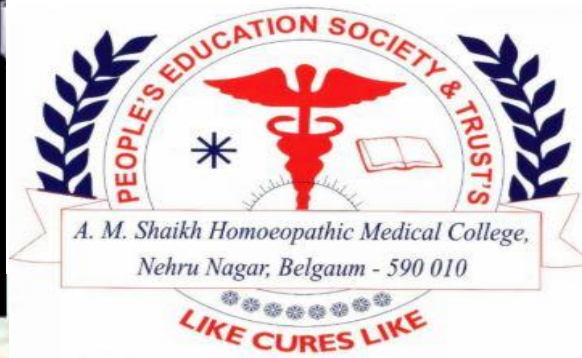




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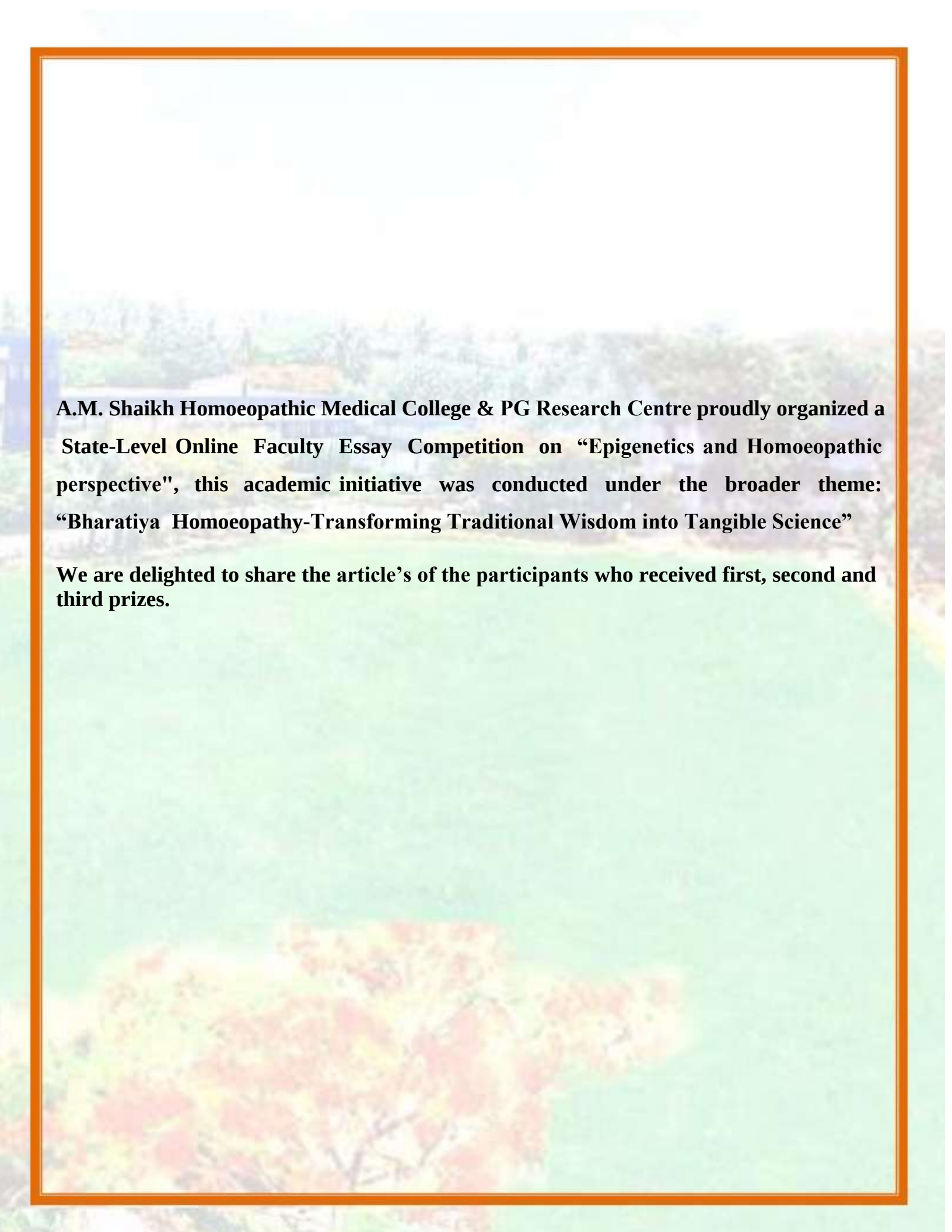
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A.M. Shaikh Homoeopathic Medical College & PG Research Centre proudly organized a State-Level Online Faculty Essay Competition on “Epigenetics and Homoeopathic perspective”, this academic initiative was conducted under the broader theme: “Bharatiya Homoeopathy-Transforming Traditional Wisdom into Tangible Science”

We are delighted to share the article’s of the participants who received first, second and third prizes.

Epigenetic and the Homoeopathic Perspective: Bridging Tangible Science in to Traditional Wisdom

Introduction

Over the past 70 years, the study of epigenetics has evolved. It has changed from a research curiosity to one of the most hyped biological concepts. While the pioneers of epigenetic research were met with disbelief as they did not follow the normal Mendelian laws of inheritance; however the media today praises the modulation of epigenetics through behavioral changes as a cure for diseases. Epigenetics suggests that Gene expression is regulated through molecular mechanisms that activate or suppress transcription. Factors such as diet; stress, environment, and life style play a crucial role in controlling these expressions. This explains why two people with similar genetic makeup may develop different diseases, such as Diabetes mellitus, Bronchial Asthma or Cancer, depending on their life conditions. Epigenetics has revolutionized modern biology by demonstrating that gene expression is not fixed but dynamically influenced by environmental and experiential factors.

Homoeopathy was founded by Dr Samuel Hahnemann in 1796. It is over 225 years old and a system of medicine that treats the individual rather than just the disease. It is based on principles such as Similia Similibus Curentur, Individualization, and the use of minimum doses. According to homoeopathy, disease is caused by an imbalance in the body's vital force, and Treatment aim to restore this balance. Both Epigenetics and Homoeopathy share common ideas such as individualization, the role of the environment, and the possibility of reversing disease. They highlight the importance of dynamic regulation in health and disease.

Epigenetics

The term epigenetics, introduced by Conrad Waddington, originally described interactions between Genes and their environment in shaping phenotype². Overtime, it has evolved into a central concept in molecular biology, explaining how identical genetic code can produce different cellular outcomes.

All cells in the human body contain the same genome, yet they differentiate into specialized cell types through epigenetic regulation⁴. The different mechanisms include DNA methylation

-Small Chemical tags attach to DNA and usually turn genes off ^{1,5}, Histone modification-Proteins around DNA change shape, making genes easier or harder to use ^{3,6} and Non-coding RNAs-Special RNA molecules that control how genes work without making proteins⁷. These mechanisms are highly affected by environmental factors such as diet, stress, toxins, and life style ^{2,8}. Importantly, some epigenetic changes are stable and can be transmitted across generations, contributing to long-term health outcomes ^{2,9}.

Epigenetics in Embryonic Development and Disease

Epigenetic regulation is essential during embryonic development, where it covers cell differentiation and maintains cellular identity ⁴. Proper programming ensures normal development and growth, while dysregulation can result in disease. Epigenetic modifications are altered in various conditions, including cancer, neurodegenerative disorders, and metabolic syndromes ^{1,3,10}. Environmental exposures such as chronic stress or toxic agents can induce epigenetic changes that increase disease susceptibility later in life ^{8,11}. Thus, epigenetics provides a link between environmental exposures and biological outcomes, thus showing a link between genotype and phenotype.

The scope of Epigenetics

The scope of epigenetics has expanded from a developmental concept to a broader framework encompassing environmental responsiveness, systems biology, and evolutionary processes ². Ospelt highlights its transition into a widely accepted scientific model influencing multiple disciplines¹. This shift reflects a move toward understanding biological systems as dynamic and adaptive rather than static entities, reinforcing the importance of regulatory flexibility in maintaining health.

Homoeopathic Perspective

Homeopathy emphasizes individualized treatment, environmental influences, and the body's self-regulatory capacity. Central to its philosophy is the concept of a dynamic vital force maintaining physiological balance. Several similarities with epigenetics can be found, like environmental affects, individualization and dynamism.

Environmental Influence

Epigenetics suggests that environmental factors modify gene expression ^{2,8}. Similarly, homoeopathy recognizes environmental triggers in disease causation. [Aphorism5-Importance of exciting causes Aphorism7-Removal of maintaining causes is essential for cure] ¹⁰

Individualization

Epigenetic variability explains differences in disease susceptibility and treatment response ⁹. This aligns with homoeopathy's individualized approach. [Aphorism 3 - Physician must know what is to be cured in each case, Aphorism 6 - Disease is recognized through totality of symptoms, Aphorism 83-104-Case taking and individualization] ¹⁰

Dynamic Regulation

Epigenetic mechanisms are reversible and adaptive ^{3, 5}. Homoeopathy similarly focuses on restoring regulatory balance rather than suppressing symptoms. [Aphorism 9 - Vital force maintains harmony in health, Aphorism 11- Disease is a dynamic disturbance of vital force, Aphorism 15 - Disease affects the dynamic level, not just the material body] ¹⁰

Biological Memory

Epigenetic modifications can persist over time and across generations ^{2,9}. This parallels Homoeopathy's emphasis on the lasting impact of past exposures. [Aphorism78-81-Chronic diseases and miasms, Aphorism 105 - Importance of complete history (past exposures, diseases] ¹⁰

Conclusion

Epigenetics has changed our understanding of gene regulation. It highlights the dynamic role between genes and the environment. Its principles match with aspects of homoeopathy, particularly regarding adaptability, individualization, and systemic regulation. While scientific gaps persist, epigenetics provides a valuable area for exploring integrative approaches to health. Continued research may help bridge the divide between molecular biology and holistic Medicine, helping in a more comprehensive and human-centred understanding of disease and healing

Summary: Epigenetics & Homoeopathy

Aspect	Epigenetics	Homeopathic Perspective	Similarity
Principle	Regulation of gene Expression without DNA sequence change (environment, lifestyle, and stress influence health)	“Like cures like” and stimulation of Vital force, (dynamic disturbance of the vital force expressed through symptoms (mind + body)	Both emphasize regulation over structural change (reversible changes)
Role of Environment	Environmental factors alter gene expression (diet, stress, toxins)	Environmental and lifestyle factors influence disease susceptibility	Environment shapes health outcomes
Individualization	Epigenetic profiles differ between individuals	Treatment is individualised for each patient	Individualised Approach to health
Mechanism of Change	DNA methylation, Histone modification ,and non-coding RNAs	Dynamic stimulus through potentized remedies	Both aim to Modulate biological response
Reversible	The changes are reversible	Diseases that are reversible through treatment	Focus on restoring normal function
Adaptation	Cells adapt to environmental signals	Organisms adapt through vital force regulation	Adaptive response is the main
Disease	Result of dysregulated gene expression	Disturbance of vital force	Disease is seen as a functional imbalance
Treatment	Normal is gene Expression patterns	Restore the equilibrium of the organism	Return to homeostasis
Integration	Personalized Medicine, epigenetic therapy	Integrative and Complementary medicine	Possible combining in the integrative health System

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Epigenetics and Homoeopathic Perspective

“The interactions of genes with the environment that bring the phenotype into being.”- Conrad H. Waddington (1942) Epigenetics is the study of changes in gene expression that occur without altering the DNA sequence.

Today epigenetics has taken center stage of understanding human disease evolution. From the time Gregor Mendel proposed and established gene theory, every expression, trait and Character as well as pathogenesis of an individual was attributed to genes. Medicine celebrated as if it identified root cause of inheritance of illnesses. But all through the Centuries it remained silent on many difficult questions. Today it has discovered that above genes there is other mechanism which is nothing but switching on and off mechanism of gene expressions. This is called as Epigenetics. Understanding about DNA methylation or Histone modification has opened up vast hitherto unknown areas of human functioning.

Today it is becoming clear how single cell embryo divides and divides to become highly specialized structures with specific tasks. Medicine is able to understand today how having same genetic sequence muscle cell, liver cell and skin cells behave and function differently!! Basic mechanism being understood as DNA methylation and Histone modification of genome expressions.^{7, 8}

Epigenetics has also thrown light upon how various stressors play significant role in gene expressions. Studies on famine, trauma, and exposure to toxins confirm that stressors can leave biological signatures visible in descendants. An incident during intrauterine life or early childhood significantly modifies DNA methylation. Importantly this type of regulation of gene activity is without altering the genetic code.

Homoeopathic Perspective

Homeopathy happens to be the latest of medical discoveries in the world. Thus, it proposes most modern scientific methodology of understanding disease, pathogenesis, pharmacology, drug and disease relationship as well as extensive clinical assessment. For example, till nanotechnology came into the fore homeopathic medicines were considered as placebo.

Identification of nano particles beyond Avogadro number in high dilutions of medicines, understanding behavior of vehicles like water to take the memory of drug revolutionized

medical thinking. Now unique homeopathic drug preparing process called dynamization is getting recognition as one of best scientific method to produce nano particles.

Whatever modern science puts forward as new discovery about understanding human health, disease and cure process, Homoeopathy has already adopted its process of patient healing. The only difference is the usage of terminologies.

Concept of Man^{1,2}

Homeopathy advocates that Man is not just made up of genetic material obtained from father and mother alone. It is the hereditary characteristics and early environment including intrauterine period makes him the person He is. Quality of his interaction with internal as well as external environment decides his success or failure. Various stressors like death or separation of loved ones, intense emotional trauma of mother during pregnancy, physical traumas coupled with hereditary influences can create disease potential. Clinically results support this understanding. Otherwise recurrent UTI will not disappear with staphysagria, Fibroid uterus will not get cured with Magmur, IVDP will not be corrected with single dose of Natmur etc.

This is exactly what today epigenetics proposes!!

Concept of Miasm⁶

Hahnemann clearly envisioned blocks for the treatment of chronic illnesses due to entity which he named Miasms. Interestingly these blocks need not originate during that individual's life time. Origin may be from parents, grandparent's time. He traces diseases to 3400 years back with special reference about how initial disease with skin eruption and itch was mismanaged. Resultant is internalized diseases with numerous expressions at various tissue levels.

Epigenetics today teaches that genes carry information from generations. Methylation of DNA or histone modifications is influenced by the experiences of generations giving rise to various illnesses.

As these changes in genome are reversible, Hahnemann's contention that by appropriate ant miasmatic treatment in so called incurable diseases cure could be achieved is very much pragmatic. Moreover through Miasm seemingly unrelated diseases could be related to each

other temporally and in many other ways. Same way by understanding epigenetic dynamics various diseases could be related to each other. This is enhancing better treatment possibilities.

Drug proving (Dudgeon)^{3, 4}

Hahnemann introduced systematic proving of drugs though attempts were made earlier across centuries by Mithridates King of Pontus, Nicander, Albrecht Von Haller etc. Homeopathic drugs proved and reproved on healthy human beings unlike any other system. Through this alone we could understand pathogenetic power of a drug and its finer indications in a patient to cure illnesses. Improving drug creates mild temporary artificial disease. Epigenetic studies say that Methylation or histone modifications happen by certain chemical compounds. In a drug proving on healthy individual a temporary epigenetic dynamic disease state is produced. Thus, one is able to understand potentiality of a drug.

Power of small chemical compounds^{7, 8}

Epigenetics revolves around small compounds like methylation of DNA by CH₃ or histone tail post translational changes by acetylating or phosphorylation. This in turn remodels chromatin structure and regulates gene expression. Homeopathy also believes in smaller quantities, dynamized medicines, energy transfers and nano particles.

Blind spot in epigenetics

Today epigenetics has caught the imagination of scientific medical world. They are going behind chemicals influencing various disease outcomes. For example now MTHFR mutations are being attributed to various illnesses including chronic fatigue syndrome, DHD, fibromyalgia, High BP, Stroke etc. thus once again looking at the wrong direction. Why there is mutation is not looked into. Hence present western medicine would only introduce more costly investigations, costlier supplements. They are bound to fail as basic dynamicity of human and environmental interactions, long standing profound emotional influences are being overlooked. Hahnemannian idea of holistic approach must be the sole guide. That alone can understand and utilize epigenetic modifications effectively in disease understanding and management.

Law of similars¹⁰

Whatever may be the findings of western medicine, two most important factors are behaving like a road block in their endeavour to achieve permanent solution. One being materialistic viewpoint of diseases which would make their vision myopic and the other rejection of law of similars. Samuel Hahnemann called this law as Eternal law. True to his vision Law of similars was for the first time taught to this world by Devarishi Narada!! In Madbhagavata Devarishi Narada teaches this eternal law to Maharshi Vedavyasa. Therefore, this law can never fail.

Homeopathy transcends time. It transcends wisdom. For western medicine understanding disease, health and cure is work in progress. Homeopathy has already envisioned it and it has a more comprehensive understanding about all of these.

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Epigenetics and Homoeopathic Perspective: Bridging Vital force and Gene regulation

Introduction

The evolution of medical science has transitioned from a purely structural understanding of disease to a dynamic appreciation of regulatory mechanisms governing health. Among the most significant advancements is epigenetics, defined as heritable changes in gene expression without alteration in DNA sequence¹. Parallel to this, homoeopathy has long emphasized the dynamic nature of disease governed by the vital force. The convergence of these domains offers us a framework to reinterpret homoeopathic principles through modern molecular biology. The concept of epigenetics originally described the complex interactions between the genome and the environment responsible for development and differentiation. In modern science, it encompasses heritable alterations in gene expression that do not involve changes in DNA sequence¹. Increasingly, epigenetic mechanisms are being recognized as central regulators of gene activity, providing a dynamic interface through which environmental influences shape biological responses.

Epigenetics and dynamic regulation of Health

Epigenetics involves mechanisms such as DNA methylation, histone modification, and non-coding RNA regulation, which determine gene expression¹. These mechanisms are reversible and influenced by environmental factors such as stress, nutrition, and toxins. This dynamic adaptability mirrors the homoeopathic understanding of disease as a disturbance in regulation rather than structure. Kanherkaretal emphasize that epigenetic processes integrate environmental influences with gene activity, forming a biological basis for holistic health¹. This aligns closely with the homoeopathic view of the individual as an integrated mind-body system, where internal and external influences interact continuously. In this context, epigenetics provides a crucial bridge between the abstract concept of vital force and measurable biological processes

Homeopathy and Gene regulatory mechanisms

A significant advancement in understanding homoeopathic action is the gene regulatory hypothesis proposed by Khuda - Bukhsh and colleagues. According to this hypothesis,

homoeopathic remedies act as biological signals capable of modulating gene expression². Experimental studies have demonstrated alterations in gene expression in cells treated with homoeopathic dilutions, particularly in pathways related to immune response, apoptosis, and oxidative stress^{2,3}. Further experimental evidence strengthens this perspective. Studies on potentized Condurango (30C) have demonstrated its ability to arrest the cell cycle in cervical cancer (HeLa) cells through modulation of histone deacetylase activity, suggesting a direct role in epigenetic regulation⁴. Similarly, investigations on *Apis mellifica* across multiple potencies revealed significant alterations in gene expression profiles in human cell lines, even at ultra-high dilutions⁴. Additional studies involving potentized remedies such as *Arsenicum album*, *Arnica montana*, and *Glucose* have shown gene modulatory effects in microorganisms under stress conditions⁴. These findings collectively suggest that homoeopathic medicines may carry specific biological signals capable of interacting with cellular systems and triggering gene regulatory cascades. Such a mechanism aligns closely with epigenetic modulation, where subtle regulatory changes produce significant biological outcomes. Thus, homoeopathy may be understood not as a chemical intervention, but as regulatory stimulus acting at a deeper biological level. Research in high dilutions further supports this concept. The GIRI group has proposed that ultra-high dilutions may retain structural or informational imprints capable of influencing biological systems⁵.

Miasms, Epigenetic Memory, and Individual Susceptibility

The homoeopathic concept of miasms, introduced by Dr. Hahnemann, describes chronic disease as a predisposition that can be inherited across generations. Modern interpretations suggest that miasms may correspond to epigenetic imprints—heritable modifications in gene expression induced by environmental exposures^{6,7}. Events such as trauma, infections, grief, or physiological transitions may act as triggers for such long-lasting regulatory changes and the above Homoeopathic literature provides remarkable insights that resonate with these ideas.

Dr. Hahnemann advocated preventive treatment during pregnancy to improve the health of future generations, reflecting an early understanding of intergenerational health modulation⁸. Dr Kent emphasized that susceptibility is central to disease expression, suggesting that

external factors act only when an internal predisposition exists ⁹. Similarly, Dr J. H. Allen described pathology as the result of deeper disturbances in the vital force rather than the primary cause of disease ¹⁰. These perspectives align with modern epigenetics, where observable pathology is often the downstream consequence of prior regulatory disturbances. From this standpoint, disease is not merely structural damage but a manifestation of altered biological regulation. Clinical evidence further reinforces this concept. A duo case report of identical twins with severe bleeding disorders demonstrated significant improvement following individualized homoeopathic treatment despite identical genetic backgrounds ¹¹.

Integrating Homoeopathy with Modern Genomic Science: Future Perspectives

Recent developments such as genomic homoeopathy, proposed by Teixeira, suggest individualized approaches to influence gene expression¹². Additionally, telomeres and telomerase-important indicators of cellular vitality are regulated epigenetically and may serve as biomarkers to assess treatment outcomes ¹³. This reflects a convergence of homoeopathy's individualized approach with modern precision medicine. The emerging fields of homeogenomics and homeogenetics aim to integrate homoeopathy with genomic science. Researchers emphasize the need for interdisciplinary approaches to better understand the mechanisms underlying homoeopathic action ¹⁴. Eswara Das highlights the importance of moving beyond reductionist models toward systems-based understanding¹⁵.

Despite promising developments, several challenges remain:

- Limited large-scale and reproducible studies
- Methodological constraints in high dilution research

Continued skepticism within the scientific community

Future research should focus on:

- Epigenetic profiling in homoeopathic treatment
- Integration of molecular biomarkers in clinical trials
- Application of systems biology and artificial intelligence
- Standardization of experimental methodologies

Conclusion

The intersection of epigenetics and homoeopathy represents a transformative frontier in medical science. Epigenetics provides a molecular framework to reinterpret homoeopathic concepts such as vital force, miasms, and individualized treatment. Rather than opposing homoeopathy, modern scientific developments appear to converge with its foundational principles. This synthesis not only strengthens the scientific basis of homoeopathy but also contributes to a more holistic understanding of health and disease.

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EPIGENETICS & HOMOEOPATHIC PERSPECTIVE

Exploring Epigenetics through Homoeopathic Lens.

Knowing Epigenetics –

Epigenetics originates from the Greek prefix 'epi', meaning 'over', 'outside of', or 'around', combined with 'genetics'. It describes mechanisms "on top of" DNA that regulate gene expression without altering the underlying genetic sequence, i.e. the study of how cells control gene activity without changing the DNA sequence. It implies factors influencing development beyond the genome; i.e. it describes factors beyond the genetic code. So, epigenetics deals about everything that's around the genes.

Key Etymological & Historical Aspects:

Coined by C.H. Waddington (1942) –who blended "epigenesis" (the theory that an embryo develops from a structured egg) and "genetics".

Original Definition: Waddington used "epigenetic landscape" to visualize how genotypes produce phenotypes during development.

"Above" the Genome: The epi- prefix signifies that these processes act on top of the DNA code (genome), affecting how genes are read.

Alternative Concept: It is often described as the "software" that directs the "hardware" of the DNA.

Epigenetic changes are modifications to DNA that regulate whether genes are turned 'on' or 'off'. These modifications are attached to DNA and do not change the sequence of DNA building blocks. Within the complete set of DNA in a cell (genome), all of the modifications that regulate the activity (expression) of the genes are known as the epigenome.¹

Epigenetics is one way scientists learn how things around us and the choices we make change the way our genes work. We often think of genes as factors we have no control over. After all, we inherit them from our biological parents. And from the moment we enter the world, those genes determine so much about us - from our eye colour to our risk for certain diseases. Genes feel set in stone and predetermined. But what if we could change how those genes work in ways that improve our health?

Knowing Genetics -

Genetics refers to ‘genes’- the thousands of pieces of DNA that makes us a unique person. Scientists look at the chemicals that are literally on the genes and act upon them. But they also look at elements we can actually see in our daily lives, like the foods we eat, how much exercise we get and even the care we received as babies.

Scientists have known for a while that our environment and individual behaviors shape our health. For example:

- Exposure to certain toxins raises the risk of cancer.
- Polluted air can lead to asthma.
- Exercising regularly strengthens the heart.
- Eating nutritious foods is good for the brain and body.

Our health and longevity aren’t just products of our genes or nature. There are also other factors at work.²

Clues to Epigenetic inheritance in the Homoeopathic Literature:

Study of the Homoeopathic Materia Medica reveals many remedies being mentioned for ‘Never been well since’ phenomena. Conditions like grief, joy, shock, trauma, puberty, menopause etc. all point towards events capable of triggering epigenetic changes, and we do see results after prescribing the indicated medicines in cases where such events can be identified as point of origin of deviations in health. This implies that our medicines are capable of working at an epigenetic level or perhaps at a level which is prior to the start of epigenetic changes.

Epigenetics and Research in Homoeopathy:

It has been proven in some studies that homoeopathic medication acts on the epigenome as well as the microbiota of the living human organism. Much research has shown the biological activities of ultra-highly-diluted drug materials; further, their capability to modulate different signal genes and proteins was also identified.³ Therefore, KhudaBuksh⁴ and Pathak⁵ advocated a working hypothesis claiming that the working principle of the homeopathic remedy should be based upon a switch on/off mechanism of gene expression, particularly by causing epigenetic modifications.

Epigenetics and Miasms:

For epigenetics to be useful for the evolution of homoeopathy, we need to understand and decide exactly what is meant by the term, 'miasm'. Such clarity could connect miasmatic theory with epigenetics and provide common ground between mainstream and homoeopathic medical practitioners - a ground upon which an equal and mutually beneficial conversation may be possible. This itself could contribute to an increasing validation of homoeopathy as a viable and rational therapeutic modality and, in addition, might well improve the quality of homoeopathic treatment.

Dr. Hahnemann talked about protecting posterity from psora (the fundamental miasm - producer of most chronic diseases) in advance by administering anti-psoric medicine (Sulphur dynamizations in 50-millesimal potency) to pregnant mothers in a footnote to §284 in the 6th edition of Organon of Medicine. He also claims that pregnant women treated in this way have given birth to children usually healthier and stronger⁶.

It may be hypothesized that all miasms cause a series of epigenetic changes in the organism which then makes the person susceptible to disease. Dr. Kent says, "If man has no chronic miasm, he would not have acute disease. It is because he is susceptible to these outside influences." Also, "If a man were in perfect health, he would not be susceptible".⁷

So, if a person does have an epigenome which expresses all the good genes and silences all the bad genes for a particular environment, then he can be said to be in perfect health and not susceptible to any influence.

Author's view:

In clinical practice, I have seen frequently the after-effects or consequences of infectious diseases such as tuberculosis, pneumonia etc. and observed people taking an overly long time to recover. For over thirteen years, I have also observed the clear therapeutic effects of miasmatic prescribing, particularly of 'nosodes'. On many occasions, having suggested that an ancestor or a member in the family tree had tuberculosis or cancer, and the patient response being, 'how come do you know that doctor?'. The answer is because we homoeopaths have been observing this phenomenon for nearly two hundred years!

In §5 of Organon, Hahnemann asserts that the fundamental cause of chronic disease mostly rests upon a chronic miasm. I am offering that a modernizing of this assertion still makes good sense: the fundamental cause of a chronic disease mostly depends upon the effects of a preceding infectious disease (especially if suppressive treatment has prevailed) in an individual or ancestor. Consider the degree of suffering caused to humanity by leprosy, plague, tuberculosis, syphilis etc. and the number of people killed by smallpox, influenza and malaria. Over millennia, through hundreds of generations and many millions of people, these diseases have ravaged the human organism. The inherited miasmatic attunement or inherited predisposition (the epigenetic consequence) is the effect and current expression of that ravaging.

Conclusion:

In view of the similarities found in Homoeopathic philosophy & homoeopathic literature with respect to the epigenetic mechanisms, it would be favorable to say that epigenetics forms an integral part of homoeopathic science without which it would be difficult to imagine practicing it rationally, holistically & scientifically, in its entirety.

To conclude on Hahnemann, who emphasized - 'chronic diseases arise from dynamic infection by a chronic miasm' adding that they are 'implanted (in people) through infection or heredity'.⁸

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