

INTERVIEW WITH
DR. M. ABDUL LETHIF

A PROFESSIONAL
HOMEOPATHIC
PHYSICIAN,
RESEARCHER
& AUTHOR WITH AN
UNBLEMISHED SERVICE
IN THE
HEALTHCARE SYSTEM

Dr. M. Abdul Lethif, retired from Kerala State Homeopathic Medical Education Department as Controlling Officer & Principal, is now concentrated on the future threats of our Earth-Environmental Pollution with Pesticides and Hazardous Chemicals causing severe damage to our Health and its containment using homeopathic medicines.

He had developed Homeo Agrocure using some rare Homeopathic Medicines for improving the growth and yield in Agriculture, Horticulture, Aquaculture fields. He conducted in-depth research works, developed and practically

implemented the project to protect the Plant population through continued interventions in the field with the support of his own Homeopathic Research Laboratory at Kozhikode.

A recipient of many prestigious awards and recognitions in Homeopathy, Dr. Lethif, is engaged in enlightening the scope of Homeopathy in other fields also, amidst the busy schedule as a Practising Physician.

Dr M.Abdul Lethif spoke to Pharma First on human life, especially the nature and lifestyle with some very valuable tips to make the life meaningful, Safe and Healthy.

As a Homeopath with around 50 years of service in healthcare, kindly share your opinion to make homeopathic system well accepted among the Authorities & the Public ?

The World Health Organisation Consider Homoeopathy as the second most popular system in the world. Outstanding patronage in terms of Academic, Administrative, Research and Patient Care through Government Hospitals and Dispensaries are worth to mention.

As on 2019, in India, there are 163 colleges, more than 3 lakhs Qualified Doctors and about 2.5 lakh Para and Peri medical staffs available in Homeopathy. There are 409 national Dispensaries, 29 temporary Dispensaries in Scheduled Caste dominant areas, 3 floating dispensaries and 4 mobile dispensaries also functioning, in addition to 34 Govt. Hospitals with essential diagnostic facilities. The ongoing projects are Rapid Action Epidemic Control in Homoeopathy, Ayushman Bhava, Punarjani, Seethalayam, Sadgamaya, Jenany and for transgenders and liver disorders. Speciality clinics are established for Diabetes, Thyroidism, Asthma and Allergy.

During Covid- 19, the immune booster Arsenic Album 30 was prescribed for 70 lakhs people from Government and Private Practitioners. Govt. of Gujarat had send the report of success of the medicine after giving to 3.3 crore people, to the WHO.

The merit and acceptance of Homoeopathy are well there, even in lifestyle diseases, multi organ failure, behavioural disorders, mental diseases, genetic diseases, drug addiction and alcoholism. The mainstream system is well aware of the functions and acceptance of Homoeopathy.

There need a judicial Commission for assessing the merit of the three main systems of Medicine on matters of Management, guidelines for improving the death rate from infectious diseases, financial implications and stress to family members.

Can you Please mention the future threats of Human race in leading a Safe & Healthy Life ?

None of us can't predict an impact of the future threat to Human race and the life on earth. Even an invasive organism is also struggling for its own existence. No doubts, food is the medicine. If that be true ***Agriculture, Horticulture, Cericulture, Aquaculture shall be in an ambience with the best Soil, Water, Nutrient and other inputs.*** To find fault with the people is not fair. ***We need more systematic and***

analytical study for Pesticides, Hormones, Antibiotics, added Preservatives, Colours, Heavy Metals etc. in Food and Drinks.

for eg:-During project studies of M. Phil students at the Centre for Water Resource Development and Management (CW RDM) it was observed that the Lead content in Pepper was 21.25 mg per Kg, that in Mustard was 11.63. Manganese in Cardamom was 488 mg/Kg. The Iron content after heavy rain in Pepper was detected as 535 mg/Kg., the normal being 0.5 mg/Kg.

We are living in an Artificial world of Food, Clothing, Shelter, Enjoyment, Habits and finally Healthcare. Is it possible to live healthy without using any synthetic products harmful to our life?

Our healthy body is capable of eliminating or discarding the toxic materials even before absorption into the system, but with certain conditions.

In the case of Lead, Timely food with Protein, Safe Food and Drinks with sufficient Vitamin B1,B6,B12, Iron, Zinc, Very less medications, especially Steroid, are essential for eliminating 80% of Lead from the body. Cadmium, Chromium, Copper, Mercury, Nickel, Uranium are other important heavy metals that makes many diseases.

Incorporation of Family Doctor concept in Homoeopathy shall be a best option to minimize various incurable diseases from the intake of Heavy Metals and other Noxious items.

In your opinion, What are the basic things to be done to integrate various systems of Medicine for the wellbeing of mankind ? Is it useful to contain the upcoming threats in Health care ?

An idea of integrating various systems of medicines is a noble one. Stalwarts like Nithya Chaithannyayati had made repeated attempts for a co-ordination and integration, but failed. I am not favouring an integration of Homoeopathy with other systems of medicines after knowing the mindset of one group and their blind supporters for the best reason known to them.

Formation of a judicial Commission is highly essential to study the syllabus and curriculum of all the systems of medicine, the nature of work during training and practice in Academic, Treatment and Research activities. Feedback from patients and the public on all matters of benefit from treatment, their recurrence, cost effectiveness and side effects, if any, after treatment, the stress of the patient and the family members during treatment are to be validated.

Pay parity for Graduates, Post Graduates and Post Doctoral Doctors shall be maintained irrespective of the systems concerned. ***The Physician concerned shall give a consent to the patient to opt for an expert opinion from a panellists of different systems of Medicines in all cases of Adverse Drug Reactions/drug resistance or an involvement of an un affordable treatment cost.***

Even while taking more than 10 tablets daily for treating a Cardiac disease from a Specialist, within one month of Homeopathic treatment, I was successful to control the blood sugar and cholesterol, supported by the laboratory report from the same lab he used to visit. And Let me ask, why the public is not demanding for a best and legally valid integration of different systems of choice for your own, for all round benefits?

Homeopathy is included as part of the AYUSH system. Is it beneficial for its growth and diversification when considered as a universal system and with a different Principle ?

Homoeopathy is now a part of AYUSH system. Globally, it is the first alternative and second popular system of Medicine. The demands of the public for an affordable, simple, effective, scientific treatment methodology shall be an inspiration for Homeopathy for giving better input compared to other systems. The fund allotment is better now. But adequate funds are needed for Academic, Patient care, and Research institutions.

As a Doctor associated with many Professional, Cultural and Social bodies, which areas among them is found worthy and fruitful to project your talents? Please comment ?

Being a part of the society, especially in Homoeopathic Profession, I am well aware of the word of ***Dr. Samuel Hahnemann that the high and only mission is to restore the sick to health.*** He further stated that the Physician should be a Preserver of Health.

I feel comfortable and happy with the farmer's need hierarchy of supporting with ***minimum watering and manure for an eco-friendly cultivation, increased productivity, nutrition, extended quality of fruits in room temperature and repulsion of wild animals from damaging the crops.***

I can share with the hope and happiness of few patients who has recovered from Para paresis (paralysis of both legs and non healing ulcers) for more than 12 years from a fall, Alkaptonuria (a genetic disease in which one is passing black coloured urine).

My ongoing programme is to plant 100 crore fruit plants, medicinal plants and bamboo and

maintain from drought with the help of all the nature lovers of Kerala within a period of 5 years.

Can you narrate the vision to accomplish the dream of providing non poisonous, safe and eco friendly food and Medicines to the Public, utilizing the present resources, especially when there is improper quality assurance in that field?

My vision to provide safe to eat products is ***through Information, Education and Communication, in short, IEC programme.*** Now it is the best time to recall the precious words of our former president Dr.S.Radhakrishnan that the essence of education is nothing but a change. Here we can further say that without a qualitative change from education, there would not be any meaning of his education.

Nowadays, the production of residue free food product is an impossible task unless and until the contaminated soil and water is cleared free of the Pesticides and other toxic Heavy metals.

It is a fact that the soil contains organic acids like Acetic, Absessic, Melvinic, Malonic, Tartaric and others that will chiliate (dissolve) all the available Heavy metals like Arsenic, Cadmium, Cobalt, Chromium, Copper, Lead, Mercury, Nickel, Uranium etc.

Reliable information is available that carrot, beet root, endive, broccoli and other root and leafy vegetables including fruits are hyper accumulators of more than four heavy metals. Lead alone is producing more than 100 disease symptoms including impairing the immunity.

Phyto remediation is the methodology used for removing the heavy metals from soil and water.

Here, we can use plants like Ludwegia peruviana, Solanum Torvum, Mustard plants and the like before cultivation. All things we gather from the Earth and Water bodies for food, Drugs and Cosmetics must be free from toxic materials.

In your opinion what must be the future role of the Homeopaths to contain various life threatening pandemics? Any restructuring of the Course needed, to study after basic Medical degree?

I hope Homoeopath shall overcome. We believe success of a certain group is not permanent and the failure of others are not final. The consumers are well aware of the rise and fall of Modern Systems of Medicine. I have witnessed more than 20 years of Herd Immunity in Cholera, 18 years in Cerebral Malaria, Typhoid in Fort Kochi by selecting the right preventive medicine.



Planting a sapling at the campus of St.Xavier's college, opposite of the Sarovaram Bio park, Kozhikode. on 26.1.2021 by Shri T.P. Ramakrishnan the honourable minister for Excise and labor as a beginning of planting 100 crore trees in Kerala within a period of 5 years and maintained by Homoeo Agrocare from droughts, pests and diseases.

Recently Hon'ble Minister for Health, GOI has mentioned the merit of Homoeopathic Medicine as an Immune booster for limiting the spread of Covid 19. I affirm that there is no need of further demand to study this system after any other system.

Homoeopathy is the Future science of the Medical system, at par or ahead of Nano Technology. It is the right of the citizen to choose a treatment methodology that are safe and economical to him. Government must educate the public accordingly, without any discrimination. Few State Governments have approved equal Pay parity and Insurance coverage. Parity in every where, as per Standards are to be provided by Govt or else legal access is the only option to the citizens.

It is a fact that lot of unqualified persons are practicing Homeopathy in Kerala, without any basic knowledge. How can it be controlled ?

It is the responsibility of the Govt. to prevent the unqualified Practitioners. Even in Modern medicine, Surgery and other specialities, such persons are there. Capital punishment may be considered for the quacks.

There is a huge abuse of Narcotic substances, Nicotine and Alcohol in Kerala, especially among the Youth.

How can We create a Healthy World without abuse ?

Alcoholism and Drug addictions are diseases. Policymakers, right from the Planning Board are not at all searching for the best alternative and interdisciplinary protocol for minimising the addictions along with an independent treatment protocol. For the control and treatment of alcoholism and tobacco smoking, a research was conducted using Homeopathic Medicines, with the financial support from the Kerala State Science Technology & Environment Committee for two years from 1990 and 91. The success rate of treating alcoholism was 73% within 2 weeks and for tobacco smoking, it was 65%. So adequate treatments on time can prevent the Diseases with awareness programmes on its complications.

Sir, You are among the Panel of Physicians of Gandhibhavan, Pathanapuram. Can you share the major uncertainties of our Senior Citizens ?

Senior citizens are a problem to their own children especially to the In-Laws. Having a high literacy and value added education without a change is of no value in reversing an altered mindset. Listed medicines are available in Homeopathy for all behavioral disorders including antisocial activities and these medication can



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be given by collecting information from parents, friends and police officials even without the knowledge of the person concerned. I affirm that this noble vision was practised for 10 years at Gandhi Bhavan, Pathanapuram. The secretary Dr. Somarajan has documented my effort.

Sir, Can you please mention the greatest achievement you had in life during these Golden years in this Profession in multiple roles?

I write the following events though I doubt all are my achievements. The fog end of year, 1988 was an impressive one. *I was the only person selected from our state from the National Service Scheme to attend the Republic Day Parade in New Delhi.* I could overcome the extreme cold of about 2-3 degrees Celsius with a simple lick of a Homeopathic Medicine, Mephitis 3x. I was fully satisfied along with a student from Kozhikode for 10 days with a single dose of this medicine. On my return, prescriptions were given to around 300 military soldiers and later I could read in news that the medicine was found effective for preventing frostbite .

I could conduct research works, in addition to alcoholism and tobacco smoking, Homeopathic management of Rheumatic Fever and Chronic lead poisoning with the help of Dr. C.S.P. Iyer, Regional P.H.

laboratory, Thiruananthapuram for 3 years by analysing the level of Lead in the Blood of 484 people in the age group of 6 to 60 years, twice before and after giving Homeopathic medicines. Arsenicum Album 1 M was found effective in decreasing the level of Lead from Blood.

The latest research was a turning point, to study the impact of Health from Lead and other Heavy metals through vegetables and fruits. A study conducted on a sample of Pepper returned from USA, shows the Lead content as 21.25mg/Kg. Similarly 11.63 mg/Kg was the Lead content in Mustard.

I am fully satisfied with the efforts done to control Cholera Epidemics at Attappadi in Palakkad District. In 1997, Government has acknowledged this success by arranging a special cabinet meeting. Others are Cerebral Malaria at Kasaragod in 1998, Typhoid in 2002 at Fort Kochi, Dengue fever in 2002. The long lasting immunity was an additional information in all areas of preventive medication.

I am happy with the farmers that my Innovative Homeopathic Product - *Homeo Agrocare* when applied to vegetations gave a saving of 70 % of water and 30 to 40% of manure.

Kindly say a few words on the support given by your family in performing in multiple roles.

Support from the family was favorable in the very beginning itself and they have concern when the work load become more and more. They finally accepted it and gave me a signal to go ahead with the missions beneficial to the community. My wife is looking after the Research Laboratory-Mini Pharma, Jawahar Nagar, Kozhikkode established in 1994.

As an All rounder in the Profession of Homeopathy, what is your message to the youth & the public?

Though I am not a competent person to give advice, but says that *hard work, by identifying the true cause with an empathetic approach and gaining feedback after motivation to others, who are also more aware about science of their choice, is a step ladder.*

A research oriented education followed by a personal change is a sure shot even to a stubborn opponent. Do things that nobody has done earlier for the better livelihood of the fellow citizens. This is the only evidence that you have lived here rather than engraved in golden letters in a precious stone. This is the noble word of the Legendary Vaikkam Muhammad Basheer ●