scientifically sound investigations, and promote critical thinking among students. Every case documented, every review conducted, and every trial completed contributes another step towards strengthening the scientific credibility of Homoeopathy.

As we move forward, it is imperative that homoeopathic research embraces multicentric studies, robust clinical trials, standardized protocols, interdisciplinary collaborations, and translational research without compromising the fundamental principles of individualization. Such an approach will enhance the global acceptance of Homoeopathy while ensuring that patient care remains compassionate, ethical, and evidence informed.

The Editorial Board expresses its sincere appreciation to all authors, reviewers, faculty members, interns, students, and the management of Motiwala Education Trust for their valuable contributions and continued support. We hope that this publication serves as a source of inspiration for researchers, educators, practitioners, and students dedicated to advancing Homoeopathy through scientific excellence.

We proudly dedicate this issue to the pursuit of knowledge, the spirit of inquiry, and the noble mission of serving humanity through research-driven Homoeopathy.

Prof. Dr. F. F. Motiwala

Managing Trustee & Principal

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