

## **Mandatory of Helsinki Declaration and Consideration of Ethical Aspects in Human Involvement Research**

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The healthy and prosperous life depends on research of different aspects of human. Due to the advancement in the medical technology, the research involving human subjects are increasing exponentially [1]. Every research is focused for obtaining novel information that could be fruitful for human welfare. Research is conducted and the new data obtained during the study are intended to publish. The publication aims to convey the messages to the entire concerned society.

Human researches are very delicate, sensitive, and risky. Any negligence can result a false data. The falsified information misleads a wrong scenario on human issues. There were no any trends on ethical consideration prior to Second World War. Experiments on people used to be conducted without their knowledge [2]. This creates a personal biasness while dealing with human research. It also fuel to arise lack of trustworthy relationship between researchers and participants. As a result, this type of unethical practices produces dishonor and life threatening situation [3]. Therefore, every researcher should consider research ethics before conducting their study with human involvement.

After the Second World War, the need of appropriate ethical guidelines rises tremendously due to which number of documents focuses on research ethics. The Nuremberg Code (1946), World Medical Association Declaration of Helsinki (1964), and Belmont Report (1979) are important reports that outline major ethical principles and guidelines which may solve ethical difficulties during conducting research on human cases [3,4,5].

### **The Declaration of Helsinki**

To do the right things with moral view during human involvement research, researcher should be governed by international research ethics guidelines. The General Assembly of World Medical Association (WMA) held in Helsinki, Finland in June 1964 for the first time established well-documented guidelines regarding human medical research. WMA declaration of Helsinki states about ethical principles for medical research involving human subjects. From then, the declaration has been revised in 1975, 1983, 1989, 1996, 2000, 2002, 2004, 2008, and 2013 [5]. The Helsinki Declaration mainly addresses the following points:

- Human research should be conducted based on appropriate laboratory and animal experiments.
- There must be independent committee to review research protocol before conducting research.
- Informed consent from study population is mandatory.
- Researchers should be medically and scientifically qualified to carry out human involvement research.
- There must be minimal risk on participants and risk should not exceed benefits of the study.

In conclusion, all human experiments should be performed only in accordance with the ethical statements provided by the responsible committee of the institution and in accordance with the Declaration of Helsinki. It is mandatory to approve the research protocol by an independent committee. Informed Consent should be taken from all human subjects before starting investigations. Likewise, all the Journal editors have to be conscious during accepting the articles for publication those manuscripts which describes the results obtained from human research. Finally, the important point is that every articles regarding human research which are in the transit of publishing must address about the ethical statement in accordance to Helsinki Declaration.

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