Rebalancing disease management with Bioregulatory Medicines

The House of Lords hosts a dinner for some of the leading researchers in homeopathy.

Chasing single gene targets for specific diseases was the topic discussed recently at a celebratory dinner at the House of Lords, sponsored by The Lord Hameed of Hampstead and hosted by Aaron Ken Ward-Atherton The Lord of Witley & Hurcott, who has practised Homeopathic medicine in Liverpool for more than 30 years. Ken said “we could be close to an end as evidence presented showed that multiple targets, with multi combination medicinal products are highly effective; similar in concept to the fashionable polypill in cardiovascular medicine but delivering disease resolution without the unwanted side effects”.

Dr Alta Smit of Biologische Heilmittel Heel GmbH presented compelling evidence at the dinner at the House of Lords, that recent shifts in scientific thinking has led experts to focus on the complexity of diseases to find safe and effective solutions rather than the previous reductionist focus on single targets.

Many chronic diseases such as cancer, Alzheimer's and cardiovascular disease have chronic inflammation as a common denominator. The acute inflammatory process, however, is one of the body's primary defence mechanisms; upsetting this fine balance with current anti-inflammatory interventions, therefore, can result in disease progression rather than cure.

The ideal treatment, Dr Smit said, is not to suppress the acute inflammatory process, but to support all the phases of disease resolution allowing the body to heal naturally. Data presented demonstrated that multiple gene targets are affected with low dose multi-combination preparations, resulting in significant positive result on the inflammatory network after only 3 hours.

Treatment with these 'bioregulating medicines', therefore takes into account the body's own autoregulatory systems to restore disease induced disturbances without interfering with vital self-regulatory defence mechanisms. Homeopathic medicines have been used for more than 200 years, but new genomic tests using today's technology, demonstrate the real value of bioregulatory medicine.

"Despite controversy, homeopathic medicine is growing in reputation and recognition amongst the public and clinicians", said Dr Peter Fisher, Physician to Her Majesty The Queen and Clinical Director at the Royal London Hospital for Integrated Medicine, "This is mainly due to its 'whole person' healing effects and lack of the side effects associated with conventional pharmaceutical treatments especially when they involve polypharmacy"

"Bio Pathica are fully committed to supporting and publicising the science behind the solutions", said Roger Wilson, Managing Director, "The evidence shows that by designing disease solutions that work with the body and not against it will significantly reduce the problems of drug side effects".

The implications of this research could be far reaching, enabling bioregulatory medicines to integrate seamlessly with traditional pharmaceuticals, enabling clinicians to treat the patient as a whole and not simply as a set of symptoms.

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Bioregulatory Medicine

A Paradigm Shift in Medical and Scientific Thinking

Lecture at the House of Lords, Westminster, London, 16th September 2011
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Abstract

Agenda

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   1b. From disease being the result of disturbances in one receptor/component to the thinking that disease is the result of multiple disturbances in a physiological network
   1c. Acute inflammation is a natural regulation process, only chronic inflammation being the culprit in many diseases
   1d. From one medication one target to multitarget with multicomination medicinal products
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2. Multicomponent natural medicinal products in low dose (‘low-dose pharmacology’) have been used in this bioregulatory approach

3. Evidence that these medications are effective

1. A paradigm shift in medical and scientific thinking

1a. From reductionism to complexity

For the past 400 years, the scientific world was governed by reductionism. The notion was that by breaking a process down into smaller and smaller pieces, one could get an understanding of the whole.¹

This led to an era of vast data accumulation, a precise molecular language, and a mechanistic understanding of the body. On the other hand, it also led to overspecialization, lack of integration, and a misunderstanding of physiological systems.

The mechanistic understanding also dominated the development of drugs, mostly a single molecule one target approach. Whilst this led to discoveries which saved many lives, we also paid the price of side effects and disease induced by drugs (so-called iatrogenic disease).

1b. From disease being the result of disturbances in one receptor/component to the thinking that disease is the result of multiple disturbances in a physiological network

With the event of the unravelling of the human genome, and being able to see a single molecule being transcribed, science has reached the ultimate in reductionism. (Fig 1) Since then, there has been a point of no return as it was realized that by reducing our body’s processes to one single molecule we cannot comprehensively treat many diseases, especially chronic diseases.

Since then, new concepts are emerging taking into account the complexity of physiological bioregulatory networks and their interactions, and the fact that in most diseases, there is not only one disturbance but rather multiple disturbances in such networks. ²,³,⁴

This has led to even the pioneers of DNA sequencing, such as Leroy Hood, to advocate and develop so-called systems medicine and others to talk in terms of disease networks. ⁵

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1c. Acute inflammation is a natural regulation process, only chronic inflammation being the culprit in many diseases

Another paradigm shift in medicine is how we look at inflammation and the treatment of inflammation.

Many chronic diseases such as cancer, Alzheimer’s and especially heart and arterial disease have been found to have a common denominator, that of chronic inflammation. For centuries, medicine has seen inflammation as a bad thing which needs to be suppressed, even if it is acute.

In alternative therapies, the value of acute inflammation in the healing process has been well known, and this concept is now also entering conventional medicine.

Acute inflammation is a method of the body to restore normal tissue after infection, injury, etc. Even psychological stress can induce inflammation as a regulation method. Acute inflammation differs from chronic in that it has 5 distinct phases, which should run its full course in order to restore tissue. (Fig 2)

Fig 2: Inflammation: The Normal Tissue Cycle (Permission Prof. Georges St. Laurent)

If at any point, this is held up or suppressed by drugs, the consequence will be disease progression rather than resolution. That is why scientists are now starting to talk about certain anti-inflammatory medications being ‘inflammation toxic’, meaning that they suppress inflammation without allowing the resolution.

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1d. From one medication one target to multitarget with multicomination medicinal products

The ideal treatment of acute inflammation would thus be to support all the natural phases of it, reduce the symptoms, but not supress the process to allow its full resolution.9

The acute inflammation process can be depicted as one of the autoregulatory networks in the body, amongst many others, such as the hormonal network, metabolic network and so forth, which cannot be treated with only one molecule for one target as it has several points in the network which need to be addressed. In many diseases, more than one network can be disturbed, making this even more complex. In the case of inflammation, for instance, the early phase where there is a sensing of the disturbance, the breaking down of old damaged tissues as well as the building up of new tissue are all points in the network.

1e. A need for new tools to investigate this complexity

With the new thinking, we also need to adapt the experimental ways we look at the effects of medications. Modern tools like genomics (looking at all the genes, also the so-called junk genes, to see what is activated in a disease and how a drug can influence it)10 or proteomics (measuring the proteins which are made by the transcription of the genes) offer one such possibility, as it can capture this ‘network’ view, rather than just one target. Fig 3 gives an example of a low-dose multicomponent medicinal product and its effect on the inflammatory network.

Fig 3: Genes Induced under Treatment with a Low-dose Multicomination Preparation in an Inflammatory Model: Genes in Cascade Induced at 3 hrs

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1f. Bioregulatory medicine

This approach to medicine takes into account the complexity and the ability of the body’s own autoregulatory systems to restore disturbances. It will aim to in the first instance allow for these autoregulatory processes to be active in the healing process, and even to induce this regulation process or support it.

It is thus a biologically purposeful approach, taking care not to interfere with vital self-regulatory mechanisms.¹¹

2. Multicomponent natural medicinal products in low dose (‘low-dose pharmacology’) have been used in this bioregulatory approach

Many natural medicines and especially plants are naturally multicomponent, as the plant developed many toxic chemicals over millions of years in order to survive.

These formed the basis for most of our medicines we know today. However, in drug discovery, mostly one component is isolated and then often synthetically manufactured. The strength of these plant materials, however, lies exactly in the multitude of the chemicals in one medication, as they can address different targets in our network model as mentioned above.

If more than one plant is combined, this possibility of course increases even more.

In combination homeopathic medications, this principle is used, but in a diluted form. In this way, toxicity is reduced, and it is ensured not to suppress the vital self-regulatory systems.

3. Evidence that these medications are effective

A lot has been written and said about the efficacy of low-dose medicinal products, but the fact is that these products can be tested in state-of-the-art research methods and show efficacy and very interesting biological effects.

In an experiment with a homeopathic medicinal product in development, HE 230,¹² in a genomic model, anti-inflammatory effects can be shown which differ from that of cortisone, which may have side effects.

These multicombination homeopathic medicinal products can also be tested in more conventional models, such as tissue, receptor, and animal behavioural experiments, not only to see their effects, but also to demonstrate the multitarget action, or their bioregulatory action. For instance, on a product developed to treat vertigo, improvement in microcirculation¹³ could be seen on intravital microscopy, and the mechanism of action can be seen in various test systems. (Fig 4)


¹² Unpublished data; manuscript in preparation.

Combination homeopathic medicinal products have been tested in numerous clinical trials, modern methodology. These trials are often placebo controlled to test efficacy, observational studies to test tolerability, or even combined in systematic reviews and reviews.\textsuperscript{14,15,16}

Homeopathic medicinal products have been used for more than 200 years. Even at that time, research was conducted in the so-called provings (today called homeopathic pathogenetic trials). The astute observations were written up in the so-called materia medica and still form the bulk of homeopathic literature and the evidence base.

The product tested in the genomic model above was developed using such literature, yet could be tested and proven in cutting-edge scientific experiments to be biologically active in the indication it was developed for.

These not only verify the validity of such literature, but also open up possibilities to develop new medicinal products for new indications.


In conclusion:
Low-dose multicomponent medications
- Have a supportive effect on the body's own regulatory systems
- Do not suppress vital processes which are needed to restore balance, e.g. acute inflammation
- Can be investigated with state-of-the-art research programs as well as cutting-edge tools like genomics
- Present a solution for systems medicine as well as disease networks, due to their multitarget action