

# REPORT ON SEMINAR ON RESEARCH METHODOLOGY IN HOMOEOPATHY

By

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## **Introduction:**

Dr. M. L. Dhawale Memorial Trust, Mumbai in association with Dr. Ashwini Nene School of Integrated Health Research, Deenanath Mangeshkar Hospital, Pune had organized a Seminar on Research Methodology and Biostatistics in Homoeopathy on 18<sup>th</sup> and 19<sup>th</sup> April 2009, at 'Saud Bahawan Auditorium', Deenanath Mangeshkar Hospital, Pune. It also was held to mark the 254<sup>th</sup> Birth Anniversary of Dr. Samuel Hahnemann, the Founder of Homoeopathic Medicine.

The need of this seminar was felt as today's world demands evidence for everything. Since the popularity of Homoeopathy is increasing day by day, many reputed journals are taking advantage of so-called deficiencies of Homoeopathic science such as lacking a credible scientific explanation to explain its mechanism of action. Thus, conducting research has become an inevitable part of day to day clinical work. All homoeopaths-teachers, students, practitioners-desirous of improving their professional faculties must have basic knowledge of Research Methodology and Biostatistics. It is with this background that the CCH has taken a unique and far-sighted decision to introduce the subject of Research Methodology and Biostatistics for MD (Hom.) Part I studies. One does not aim to be a Professional Researcher in order to benefit from knowledge of this subject. The discipline of Research teaches the teacher to review literature and come to rational conclusions from the maze of data; it teaches the clinician to sift clinical evidence when coming to clinical decisions; and of course, it orients the research student to organize his work along scientific lines guided by Philosophical principles of the science.

## **Seminar Organization:**

The seminar received strong support from Dr. Mrudula Phadke, Vice Chancellor, MUHS and from Dr. Arun Bhasme, Dean of the Homoeopathic Faculty. Following the letters of invitation, 11 colleges from Maharashtra and one from Gujarat participated in the seminar. Some practitioners too felt the need to take the help of the rich knowledge that was being shared. A total of 163 participants attended.

Deenanath Mangeshkar Hospital, Pune and its Integrated Research department kindly supported the event by making available its auditorium. Thus it became possible to organize the seminar with the bare minimum fees.

## **Inauguration function:**

Unfortunately, the **Chief Guest: Dr. Mrudula Phadke**, Vice-Chancellor, MUHS, Nashik was unable to attend the function due to last minute engagements in Mumbai. However, **Dr. Arun Bhasme**, Dean, Faculty of Homeopathy, MUHS, performed the task of garlanding the portrait of Dr. Hahnemann and lighting the ceremonial lamp along with the other dignitaries from MUHS and Deenanath Hospital.

Dr. K. M. Dhawale introduced the theme and need of the seminar and spoke about the rich experience acquired by the Dr. M. L. Dhawale Memorial trust in conducting and teaching Homoeopathic Research in the past decade. He welcomed all the dignitaries & other guests.

Dr. Dhananjay Kelkar, Medical director, Deenenath Hospital in his address talked about the wider dimensions of the research. He defined research & also gave lot of emphasis to the duties of researcher. He also highlighted the manipulation & materialistic component of the research. He urged that youngsters should take up the responsibility of conducting research.

Dr. Paranjapye, Director, Department of Research, Deenanath Mangeshkar Hospital, explained the background & functioning of Dr. Ashwini Nene School of Integrated Research. This is a unique step taken by Deenanath Mangeshkar Hospital under guidance of Dr. Kelkar. He explained the advantages of undertaking research project involving two treatment pathies. He also enlisted number of areas where integrated research is possible.

Mrs. Ushatai Khire, Director, Gyan-Prabhodini Institute, Pune, gave an inspirational talk to young enthusiastic students about conducting research. She cautioned the group about overusing quantitative research method. She stressed on conducting qualitative research work.

Dr. Girish Dhaphale, Chairman, PG Board (Clinical), MUHS, Nashik, gave a refreshing turn to the concept of research. He urged the group to undertake more research work for development of science & personal skills.

Dr. Arun Bhasme inspired most of the group members by his speech. He encouraged PG students & teachers by congratulating them for attending this seminar. He explained various types of researches possible in homoeopathy. He also congratulated the organizers for conducting such seminar. He assured his full support for conducting such activities in future.

Dr. Shirish. Phansalkar, Director, Clinical Services, Dr. M. L. Dhawale Memorial Organizations gave the vote of thanks.

### **Day 1 Presentations:**

#### **Pre- Seminar assessment test:**

MCQ test was taken at the beginning of the seminar. This helped in two ways. First it allowed speakers to understand the state of the group. Secondly it would benefit in knowing how much the seminar benefited the participants.

#### **Laying the Foundation: Fundamentals of Research Methodology and Biostatistics:**

**Dr. Digant Gupta**, *Director, Clin-Science Research Solutions, Pune.*

Dr. Gupta in his well articulated speech simplified various concepts of research. He took an overview of all research steps from defining the questions to conducting research till writing a scientific research report. He also explained the general concepts of statistics. His presentation gave an adequate platform for others to elaborate various aspects of research.

#### **Research Methodology with a difference: The case for Homoeopathic Research**

**Dr. Kumar Dhawale**, *Director, Dr. M. L. Dhawale Memorial Organizations*

Dr. Dhawale in his presentation brought out the issue of uniqueness of Homoeopathic science, the system, principles & physicians. This uniqueness produces a lot of hurdle in homoeopathic research and hence he urged to bring about standardization in the procedures. The concept, objectives, method of qualitative research was explained well with the help of art (pictures). He later on demonstrated the Leprosy project conducted by Dr, Dilip Dikshit under the guidance of the late Dr. M. L. Dhawale. In this he explained how early experiences of treating leprosy gave an idea of conducting research. The project is a unique example of doing qualitative research work in homoeopathy that ultimately evolved the guidelines of management of Leprosy.

**Designing Research I: How does one get to know the field? Survey and Sampling**  
**Dr. Prashant Tamboli, Reader, Dept. of Research Methodology, Dr. M. L. Dhawale Memorial Homoeopathic Institute**

This section of the seminar was for explaining various research designs. The first task for the researcher is to know what is present around. The speaker initially explained the two types of classification of research design. He elaborated on the concept of time in research and then explained studies coming under cross section type. Survey method was dealt with in detail explaining the types of surveys, do's and don't of survey, techniques of survey and qualities of surveyor.

In the later part the speaker explained the concept of sampling and techniques of samplings. He also introduced the case series methodology.

**Designing Research II: Exploring the Homoeopathic Research problem of Diabetes through Case Series Research Method**  
**Dr. Shirish Phansalkar, Director, Clinical Services, Dr. M. L. Dhawale Memorial Organizations**

The most important and convenient method for homoeopaths was taken by Dr. Phansalkar. He explained various concepts of this design with the help of the research work carried out on diabetes. He explained the diabetes and the diabetic neuropathy projects. It was a learning experience for the group, how we can generalize so many important aspects from simple case series method.

**Designing Research III: The 'Gold' standard- Cohort & RCT research**  
**Dr. Atul Mulay, Consultant Nephrologist, Deenanath Mangeshkar Hospital**

The next two very important research designs were explained by Dr. Mulay. He had worked extensively in the field of nephrology. He initially talked on general concepts especially on the variability in research. Through a number of examples, he explained and differentiated these important research designs.

**Launching Research: Protocol / Synopsis Writing**  
**Mr. Avinash Khairnar, Lecturer, MSc. Pharma Medicine, MUHS, Nashik**

Protocol writing is a most important part of research work. The entire research team communicates with each other on the basis of this document. It gives all guidelines of working on the project. This was explained by the speaker in his elaborate presentation. He covered all aspects of protocol writing like when to write,

who will write, the content, meaning of each section and grammar used in each section. It was a good presentation.

### **Defining normalcy & knowing our biases: A Primer in Biostatistics**

**Dr. Manisha Sane**, *Lecturer, Modern College, Statistician, Deenanath Mangeshkar Hospital, Pune*

Biostatistics was absolutely a new subject to most of the delegates. The speaker thus was required to explain all basic concepts of statistics. She used a number of examples to bring out the essence of the subject. She also spoke on the use of statistics in medicine. Though it could be a difficult as well as a boring subject for the beginner, at the end she could generate sufficient interest in the delegates.

## **Day 2**

### **Designing Research IV: Balancing the Principles of Homoeopathy & Research Methodology**

**Dr. Prashant Tamboli**

After knowing various research designs the question for a homoeopath remains: can we use these methods for homoeopathic research? It is very important for us to conduct research for updating the science. At the same time it is extremely important while doing research to preserve the integrity of homoeopathic principles. How to do this fine balance was dealt through the presentation. He used two research projects, Diabetes and Scabies, to demonstrate this aspect. It was evident to the group that in homoeopathic research we can use these methods without compromising on the Principles of homoeopathy.

### **Transforming Data into Knowledge: The role of Analysis, Discussion and Conclusions**

**Dr. Anoop Nigwekar**, *Director, Projects, Dr. M. L. Dhawale Memorial Organizations*

Analysis of data is very crucial in research. Only a proper analysis allows the researcher to conclude from his research work. Often, there is a gap in the work done, data available and the conclusions derived. This all was very well illustrated by the speaker through his presentation. He explained the general concepts of analysis, types of analysis and measures of analysis. He gave a number of examples to support his presentation. The example of drug proving was excellent to demonstrate the utility of analysis. The well structured presentation was able to cover the concept of analysis and demonstrated its utility.

### **Transmitting Knowledge in the Community: The MD Dissertation-the concept, the process and the common pitfalls**

**Dr. Bipin Jain**, *Director, Academic Services, Dr. MLD Memorial Organizations*

Dissertation writing is the first research work a PG student undertakes. He passes through many uncertainties as he is not clear about the entire task. The speaker very well demonstrated all ups and down of dissertation writing. He not only covered the technical aspect of dissertation writing but also discussed factors influencing the

writing like specialization, subject, etc. It was a very good interactive session where a lot of insight was given to PG student on their first logical journey of dissertation writing.

### **Measuring the results I: Quantitative data analysis**

**Dr. Manisha Sane**

After knowing the general concepts of analysis, this section was devoted to know the specific statistical methods of analysis. Quantitative data analysis was taken by the speaker. She explained Z-test and t-test used for this type of analysis. The examples given by her helped in understanding this aspect.

### **Measuring the results II: Qualitative data analysis**

**Dr. Vijay Tilak**, *Head of Research, Symbiosis Institute of Health Sciences, Pune*

Qualitative data analysis was taken up next. Initially, the speaker once again explained the key concept of statistics. In the later part he explained the concept of qualitative data analysis. He used a number of examples to demonstrate the test used for this type of analysis, Standard Error of Proportion and Chi-square test. His vibrant presentation was very useful in taking care of usual anxiety student pass while studying biostatistics. It was very good and lively presentation.

### **Getting over the exam funk: How to tackle the monster of Biostatistics**

**Dr. Prashant Tamboli**

Examination is always a stress producing situation for many students. This is more if the subject is just studied without understanding its concept. The speaker used all his experience of conducting the examination of biostatistics. He presented a number of difficulties encountered by the student explored the why of these. The difficulties remain of how to write answers and the student is not familiar with this. The speaker demonstrated model answers in his interactive session. The presentation gave a good idea of how to prepare for examination.

### **Notes on Research Methodology & Biostatistics**

All the delegates were given the notes on research methodology & biostatistics in the form of question and answers. The notes explain all important concepts. They give the definition of all the terminologies commonly used. At the end of the notes 10 question answers are given to demonstrate how to write answers in the examination.

### **Post-Seminar assessment test**

Since the seminar was on research methodology and research is concluded on the basis of evidence, a post-seminar assessment test was taken for quantifying the learning taken place in the seminar. The results were compared to the pre-assessment evaluation carried out on the first day.

Following are the results:

Marks out of 20	Pre – Assessment Percentage	Post – Assessment percentage
0-4	4	1
5-9	66	32
10-14	26	52
15- 20	4	15

One can see a marked shift of the marks from a predominant 5-9 range to 10-14 with a significantly large number of students moving to the top range. No doubt, the seminar had helped the participants to improve their factual base as well as the application to everyday research problems. In that sense, the seminar has definitely been a success.

**Feedback Evaluation Report:**

At the end of the seminar all were asked to write the feed back evaluation report. The analysis of these reports showed that all were very much satisfied with the seminar, the presentation as well as other arrangement of food, etc. They found the speakers were excellent. Majority of them wrote that they got more than what they were expecting. They are looking forwards to such seminars in the future. One of the suggestion was to keep a workshop on this subject. All of them thanked the organizers- Dr. M. L. Dhawale Trust and Ashwini Nene School of Integrated Health Research, Department of Research, Deenanath Mangeshkar Hospital for giving them such a wonderful opportunity to learn and benefit from inputs in this much neglected subject.

**Dr. Prashant Tamboli**

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