

Synergism and Mutual Collaboration between formal Conventional Medicine and Holistic Medicines Including Homeopathy: An Inevitable Essentiality for Oncoming Sensitive Situations

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Abstract

Background: In general, the subject and treatment of diseases are one of the crucial issues that have always occupied the human mind since ancient times.

Main body: For this reason, there are various medical schools in different countries and regions around the world. On the other hand, it should be admitted that formal conventional medicine, especially in the treatment of common infectious diseases, has achieved remarkable success in many cases, which cannot be denied. Global eradication of human smallpox, human plague, and polio in many countries worldwide are successful examples in this regard. In veterinary medicine, FMD and brucellosis, which is a common disease between humans and animals, as well as Glanders, have been successfully eradicated in a significant number of developed countries, and bovine plague (Rinderpest) in some Middle Eastern countries such as Iran. The role of vaccination in controlling influenza in humans and birds, and more recently the Covid 19 pandemic, is undeniable despite the fundamental part of health practices such as adequate indoor ventilation. However, the inability of conventional medicine to treat some chronic diseases and the ability of traditional holistic medicine to satisfy a significant number of patients, as well as issues such as microbial resistance and drug side effects, has led to the continuation of traditional methods.

Conclusion: As a result, it seems reasonable to look for a framework for the mutual cooperation and synergy of formal conventional medicine and traditional medicines in the sensitive conditions of the world ahead so that the parties can maximize their capabilities in treating human and animal diseases without increasing tolls and costs.

Keywords: Holistic medicine, conventional medicine, homeopathy, synergy, Covid19, One Health, food safety

Background

In general, the world was in maximum peace and harmony until humanity entered this universe. But as early human societies began to change in this world, the problems of pristine nature and the environment slowly began. As technology advanced, the rate of human destruction increased. Forests burned, plains turned into deserts, many plants and animals perished, rivers dried up, and the earth's air and waters became increasingly polluted by carbon dioxide, methane, toxic compounds, and plant pesticides were used for agriculture. A variety of antibiotics and human and veterinary drugs were prescribed, and microbial resistance (AMR)

was formed, and it is needed to establish international standards for ensuring safety materials and chemicals for use in plants, animals, and humans [1]. All of this, along with subversive civil wars, endless human violence and atrocities throughout history, and of course, migration, the expansion of international trade, and travel, make human beings sick or prone to various mental, psychological, and physical dimensions. All organisms including plants, animals, and humans have been exposed to these damages [2]. In the 21st century, nothing in this nature is natural anymore, and emerging and re-emerging diseases such as tuberculosis, BSE, highly pathogenic avian influenza, and more recently, Covid 19

have created a very worrying situation that makes the *One Health* concepts gain rapidly in the recent decades [3-5]. In short, the environmental conditions for humans and animals compared to the time of Hippocrates, Galen, Rhazes, Avicenna, Edward Jenner, Christine Frederick Samuel Hahnemann, founder of homeopathy, Louis Pasteur, founder of One Health concept, Robert Koch and Rudolf Virchow, founder of One Medicine concept have been very complex and different [6-12].

Main text

As far as the formation and treatment of human and animal diseases are concerned, it can be seen that there have been traditional schools and ways of healing in all countries and different cultures of the world for thousands of years. In fact, in these schools of medicine, independent of conventional formal medicine, while directly using the therapeutic effects of plants, minerals, and animal products, general principles have been followed, which lead to *increased physical strength and vital force* in humans and animals. Each of these traditional therapies works in its way, but they all have one thing in common, and that is that they are *holistic*: all with a *comprehensive* view of all the mental, psychological and physical characteristics of the patient reach the vital force disorder of the body through their way and have a specific treatment plan for it. For example, in *homeopathy*, which does the World Health Organization (WHO) approve, as a complementary medicine [13], there is a principle of “*Similar treats similar*” (*Similia similibus curantur*). In Indian Ayurvedic medicine, Greek medicine, and Iranian medicine of Avicenna, cold, hot, dry, and wet humor are the basis of diagnosis and treatment [6-8].

Achievements of Formal Conventional Medicine

But one must accept the indisputable fact without any prejudice and extremism that the *formal conventional medicine* approved by the World Health Organization (WHO) has been able, unlike all these holistic traditional medicines, to successfully eradicate, control, or prevent common infections in humans and animals over the centuries. Humanity has very bitter memories of the massacre of millions of people by plague and smallpox, which only conventional medicine was able to eradicate with the help of mass vaccination. Since then, the human population has grown and now has reached about 8 billion people. Is it a small and negligible achievement to increase the billions of human beings during the last two centuries when conventional medicine has ruled? The fact is that the eradication of the deadly disease Rinderpest of cattle in Middle Eastern countries, including Iran, which killed millions of cows, or the eradication of polio and, more recently, measles in Iran with the help of vaccination, puts formal conventional medicine in a superior position concerning the management and control of dangerous infectious diseases. In this recent pandemic, Covid 19, while effective *indoor ventilation*, social distancing, and masking continue to play a key role in controlling the disease [14], it was only universal vaccination that drastically reduced the rate of infection and death related to Covid 19 worldwide. Interestingly, homeopaths believe that Louis Pasteur’s grandfather was a homeopath. If this is true, then it is conceivable that Louis Pasteur (1822-1895) would probably have developed the first vaccine against canine rabies in 1884, and after securing its effectiveness a year later in 1885 to treat human rabies [10]. Based on the basic principle of homeopathy, “*Similar treats similar*”. Therefore, it

should be emphasized that in the time of Samuel Hahnemann, the founder of homeopathy (1755-1843), there were no vaccination protocols that he wanted to be introduced as one of the main factors in the formation of “deep layers” and “miasmas” in humans as homeopaths of the next generations believe!

Principles of Classical Homeopathy

In general, Samuel Hahnemann, in his original book *Organon of medicine*, divided medical methods into three main categories: *opposite therapy, similar therapy, and different therapy* [15]. In the “opposite therapy” or *antipathy* method, the physician and veterinarian use drugs that appear to be effective against the pathogen or the symptoms. For example, if a therapist uses painkillers to soothe the pain or antibiotics against germs, he or she has used the antipathy method. In “*similar therapy*” or *homeopathy*, which dates back to the time of the ancient Chinese, Indians, Iranians, and Greek Hippocrates, something *similar* to the cause of the disease and its symptoms is used, and so *not exactly itself*. For example, cold water scrub to treat fever may be dangerous, especially for infants, or constant washing of oily skin using detergents potentiates the production of fat by the sebaceous glands of the skin, and so are wrong! Conversely, the use of lukewarm water, which is gently warm, is recommended for the alleviation of fever.

In “*different therapy*” or allopathy or formal conventional medicine, methods are essentially *neither antipathic nor homeopathic*. In this case, the doctor treats the disease in a different way. For example, opening a twisted bowel through surgical treatment or removing a thorn from the palm, or satisfying the body’s need for a vitamin when symptoms of deficiency occur, is an *allopathic* approach.

Differences between Modern Generations of Homeopaths

There is a vast difference between elementary formal conventional medicine in times of 19th century and advanced, evidence-based medicine in the 21st century! Failure to pay attention to the fundamental principles in the teachings of Samuel Hahnemann has unfortunately led many homeopaths to mistakenly strongly oppose conventional formal medicine, which is essentially a *different type of treatment (allopathy)* rather than *antipathy*. By doing so, they are confronted with rational, scientific evidence-based medicine. Because they mistakenly believe that all official methods of formal conventional medicine (*allopathy*) are antipathic and *do not notice that Samuel Hahnemann was opposed to antipathy, not allopathy*. Another point is that homeopathy has basically shown its greatest success in treating seemingly incurable chronic diseases by formal conventional (allopathic) medicine. The opposition of some homeopaths to the short-term use of formal conventional drugs in the treatment of super-acute and acute cases in humans as high blood pressure or anticoagulants during a cerebral stroke, or surgical treatment of the acute abdomen, *can make homeopathy an irrational and unscientific discipline in the eyes of lawmakers and prevent its recognition*.

Vaccination and Homeopathy

Extreme attitudes and rejection of formal conventional medicine, even unfairly, about vaccination by some extremist homeopaths, as well as other methods of holistic traditional medicines, have

mutually provoked strong reactions from formal conventional medicine. At any given moment, the human and animal body is in a state of exposure and the entry of wildly different amounts of various microbes, and so the entry of a minimal, tiny amount of microbial mass or its residues into the human or animal body by inoculation of vaccines *cannot be considered a disruption of vital force*, like say, some homeopaths! Unfortunately, the fear of the vaccine has become a significant obstacle to the management and control of devastating Covid 19 even today. It has created significant problems in developed countries such as the United States of America, Germany, France, and the United Kingdom. As a result, the vaccination to which humanity owes its salvation and livestock against many deadly and incurable infectious diseases could **become the basis for a common understanding between formal conventional and non-conventional medicine, such as homeopathy**. It is strange that similarly, some claimants of traditional medicine in some countries including Iran ridiculously and unacceptably introduce vaccination as a conspiracy of super-powers to destroy the Iranian nation! If they have to keep in mind that the increase in the number of Iranians by several million has increased from 25 million to 85 million after implementing large-scale vaccination programs in the last 100 years. Also, recently, after implementing *mass vaccination* in Iran, the mortalities due to Covid 19 have been significantly decreased. So that the number of new patients decreased from 40 thousand 623 people and 709 new deaths on September 23, 2021, in Iran to 1,967 new cases and 34 new deaths on 27 December 2021 amid an unprecedented prevalence of Covid 19 in Europe and the United States, mainly among those not vaccinated!

The Role of Lifestyle Medicine and Health Management

Of course, it must be acknowledged that the use of lifestyle medicine in humans and veterinary health management in livestock that owe to conventional medicine, the roots of the formation of many dangerous diseases are dried up. Also, two basic strategies of veterinary organizations in the world based on the advanced principle of *One Health* concept have been able to make animal feed, human food, and human living environment much healthier:

- 1 - Food safety: From the farm of the fork
- 2 - Fighting strategically dangerous diseases common between humans and animals such as highly pathogenic avian influenza, tuberculosis brucellosis, rabies, Gladders, Anthrax, and Congo hemorrhagic fever (CCHF).

Location of Synergism and Cooperation

The fact is that formal conventional medicine has failed in many chronic cases, especially in chronic human and animal diseases such as psoriasis, asthma, and most importantly, the resistance of microbes and parasites to chemical drugs. It is here that each holistic traditional medicines with their capabilities can come to the aid of conventional medicine with the aim of cooperation and synergy, and as far as possible from the inappropriate use of chemical drugs, especially in the field of veterinary medicine, which severely endangers food safety [13, 16]. For example, considerable experimental and clinical studies have been published on the positive effect of homeopathy on the treatment of FMD and mastitis in dairy cows, which can be further investigated independently and

impartially [17-24]. Lack of attention to what is different in homeopathy's viewpoint has made homeopathy ineffective in some randomized studies [25-26]. It should be noted that when testing homeopathic treatment compared to formal and placebo treatment, homeopathic remedies cannot be randomly used like regular antibiotics in the test group. Instead, **each case should first be characterized** through classical homeopathy, and then appropriate homeopathic remedies should be used for **each case in the test group**. While livestock cannot be brainwashed against humans, and farmers think of their own interests more than anything else! Studies on dairy farms in Germany and the south of England and Wales indicated that 34-51 percent of the organic farms were treating clinical mastitis in cows homeopathically [27-28]! European Commission regulations welcome the use of non-chemical *Phytotherapeutic and homeopathic* drugs instead of ordinary chemical veterinary drugs: **"Phytotherapeutic and homeopathic products, trace elements and products shall be used in preference to chemically-synthesized allopathic veterinary treatment or antibiotics, provided that their therapeutic effect is effective for the species of animal, and the condition for which the treatment is intended"** [16].

On the other hand, it seems logical that the *structural integration* of the two leading organizations involved in global health, namely *WHO and OIE*, is an inevitable necessity to deal with the growing threats of emerging and re-emerging diseases in the 21st century [29-30]. Also, *the annexation and integration of the national Veterinary Organizations and services in the countries into their Ministries* as an independent institution based on the *"One Health initiative"* is necessary. There are growing successful healthcare results in some countries including Italy by integration of all health institutions as **the Italian Veterinary Service** into the Ministry of Health. Due to the establishment of **maximum comprehensiveness of health institutions**, prescribing veterinary drugs to Food Animals will be severely restricted with prosecution by the Ministry of Health and an **integrated national health care network** could be conformed to rapidly react against any emergency health-threatening event. As, it seems that the management of the Italian Ministry of Health in relation to Covid 19, considering its integration and comprehensiveness, including the Veterinary Service of this country, is significantly better and more successful than the other Western European countries, including Britain and France that their Veterinary Service in them is under supervision of the Ministry of Agriculture! Therefore, it would be resulting in people worldwide consuming much healthier food, minimizing microbial resistance and facing as soon as possible against new infectious pandemics like Covid 19.

Conclusion

Given the benefits of both categories of traditional and formal conventional medicines, it is rational to use the advanced paraclinical diagnostic facilities by physicians and veterinarians with a specialized degree in traditional medicines or their joint teams with complementary therapists to form a fulfilling framework for synergy and mutual collaborations to protect against the growing threats of infectious and non-infectious diseases in the world ahead including Covid 19.

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