

Bharati Vidyapeeth (Deemed to be University)
Homoeopathic Medical College & Homoeopathic Hospital
Pune -411043

DASS-21 REPORT

- **Title of the Practice:**

DASS-21 Pilot Study by Global Homoeopathy Foundation –Australia in collaboration with B.V.D.U. Homoeopathic College and Hospital, Pune-43.

Title of study: Assessment of the efficacy of Homeopathic treatment in patients with elevated DASS 21 Anxiety score (D-A) in a randomized double-blind placebo-controlled study.

- **Objectives of the Practice:**

Primary Objectives: That individualized Homeopathy in ultra-high diluted doses decreases DASS 21 Anxiety scores by ≥ 2 points over a period of 4 weeks from baseline DASS 21 score ≥ 6 .

Secondary Objectives: We will test DASS 21 anxiety scores compared with placebo scores in patients admitted to the respective arms of the study at one week from baseline and test for heterogeneity of variance, as a measure of the presence of Homeopathic aggravation.

- **The context:**

IEC Meeting was conducted and was attended by Dr. Anita Patil, Dr. Varsha Ghate, Dr. Rajashree Bongale and members of GHF Australia. After reviewing, few queries were raised regarding the Pilot study. The queries were regarding inclusion criteria of cases, potency, dosage and repetition of the medicines, consent forms were asked. Resolution of the queries were done by Dr. Sam Punnose, GHF Australia.

- **The Practice:**

The Pilot study was initiated to resolve the myth that Homoeopathic medicines are placebo. The research will prove that Homoeopathic medicines work efficiently if prescribed as a similimum to the case. This will help in promoting and validating Homeopathy in India and will also inspire the future Homoeopaths.

- **Evidence of success:**

The research is under process. Till date 28 enrollments are done. The prescribed medicines are dispatched from GHF and are about to reach B.V.D.U.H.M.C. at the earliest.

- **Problems encountered and resources required:**

Till now no problems are encountered as research is still under process.

- **Notes:**

MOU regarding the collaboration with GHF Australia is under process.

This research was initiated in order to motivate the PG scholars and aspiring Homoeopaths to propagate Homoeopathy from research point of view and evidence based medicine.

1) Meeting on 28th Decemer regarding orientation to the B.V.D.U.H.M.C faculty members and the P.G Scholars with the DASS -21 organizers.



Organizers Dr Sam Punnoose and Dr Hari Singh from DASS -21 conveying the participants.



Faculty members and PG Scholars attending the Orientation Webinar.

3) Dr Priya Sheth giving orientation about the working of DASS -21 Project to the P.G Scholars.



Dr Priya Sheth giving orientation to PG Scholars



PG Scholars attending the orientation

2) Online meeting regarding plan of action.



Dr.Mrs T.A.Khan, Principal, B.V.D.U.H.M.C, attending the online meeting.

Dr.Mrs Anita. S.Patil, Dean, Faculty of Homoeopathy, attending the online meeting.