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Editorial

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Clinical Research and Medical Journal

Basic research is what I am doing when I don't know what I am doing. - Wernher von Braun

Medicine is ever changing and with the advancement of technologies, it's getting even more complicated. With accumulation of experiences gained in particular subspecialty, one can predict, counteract and act pre-emptively so as not only to lengthen the life-span of our patients but also improve the quality of living, cure and eradicate the disease.

During earlier days; prisoners, soldiers, poor and mentally ill along with defenceless people were subjected to medical testing without taking consent. If we search for medical research, the recorded clinical trial goes back to the biblical descriptions in 500 BC. The first documented clinical trial was conducted by King Nebuchadnezzar. He ordered his people to eat only meat and drink only wine. He believed that it would make them healthy.¹ This probably was the one of the first times in evolution of human species that an open uncontrolled human experiment guided a decision about public health. James Lind is considered the first physician to have conducted a controlled clinical trial of the modern era. Dr Lind (1716-94), planned a comparative trial of the most promising cure for scurvy.¹⁻⁴

Since all those experiments have been documented, we are fortunate to take benefit from those experiences. The main goal of medical research article is to share one's valuable experience so as to contribute to the progress of science. The importance of medical journal and the impact of medical journal on the life of physician is well expressed by Dr. Salisbury J.H. in 1906. He stated that " Medical school is attended, but once in a lifetime; the meetings of the medical society are usually infrequent, but the medical journal, like the newspaper, is an ever-present friend whose influence are potent for good or evil."⁵

Writing a medical research article and publishing it in a medical journal, is sharing an important knowledge and experience to the world, which is getting narrower day by day. A physician from one part of the world may have significant load of certain disease and sharing management experience in that particular disease may help doctors of other part of the world treat such kind of patient. Furthermore, author may also have individual benefits, like higher positions in academic hierarchy. This may bring benefits to the institutions as the respective author may bring funding, international recognition.

Due to various reasons, in developing countries, to do any medical research is sometimes difficult. Furthermore, getting the article published in medical journal is another challenge. Leading international medical journals underreport on health research priorities for developing countries. Many factors play role in the paucity of inclusion of research papers from developing countries. Lack of funding and less access to scientific literature leading to poor research output, faulty manuscript preparation and language proficiency may be the common problems. Inadequate laboratory facilities and training may be the other cause.⁶ Hence, researchers in developing countries should be supported and encouraged to produce material of the quality achieved in rich countries.

An alternative solution to increase publication rates; so that the research work gets into the world; is regional open access journals. These novel journals may facilitate the publication of local research output and may play defining role in helping researcher to improve their publication records, and make it accessible to other researchers. This type of open access journal is an important entity in national publishing that will hopefully gain broader prominence as awareness increases and the above efforts are implemented.