

Results of the Interdisciplinary Meeting on the study of the effects of low doses
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On May 17, 2017, within the framework of the activities of the Scientific Council for the study of the effects of low doses, created by the National Association of Traditional and Complementary Medicine, the First Interdisciplinary Meeting on the Study of the Effects of Small Doses was held at the site of the National Medical Chamber, which was attended by 35 people (specialized in physics, chemistry, biology, medicine), of which one is an academician of the Russian Academy of Sciences, two corresponding members of the Russian Academy of Sciences, ten professors, five candidates of sciences, as well as 17 doctors, candidates and doctors of medical sciences. Seven reports were heard on the results of their own research in the field of physics, chemistry, experimental biology, as well as on the analysis of international experience in practical application in medicine, veterinary medicine and agriculture and international studies on the action of highly diluted solutions of substances. It was noted that in our country many researchers have been and continue to study the features of the action of small doses of substances, especially the group of prof. Shangin-Berezovsky, a group of prof. E.B. Burlakova and a group of prof. I.A. and V.P. Yamskovs.

This meeting was not directly devoted to homeopathy, nevertheless, it was mentioned many times, since it is in homeopathy that two hundred years of practical experience in the use of small doses has been accumulated and some aspects of the action of small doses have been empirically identified, which are gradually being confirmed in science and medical practice. These aspects include the non-monotonic nature of the action of small doses, the consideration of individual pharmacogenetic sensitivity, which is carried out in homeopathy by phenotypic markers, and much more, is necessary to achieve a clinical effect. The effect of hormesis, well known in biology, has not gone unnoticed; "stimulation of any system of the body by external influences that have a force insufficient for the manifestation of harmful factors." This was well said many years ago by the famous Russian scientist, Academician of the Russian Academy of Sciences M.A. Kuzin "The evolution of life on our planet has revealed a remarkable feature of living organisms to use ultra-small amounts of many physical and chemical factors for their prosperity - harmful and poisonous in large quantities"

The biological activity of ultra-low doses of substances, more often in potentized solutions, has been shown by both domestic and foreign authors on models of different levels of organization and various studies, including cutting-edge genetic, cell-free (enzyme activity), cell culture, isolated tissues and organs, as well as on unicellular and multicellular organisms of warm and cold-blooded animals, as well as on plant organisms. A number of domestic studies have shown that biological activity correlates with changes in the physical properties of these solutions.

At present, several research centers, including

Russia, the presence of characteristic nano-sized formations in highly diluted potentiated solutions was simultaneously shown. Of course, this phenomenon requires detailed study, but the possibility of identifying these formations gives us hope for understanding the ways of action of homeopathic medicines in the foreseeable future.

An important feature of small doses is the preservation of their activity against the background of the action of large doses of the same substance. Back in the 30s, Jacques Boiron showed the neutralizing effect of potentized mercury in small doses in case of mercury intoxication. During the war, the British War Office conducted research on the neutralization of the effects of mustard gas poisoning with a preparation of mustard gas in the 30th centesimal dilution. The experience of using Arsenicum 30C among the inhabitants of West Bengal seven years ago is known for antidoting the phenomena of arsenic poisoning that got into the water. These and many other studies on this topic suggest the presence of special, yet little studied, properties of substances that appear when they are used in small doses.

Thus, the meeting formulated the main tasks in the study of low doses, summed up the intermediate results of research at this stage in the development of science. Considering what was heard, the scientists present at the meeting concluded that further research into the effect of low doses and highly diluted solutions is an important scientific task, the solution of which can bring significant results for a whole range of branches of science, industry and medicine. The same opinion was held by Prof. E.B. Burlakova, who as early as 1998 concluded that "already at the present stage of studying the effects of ultra-low doses of biologically active substances, we can talk about the prospects for introducing the results of these studies into practice."

Knowing about the resonant discussion of homeopathy that has swept through the media, let me finish this informational material with a recently published quote from a letter from the founder of the commission on pseudoscience of the Russian Academy of Sciences, Nobel laureate Academician V.L. Ginzburg: "In conclusion, I would like to share with you some remarks concerning homeopathy. I did not understand (and still do not fully understand) how there can be two medicines: allopathy and homeopathy. After all, there are no two mathematicians or physicists ... The whole point, obviously, is the complexity of the human body and its diseases and, at the same time, the insufficient development of medicine. But I think that the time is not far off when medicine will absorb all the positive that is in homeopathy."

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