

Evidence for Homoeopathy – Recent Scientific Studies

Special thanks to Robert Medhurst for assistance in obtaining the studies and summaries.

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Human Studies

Epidemics

Leptospirosis

Bracho, Gustavo et al. Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control. (access here: [Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control](#). Homeopathy, 2010; 99: 156-166.

This was the largest-scale ever homeopathic study, involving 2.3 million patients in parts of Cuba, who were given two doses of a homeopathic remedy as a preventative to the hurricane-triggered disease. The infection rate for leptospirosis dropped to near zero, for a cost that was a small fraction of what they had been paying for vaccination.

Dengue Fever

Marino R. Homeopathy and Collective Health: The Case of Dengue Epidemics *Int J High Dilution Res.* 2008; 7(25):179-185. In 2001 in Sao Paulo, Brazil, researcher Renan Marino conducted a trial using the homeopathic medicine, Eupatorium perfoliatum 30C, in a single dose, to protect residents against the development of Dengue Fever. A total of 1959 people were given the medicine and were monitored to determine what effect, if any, was produced by the medicine over a fixed period of time. When this data was collected and compared to the Dengue Fever notification rate for a similar location, it was found that the single dose of the homeopathic medicine was associated with an 81% reduction in the development of the disease.

Poisonings

Khuda-Bukhsh AR, Pathak S, Guha B, KarmakarSR, Das JK, Banerjee P, Biswas SJ, Mukherjee P, Bhattacharjee N, ChoudhurySC, Banerjee B, Bhadra S, MallickP, ChakrabartiJ, Mandal B. Can Homeopathic Arsenic Remedy Combat Arsenic Poisoning in Humans Exposed to Groundwater Arsenic Contamination? : A Preliminary Report on First Human Trial. *Evid Based Complement Alternat Med.* 2005 Dec;2(4):537-48. Epub 2005 Oct 19. In a study that helps to confirm earlier work done in this area, researchers at the University of Kalyani in West Bengal, India, tested the capacity of homeopathic Arsenicum album 30C to assist in the removal of arsenic in 123 people suffering from arsenic toxicity from groundwater contamination. Given in intervals for 7 and 10 days, at the end of each interval the level of arsenic in the blood and urine as well as the activity of various toxicity markers was assessed in all subjects. Subsequent analysis of the results confirmed that the ingestion of Arsenicum album 30C by this group of people was associated with a statistically significant reduction in blood and urinary arsenic, and a normalisation of arsenic-associated toxicity markers.

Banerjee P, Bhattacharyya SS, Pathak S, Naoual B, Belon P, Khuda-Bukhsh AR. Comparative Efficacy of Two Microdoses of a Potentized Homeopathic Drug, Arsenicum album, to Ameliorate Toxicity Induced by Repeated Sublethal Injections of Arsenic trioxide in Mice. *Pathobiology.* 2008;75(3):156-70. This concept has had previous attention by Datta, Kundu and others, and in this randomised controlled trial, 6C and 30C potencies of Arsenicum album (Arsenic trioxide) were given to mice prior to exposure to material doses of arsenic trioxide, as a means of determining whether or not the potentised Arsenicum album had any influence on the effects of arsenic. Mice were divided into 6 groups with 1 group receiving 6C Arsenicum album, another group receiving 30C Arsenicum album, and the remaining 4 groups receiving various control substances. Cellular and various biochemical parameters such as acid and alkaline phosphatases, aspartate and alanine aminotransferases, glutathione, lipid peroxidation, catalase and succinate dehydrogenase were assessed at 30, 60, 90 and 120 days from the beginning of the study. On analysis of these results it was found that both the 6C and 30C potencies of Arsenicum album provided protection against the effects of arsenic trioxide, with the 30C providing a slightly better level of protection than the 6C.

Datta S, Mallick P, Bukhsh AR. Efficacy of a potentized homeopathic drug (*Arsenicum album-30*) in reducing genotoxic effects produced by arsenic trioxide in mice: II. Comparative efficacy of an antibiotic, actinomycin D alone and in combination with either of two microdoses. *Complement Ther Med.* 1999 Sep;7(3):156-63. This study, also carried out at the University of Kalyani in India's West Bengal, was part of an ongoing series of trials looking at the use of homeopathically potentised arsenic to protect against the effects of exposure to material doses of arsenic, this latter being a serious health issue in several parts of India and elsewhere. Arsenicum album 30C and 200C have already been demonstrated to be effective against toxicity from arsenic in previous experiments and in this particular study, the influence of the antibiotic actinomycin D on the protective effects of the homeopathic medicines was assessed. Compared to controls it was found that the use of the antibiotic did inhibit the protective effects of Arsenicum album 30C and 200C against arsenic toxicity.

Belon P, Banerjee P, Choudhury SC, Banerjee A, Biswas SJ, et al. Can administration of potentized homeopathic remedy, Arsenicum album, alter antinuclear antibody (ANA) titre in people living in high-risk arsenic contaminated areas? I. A correlation with certain hematological parameters. *Evid Based Complement Alternat Med.* 2006 Mar; 3 (1):99-107. To investigate whether or not potentised Arsenicum album has an effect on arsenic-induced elevations of antinuclear antibody (ANA), selected inhabitants of arsenic affected villages in India's West Bengal were randomly assigned to receive either Arsenicum album or placebo. After 2 months of administration, it was found that not only did the remedy provide superior results in reducing the ANA titre, it also caused a correction of arsenic-induced haematological changes such as total count of red blood cells and white blood cells, packed cell volume, haemoglobin content, erythrocyte sedimentation rate and blood sugar level.

Belon P, Banerjee A, Karmakar SR, et al. Homeopathic remedy for arsenic toxicity? Evidence-based findings from a randomized placebo-controlled double blind human trial. *Sci Total Environ.* 2007 Jul 10. This was a pilot study carried out on 25 people from an Indian village where arsenic contamination was endemic and 18 people from another Indian village without arsenic

contamination. These people were randomly assigned to receive either Arsenicum album 30C or a succussed placebo control. After 2 months on either active medicine or placebo, these people had their blood and urine assessed for arsenic as well as several widely accepted toxicity biomarkers and pathological parameters related to arsenic toxicity. The use of Arsenicum album 30C had a beneficial effect on these biomarkers. It was also found to improve the appetite and general health of those people who previously exhibited signs and symptoms of arsenic toxicity.

Psychiatric

Stress

van den Meerschaut L, Sunder A. The Homeopathic Preparation Nervoheel N can Offer an Alternative to Lorazepam Therapy for Mild Nervous Disorders. *Evid Based Complement Alternat Med*. 2009 December; 6(4): 507–515. This study, conducted in Belgium and the Netherlands, was constructed to compare the relative effects of a complex of homeopathic ingredients (Nervoheel N) and lorazepam (sold in Australia as Ativan) in 2478 people diagnosed with various mild nervous disorders, including insomnia, anxiety, restlessness and burnout. The people enrolled in the study were assessed at baseline and underwent treatment in a non-randomised, open label format and were reassessed at 2 weeks and 4 weeks by their prescribing practitioner. Analysis of the results after 4 weeks found that both interventions provided significant symptomatic improvement, with the people in the Nervoheel N group experiencing a slightly better level of improvement than those people using lorazepam.

Chapman E.H., Weintraub R.J., Milburn M.A., Pirozzo T.O., Woo E., Homeopathic Treatment of Mild Traumatic Brain Injury. *Journal of Head Trauma and Rehabilitation*, 14, 6, December 1999, 521-42. In a randomised, double blind, placebo controlled trial involving 60 subjects and a 4 month follow-up period, homeopathy provided significant improvement in parameters using measures such as "Difficulty with Situations", "Symptoms Rating Scale" and a "Participation in Daily Activities" scale.

Insomnia

Waldschütz R, Klein P. The homeopathic preparation Neurexan Vs. Valerian for the Treatment of Insomnia: An observational study. *Scientific World Journal*. 2008 Apr 20; 8: 411-20. This German study, conducted across 89 clinics, compared the effects of a homeopathic combination preparation to valerian on sleep latency (the time taken to fall asleep), sleep duration, the quality of sleep, and daytime fatigue, over a period of 28 days. 409 people were enrolled in the study and analysis of the results found an improvement from both medicines with a reduction in latency time (37.3 minutes for the combination versus 38.2 minutes for valerian) and increase in sleep duration (2.2 hours for the combination versus 2 hours for valerian). The primary difference between the 2 interventions appeared to be that the homeopathic combination resulted in less daytime fatigue than valerian- 49% versus 32%.

Depression / social phobia / panic disorder

Adler UC, Paiva NMP, Cesar AT, Adler MS, Molina A, Padula AE, Calil HM. Homeopathic Individualized Q-potencies versus Fluoxetine for Moderate to Severe Depression: Double-blind, Randomized Non-inferiority Trial. *Evid Based Complement Alternat Med*. 2009 Aug 17. [Epub ahead of print]. Using a randomized, double blind and placebo-controlled design, researchers at the Federal University of Sao Paulo in Brazil enrolled 91 people who'd been diagnosed (using the DSM-IV criteria) with depression into the study and randomly assigned them to receive either individualized homeopathy, fluoxetine (a drug commonly used to treat depression, otherwise known as Prozac) or a placebo version of both. Using the standard therapeutic regime for either, at the end of the 4th and 8th weeks, all of those who completed the study were re-assessed, again using the DSM-IV criteria, for depression. Subsequent analysis found that both interventions were equally successful, with outcome scores for homeopathy slightly ahead of those for fluoxetine, and the adverse reaction rate for homeopathy assessed at less than half of that for fluoxetine.

de Menezes Fonseca GRM, de Almeida Bolognani F, Durão FF, Souza KM, Accioly MCC, Bagarollo FM. Effect of homeopathic medication on the cognitive and motor performance of autistic children (Pilot study) *Int J High Dilution Res*, 2008; 7(23); 63-71. In this uncontrolled pilot study carried out in Brazil, 30 children diagnosed with autism using the DSM-IV criteria and evaluated via Psychoeducational Profile Revised (PEP-R) were treated with individualized homeopathy and organotherapy. Assessment was carried using PEP-R before treatment and again 4-10 months after beginning treatment. Subsequent analysis and assessment via PEP-R showed an improvement in the depression experienced in all subjects.

Davidson J.R.T., Morrison R.M., Shore J., Davidson R.T., Bedayn G., Homeopathic Treatment of Depression and Anxiety. *Alternative Therapies*, 3, 1, January 1997, 46-49. In this trial, 12 subjects suffering from major depression, social phobia or panic disorder, were treated for 7 to 80 weeks with individually prescribed homeopathic remedies and assessed on a clinical global improvement scale (CGIS) or self-rated SCL-90 scale and the Social Phobia Scale (SPS). Subjects were given homeopathic treatment either because they asked for it directly or because conventional treatment had been unsuccessful. The overall response rates for homeopathy were 58% on the CGIS and 50% on the SCL-90 and SPS.

Brain, nervous system

Neuropathy

Cairo J, Elliot BE, Barnouin J, Fleites P, Araoz A, Morales M, Verdura T, Sanchez M, Serrano C, Alvarez JL, Veillard JJ. Homeopathy in Cuban Epidemic Neuropathy: An Open Clinical Trial. *British Homoeopathic Journal*, 2001, 90, 150-157. In this uncontrolled trial, 15 people suffering from optic endemic neuropathy (group 1) and 16 people suffering from peripheral epidemic neuropathy (group 2) were given homeopathic Carbon sulph and homeopathic Tabacum for 30 days. The subjects were assessed for improvement in neurologic and ophthalmologic tests on commencement and again at 90 days after commencement of the trial. Those in group 1 experienced an averaged improvement of 73% and group 2 of 12.5%.

Respiratory system

Sinusitis

Weiser M., Clasen B.P.E., Controlled Double Blind study of a Homoeopathic Sinusitis Medication. *Biological Therapy*, 1995, 13, 1, 4- 11. In a randomised double-blind placebo controlled trial, 155 people suffering from sinusitis were given either a placebo or a homoeopathic combination (Heel Euphorbium compositum). Subjective responses showed a greater improvement in those using the homoeopathic combination.

Friese KH, Zabalotnyi DI. Homeopathy in acute rhinosinusitis : A double-blind, placebo controlled study shows the efficiency and tolerability of a homeopathic combination remedy. *HNO (Organ of the Deutsche Gesellschaft der Hals-, Nasen- und OhrenÄrzte)* 2006 December, 19. Using a randomized, double-blind study method, 144 people with acute rhinosinusitis were treated with either a combination of homeopathic remedies (Group A) or placebo (Group B) and assessed at days 0, 7, 14 and 21 of treatment using a 5 point sinusitis symptom score (the worst score being 20). After analysing the results it was found that those in Group A experienced a drop in symptom scores from 12.1+/-1.6 to 5.9+/-2.0 points after 7 days. Those in Group B found a decrease from 11.7+/-1.6 to 11.0+/-2.9 points (p<0.0001). The final results showed that the homeopathic combination resulted in freedom from complaints in 90.3% of the patients and improvement in a further 8.3%, whereas in the placebo group, the complaints remained unchanged or became worse in 88.9% of the patients.

Phlegm

Frass M, Dielacher C, Linkesch M, et al. Influence of potassium dichromate on tracheal secretions in critically ill patients. *Chest*. 2005 Mar;127(3):936-41. Stringy tracheal secretions often complicate or even prevent extubation of people breathing with continuous positive airway pressure. This issue provoked the development of a study involving 50 people breathing spontaneously with continuous positive airway pressure who were randomly assigned to receive either 5 globules twice daily of Kali bic 30C or the same dose and frequency of placebo globules. The study results were assessed using the amount of tracheal secretions from day 2 of the study, the amount of time spent by the subjects in the ICU in which they were staying and the time until successful extubation. After the results were assessed, it was found that those who'd been given the Kali bic produced less tracheal secretions than those on placebo, their stay in the ICU was shorter than those on placebo as was their time to successful extubation.

Allergies / hayfever

Baars EW, De Bruin A. The effect of Gyncedo injections on hayfever symptoms: a therapeutic causality report. *J Altern Complement Med*. 2005 Oct, 11, 5, 863-9. In this study, 13 Dutch medical practitioners submitted patients (who between them had a mean history of hayfever of 9 years), for therapy involving injections of Gyncedo, a combination homeopathic product. All but 1 patient were given the medication before the onset of the hayfever season and all were given it during the hayfever season. Of these 13, during the course of the trial 9 people found no increase in nasal and non-nasal hayfever symptoms when the hayfever season began or during it and only 1 of the 13 felt compelled to use conventional hayfever medication.

Weiser M, Gegenheimer LH, Klein P. A Randomised Equivalence Trial Comparing the Efficacy and Safety of Luffa comp.- Heel Nasal Spray with Cromolyn Sodium Spray in the Treatment of Seasonal Allergic Rhinitis. *Forschende Komplementärmedizin*, 1999, 6, 142-148. In this trial, 146 people suffering from hay fever were treated with either Luffa comp.-Heel Nasal Spray (a homeopathic combination product) or with Cromolyn Sodium Spray (a pharmaceutical drug commonly prescribed for hay fever). The treatment outcomes were measured according to a quality of life scale and both medicines provided the same level of remission of the condition, which was rapid and persistent.

Taylor M.A., Reilly D., Llewellyn-Jones R.H., McSharry C., Aitchison T.C., Randomised Controlled Trial of Homeopathy versus Placebo in Perennial Allergic Rhinitis, *British Medical Journal*, 321, 19 August 2000, 471-476. A group of 51 people suffering from allergic rhinitis were given either placebo or a 30C potency of their main allergen. The group given the homeopathic medicines showed significant improvement in nasal airflow compared to placebo.

Colin P. Homeopathy and respiratory allergies: a series of 147 cases. *Homeopathy*. 2006 Apr;95 (2):68-72. In this case series, 147 consecutive patients suffering from respiratory allergy who attended a private homeopathic clinic were assessed for their response to constitutional homeopathic treatment. Of these patients, 105 were sufferers of ear, nose and throat allergies. Only 2 of these patients failed to respond to treatment and none experienced an exacerbation of symptoms. The other 42 patients were sufferers of pulmonary allergies, all except 5 of whom experienced relief, with 2 of these experiencing an exacerbation of symptoms.

Asthma

Castellsague API, Sturza CM. Retrospective Study in Asthma, *Revista Homeopatica AMBH*, 1998, 37, 5-21. In this multi-centre retrospective (uncontrolled) analysis, 196 people were treated for asthma with homeopathy. Of the 196, 54 were claimed to have been cured and improvement was seen in a further 117.

Immune system

Viruses

Ferley JP, Zmirou D, D'Adhemar D, Balducci F. A Controlled Evaluation of a Homeopathic Preparation in the Treatment of Influenza-like Syndrome. *Br J Clin Pharmacol*, 1989, Mar, 27, 3, 329-335. 487 people suffering from influenza were assigned to either Oscilloccinum (*Anas barb.*) 200CK or placebo, twice daily for 5 days. Significant results were achieved with the medicine over the placebo in all areas measured. This trial was repeated in 1998 (Papp R, Schuback G, Beck E, Burkard G, Bengel J, Lehl S, Belon P. Oscilloccinum in Patients with Influenza-like Syndromes. *British Homeopathic Journal*, April 1998, 87, pp69-76) with 372 people with the same results.

Ammerschlager H., Klein P., Weiser M., Oberbaum M. Treatment of inflammatory diseases of the upper respiratory tract – comparison of a homeopathic complex remedy with xylometazoline. *Forsch Komplementarmed Klass Naturheilkd*. 2005, Feb, 12, 1, :24-31. In a multi-centre, controlled, cohort study, 739 people suffering from rhinitis or sinusitis were given either xylometazoline (a drug commonly used for nasal congestion, sinusitis and hay fever) or a homeopathic combination. Both forms of therapy provided similarly effective results.

Gassinger CA, Wunstel G, Netter PA Controlled Clinical Trial for Testing the Efficacy of the Homeopathic Drug, Eupatorium perfoliatum, D2 in the Treatment of Common Cold. *Arznei Forsch*, 1981, 31, 4, 732-736. Patients were randomly assigned to receive either Aspirin or Eupatorium perfoliatum 2X. The latter was found to be as effective as Aspirin in reducing the duration and severity of symptoms.

Human papilloma virus

Gimeno L.Q. Homeopathic Treatment of Human Papilloma Virus infections previously treated by Other Methods. *British Homeopathic Journal*, October 1996, 85, 194-197. In this study, 14 people suffering from recurrent HPV, previously unresponsive to microsurgical procedures, were treated with individualised homeopathy and assessed via cytology prior to treatment, during, and 1 year after commencing treatment. At the final 1 year assessment, 11 of the 14 subjects were declared to be cured.

HIV

Rastogi D.P., Singh V.P., Singh V., Dey S.K., Rao K., Homeopathy in HIV infection. *British Homeopathic Journal*, 1999, 88, 49-57. In a randomised double-blind placebo controlled trial, 50 people with asymptomatic HIV infection and 50 people with symptomatic (persistent generalised lymphadenopathy) HIV infection and were given either placebo or an individualised homeopathic medicine. Using numbers of pre and post treatment CD4⁺ T-lymphocytes as a measure, it was found that homeopathic treatment was successful for symptomatic HIV sufferers, but not for asymptomatic sufferers.

Cancer

Frenkel, M. et al. Cytotoxic effects of ultra-diluted remedies on breast cancer cells *International Journal of Oncology* 2010 Feb;36(2):395-403. Conclusion: Four homeopathic remedies caused death of breast cancer cell lines in the laboratory, similar to the effect of chemotherapy, but without affecting normal cells. Authors suggest more research.

Pathak S, Multani AS, Banerji P, Banerji P. Ruta 6 selectively induces cell death in brain cancer cells but proliferation in normal peripheral blood lymphocytes: A novel treatment for human brain cancer. *Int J Oncol*. 2003 Oct;23(4):975-82. In this uncontrolled study, 15 people suffering from various intracranial tumors were treated with a combination Ruta 6C and homeopathic calcium phosphate. All forms of tumors, particularly gliomas, were found to regress under treatment with these medicines and the trial subjects also exhibited an increase in normal peripheral blood lymphocytes. Further examination of a possible mechanism for the tumor-killing effect of this combination found that it was due to cancer cell telomere erosion, causing a selective early death of these cells

Skin

Effects of cancer treatments

Kassab S, Cummings M, Berkovitz S, van Haselen R, Fisher P. Homeopathic Medicines for Adverse effects of Cancer Treatments. *Cochrane Database Systematic Review*. 2009 Apr 15;(2):CD004845. Cochrane Reviews investigate the effects of interventions for prevention, or treatment of illness, or rehabilitation from illness, in a healthcare setting. Most Cochrane reviews are based on overviews of randomized controlled trials and other forms of evidence that are deemed to be appropriate. This review was conducted to determine what, if any, evidence (in the opinion of the Cochrane reviewers) exists for the treatment by

homeopathy of the effects of conventional cancer therapies. A search through numerous databases revealed 8 controlled trials involved in this area of study, 7 of which were placebo controlled and 1 of which was against an active treatment. In total, the trials covered the outcomes for 664 people who'd been variously suffering from the adverse effects of radiotherapy, chemotherapy or breast cancer treatment. Of the 8, 2 trials exhibited beneficial effects from homeopathy. One of these involved a comparison between the effects of a topical corticosteroid and a homeopathic mother tincture of calendula for the prevention of dermatitis from radiotherapy where the calendula proved to be superior to the drug. The other involved the successful use of a homeopathic complex for stomatitis caused by chemotherapy.

Schlappack O. Homeopathic treatment of radiation induced itching in breast cancer patients. A prospective observational study. *Homeopathy*, 2004, 93, 210-215. 25 women suffering from post-radiotherapy induced itching were treated at the University of Vienna's Department of Radiotherapy and Radiobiology using individualised homeopathic medicines. After assessment (1-27 days after beginning the treatment) it was found that homeopathic treatment had been successful in 21 of the 25 women enrolled in the study.

Kulkarni A., Nagarkar B.M., Burde G.S., Radiation protection by use of homeopathic medicines. *Proceedings from the 8th Conference of Radiation Oncologists of India, Bombay, December 1986*, reported in Hahnemann Homeopath Sand, 1988 Jan, 12, 1, 20-3. 82 patients receiving radiotherapy were randomly assigned to receive placebo, *Cobaltum 30C* or *Causticum 30C* as a means of assessing their affect against dermatological reactions to the radiotherapy. The homeopathic medicines provided a significant reduction in the degree of radiation reactions when compared to placebo.

Insect bites

Hill N, Stamm C, Tuinder S, Van haselen RA. Homeopathic After-Bite Gel for Reducing Mosquito bite-induced Erythema. *Eur J. Pharmacol*, 1995, 49, 03-108. Under double blind placebo controlled trial conditions, patients using an after bite gel containing homeopathic ingredients for insect bites found significant relief with the medicine over the placebo.

Burn scars

Harrison RE, Burge TS, et al. Homeopathic Treatment of Burn Scars. *British Homeopathic Journal*, October 1993, 82, 252-254. 4 people suffering from hypertrophic scarring subsequent to burns were treated with homeopathic Graphites for 3 months. All 4 subjects were relieved of these symptoms. No controls were used for comparison.

Eczema, dermatitis

Itamura R. Effect of homeopathic treatment of 60 Japanese patients with chronic skin disease. *Complement Ther Med*. 2007 Jun;15(2):115-20. 60 people were enrolled in this uncontrolled trial which was carried out in Obitsu Sankei Hospital in Kawagoe which was designed to determine the effect of individualised homeopathic medicines on several common skin disorders. These disorders included atopic dermatitis, eczema, acne, urticaria, psoriasis and alopecia universalis. Treatment occurred over a period of 3 months to 2 years and 7 months and subjects were permitted to use conventional dermatological treatments while taking part in the trial. Using the trial participants' own assessment, improvement or otherwise was assessed using a nine-point scale similar to the Glasgow Homeopathic Hospital Outcome Scale. On this basis, 6 people reported a complete recovery, 23 reported a 75% improvement, 24 found a 50% improvement and 7 had a 25% improvement). In all, 88.3% of patients reported over 50% improvement.

Keil T, Witta CM, Roll S, Vancea W, Webera K, Wegscheiderb K, Willich SN. Homeopathic versus Conventional Treatment of Children with Eczema: A comparative Cohort Study. *Complementary Therapies in Medicine* (2008) 16, 15—21. This prospective, multi-centre, parallel-group, comparative cohort study was conducted in urban and mixed urban—rural regions of Germany. 118 children suffering from clinically defined eczema seen at 54 homeopathic practices and 64 conventional medical practices were treated for the condition with the respective therapeutic protocols normally used in these clinics, i.e. individualised homeopathic or conventional medical therapy. Treatment occurred over a period of 12 months and the outcomes of the 2 different methods of therapy were assessed at 6 months and 12 months by the children or their parents on the basis of eczema signs and symptoms and the quality of life. Overall, on the basis of clinical symptoms and quality of life, there was little difference in the response rates of both groups to their respective therapies although at 12 months after starting treatment, those children who were treated homeopathically had a greater level of recovery from symptoms than those treated with conventional medicine. No adverse reactions were reported for either group.

Itamura R, Hosoya R. Homeopathic Treatment of Japanese patients with intractable Atopic Dermatitis. *Homeopathy*, 2003, 92, 108-114. In this uncontrolled study, 17 people suffering from intractable atopic dermatitis undertook individualised homeopathic treatment for the condition in conjunction with their existing pharmaceutical therapy, for a period of up to 2 years and 7 months. On an objective assessment and the patient's own assessment, all patients experienced in excess of 50% improvement by the end of the trial.

Cavalcanti AM, Rocha LM, Carillo R Jr, Lima LU, Lugon JR. Effects of homeopathic treatment on pruritus of haemodialysis patients: a randomised placebo-controlled double-blind trial. *Homeopathy*. 2003 Oct;92(4):177-81. Pruritus, commonly experienced by those undergoing haemodialysis, was treated in 20 subjects under double-blind placebo-controlled randomised trial conditions comparing individualised homeopathic treatment to placebo. Assessments were made at 15, 30, 45 and 60 days of treatment, and after collating the results, researchers found that homeopathic management reduced pruritus by 49%. The majority of the reduction in pruritus had occurred by day 30.

Frenkel M, Hermoni D. Effects of Homeopathic Intervention on Medication Consumption in Atopic and Allergic Disorders. *Alternative Therapies in Health and Medicine*, 2002, Jan-Feb, 8, 1, 76-9. In a study carried out at the Technion-Israel Institute in Haifa, Israel, 48 patients were treated for allergic disorders with both homeopathic and conventional medicines, and monitored for their level of use of the conventional medicines. Over the 3 month monitoring period, 56% of patients reduced their conventional medication use by an average of 60%.

Witt CM. Homeopathic versus conventional therapy for atopic eczema in children: medical and economic results. *Dermatology*. 2009; 219(4):329-40. Epub 2009 Oct 13. In a prospective multicentre comparative observational non-randomised study, 135 children (homeopathy n = 48 vs. conventional n = 87) with mild to moderate atopic eczema were included. The primary outcome was the SCORAD (Scoring Atopic Dermatitis) at 6 months. The adjusted SCORAD showed no significant differences between the groups at both 6 months & 12 months. Adjusted costs were higher in the homeopathic than in the conventional group. Quality of life was not significantly different between both groups. Conclusion: Homeopathy & conventional treatment are equally effective.

Mohan G.R., Anandhi K.S. Efficacy of homeopathic drugs in dermatitis of atopic diathesis. *Homeopathic Links*, 2003, Winter, 16, 4, 257-260. The authors treated 31 people suffering with either atopic skin and respiratory symptoms, or atopic skin symptoms alone. Both groups were treated with individualised homeopathic therapy over a period of 5 years. During a 6 month assessment period following this treatment, the authors determined that 41% of the group with skin and respiratory symptoms achieved not less than a 76% improvement in symptoms and 58% of the group with skin symptoms alone achieved this outcome.

Warts and Molluscum contagiosum

Manchanda R.K., Mehan N., Bahl R., Atey R., Double Blind Placebo Controlled Clinical Trials of Homeopathic Medicines in Warts and Molluscum contagiosum, *CCRH Quarterly Bulletin*, 1997, 19, 25-29. This trial was reported in two parts, one to evaluate the efficacy of homeopathy for warts (remedies included *Ruta graveolens*, *Nitricum acidum*, *Dulcamara*, *Causticum* and *Thuja*) the other to evaluate the homeopathic remedy, *Calcarea carbonica*, for *Molluscum contagiosum*. Placebo controlled studies involving a total of 147 subjects using single remedies in 30C potencies three times daily, 200C twice daily and 1M daily, for 15 days, showed that homeopathy was superior to placebo. *Thuja* was the most successful of the remedies used for warts.

Gastrointestinal system

Anal fissure

Bignamini M, Saruggia M, Sansonetti G. Homeopathic Treatment of Anal Fissures using *Nitricum acidum* Berlin J on Res in Hom, 1, 4/5, 286-287, December 1991. Patients using *Nitricum acidum* 9C once daily in a double blind placebo controlled trial found subjective relief with the medicine over the placebo.

Nutrient deficiencies

Baduluci S, Chirulescu Z, Chirila P, Rosca A. Zinc: Immunoglobulin Relationship in Patients with Cirrhosis of the Liver Before and After treatment with *Zincum metallicum* 5C. International Research Group on Very Low Dose and High Dilution Effects, 1993 Giri Meeting, *British Homeopathic Journal*, April, 1994, 83, 84-100. 10 people suffering from Zinc deficiency as determined by atomic absorption spectrophotometry were treated with *Zincum metallicum* 5C. Analysis following this treatment showed a substantial improvement in zinc levels.

Xerostomia

Haila S, Koskinen A, Tenovu J. Effects of homeopathic treatment on salivary flow rate and subjective symptoms in patients with oral dryness: a randomized trial. *Homeopathy*. 2005 Jul, 94, 3, 175-81. In this blind, placebo-controlled study, 28 people diagnosed with xerostomia (dryness of the mouth) were randomly assigned to receive either placebo or individually prescribed homeopathic medicines. Assessed using un-stimulated and wax-stimulated salivary flow rates and visual analogue scales at the end of the trial, only 26 of those people using homeopathic treatment and none using placebo were found to have had significant relief from the xerostomia. Following the assessment of these results, those on placebo were switched to homeopathic therapy, after which all experienced relief from their xerostomia.

Metabolic illnesses

Diabetes

Pomposelli R, Piasere V, Andreoni C, Costini G, Tonini E, Spalluzzi A, Observational study of Homeopathic and Conventional therapies in patients with Diabetic Polyneuropathy. *Homeopathy*. 2009 Jan;98(1):17-25. Researchers at the University of Verona in Italy designed this observational study to compare the effects of homeopathic therapy with conventional drug therapy for diabetic neuropathy. Over a 12 month period, 32 patients treated with homeopathy and 29 patients given conventional drug therapy were assessed for clinical symptoms and quality of life at baseline, 6 months and 12 months after beginning treatment. Improvement from baseline polyneuropathy symptoms was noted in both groups but only those treated homeopathically reached outcomes that were statistically significant. Both groups experienced improvements in blood pressure and body weight as well as levels of fasting blood glucose and glycated haemoglobin. In addition, only those in the homeopathy group noted an

improvement in quality of life scores over the period of the study. It was also noted that homeopathic treatment was more economical than the conventional drug alternative.

Thalassaemia

Banerjee A, Chakrabarty SB, Karmakar SR, Chakrabarty A, Biswas SJ, Haque S, Das D, Paul S, Mandal B, Naoual B, Belon P, Khuda-Bukhsh AR. Can Homeopathy bring additional benefits to Thalassaemic Patients on Hydroxyurea Therapy? Encouraging Results of a Preliminary Study. *Evidence Based Complementary and Alternative Medicine*. 2007 Oct 29. [Epub ahead of print]. In this observational study, 38 people suffering from thalassaemia who were taking hydroxyurea, were allowed to continue their use of hydroxyurea but were given one of several homeopathic medicines. The effects of this additional treatment was compared to the outcomes of another 38 people suffering from thalassaemia who used hydroxyurea alone, assessed immediately before and at 3 months after starting the homeopathic treatment. Of a range of haematological and clinical parameters, those people using the combined treatment showed an increase in levels of foetal haemoglobin over those on hydroxyurea alone, along with a reduction in serum ferritin. Where splenomegaly was present, a significant reduction in this was noted in those on the combined therapy and this group also noted an improvement in general health with a longer period allowed between blood transfusions.

Trauma

Oberbaum M, Schreiber R, Rosenthal C, Itzhaki M. Homeopathic Treatment in Emergency Medicine, a case series. *Homeopathy*, 2003, 92, 44-47. In this study, 15 people suffering from orthopedic trauma were treated in a medical centre with homeopathy, in addition to standard medical treatment. Treatment was commenced 24 hours after admission. All patients initially received Arnica 200C and anxiety was treated with Aconite, Opium, Ignatia or Arsenicum album, all in 200C potency. One day following this treatment, the majority of patients reported a reduction in pain and anxiety. 48 hours after admission, patients were treated with individualised homeopathic remedies. At discharge, 67% of patients rated the homeopathic treatment as successful.

Zell J, Connert WG, Mau J, Feuerstake G. Treatment of Acute Sprains of the Ankle. *Biol Ther*, 7, 1, 1989, 106. Under double blind placebo controlled trial conditions, patients using an ointment containing homeopathic ingredients for soft tissue injury found significant relief with the medicine over the placebo.

Post-surgical

Karow JH, Abt HP, Fröhling M, Ackermann H. Efficacy of *Arnica montana* D4 for Healing of Wounds after Hallux valgus Surgery compared to Diclofenac. *J Altern Complement Med*. 2008 Jan-Feb;14(1):17-25. In this randomised, double-blinded, parallel group study, 88 people who were recovering from foot surgery were randomly assigned to receive either Arnica 4X at a rate of 10 pilules 3 times daily or Diclofenac 50mg 3 times daily. Both therapies were used for 4 days following the surgery. At day 4, subjects were assessed for their postoperative irritation, mobility, pain level, and their use of analgesics. Analysis of the results at this point showed that Arnica and Diclofenac provided the same level of reduction in wound irritation (including swelling) and mobility. Subjective assessment by patients rated Arnica as superior to Diclofenac for mobility. Diclofenac was superior to Arnica for pain reduction and there was no significant difference in analgesic use during the 4 days following surgery. It was also noted in the study that Arnica was 60% cheaper than Diclofenac.

Barnes J., Resch K-L., Ernst E. Homeopathy for Post-Operative Ileus: A Meta-Analysis. *Journal of Clinical Gastroenterology*, 1997, Dec, 25, 4, 628- 633. 7 separate trials examining the effects of homeopathic treatment for post-operative ileus after abdominal or gynaecological surgery when compared with placebo, specifically, for the time to first flatus after surgery. Subsequent analysis showed that homeopathy provided superior results to placebo.

Wolf M, Tamaschke C, Mayer W, Heger M. Efficacy of Arnica in varicose vein surgery: results of a randomized, double-blind, placebo-controlled pilot study. *Forsch Komplementarmed Klass Naturheilkd*. 2003 Oct;10(5):242-7. In this trial Arnica D12 (12X) was compared to placebo to determine its effect on the size and pain of bruising after surgery. Arnica was used once prior to surgery and then 3 times a day for 2 weeks after surgery. 60 people participated in the trial and on completion it was found that Arnica reduced the size of the bruising by 76% compared to 72% for placebo and pain was reduced by 43% from Arnica and by 28% from the placebo.

Albertini H, Goldberg W, Sanguy B, Toulza CL. Homeopathic treatment of dental neuralgia by Arnica and Hypericum. *Journal of the American Institute of Homeopathy*, 1985, 3, 126-129. Carried out at the Faculty of Medicine of Marseilles, this placebo controlled study was designed to determine the effectiveness of Arnica 7C and Hypericum 15C for people suffering from dental neuralgia. 60 people received either 4 pilules of Arnica alternated with 4 pilules of Hypericum every 4 hours or placebo administered in the same way. Pain levels were assessed over 3 days from the beginning of the trial. From this assessment it was found that 12 of the 30 people who received the placebo had a positive response to this intervention, and 23 of the 30 people given the homeopathic medicines responded positively to these.

Jeffrey SL, Belcher HJ. Use of Arnica to Relieve Pain after Carpal Tunnel Release Surgery. *Alternative Therapies in Health and Medicine*, 2002, Mar-Apr, 8, 2, 66-8. 37 patients who had undergone carpal tunnel release surgery were given a combination of Arnica tablets and Arnica ointment or placebo. After 2 weeks of therapy, the group using Arnica reported a significant reduction in pain.

Exercise-induced discomfort

Tuten C., McLung J., Reducing Muscle Soreness with Arnica Montana. *Alternative and Complementary Therapies*, December 1999, 5, 6, 369- 372. 23 people were given either placebo or *Arnica* 6X for the management of delayed onset muscle soreness after exercise. Outcomes were assessed subjectively by the participants themselves, and by creatinine kinase (CK) assays. CK levels are indicative of muscle or connective tissue damage. While there was only a small subjective difference between the 2 groups, the people using *Arnica* 6X produced less CK than those using placebo, which tends to indicate that those using *Arnica* experienced less tissue damage on exertion.

Zambrano O.C., The Effects of a Complex Homeopathic Preparation on Aerobic Resistance, Aerobic Capacity, Strength and Flexibility. *Biomedical Therapy*, 2000, 18, 1, 172- 175. 25 people were assessed before and after exercise for the effects of a homeopathic combination (Rendimax) on their cellular oxygenation rate, lactate accumulation and recovery time after exercise. These were compared with the same parameters for 25 people who had undergone the same exercise regime. Those using the homeopathic combination exhibited improvement in all parameters measured.

Schmidt C. A., Double Blind, Placebo-Controlled Trial: Arnica montana Applied Topically to Subcutaneous Mechanical Injuries. *Journal of the American Institute of Homeopathy*, Winter 1996, 89, 4, 186- 193. In this trial 141 runners were asked to use topical preparations containing placebo, Arnica 1X or Arnica 6C, and to rate the effectiveness of the preparations at relieving post-exercise muscle soreness. The preparation containing Arnica provided superior results to placebo and preparation containing Arnica 1X was reported to be superior to that containing Arnica 6C.

Tveiten D, Brusset S. Effect of Arnica D30 in marathon runners. Pooled results from two double-blind placebo controlled studies. *Homeopathy*. 2003 Oct;92(4):187-9. In this study combining the effects of two clinical trials on Arnica D30 (30X), the homeopathic remedy was compared to placebo in 82 Oslo marathon runners for muscle enzymes, electrolytes and creatinine (indicating cell damage) and the subjective control of muscular soreness. Those runners taking Arnica experienced less muscle soreness when compared to placebo, but there was no difference between both groups for muscle enzymes, electrolytes and creatinine.

Tveiten D, Brusset S, Borchgrevink CFS, Norsch J. Arnica and Muscle Soreness Focus on Alternative and Complementary Medicine (FACT), 1998, 3 (4), 155-156. 46 competitors in the 3 day 1995 Oslo marathon were randomly assigned either Arnica or placebo twice daily and assessed for muscle soreness after the event. Those using Arnica found significant relief with the medicine over the placebo.

Altitude sickness

Shackleton M.F., Tondora C.M., Whiting S., Whitney M., The Effect of Homeopathic Coca on High Altitude Mountain Sickness. *Complementary Health Practice Review*, 2000, 6, 1, 45- 55. 11 member of the 1998 Everest Challenge Expedition were given either placebo or Coca 200C daily. Assessed on the primary symptoms of altitude sickness as well as oxygen saturation, those using the homeopathic medicine showed less signs and symptoms of altitude sickness.

Sepsis, intensive care unit patients

Frass M, Linkesch M, Banyai S, et al. Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit. *Homeopathy*. 2005 Apr; 94, 2, 75-80. In this study, 70 people admitted to an intensive care unit suffering from severe sepsis were treated either with individualised homeopathic treatment or placebo. On reviewing the signs of sepsis, organ failures, need for mechanical ventilation and other parameters at 180 days after beginning treatment, 76% of the patients using homeopathy met survival criteria versus 50% of those on placebo.

Skeletal system and joints

Arthritis

Kneusel O, Weber M, Suter A. *Arnica montana* Gel in Osteoarthritis of the Knee: an open, multicenter clinical trial. *Advanced Therapies*, 2002, Sep-Oct, 19, 5, 209-18. In this uncontrolled study, 79 people suffering from mild to moderate osteoarthritis of the knee were given a gel containing Arnica and asked to apply it twice daily. They were assessed at 3 and 6 weeks for pain, stiffness and functional ability of the knee. Both assessments showed a significant reduction in pain and stiffness, and a significant improvement in the functional ability of the knee.

Maronna U, Weiser M, Klein P. Comparison of the Efficacy and Tolerance of Zeel comp. and Diclofenac for the Oral Treatment of Gonarthrosis. *Biological Medicine*, 2000, 29, 3, 157-158. Diclofenac, a non-steroidal inflammatory drug, is a commonly prescribed medicine for rheumatic diseases. The effects of this drug were compared to those of Zeel, a homeopathic complex preparation, with 121 people suffering from gonarthrosis. The trial was designed as a randomised, double-blind, actively controlled parallel study. Assessments for pain, stiffness and functional ability were carried out at 2, 4, 6 and 10 weeks after commencing treatments. By the end of the 10 week period, there were no statistical differences observed in the outcomes of both treatment regimes. The homeopathic complex product and the drug were equally effective in the management of gonarthrosis.

Shealy C.N., Thomlinson P.R., Cox R.H., and Bormeyer V. Osteoarthritis Pain: A Comparison of Homeopathy and Acetaminophen. *American Journal of Pain Management*, 8, 3, July 1998, 89-91. In this trial, 65 sufferers of Osteoarthritis (OA) were split into 2 groups, and through a double blinding process were given either a homeopathic medicine or Acetaminophen, a

commonly prescribed drug for pain relief in OA. Researchers found that homeopathy provided a level of pain relief that was superior to Acetaminophen, and produced no adverse reactions.

Gibson RG, Gibson SL, MacNeill AD, Gray GH, Dick WC, Buchanan WW. Salicylates and Homeopathy in Rheumatoid Arthritis. *British Journal of Clinical Pharmacology*, 1978, 6, 5, 391-395. In this study, carried out at the Glasgow Homeopathic Hospital, 41 people suffering from rheumatoid arthritis were treated with enteric coated aspirin and 54 people suffering from the same condition were treated with individualised homeopathic treatment. The results of the two forms of therapy were compared at the end of the trial and it was found that those on homeopathic treatment did considerably better than those on aspirin. In addition, 16 of the 41 people taking aspirin during the trial experienced side effects while those taking homeopathics experienced no side effects.

Gibson RG, Gibson SL. Homeopathic Therapy in Rheumatoid Arthritis: Evaluation by Double Blind Clinical Therapeutic Trial. *Br J. Clin. Pharmacol.* 9, 1980, 453-459. 46 patients using a number of different homeopathic medicines, prescribed according to homeopathic principles, were given this medicine or a placebo with their normal anti-arthritis drug. The trial was carried out blind and significant results were achieved with the homeopathic medicine over the placebo in all areas measured.

Fibromyalgia

Bell IR, Lewis DA 2nd, Brooks AJ, Schwartz GE, Lewis SE, Walsh BT, Baldwin CM. Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo. *Rheumatology (Oxford)*. 2004 May;43(5):577-82. 53 people suffering from fibromyalgia took part in this trial, comparing individualised homeopathic treatment to placebo. The levels of tender points and tender point pain as well as quality of life, mood and general health were assessed by the practitioners and subjects involved in the trial. 3 months after commencing treatment, all parameters were found to be improved by the use of homeopathy when compared to placebo.

Fibrositis

Fisher P., Greenwood A, Huskisson EC, Turner P and Belon P. Effect of Homeopathic Treatment on Fibrositis. *British Medical Journal*, 5 August, 1989, 299, 365-366. Patients using *Rhus tox* 6C three times daily in a double blind placebo controlled crossover trial found significant relief with the medicine over the placebo.

Back pain

Gmnunder R, Kissling R. The Efficacy of homeopathy in the treatment of chronic low back pain compared to standardized physiotherapy. *Zeitschrift für Orthopädie und ihre Grenzgebiete*, 2002 Sep-Oct;140, 5, 503-8. In this controlled, randomised, prospective study, 43 people suffering from chronic low back pain were treated for two months either by homeopathy or by standardised physiotherapy. Assessment based on the initial and final clinical investigations, an Oswestry questionnaire, and visual analog scale, found that the most successful method of treatment was homeopathy.

Plantar fasciitis

Clark J., Percivall A. A., Preliminary Investigation into the Effectiveness of the Homeopathic Remedy, *Ruta graveolens*, in the Treatment of Pain in Plantar Fasciitis. *British Journal of Podiatry*, 2000, 3, 3, 81- 85. In a randomised double-blind trial, 14 people suffering from plantar fasciitis were given *Ruta graveolens* 30C or placebo. Those using the *Ruta* reported a greater level of pain relief than those using placebo.

Bone density

Sakakura CE, Neto RS, Bellucci M, Wenzel A, Scaf G, Marcantonio E Jr. Influence of Homeopathic Treatment with Comfrey on Bone Density around Titanium Implants: A Digital Subtraction Radiography Study in Rats. *Clinical Oral Implants Research*. 2008 Jun;19(6):624-8. This controlled trial looked at populations of rats to discover what influence, if any, *Symphytum 6C* had on improving the density of bone around recent titanium implants. Implants were given to 2 groups of 24 rats; one group was given 10 drops of *Symphytum 6C* per day and the other was given a similar amount of a control substance. Animals were radiologically assessed for bone density around the implants at the beginning of the study period, and again at 7, 14 and 28 days. Radiographs taken at day 7 showed an increase in bone density over controls, although no statistically significant effect was seen for the radiographs taken on days 14 and 28.

Vertigo

Weisser M, Strosser W, Klein P. Homeopathic vs Conventional Treatment of Vertigo. *Arch Otolaryngol Head Neck Surg*. 1998, Aug, 124, 8, 879-885. In this study, 31 patients with vertigo from various aetiologies were treated with a homeopathic complex-regression of symptoms was seen in the majority of cases. This trial was repeated in 1998 under double blind conditions and compared with an orthodox medicine routinely used for this condition in 118 people. The homeopathic provided similar results to the orthodox medicine.

Issing W., Klein P., Weiser M. The homeopathic preparation Vertigoheel versus *Ginkgo biloba* in the treatment of vertigo in an elderly population: a double-blinded, randomized, controlled clinical trial. *Journal of Alternative and Complementary Medicine*.

2005, Feb, 11, 1,155-60. Over a 6 week period, 170 people with an age range of 60- 80 years with atherosclerosis related vertigo were treated for this condition using either a homeopathic combination or herbal *gingko biloba*. Using a patient-assessed dizziness questionnaire and practitioner assessment via line walking and other tests as methods of measurement, participants found that the homeopathic combination provided outcomes as good as those with *gingko*.

Migraine

Brigo B, Serpelloni G, Homoeopathic Treatment of Migraine *Berlin Journal on Research in Homoeopathy*, 1, 2, March, 1991, 98-106. In this randomised, placebo controlled double blind study, 60 people suffering from migraine were treated using constitutional homeopathy over a period of 4 months. Those patients in the control group experienced a reduction in migraine frequency from 9.9 attacks per month to 7.9 per month, while those in the treatment group reduced their monthly attack rate from 10 to between 1.8 and 3 per month.

Reproductive system

Fertility

Gerhard I., Wallis E., Individualised Homeopathic Therapy for Male Infertility. *Homeopathy*, 2002, 91, 133-144. An observational pilot study investigated the effect of individualised homeopathic therapy for 45 sub-fertile males, with specific reference to sperm count and quality, hormone levels and the general level of health. Sperm count and sperm motility were improved by homeopathy and the improvement was comparable with conventional treatment.

Sanchez-Resendiz J., Guzman-Gomez F., Polycystic Ovary Syndrome. *Boletin Mexicano de Homeopatia*, 30, 1997, 11-15. 36 women suffering from Polycystic Ovary Syndrome (PCOS), and fitting the mental picture of the homeopathic remedy *Pulsatilla*, were given *Pulsatilla* 6C, 4 hourly throughout the day for 2 weeks after the end of menstruation, and this was repeated for 4 consecutive cycles. At the end of the trial 30 of the 36 women had complete disappearance of the symptoms of PCOS and the production of normal ovulating follicles and a further 4 of the 36 became asymptomatic.

Pregnancy, labour, postpartum

Eid P, Felisi E, Sideri M: Applicability of Homeopathic Caulophyllum thalictroides during labour. *British Homoeopathic Journal*, October, 1993, 82, 245-248. 22 women experiencing their first pregnancies were given homeopathic Caulophyllum and their post-treatment deliveries compared to 34 labours retrospectively selected on the criteria used to select the test subjects. On analysis it was found that the women who were given the homeopathic remedy had a reduction of the duration of labour by an average of 90 minutes.

Dorfman P., Lassere N.M., Tetau M., Homeopathic Medicines in Pregnancy and Labor, *Cahiers de Biotherapie*, 94, April 1987, 77-81. In this randomised double blind trial involving 93 women, a combination of Caulophyllum, Actea racemosa, Arnica, Pulsatilla and Gelsemium, all in 5C potency, was used to determine its effect on the length of labor and complication rates. The medicine was used from the beginning of the ninth month of pregnancy, and reduced the average time of labor to 5.1 hours, in comparison to the placebo, the use of which was associated with an average labor time of 8.5 hours. The rate of complications for those using the homeopathic combination was 11.3% while the complication rate under placebo was 40%.

Berberi A, Parant O, Ferval F, Thene M, Ayoubi JM, Connan L, Belon P. Treatment of Pain due to Unwanted Lactation with a Homeopathic Preparation given in the Immediate Post-Partum Period. *Gynecology, Obstetrics and Biological Reproduction*, 2001, June, 30, 4, 353-7. 71 post-parturient women who were unwilling or unable to breast feed were divided into 2 groups, one being given a placebo and the other group being given a mixture of Apis 9C and Bryonia 9C, to determine the effects of either on lactation pain. A significant improvement was noted in the group using the mixture, when compared to those in the placebo group.

Menopausal symptoms

Jacobs J, Herman P, Heron K, Olsen S, Vaughters L. Homeopathy for menopausal symptoms in breast cancer survivors: a preliminary randomized controlled trial. *Journal of Alternative and Complementary Medicine*. 2005, Feb, 11, 1,21-7. This study compared the effects of an individualised homeopathic prescription with a homeopathic combination and placebo in 55 women suffering from menopausal symptoms for a period of 1 year. Both the individualised and combination homeopathic therapy provided an improvement in symptoms over placebo, with the individualised homeopathy showing the best outcomes over the first 3 months of the assessment period.

Clover A, Ratsey D. Homeopathic Treatment of Hot Flashes. *British Homoeopathic Journal*, 2002, 91, 75-79. Researchers at the Tunbridge Wells Homeopathic Hospital in the UK enrolled 31 female outpatients who had complained of menopausal flushes in this trial. They were treated using individualised homeopathic management and after their initial consultation and at least one follow-up, patients completed their own self-assessment rating of the treatment. 79% of the women enrolled in the study reported a reduction in both the severity and frequency of hot flushes as a result of the treatment.

Cardiovascular

Hypertension

Campistranous- Lavout JL., et al. Hypertension Trial. *Boletin Mexicano*, 1999, 32, 42- 47. 68 people suffering from mild to moderate hypertension were enrolled in a double-blind randomised clinical trial comparing individualised homeopathic therapy with placebo. Successful results were obtained with 82% of those using homeopathy compared with 57% of those using placebo.

Hitzenberger G, Korn A, Dorcsi M, Bauer P, Wohlzogen FX. Controlled randomized double-blind study for the comparison of the treatment of patients with essential hypertension with homeopathic and with pharmacologically effective drugs. *Wien Klin Wochenschr*. 1982 Dec 24;94(24):665-70.

In this randomized double-blind cross-over study involving 10 subjects, the effects of pharmaceutical drugs for hypertension were compared to individualized homeopathic medicines. The results from this study were interesting in that the drugs appeared to be superior to homeopathy as a method of lowering blood pressure, but the two therapies produced similar outcomes for the subjective symptoms of the disease.

Platelet aggregation

Eizayaga FX, Aguejof O, Belon P, et al. Platelet aggregation in portal hypertension and its modification by ultra-low doses of aspirin. *Pathophysiol Haemost Thromb*. 2005;34(1):29-34. Researchers in this controlled study attempted to determine the effects of potentised aspirin on rats suffering from reduced platelet aggregation associated with portal hypertension. Given that material doses of aspirin are known to be associated with a reduction in platelet aggregation, one of the aims of the study was to confirm that the reverse of this would be the case with if potentised aspirin were used. The researchers did, in fact, confirm this in their results which showed that, compared to controls, Aspirin 14C normalised deficiencies in platelet aggregation in the rats involved in this study.

Varicose veins

Ernst E, Saradeth T, Resch KL, Complementary Treatment of Varicose Veins.. *Phebiology*, 1990, 5, 157-163. Over a period of 24 days, the effects of a homeopathic complex preparation and placebo on varicose veins were tested in a double-blind trial of 61 people suffering from this condition. The homeopathic complex produced an averaged 44% improvement in the condition while those given the placebo experienced an averaged worsening of the disorder.

Homeopathy in pediatrics

Spence DS, Thompson EA, Barron SJ. Homeopathic Treatment for Chronic Disease: A 6-Year, University-Hospital Outpatient Observational Study. *The Journal of Alternative and Complementary Medicine*. Volume 11, Number 5, 2005, pp. 793-798. Outcomes <http://hpathy.com/?p=51855&preview=true><http://hpathy.com/?p=51850&preview=true><http://hpathy.com/wp-admin/post.php?post=51855&action=edit&message=1> were based on scores on a 7-point Likert-type scale at the end of the consultation and were assessed as overall outcomes compared to the initial baseline assessments. In an observational study of 6544 consecutive patients during a 6-year period, and over 23,000 consultations, results showed that 70.7 % reported positive health changes, with 50.7 % recording their improvement as better (+2) or much better (+3). Of the 1270 children that were treated 80.5 % had some improvement, and 65.8 % were better (+2) or much better (+3). Homeopathic intervention offered positive health changes to a substantial proportion of a large cohort of patients with a wide range of chronic diseases.

Du Y, Knopf H. Paediatric homeopathy in Germany: results of the German Health Interview and Examination Survey for Children and Adolescents (KiGGS). *Pharmacoepidemiol Drug Saf*. 2009 May; 18(5):370-9. Last-week homeopathy use was recorded among 17,450 children aged 0-17 years who participated in the 2003-2006 German Health Interview and Examination Survey for Children and Adolescents (KiGGS). Nine hundred and fifty-one homeopathic preparations were used by 718 Children (weighted prevalence 4.6%). Paediatric homeopathy is quite popular in Germany, particularly among children from families with a higher socioeconomic status. The high level of paediatric homeopathy use in Germany warrants a critical review to determine whether it is evidence based and cost-effective.

Cost effectiveness in respiratory illness as compare to conventional medicine

Rossi E, Crudeli L, Endrizzi C, Garibaldi D. Cost-benefit evaluation of homeopathic versus conventional therapy in respiratory diseases. *Homeopathy*. 2009 Jan; 98(1):2-10 A retrospective observational study was conducted on 105 out of 233 patients suffering from chronic respiratory disease. Homeopathic treatment for respiratory diseases (asthma, allergic complaints, Acute Recurrent Respiratory Infections) was associated with a significant reduction in the use and costs of conventional drugs. Costs for homeopathic therapy are significantly lower than those for conventional Pharmacological therapy.

Trichard M, Chafferin G, Nicoloyannis N. Pharmacoeconomic comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children. *Homeopathy* 2005 Jan; 94(1):3-9. Prospective, pragmatic study. Medical effectiveness was assessed in terms of (i) episodes of acute rhinopharyngitis, (ii) complications (iii) adverse effects. Quality of life was assessed using the Par-Ent-Qol scale. Direct medical costs (medical consultations, drug prescriptions, prescriptions for further tests) and indirect medical costs (sick-leave) were evaluated from three viewpoints (society, patient, Social Security) using public prices and French Social Security tariffs. The 'homeopathic strategy' yielded significantly better results than the 'antibiotic strategy' in terms of medical effectiveness. Homeopathy may be a cost-effective alternative to antibiotics in the treatment of recurrent infantile rhinopharyngitis.

David Riley. Homeopathy and Conventional Medicine: An Outcomes Study Comparing Effectiveness in a Primary Care Setting, *The Journal Of Alternative And Complementary Medicine* Volume 7, Number 2, 2001, pp. 149-159. An international

multicenter, prospective, observational study in a real world medical setting comparing the effectiveness of homeopathy with conventional medicine. The adverse events for those treated with conventional medicine was 22.3% versus 7.8% for those treated with homeopathy. Seventy-nine percent (79.0%) of patients treated with homeopathy were very satisfied and 65.1% of patients treated with conventional medicine were very satisfied. Homeopathy appeared to be at least as effective as conventional medical care in the treatment of patients with the three conditions studied.

Febrile conditions

Derasse M, Klein P, Weiser M. The effects of a complex homeopathic medicine compared with acetaminophen in the symptomatic treatment of acute febrile infections in children: an observational study. *Explore (NY)*. 2005 Jan;1(1):33-9. In this non-randomised observational study carried out in 38 Belgian clinics, 198 children suffering from acute febrile infections were assessed for their response to either acetaminophen or a combination of homeopathic medicines (Heel Viburcol). The children had their infection symptoms, which included fever, cramps, disturbed sleep, crying, and difficulties eating or drinking, assessed and graded for a response to their respective medicines. After taking the results from all variables into account, it was found that the homeopathic combination was as effective as acetaminophen. The tolerance to medicines was also assessed as part of this trial and in this respect it was found that the homeopathic combination was superior to the acetaminophen.

Otitis media

Friese K.H., Kruse S., Ludtke R., Moeller H., The Homeopathic Treatment of Otitis Media in Children. *International Journal of Clinical Pharmacology and Therapeutics*, 35, 7, 1997, 96-301. In this trial, 131 children suffering from medically diagnosed otitis media were split into two groups. 28 were treated by a team of four ear, nose and throat practitioners using singly or in combination, nasal drops, antibiotics, secretolytics or antipyretics (Group B). 103 children were treated by one homeopath using single homeopathic remedies (Group A). The average duration of pain for Group A was 2 days, as opposed to 3 days for Group B. 70.7% of the Group A children were free of recurrences within the first year of treatment and 29% had a maximum of 3 recurrences while in Group B, 56.5% were free of recurrences within the first year of treatment and 43.5% had a maximum of 6 recurrences.

Frei H, Thurneysen A. Homeopathy in Acute Otitis Media in Children: Treatment Effect or Spontaneous Resolution? *British Homeopathic Journal*, 2001, Oct. 90, 4, 180-2. In a study involving 230 children with acute otitis media, homeopathic treatment was compared with placebo to determine whether homeopathic treatment provided a faster resolution of symptoms than placebo. After 12 hours, 72% of those using homeopathy experienced significant relief of symptoms, which was 2.4 times faster than the response to placebo.

Jacobs J, Springer DA et al. Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial. *Pediatr Infect Dis J*, 2001, 20: 177-83. 75 children suffering from acute otitis media were given homeopathic treatment or were given treatment with placebo. On assessment it was found that homeopathy provided an improved outcome from this condition.

Upper respiratory illnesses

Mohan GR. Efficacy of Homeopathy in Childhood Asthmas. *Homeopathic Links*, Summer 2007, Vol 20, 104-107. This paper reports of work done in India by homeopath, GR Mohan, looking at the results of the homeopathic treatment of 81 children suffering from clinically defined asthma who had previously been treated unsuccessfully with conventional medicine. This open study involved the use of individually prescribed homeopathic medicines for a period of 2 years as a means of reducing the recurrence of asthma attacks. Results were assessed according the 12 point Modified Borg Scale, a subjective scale used to assess the severity of dyspnoea. At the end of the allotted 2 year period, the results were analysed and it was found that asthma had become controlled in 60.5% of children who'd been treated with homeopathy and some control was achieved in a further 21%. 12.3% of the group failed to respond to the treatment. The medicines used most frequently in this study were *Arsenicum album*, *Merc solubilis*, *Hepar sulph*, *Arsenicum iod*, *Antimony tart*, *Pulsatilla* and *Calc carb*.

Nita M. Ramchandani. Homeopathic treatment of upper respiratory tract infections in children: Evaluation of thirty case series, *Complementary Therapies in Clinical Practice*, Volume 16, Issue 2, May 2010, Pages 101-108. The number of attacks of the URTIs during the 6 months period preceding the date of commencement of the homeopathic treatment (Control value) and 6 months period following the date of commencement of treatment (Treatment value) were compared. The results of the study indicated statistically significant differences ($p < 0.001\%$, t-test and Wilcoxon non-parametric test) in the two data sets in favour of homeopathic treated cases. The results of the study indicate the utility of the homeopathic remedies prescribed based on the concept of individualization in the treatment of URTIs in children vis-à-vis improving the prescribing skills particularly with respect to the process of selection and types of medicines.

Aslak Steinbeck et al. Homeopathic care for the prevention of upper respiratory tract infections in children: A pragmatic, randomised, controlled trial comparing individualized homeopathic care and waiting-list controls. *Complementary Therapies in Medicine* Volume 13, Issue 4, Pages 231-238, December 2005. Open, pragmatic, randomised parallel-group trial with waiting-list group as control. There was a significant difference in median total symptom score in favour of homeopathic care (24 points) compared to the control group (44 points) ($p = 0.026$). In this study, there was a clinically relevant effect of individualized homeopathic care in the prevention of URTI in children.

A.K.Vichitra et al. Bronchial Asthma. *Clinical Research Studies* | Series 1 | 2008 | Pg 27-40. It was a multi-centric, observational, prospective study (Open clinical trial) carried out during the period 1978 – 2003. Out of 2107 patients followed up, 52 patients were cured and 1822 patients improved in varying degrees: marked improvement in 856 patients, moderate improvement in 444 patients and mild improvement in 522 patients. The outcome of the study shows that homeopathic medicines have a role in managing acute attacks of bronchial asthma as well as in controlling recurrent attacks.

Chaturbhujaya Nayak et al. A multi-centric open clinical trial to evaluate the usefulness of 13 predefined homeopathic medicines in the management of acute rhinitis in children. *Int J High Dilution Res* 2010; 9(30): 15-27 16. In this multi-centric open clinical trial, a total of 784 children (408 males; 384 females) aged 6 months to 15 years; presenting symptoms of acute rhinitis were enrolled. Symptoms were assessed using an acute rhinitis symptom score (ARSS). Out of 784 children enrolled, 638 children were followed up and analyzed. A significant change in the score from the baseline ($p < 0.05$) was observed. This study indicates the usefulness of homeopathic medicines in the management of acute rhinitis of children; controlled studies are needed to investigate their efficacy and effectiveness.

Diarrhoea

Meta analysis by **Jennifer Jacob et al** on Diarrhoea RCTs reflects efficacy of homeopathic medicines in decreasing duration of diarrhoea.

Jacobs J., Jimenez M., Malthouse S., Chapman E., Crothers D., Masuk M., Jonas W.B., Acute Childhood Diarrhoea- A Replication., *Journal of Alternative and Complementary Medicine*, 6, 2000, 131-139. In a replication of a previous trial carried out by Jacobs and others, 116 Nepalese children aged 6 months to 5 years suffering from diarrhoea were given an individualised homeopathic medicine or placebo. Treatment by homeopathy showed a significant improvement in the condition in comparison to placebo.

Jacobs J et al. Homeopathic treatment of acute childhood diarrhea: results from a clinical trial in Nepal. *Altern Complement Med*. 2000 Apr;6(2):131-9.²⁰

Randomized, double-blind, placebo-controlled trial. Children received either an individualized homeopathic medicine or placebo, to be taken one dose after each unformed stool for 5 days.

Of the 126 children initially enrolled, 116 completed treatment. The mean number of stools per day over the entire 5-day treatment period was 3.2 for the treatment group and 4.5 for the placebo group ($P = 0.023$).

These results are consistent with the finding from the previous study that individualized homeopathic treatment decreases the duration of diarrhea and number of stools in children with acute childhood diarrhea.

Jacobs J et al. Treatment of acute childhood diarrhea with homeopathic medicine: a randomized clinical trial in Nicaragua. *Pediatrics*. 1994 May;93 (5):719-25.

A randomized double-blind clinical trial comparing homeopathic medicine with placebo.

The treatment group had a statistically significant ($P < .05$) decrease in duration of diarrhea, defined as the number of days until there were less than three unformed stools daily for 2 consecutive days. There was also a significant difference ($P < .05$) in the number of stools per day between the two groups after 72 hours of treatment.

The statistically significant decrease in the duration of diarrhea in the treatment group suggests that homeopathic treatment might be useful in acute childhood diarrhea.

Jacobs J et al. Homeopathic combination remedy in the treatment of acute childhood diarrhea in Honduras. *J Altern Complement Med*. 2006 Oct; 12(8):723-32.

Jacobs J, Jonas WB, Jimenez-Perez M, Crothers D. Homeopathy for Childhood Diarrhea: combined results and meta-analysis from three randomized, controlled clinical trials. *Pediatr Infect Dis J*. 2003 Mar;22(3):229-34. In this meta-analysis (an analysis carried out to determine overall trends in a group of similar studies) three double blind clinical trials of diarrhoea in 242 children aged 6 months to 5 years were analyzed as one group. The children received either an individualised homeopathic medicine or a placebo, for 5 days after each unformed stool. Records were kept by parents and the duration of diarrhea was defined as the time until there were less than 3 unformed stools per day for 2 consecutive days. Diarrhoea ceased in those taking homeopathic medicines after 3.3 days and after 4.1 days in those using placebo.

Jacobs J, Jimenez J, Gloyd SG, et al. Treatment of Acute Childhood Diarrhoea with Homeopathic Medicine. *Paediatrics*, May, 1994 93, 5, 719-725. In a randomised, placebo controlled trial with 81 children suffering from acute diarrhoea, individually prescribed homeopathic medicines were found to be superior to placebo.

C.Nayak et al. A Prospective Multicentre Observational Study to Determine the Usefulness of Predefined Homeopathic Medicines in the Management of Acute Diarrheal Disease in Children. *Homeopathic Links* – Spring 2010, Vol 23; pg. 60-63 A prospective, multi-centre observational study. A total of three hundred twenty seven children in the age-group 6 months to 12 years were included. Diarrhea index score was assessed before and after treatment. The difference in the mean number of stools and diarrhea index score was found to be statistically significant ($p = 0.000, < 0.05$) after the prescription of trial homeopathic medicines in 321 children. This was an observational study with positive results leads to further validation by suitable Randomized Control Trial(s).

Manoj Patel et al. An approach to acute diarrhea disorders through sector and Constitutional homeopathic treatment in adivasi children attending Balwadis in palghar & vikramgarh taluka, thane district, Maharashtra. *Indian Journal of Research in Homeopathy*, Vol. 4, No.4, October-December 2010. Randomised case control single blind trial. Three group Acute medicine Group, Acute followed by constitutional group & placebo group. 3 years of follow up study. Acute medicine has definite role in altering course of diarrhoea and in group which followed by constitutional medicine shown significant impact in bringing down the frequency, duration & intensity of diarrhoea. Definite management strategy in acute diarrhoea.

Kidneys

Pai PN. Nephrotic Syndrome. *British Homeopathic Journal*, 1969, 58, 94. In yet another case series, 23 children suffering from clinically diagnosed nephrotic syndrome were treated using individualised homeopathic medicines for periods varying from 1 month to 7 years. Subjects received short or long term treatment for the condition and in several acute episodes, corticosteroid

therapy was used, in addition to the homeopathic management. For the majority of the children treated either with homeopathic or a combination of homeopathic and corticosteroid therapy, the severity of the symptoms they had previously experienced was reduced. The main homeopathic remedies used in the cases mentioned in this study included *Apis mellifica*, *Arsenicum album*, *Natrum muriaticum* and *Silica*.

Postoperative

Alibeu JP, Jobert J. *Aconite* in Post-Operative Pain and Agitation in Children, *Pediatric*, 1990, 45, 7-8, 465-6. In this double blind placebo controlled trial, 50 children suffering from post-operative pain and agitation were given either *Aconite* or placebo. The effects of *Aconite* were significantly better than placebo.

Skin Disorders

Recently there has been a constant increase in the number of cases of allergy, particularly in developed countries, to such an extent that expressions like “*disease of the third millennium*” and “*allergic epidemic*” have been used to describe the phenomenon. There has been an increase in the use of ‘complementary’ or ‘alternative’ medicine in patients affected by skin disease, in particular those with chronic or inflammatory dermatosis. The prevalent use of complementary and alternative medicine (CAM) in children has been estimated to be higher than 40% in the USA and it has been reported recently that in the Tuscany Region of Italy more than 25% of children use CAM, and 23.4% of these consume homeopathic products. The following data suggests the utility of homeopathy in skin diseases for children.

Elio Rossi et al. Homeopathy in paediatric atopic diseases: long-term results in children with atopic dermatitis. *Homeopathy*, Vol. 101, No1, 2012. Data derive from an observational longitudinal study carried out on 213 children (38.6%) with atopic diseases out of 551 children consecutively examined from September 1998 to December 2008.

We used the Glasgow Homeopathic Hospital Outcome Score to evaluate the results that were classified on the basis of a Likert scale. The parents of paediatric patients suffering from AD, who had started homeopathic treatment at <4.9 years of age were invited to follow-up assessment 8 years later and 40 children (mean age 12.9) were examined; 28/40 (70%) had a complete disappearance of AD, 12/40 children (30.0%) were still affected by AD; 8/40 (20%) had asthma and 8/40 patients had, or developed, allergic rhinitis. These preliminary results seem to confirm a positive therapeutic effect of homeopathy in atopic children. Furthermore, according to the data from the literature paediatric patients treated with homeopathy seem to show a reduced tendency to maintain AD and develop asthma (and allergic rhinitis) in adult age.

Keil T. Homeopathic versus conventional treatment of children with eczema: a comparative Cohort study. Prospective multi-centre cohort study. Patients (or parents) assessed eczema symptoms by numerical rating scales as well as disease-specific Atopic Quality of life questionnaire (Lebensqualitäts-Fragebogen (ALF)) and general quality of life (KINDL, KITA) at 0, 6 and 12 months. Eczema symptoms (assessed by patients or their parents) improved from 0 to 12 months for both treatment options. Disease-related quality of life improved in both groups similarly. Over a period of 12 months, both therapy groups improved similarly regarding perception of eczema symptoms (assessed by patients or parents) and Disease-related quality of life.

Scabies

Chandrasekhar Goda et al. Role of homeopathic constitutional treatment in scabies infection in adivasi children attending ashram shalas (resident school) in palghar & vikramgarh taluka, thane district, Maharashtra. *Indian Journal of Research in Homeopathy*, Vol 4, No. 2, April-June 2010. Prospective randomised controlled trial. Three groups were made: Constitutional, Acute totality & Placebo, followed for three years. Results analysed at end of each year. At end of First Year=Constitutional G= 90% improvement, Acute G=27%, Placebo G= 4% Second year: Constitutional G= 98% improvement, Acute G=48%, Placebo G= 12%. Improvement in constitutional group was significant & prevalence of scabies in school dropped from 52% to 17% when prevalence in other schools is not changed. This study shows the importance of constitutional treatment in cure and control of scabies & its utility in communicable diseases.

Psychiatric Disorders

Homeopathic treatments in psych systematic review of randomized placebo-controlled studies. *J Clin Psychiatry*. 2011, Jun, 72 6 – 795-805. To systematically review placebo-controlled randomized trials of homeopathy for psychiatric conditions. Twenty-five eligible studies were identified from an initial pool of 1,431. Study quality according to SIGN 50 criteria varied, with 6 assessed as good, 9 as fair, and 10 as poor. Outcome was unrelated to SIGN quality. The database on studies of homeopathy and placebo in psychiatry is very limited, but results do not preclude the possibility of some benefit. Meaningful safety data were lacking in the reports, but the superficial findings suggested good tolerability of homeopathy.

B Indira et al. Behavioural Problems of Mentally Challenged Children. *Clinical Research Studies*, Series 1, 2008, Pg 15-26. Study were to identify a group of most useful homeopathic medicines in the treatment of behavioral problems found in mentally challenged children and to identify their reliable indications, most useful potencies, frequency of administration and relationship with other medicines. Eight hundred and thirty five (835) children were followed up, out of which 531 children showed improvement in common behavioral problems of mentally challenged children like aggressiveness, destructiveness, disruptiveness etc., whereas 304 children did not improve. Most useful medicine were *Belladonna*, *Baryta carb*, *Baryta mur* etc.

Dolce Filho R. Homeopathic approach in the treatment of patients with mental disability. *Homeopathy*. 2006 Jan; 95 (1):31-44. The author describes his experience assisting mentally disabled patients with homeopathy. In these patients' anamneses, common traits shared by some syndromes, pathologies and behavior, were taken into consideration, mainly to choose the most characteristic symptoms in each case. The study includes 58 cases of Patients suffering from this pathology: 28 females and 30 males, ages ranging from 1 to 49 years (mean 20). Forty-seven had some improvement. Homeopathy is a useful alternative to relieve pathologies associated with mental disability.

ADD / ADHD

Frei H, Everts R, von Ammon K, et al. Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomised, double blind, placebo controlled crossover trial. *Eur J Pediatr.* 2005 Dec, 164, 12, 758-67. 83 children diagnosed as suffering from ADHD using DSMIV criteria were treated with individually prescribed homeopathic medicines. Using the Connor's Global Index scale it was determined that 63 of these children had a positive response to this treatment. These children were then randomised to receive either placebo or homeopathic medicines for 6 weeks and at this point were crossed over to receive placebo if they'd been using the homeopathics or visa versa. At the end of this period it was found that homeopathic therapy provided significantly better results than placebo.

Frei H, Thurneysen A. Treatment for Hyperactive Children: Homeopathy and Methylphenidate Compared in a Family Setting. *British Homeopathic Journal*, 2001, 90, 183-188. 114 children attending a paediatric practice where conventional and homeopathic medicines were used, and who were previously diagnosed with ADHD, were given individualised homeopathic medicines (increasing potencies of the most similar LM remedy). On a parent assessed basis (confirmed by the clinician), if a minimum 50% improvement was not noted within a certain period of time they were placed on Methylphenidate. 75% of the children responded to homeopathy and 22% required Methylphenidate. 3% of patients did not respond to either regime.

Strauss L. C., The Efficacy of a Homeopathic Preparation in the Management of Attention Deficit Hyperactivity Disorder. *Biomedical Therapy*, 2000, 18, 2, 197- 201. 20 children suffering from ADHD, were given either placebo or a homeopathic combination (Heel Selenium-Homaccord) and were assessed in accordance with pre and post test conduct and psychosomatic problems, impulsivity and anxiety. The homeopathic combination provided superior results to placebo.

Longterm Results

2 years

Witt CM, Luedtke R, Baur R, Willich SN. Homeopathic Medical Practice: Long-term results of a Cohort Study with 3981 Patients.⁵

The main outcome measures were: Patient and physician assessments (numeric rating scales from 0 to 10) and quality of life at baseline, and after 3, 12, and 24 months.

In a prospective, multi-centre cohort study with 103 primary care practices treating 3981 patients, disease severity decreased significantly ($p < 0.001$) over a 2 year period. Major improvements were observed for quality of life for adults and young children. 28 % (1130) of the patients were children and 97 % of all diagnoses were chronic with an average duration of 8.8 years. The most frequent diagnoses were allergic rhinitis in men, headache in women, and atopic dermatitis in children. Disease severity and quality of life demonstrated marked and sustained improvements following homeopathic treatment period.

6 years

Witt CW, Ludtke R, Willich SN. Homeopathic treatment of patients with chronic sinusitis: A prospective observational study with 8 years follow-up. *BMC Ear, Nose and Throat Disorders*, 2009, 9:7 doi:10.1186/1472-6815-9-7. 132 people were enrolled in this study. They'd been suffering from chronic sinusitis for an average of 10.7 years and were treated by a total of 62 physicians. 97% of these people had previously been treated with conventional medicine without any sustained level of success. They were all treated with individualized homeopathy, had their progress followed by their physicians for 2 years and monitored for symptom severity, quality of life, conventional medicine use, and then monitored their own progress for a further 6 years. Of those that finished the study, their average sinusitis symptom score had reduced by 73%, the physical quality of life score had improved by 38% and the mental quality of life score had improved by 36%.

8 years

Witt CM, Ludtke R, Mengler N, Willich SN. How healthy are Chronically Ill Patients after Eight years of Homeopathic Treatment? – Results from a long term observational study. *BMC Public Health* 2008, 8:413. German academic and researcher, Professor Claudia Witt, has been responsible for a number of excellent papers on homeopathy and in this, she and co-workers drew data from 103 Swiss and German homeopathic medicine clinics in an effort to determine the level of change to the health status of patients over periods of 2 and 8 years as a result of homeopathic intervention over these times. Data was collected from 3709 patients who were asked to assess the level of change to the severity of their medical complaints and quality of life, at the time of first consultation, at 2 years, and at 8 years from that point. The data from adults and children were assessed separately and the former experienced an average reduction in disease severity from 6.2 at baseline to 2.9 at 2 years to 2.2 at 8 years. For children, a reduction from a baseline disease severity of 6.1 to 2.1 at 2 years was noted and then to 1.7 at 8 years. Physical and mental quality of life scores for both groups increased significantly over the study period and interestingly, researchers found that, within the confines of this study, the younger the patient and the more severe the medical condition, the better the potential for the therapeutic success of homeopathy.

Animal Studies

Sleep patterns

Ruiz- Vega G, Perez- Ordaz L, Proa- Flores P, Aguilar- Diaz Y. An Evaluation of Coffea cruda effect on Rats. *British Homeopathic Journal* , 2000, 89, 122-126. This study tested the effects of *Coffea* 30C on the sleep patterns of rats assessed using EEG readings. The results showed a definite effect consistent with increased sleeping activity.

Ruiz-Vega G., Perez-Ordaz L., Cotez-Galvan L., Juarez-G F.M., A Kinetic Approach to Caffeine- Coffea cruda Interaction. *Homeopathy*, 2003, 92, 19-29. In this blinded and controlled study, rats were given caffeine and then Coffea 30C in an effort to determine what effects, if any, the Coffea 30C had on sleep characteristics. The homeopathic remedy was found to increase the intensity of sleep in the rats when compared with the effects of the control used.

Ruiz-Vega G, Poitevin B, Perez-Ordaz L. Histamine at high dilution reduces spectral density in delta band in sleeping rats. *Homeopathy*. 2005 Apr, 94, 2, 86-91. Histamine in material doses is a central nervous system stimulant operating via H1 receptors. The researchers in this study examined the effects of histamine in 30C homeopathic potency on the sleep patterns of rats. Using the spectral density of the delta band in the sleep electroencephalogram to measure the effects of the remedy, which is higher during periods on non-REM sleep, researchers found that histamine 30C produced an increase in wakefulness when compared to controls.

Sukul A., Sinhabau S.P., Sukul N.C., Reduction of Alcohol Induced Sleep time in albino mice by Potentised Nux vomica prepared with 90% Ethanol. *British Homeopathic Journal*, 88, 1999, 58-61. In a controlled experiment to determine the effect of Nux vomica 30C on alcohol induced sleep, mice that had sleep induced via an injection of 25% ethanol were given a control substance or Nux vomica 30C. Nux vomica 30C prepared in 90% ethanol was effective in reducing the sleep time.

Reproductive

Day C. Stillbirth in Pigs. *Veterinary Recorder*, 1984, 9114, 216. *Caullophyllum* 30C given to pigs greatly reduced the number of stillbirths.

Williamson AV, Mackie WL, Crawford WJ, Rennie B. A Trial of *Sepia* 200. *British Homeopathic Journal*, 84, 1, January 1995, 14-20. Using a randomised placebo control method, *Sepia* 200C was assessed for its ability to increase reproductive performance in a herd of Friesian cross diary cows. *Sepia* increased all parameters measured.

Aziz DM, Enbergs H. Stimulation of bovine sperm mitochondrial activity by homeopathic dilutions of monensin. *Homeopathy*. 2005 Oct, 94, 4, 229-32. Mitochondrial activity is an important marker for the health of sperm. It's linked to sperm motility and in research laboratories monensin is commonly used as an inhibitor for sperm mitochondrial activity. The researchers in this study examined the effects of the 5th to the 14th decimal potencies of monensin on the activity of the mitochondria of sperm taken from mature bulls. All of the potencies produced a stimulatory effect on the bull sperm mitochondrial activity, with the 9X producing the strongest of these effects.

Growth

Guajardo-Bernal G, Searcy-Bernal R, Soto-Avila J. Growth Promoting Effect of Sulphur 201C in Pigs. *British Homeopathic Journal* , 85, January, 1996, 15-16. In a blind placebo-controlled trial *Sulphur* 201C was given to pregnant sows every 10 days. By day 30, significant increases were seen in weight and weight gain in the medicine group versus the placebo.

Lingg G, Eндler PC, Frass M, Lothaller H. Treatment of Highland Frogs from the Two-legged stage with Homeopathically prepared Thyroxine ($10^{-11} - 10^{-21}$). *Scientific World Journal*. 2008 Apr 20;8:446-50. Researchers working in Austria conducted this study to determine the effects of thyroxine, homeopathically potentiated to 11X and 21X, on the metamorphosis rates of highland frogs (*Rana temporaria*) when compared to controls. The assessment of the effects of these remedies was done on the basis of the number of 2 legged tadpoles that develop into frogs with 4 legs over fixed periods of time. 90 animals in all acted as the subjects in this trial. As would be expected, given that thyroxine would stimulate development, thyroxine 11X and 21X, when compared to controls, were found to suppress the development of tadpoles into frogs over the observation period.

Eндler P.C., et al. Pretreatment with Thyroxine 10^{-8} Enhances a Curative Effect of Homeopathically prepared Thyroxine 10^{-13} on Lowland Frogs. *Forschende Komplementarmedizin Und Klassische Naturheilkunde*, 2003, 10, 137-42. In this randomised, placebo-controlled trial carried out simultaneously by 3 independent researchers, tadpoles were exposed to an equivalent of a 13X potency of thyroxine. This hormone, normally responsible for an increase in metamorphosis, was found to inhibit this process when potentiated into a homeopathic medicine.

Toxicity

Kuzeff RM, Mecheva RP, Topashka-Ancheva MN. Inhibition of (-)-propranolol hydrochloride by its enantiomer in white mice—a placebo-controlled randomized study. *Forsch Komplementarmed Klass Naturheilkd*. 2004 Feb;11(1):14-9. In a similar mode to the previous study, researchers in this trial from Swinburne University of Technology in Melbourne examined the effects on toxicity from (S)-(-)-propranolol hydrochloride of a homeopathically prepared optical isomer version of the same substance. When used in mice prior to exposure to (S)-(-)-propranolol hydrochloride, a remedy made from (R)-(-)-propranolol hydrochloride was found to reduce the toxicity resulting from its isomer.

Herkovits J, Perez-Coll CS. Could Potentized Microdoses of Cadmium change the Toxicological Effect of this Heavy Metal? *Berlin Journal on Research in Homoeopathy*, Report from the 4th Giri Symposium, 1991, June, 1, 3, 171. Toad embryos were exposed to Cadmium in 4X, 8X and 10X potencies. Either immediately or 24 hours later, the embryos were exposed to a (normally lethal) solution equivalent to 1mg/l of Cadmium. Both on immediate and delayed exposure, the potencies of cadmium exerted a statistically significant protective effect against the actions of the cadmium solution.

Datta SS, Mallick PP, Rahman Khuda-Bukhsh AA. Comparative efficacy of two microdoses of a potentized homeopathic drug, *Cadmium sulphoricum*, in reducing genotoxic effects produced by cadmium chloride in mice: a time course study. *BMC Complement Altern Med*. 2001;1:9. In a similar study to that described above, researchers again tested the hypothesis that the homeopathically potentised version of a potentially toxic substance could protect against the effects of the substance from which it's derived. In this case, the protective effects of Cadmium sulph 30C and 200C were used in an attempt to control the genotoxic effects of cadmium in mice exposed to this element. When the results of this study were analysed it was found that the homeopathic medicine did provide a statistically significant protective effect cadmium.

Mallick P, Mallick JC, Guha B, Khuda-Bukhsh AR. Ameliorating effect of microdoses of a potentized homeopathic drug, Arsenicum Album, on arsenic-induced toxicity in mice. *BMC Complement Altern Med*. 2003 Oct 22;3(1):7. In a further development of previous studies in this area, Indian researchers using mice as a model for the management of human arsenic toxicity from drinking contaminated groundwater in rural India, assessed the toxicity from arsenic in mice pretreated with homeopathic Arsenicum album 30C and 200C. When compared to controls, the homeopathic remedies were found to reduce experimentally induced arsenic toxicity.

Bhattacharjee N, Pathak S, Khuda-Bukhsh AR. Amelioration of Carcinogen-Induced Toxicity in Mice by Administration of a Potentized Homeopathic Drug, Natrum Sulphuricum 200. *Evidence Based Complementary and Alternative Medicine*. 2007 Jun 19. [Epub ahead of print]. In this study, which used 2 separate controls, researchers at the Department of Zoology at the University of Kalyani in India used mice to determine whether or not Natrum sulphuricum in the 200th potency had any impact on the carcinogenic effects of P-dimethylaminobenzene and the cancer-promoting effects of Phenobarbital. The study was carried out over 120 days and at the end of this period, when compared to controls, it was found that Nat sulph 200C reduced the level of damage caused to genes by carcinogens, corrected the levels of acid phosphatase, alkaline phosphatase, aspartate amino transferase, alanine amino transferase, reduced lipid peroxidation and produced an increase in glutathione levels.

Inflammation / Infections

Macedo SB, Ferreira LR, Perazzo FF, Carvalho JC. Anti-inflammatory activity of *Arnica montana* 6cH: preclinical study in animals. *Homeopathy*. 2004 Apr;93(2):84-7. In a continuation of the previous theme, researchers in this study evaluated the protective effect of *Arnica* 6C on the acute inflammatory effects in mice of carrageenin and the chronic inflammatory effects of Nystatin. *Arnica* was given prior to the induction of both forms of inflammation and it was found to provide a protective effect against Nystatin, but not carrageenin induced inflammation.

Spranger J. Testing the Effectiveness of Antibiotic and Homeopathic Medication in the Frame of Herd Reorganisation of Subclinical Mastitis in Milk Cows. *British Homeopathic Journal*, 2000, 89, Supplement 1, S62 This preliminary report on this study indicates that antibiotics and homeopathic medicines provide similar levels of protection against mastitis.

Varshney JP, Naresh R. Evaluation of a homeopathic complex in the clinical management of udder diseases of Riverine buffaloes. *Homeopathy*. 2004 Jan;93(1):17-20. Indian researchers involved in this trial developed a homeopathic complex against mastitis and tested it, without placebo controls, with 102 Riverine buffaloes suffering from various levels of mastitis. The treatment was deemed to be 80 to 97% effective against the disease, depending on the severity of the condition.

Martins CR, Viera EC, Gazim ZC, Massambani C. Treatment of Subclinical mastitis by Homeopathic Mineral Supplementation of the Diet of Lactating Dairy Cows- a Case Study. *Cultura Homeopática*, 2007, 19, Apr-Jun, 16-19. Carried out at the University of Paranaense, the authors of this uncontrolled trial tested 4 different complexes of homeopathic medicines, the ingredients of which were selected on the basis of the pathogenetic action of the individual ingredients and their ability to modify the symptoms of subclinical mastitis. 32 cows suffering from clinically confirmed mastitis were individually assigned to one of the 4 treatment groups based on their clinical symptoms, and given the medicine daily. Inflammatory cell counts were performed on the cows before they were given the homeopathic combinations and again at 90 days after starting treatment. An examination of these results found that on average, the homeopathic combination therapy was associated with a reduction in relative inflammatory cell count from 44.5% to 3.9%.

Barzon CD, de Medeiros F, Moraes RE, da Silva LCM, Massambani C, Takemura OS, Gazim ZC. Preliminary study of homeopathic treatment of subclinical mastitis evaluated through somatic cells count and California mastitis test. *Int J High Dilution Res*, 2008; 7(24): 147-151 147. This uncontrolled study, carried out at the University of Paranaense in Brazil, looked at the effects of a complex of homeopathic remedies on subclinical mastitis in cattle over a fixed period of time. Using the California Mastitis Test to determine the clinical progress and backing this up with a somatic cell count, 25 cows suffering from subclinical mastitis were treated for 75 days. The homeopathic complex produced a clinically significant regression in the condition in 82% of the cows.

Alcoholism

Sukul N.C., Ghosh S., Sinhababu S.P., Sukul A. Strychnos nux vomica extract and its ultra high dilution reduce voluntary ethanol intake in rats. *Journal of Alternative and Complementary Medicine*, 2001, April, 7, 2, 187-193. In an attempt to determine the effect of homeopathic Nux vomica on alcoholism, potentially alcoholic laboratory rats housed in the Visva-Bharati University in West Bengal, India, after being divided into 4 groups, were given a choice of drinking from bottles containing

either 20% ethanol in water or plain water. The rats were given diluent, or strychnine, or Nux vomica tincture, or Nux vomica 30C. When compared to the control group (diluent only) both the Nux vomica tincture and Nux vomica 30C groups of rats showed a distinct aversion to the 20% ethanol drinking bottle.

Parasites

Sukul NC, Ghosh S, Sinhababu SP. Reduction in the number of infective *Trichinella spiralis* larvae in mice by use of homeopathic drugs. *Forsch Komplementarmed Klass Naturheilkd*. 2005 Aug; 12, 4, 202-5. Trichinellosis, a disease caused by *Trichinella spiralis* which occurs in humans and animals, was the subject of this trial. Mice infected with this organism were given Podophyllum mother tincture, Cina 30C, Santonin 30C, or ethanol 30C as a control substance. After 120 days the mice were examined for the presence of the *T. spiralis* larvae and this was compared with the larval load before therapy. At 120 days the mice given Podophyllum had their larval load reduced by 61% when compared to the control, those given Santonin had a reduction of 81% and the mice given Cina had a reduction of 84%.

Trauma

Chakrabarti J, Biswas SJ, Khuda-Bukhsh AR. Cytogenetical Effects of Sonication in Mice and their Modulations by Actinomycin D and a Homeopathic drug, *Arnica* 30. *Indian Journal of Experimental Biology*, 2001, December, 39, 12, 1235-42. Mice were exposed to ultrasonication (high frequency shaking) and assessed for the effects of the ultrasonication after the administration of either *Arnica* 30 or Actinomycin D. These interventions were assessed against controls for parameters such as chromosome aberrations, mitotic index, sperm head anomaly and micronucleated erythrocytes. All of these parameters were used to assess the cellular and sub-cellular damage caused to the mice by the ultrasonication. In comparison the control mice, the mice that were given *Arnica* 30, had appreciably reduced effects from the ultrasonication, indicating that *Arnica* 30 can ameliorate the cellular and subcellular damage resulting from this form of physical trauma.

Alecu A, Alecu M, Cojocaru A, Brezeanu R. Effect of the homeopathic remedy *Arnica montana* 7CH on mechanical trauma in mice. *Cultura Homeopática*, 20, Jul- Sept, 2007, 16-18. Researchers at Romania's University of Medicine and Pharmacy, Targu Mures, carried this study out to determine what effect, if any, *Arnica* 7C could bring to bear on mice suffering from trauma, when compared to placebo. 40 mice suffering from trauma were randomly assigned to receive either placebo or *Arnica* 7C, and the effects of either intervention assessed with reference to oedema and pain, every 15 minutes for 3 hours. Compilation and analysis of the results showed that *Arnica* 7C produced a statistically significant reduction in both parameters over and above that of the placebo.

Alecu A, Alecu M, Marcus G, Brezeanu R, Cojocaru A. Effect of the homeopathic remedies *Arnica montana* and *Staphisagria* on the time of healing of surgical wounds. *Cultura Homeopática*, 2007, 20, Jul- Sept, 19-21. This controlled experiment was designed to test the hypothesis that homeopathic *Arnica* and *Staphisagria* accelerate the recovery from the incisional wounds occurring in surgery. 75 rats that had undergone surgery were randomly assigned to receive *Arnica* 7C, *Arnica* 30C, *Staphisagria* 7C, *Staphisagria* 30C, or placebo. The wounds were sutured and observed daily for the degree of cicatrization. On analysis it was found that both potencies of both medicines all provided a similar acceleration of recovery, reducing cicatrization time from 20-23 days for the placebo, down to an average of 15-16 days for the homeopathic medicines.

SLE (Lupus)

Oberbaum M, Weissman Z, Bentwich Z. Treatment of Murine SLE by Idiotype Isotherapy. *Berlin Journal on Research in Homeopathy*, Congress Report, 1991, June, 1, 3, 168. Using the knowledge that Systemic Lupus Erythematosus (SLE) is induced by anti-DNA idiotype 16/6, homeopathic potencies were made of this material and it was administered to mice suffering from SLE. When compared to controls, 100% of the mice treated with the 30X potency of the idiotype had a positive response to the treatment.

Cancer

Biswas SJ, Pathak S, Bhattacharjee N, Das JK, Khuda-Bukhsh AR. Efficacy of the potentized homeopathic drug, *Carcinosin* 200, fed alone and in combination with another drug, *Chelidonium* 200, in amelioration of p-dimethylaminoazobenzene-induced hepatocarcinogenesis in mice. *J Altern Complement Med*. 2005 Oct;11(5):839-54. Mice suffering from liver cancers were given either homeopathic *Carcinosin* 200C, or a combination of *Carcinosin* 200C and *Chelidonium* 200C over a period of 120 days, and the ability of these to ameliorate the cancers was compared to the effects of potentised alcohol over the same period of time. After the results were analysed it was found that both of the homeopathic remedies were effective in ameliorating these cancers. In addition, they were both effective in protecting against the development of any further hepatocarcinogenesis and the combination of the 2 homeopathic medicines were slightly more so.

Pathak S, Kumar Das J, Jyoti Biswas S, Khuda-Bukhsh AR. Protective potentials of a potentized homeopathic drug, *Lycopodium*-30, in ameliorating azo dye induced hepatocarcinogenesis in mice. *Mol Cell Biochem*. 2006 Apr;285(1-2):121-31. The researchers in this study, which was carried out at the University of Kalyani in India's West Bengal, used 210 mice in an experiment to determine the protective effect of *Lycopodium* 30C against the carcinogenic effects of p-dimethyl amino azo benzene and phenobarbital. When assessed using chromosomal aberrations as well as several morphological and biochemical parameters at 120 days from the beginning of the experiment, it was confirmed that *Lycopodium* 30C not only exhibited a protective effect, but also a restorative effect against the action of p-dimethyl amino azo benzene and phenobarbital.

MacLaughlin BW, Gutsmuths B, Pretner E, et al. Effects of homeopathic preparations on human prostate cancer growth in cellular and animal models. *Integr Cancer Ther*. 2006 Dec;5(4):362-72. To confirm the effectiveness of the homeopathic treatment of prostate cancer, the researchers in this trial assessed the effects of the homeopathic medicines *Sabal serrulata*, *Conium maculatum* and *Thuja occidentalis* against PC-3 and DU-145 human prostate cancer cell cultures and against the growth of prostate tumors in mice. *Sabal* reduced the proliferation of the PC-3 cell line by 33% in 72 hours and the DU-145 cell line by 23% in 24 hours. Compared to controls, *Sabal* also had a statistically significant effect on the tumors suffered by mice. The

homeopathic medicines *Conium maculatum* and *Thuja occidentalis* showed no beneficial effect on the proliferation of the cell lines or tumors observed in this study.

Jonas WB, Gaddipati JP, Rajeshkumar NV, et al. Can homeopathic treatment slow prostate cancer growth? *Integr Cancer Ther*. 2006 Dec;5(4):343-9. This US study examined the effects of the homeopathic remedies Thuja, Sabal, Conium and Carcinoin (made from the specific prostate cancer cell line used in this trial) in vitro on prostate cancer cell cultures and in vivo on 100 rats all of which were suffering from prostate cancer. A double blind randomised design was used for this latter part of the study. The rats were given all 4 homeopathic medicines on a sequential basis over a period of 5 weeks. The in vitro part of the study, carried out over a period of 96 hours and assessed according to tumor cell viability and gene expression, showed that the cancer cell lines were unaffected by the homeopathic medicines. When the researchers assessed the results from the in vivo aspect of the study, it was found that, compared to the controls, the rats given the homeopathic medicines showed a 23% reduction in tumor incidence and a 38% reduction in the size of prostate tumors.

Daurat V, Dorfman P, Bastide M. Immunomodulatory activity of low doses of interferon alpha,beta in mice. *Biomed Pharmacother*. 1988;42(3):197-206. This was a placebo controlled study designed to ascertain what effects, if any, divided doses of interferon alpha,beta, potentised to 10X, had on specific immune responses of mice, in particular the cytotoxic activity of allospecific T-cells and natural killer (NK) cells. The authors of the study found that, compared to the controls, mice given Interferon alpha,beta produced a statistically significant increase in all of the specific immune response variables measured.

Skin

Khuda-Bukhsh AR, Bhattacharyya SS, Paul S, Dutta S, Boujedaini N, Belon P. Modulation of Signal Proteins: A Plausible Mechanism to Explain How a Potentized Drug Secale Cor 30C Diluted beyond Avogadro's Limit Combats Skin Papilloma in Mice. *Evid Based Complement Alternat Med*. 2009 Jul 16. [Epub ahead of print] This study was carried out at the Department of Zoology at the University of Kalyani in India's West Bengal and was designed to test the hypothesis that the means by which homeopathic Secale 30C cures skin papilloma is by modulating the signalling proteins involved in the disease. While this modulation may only be secondary to some other primary action, the researchers were able to detect, via histological, cytogenetical, immunofluorescence, ELISA and immunoblot assessment, not only a modulation of the signaling proteins involved in the pathology, but a statistically significant improvement in the condition.

Arthritis

Hielm-Bjorkman A, Tulamo RM, Salonen H, Raekallio M. Evaluating Complementary Therapies for Canine Osteoarthritis—Part II: A Homeopathic Combination Preparation (Zeel). *Evid Based Complement Alternat Med*. 2009 Dec;6(4):465-71. The Faculty of Medicine at the University of Helsinki was the setting for this trial, which involved an investigation of the anti-osteoarthritic capacity of Zeel, a combination of homeopathically potentised ingredients. Using a randomized, double-blind, placebo-controlled protocol, 44 dogs suffering from osteoarthritis were randomly allocated to receive either Zeel or one of two versions of a placebo control. All dogs received these materials for 8 weeks and were examined every 4 weeks after an initial assessment which consisted of mobility, force-plate variables, owner-evaluated chronic pain and pain and mobility index, as well as the intake of non-steroidal anti-inflammatory drugs. The results collected showed that when compared to controls, the intake of Zeel was associated with a statistically significant reduction in osteoarthritic pain.

Plant Studies

Scherr C, Simon M, Spranger J, Baumgartner S. Effects of Potentised Substances on Growth Rate of the water plant *Lemna gibba*. *Complementary Therapies in Medicine*. 2009 Apr;17(2):63-70. Claudia Scherr and colleagues at the Research Institute of Organic Agriculture in Frick, Switzerland, conducted this randomised, controlled and blinded study to determine the extent to which various potentised substances could influence the growth of Duckweed (*Lemna gibba*) when compared to controls. To do this, Duckweed was grown in 14X to 30X homeopathic potencies of *Argentum nitricum*, *Lemna minor* and *Gibberelic acid* (a known plant growth regulator) over a period of 7 days. Measurements were taken over 0-3 days, 3-7 days and 0-7 days. Succussed and un-succussed water was used as controls. Neither controls produced any statistically significant effect and the potencies that caused the most pronounced reduction in growth when compared to controls were those of *Gibberelic acid*, particularly the 15X, 17X, 23X and 24X potencies.

Baumgartner S, Shah D, Schaller J, Kämpfer U, Thurneysen A, Heusser P. Reproducibility of dwarf pea shoot growth stimulation by homeopathic potencies of gibberellic acid. *Complement Ther Med*. 2008 Aug;16(4):183-91. In this Swiss study, which was a slight variation of previous work done in this area by Hamman and others, dwarf pea seedlings in 4 batches, containing seeds taken from adult plants in 1997, 1998, 1999 and 2000, were exposed to 17X and 18X potencies of *Gibberellic acid* (GA) and cultivated under controlled conditions alongside dwarf pea seedlings that had received the same level of exposure to 2 negative control substances. GA in material doses is often used commercially used to break periods of dormancy in seeds and has the capacity to stimulate the growth of seedlings. GA is an endogenous component of some seeds and is involved in the growth of seeds and alpha amylase activity within the plant. After 14 days all of these seedlings had their lengths measured and on inspection it was found that the controls had performed as predicted, the 1997 seedling batch previously exposed to GA 17X and GA 18X had exceeded the growth rate of the controls by an average of 11.2% and the 1998 batch responded with a mixture of either stimulation or suppression of growth. Batches from 1999 and 2000 failed to respond to either potency of GA.

Binder M, Baumgartner S, Thurneysen A. The effects of a 45x potency of *arsenicum album* on wheat seedling growth — a reproduction trial. *Forsch Komplementarmed Klass Naturheilkd*. 2005 Oct, 12, 5, 284-91. In a repeat performance of the previous trial, wheat seedlings previously exposed to sub-lethal doses of arsenic were cultivated in either *Arsenicum album* 45X, water 45X or un-potentised water, and the seedling height measured at 7 days. The experiment was independently reproduced 8 times and after the results were collated the wheat seedlings cultivated in *Arsenicum* 45X showed a significant reduction in

height when compared to the 2 controls. This is a reversal of results seen in previous studies of this type, but does confirm a reproducible effect of this particular homeopathic medicine under these experimental conditions.

Brizzi M, Lazzarato L, Nani D, Borghini F, Peruzzi M, Betti L. A biostatistical insight into the As(2)O(3) high dilution effects on the rate and variability of wheat seedling growth. *Forsch Komplementarmed Klass Naturheilkd.* 2005 Oct, 12, 5, 277-83. Wheat seedlings previously stressed with sub-lethal doses of arsenic, a substance known to be lethal to this plant, were treated with various potencies of Arsenicum album (5X, 15X, 25X, 35X and 45X), equivalent potencies of water and equivalent un-succussed dilutions of arsenic trioxide. The stem lengths of the seedlings was assessed at day 7 and it was found that the 45X potencies of Arsenicum and the water but not the diluted arsenic trioxide induced an increase in seedling height.

Endler PC, Pongratz W. Homoeopathic Effect of a Plant Hormone? Berlin J on Res in Hom, 1, 3, June, 1991, 148-150. This study showed that Indole Butyric Acid, known at material levels to enhance the growth of new roots and leaves from plant slips, at a 33X potency, continued to provide enhancement of growth.

Bornoroni C. Synergism of Action between Indolacetic Acid and Highly Diluted Solutions of *Calc carb* on the Growth of Oat Coleoptiles. Berlin J on Res in Hom, 1, 4/5, December 1991, 275-278. This study demonstrated that *Calc carb* 5X significantly increased the growth stimulating effects of the plant growth stimulant, indole acetic acid.

Jones RL, Jenkins MD. Plant Responses to Homoeopathic Medicines. British Homeopathic Journal, 70, 3, July 1981, 120-146. The authors show the effects of various potencies of Silver nitrate, on the growth characteristics of the leaf sheaths of wheat. Potencies of silver nitrate were shown to either inhibit or stimulate growth, depending upon the potency.

Bonfim FPG, Martins ER, das Dores RGR, Barbosa CKR, Casali VWD, Honório ICC. Use of homeopathic Arnica montana for the issuance of roots of Rosmarinus officinalis L. and Lippia alba. *Int J High Dilution Res*, 2008; 7(23); 113-117 113. This Brazilian study was conceived to determine the effects of Arnica 3C, 6C, 9C and 12C on the number and length of shoots and the percentage of sets and quality of stakes of Rosemary and White Lippia, when compared to 2 different controls. By adding 10 drops of each potency of Arnica in 400mL of water to each plant, repeating this 4 times, and comparing the results from these plants to the controls, variance analysis confirmed that the 3C, 6C and 12C potencies of Arnica stimulated all of the rooting variables for both species.

In Vitro Studies

Casaroli- Marano R.P., Alegre J., Campos B., Infrared Changes in Potentised Solutions. *Revista Homeopatica*, 1998, 38, 5- 12. In this experiment, 70% alcohol/water solutions were serially diluted 1 in 100 up to 30 times, with and without succussion at each step. There were significant spectral differences between the solutions that were succussed and those that were not, indicating that dilution and succussion may produce structural changes to the molecules in the solution. This may provide further evidence for the possibility of a “memory” of water.

Bone marrow

Preethi KC, Nair CK, Kuttan R. Clastogenic potential of Ruta graveolens extract and a homeopathic preparation in mouse bone marrow cells. *Asian Pac J Cancer Prev.* 2008 Oct-Dec;9(4):763-9. This Indian study was carried out to determine what effects, if any, a plant extract of Ruta graveolens would exert on the bone marrow cells of mice, and whether or not a 200C homeopathic potency of the same material produced a similar effect. Both forms of Ruta plus a control were administered to separate groups of mice in for 30 days (the extract was given in 2 different concentrations) and the bone marrow cells examined. At the end of the study period, measurements indicated that when compared to controls, both the plant extract and 200th potency of Ruta were found to have produced statistically significant changes to the cellular nuclear morphology, gross cellular morphology and cellular DNA. Interestingly, a study published by the same author in 2006 found that a plant extract of Ruta and its 200C potency exhibited cytotoxicity against several common forms of tumor. The fact that both forms of Ruta will cause the same problem in healthy cells that they're capable of curing in cells that are already in this state is a useful example of the homeopathic similia principle in action.

Hydrolysis of starch

Sukul N.C., De A., Sukul A., Sinhababu S.P., Potentised Mercuric Chloride and Mercuric Iodide enhance Alpha Amylase activity in vitro. *Homeopathy*, 2002, 91, 217-220. In part a repetition of a trial published in 1954, researchers determined that Mercuric chloride 30C and Mercuric iodide 30C, both of which theoretically should contain no molecules of either of the original substance, were able to promote the hydrolysis of starch in vitro. This tends to support the view that the water molecules in the remedy retain the “memory” of the original molecule through the potentisation process.

Cell growth

Fougeray S, Moubry K, Vallot N, Bastide M. Effect of High Dilutions of Epidermal Growth Factor on in vitro Proliferation of Keratinocyte and Fibroblast Cell Lines. 6th Giri Symposium, Munich, Oct 1992, reported in British Homeopathic Journal, 93, 82. In this experiment, it was shown that 19X and 45X potencies of Epidermal Growth Factor inhibited the proliferation of keratinocyte and fibroblast cell Lines.

Fleisbach A, Fejfar V, Spranger J. Effects of Homeopathic Potencies: Growth of *Saccharomyces cerevisiae* in Potentised Copper Sulphate Dilutions. British Homeopathic Journal, 2000, 89, Supplement 1, S65. Material concentrations of copper sulphate inhibit the growth of *Saccharomyces cerevisiae*. Potentised dilutions of copper sulphate above that which would be expected to contain any physical amounts of copper sulphate, exhibited a potency dependant inhibition or enhancement of growth.

Immune cells

Poitevin B, Davenas E, Benveniste J. In Vitro Immunological Degranulation of Human Basophils is Modulated by Lung Histamine and *Apis mellifica*. Br J Clin Pharmacol, 1988, 25, 439-444. In this study, potentised dilutions of *Apis mellifica* and Histamine were found to significantly reduce basophil degranulation in vivo.

Chirumbolo S, Signorini A, Bianchi I, Lippe G, Bellavite P. Effects of Homeopathic Preparations of Organic Acids and Minerals on the Oxidative Metabolism of Human Neutrophils. British Homeopathic Journal, 1993, 82, 237-244. The in vitro adhesion and superoxide production of human neutrophils were monitored in the presence of various homeopathic medicines. Sulphur 6X, Manganum phos 6X and 8X, and Magnesium phos 6X and 8X all lead to a 15-30% increase in these parameters.

Belon P., Cumps J., Ennis M., Mannaioni P.F., Roberfroid M., Sainte-Laudy J., Wiegant F.A. Histamine Dilutions Modulate Basophil Activation. *Inflammation Research*, 2004, May, 53, 5, 181-8. In this study, which was a replication of work by Jacques Benveniste published in Nature in 1988, the researchers attempted to use homeopathic dilutions of histamine to inhibit the activation of human basophils exposed to an inflammatory mediator. The study was carried out blind in 4 separate laboratories. On examination of the results, histamine dilutions equivalent to 30X and 38X were found to inhibit basophil activation and subsequent histamine release.

Chirila M, Hristescu S, Manda G, Neagu M, Olinescu A. The Action of Succused Substances on the Human Lymphocytes and PMN Granulocytes in Vitro Stimulated with Phytohaemagglutinin (PHA) and Zymosin Opsonised (ZO). *Berlin Journal on Research in Homeopathy*, Congress Report, 1991, June, 1, 3, 166-167. Peripheral blood lymphocytes were taken from people with a history of allergy to bee products (Group 1) and people who were immunosuppressed (Group 2). These cells were incubated in culture media supplemented with a succused water control or various homeopathic potencies of bee venom (for Group 1 cells) or cortisone (for Group 2 cells) and artificial proliferation of the cells was produced. The proliferation of Group 1 cells was inhibited by the potencies of bee venom, indicating that these remedies may be useful in the management of allergies to bee products. The effects of the potencies of cortisone on the Group 2 cells varied from stimulation to inhibition.

Moss V.A., Roberts A., Simpson K., Action of Remedies on Movement of Macrophages and Leucocytes. *Homeopathy*, 2002, 91, 113-114. Laboratory measurements of guinea pig macrophages and human leucocytes exposed to the homeopathic remedies Belladonna, Hepar sulph, Pyrogenium, Silica and Staphylococcinum, showed that these remedies caused an increase in the movement of these cells through a Boyden micropore filter. This may indicate that the remedies produce an increase in immune competence.

Virus-infected

Glatthaar-Saalmuller B., Fallier-Becker P. Antiviral Action of Euphorbium Compositum and its Components. *Forschende Komplementarmedizin Und Klassische Naturheilkunde*, 2001, 8, 207-212. In this in vitro study, human cell cultures were infected with influenza A virus, respiratory syncytial virus, human rhinovirus or herpes simplex virus type 1, and then treated with Euphorbium compositum, a homeopathic complex. Various anti-viral drugs such as acyclovir, rabavirin and amatadine were used as positive controls against which to compare the results of the complex. When compared with control cells exposed to the same concentration of ethanol used in the complex, the complex showed anti-viral properties comparable to the effects of the drugs against respiratory syncytial virus and herpes simplex virus type 1.

Oberbaum M, Glatthaar-Saalmüller B, Stolt P, Weiser M. Antiviral activity of Engystol: an in vitro analysis. *J Altern Complement Med*. 2005 Oct, 11, 5, 855-62. Cultured tissue cells infected with herpes simplex virus 1 (HSV-1), human rhinovirus (HRV), adeno 5 (A5V) and respiratory syncytial virus were exposed to Engystol, a homeopathic combination product. These cells were then assayed for virus clearance using plaque reduction, virus titration and Elisa methods. The results of these assays showed an 80% reduction in HSV-1 specific proteins, a 73% reduction in A5V specific proteins and a reduction in infectivity of RSV by 37% and HRV by 20%.

Singh L.M., Gupta G. Antiviral Efficacy of Homeopathic Drugs against Animal Viruses. *British Homeopathic Journal*, 1985, July, 74, 3. Researchers at the Indian Central Drug Research Institute in Lucknow carried out a study to determine the inhibiting effects of various potencies of 10 homeopathic remedies on chicken embryo virus and simliki forest virus (a virus capable of causing encephalitis, paralysis and death in mice). Homeopathic Typhoidinum 200C, Hydrophobinum 1M, Tuberculinum 1M, Nux vomica 200C and Malandrinum 1M all produced 100% inhibition of the chicken embryo virus.

Toxicity

Delbancut A, Barrouillet MA, Maury-Brachet R, Boudou A, Dorfman P, Cambar J. Mechanistic Approach to the Effect of High Dilutions of Cadmium to Protect from Cytotoxic Cadmium doses in Renal Tubular Cell Cultures. International Research Group on Very Low Dose and High Dilution Effects, 1993 Giri Meeting, BHJ, April, 1994, 83, 84-100 Material concentrations of cadmium have strong toxic effects on renal tubules. Pre-treatment with cadmium 40X and subsequent exposure to material concentrations of cadmium led to a significant reduction in cadmium induced damage.

Sunila ES, Kuttan R, Preethi KC, Kuttan G. Dynamized Preparations in Cell Culture. *Evidence Based Complementary and Alternative Medicine*. 2007 Oct 3. [Epub ahead of print]. This paper presents the results of studies carried out by researchers at the Amala Cancer Research Centre in Kerala, India, on the cytotoxic (cell killing) effects of a range of homeopathic mother tinctures and potencies on various types of cancer cells grown in tissue culture. When compared to controls, potentised Thuja, Hydrastis and Carcinisin were found to have cytotoxic capacities or were able to accelerate cell death.

Systematic review of literature

Witt CM, Bluth M, Albrecht H, Weissshuhn TE, Baumgartner S, Willich SN. The In-Vitro Evidence for an Effect of High Homeopathic Potencies—a Systematic Review of the Literature. *Complementary Therapies in Medicine*. 2007 Jun;15(2):128-38. This was essentially a meta-analysis of all of the in-vitro studies that have attempted to demonstrate a homeopathic effect to date, carried out by Professor Claudia Witt and colleagues at the Department of Epidemiology and Health Economics, Charité University Medical Center in Berlin, Germany. The aim here was to search all appropriate databases for relevant studies, determine which studies met the quality criteria set by the researchers, and then to determine which, if any of these, exhibited a statistically significant effect in this area. 67 papers were identified that met the quality criteria and of these, 73% found that an effect from high potencies can be demonstrated. The majority of these studies involved the effects of potentised substances on basophils. Replication of some of these studies has been carried out.

Other Studies

Comparative studies

Witt C, Keil T, Selim D, Roll S, Vance W, Wegscheider K, Willich SN. Outcome and costs of homeopathic and conventional treatment strategies: a comparative cohort study in patients with chronic disorders. *Complement Ther Med*. 2005 Jun;13(2):79-86. This cohort study, carried out in Germany, examined the outcomes of homeopathic treatment compared to the orthodox medical treatment of 493 people suffering from a range of chronic illnesses including headache, lower back pain, insomnia, depression, bronchial asthma, atopic dermatitis and allergic rhinitis. The patients' assessments, taken at 6 months and 12 months from the beginning of the treatment, found that homeopathy provided a greater level of improvement in their illnesses than orthodox medical intervention. This difference appeared to be more pronounced in children than in adults. In regard to the cost of each type of therapy, this study showed these costs to be similar to each other.

Rabe A., Weiser M., Klein P. Effectiveness and tolerability of a homeopathic remedy compared with conventional therapy for mild viral infections. *International Journal of Clinical Practice*, 2004 Sep, 58, 9, 827-32. In this study, 485 people suffering from mild viral infections were treated either with conventional medical treatment or with the homeopathic complex, Gripp-Heel. 78.1% of those using the homeopathic complex declared it to be successful and 52.2% of those using conventional medical therapy found this method effective.

Schroder D, Weiser M, Klein P. Efficacy of a Homeopathic Crataegus preparation compared with usual therapy for Mild Cardiac Insufficiency: Results of an Observational Cohort Study. *European Journal of Heart Failure*, 2003, June, 5, 3, 319-26. In a non-randomised cohort study, 212 people suffering from mild cardiac insufficiency were given Cralonin, a homeopathic combination product, or a combination of an ACE inhibitor and diuretic (a combination medical therapy normally prescribed for this condition). Both products were similarly effective in controlling the condition.

Guthlin C., Lange O., Walach H. Measuring the Effects of Acupuncture and Homeopathy in General Practice: An Uncontrolled Prospective Documentation Approach. *Biomed Central Public Health*, 2004, 4, 1, 6. 5000 people were treated for various ailments using acupuncture and 900 people were treated using individualised homeopathy by German medical practitioners in a number of clinics throughout Germany. Most of these people had previously been treated using conventional therapy. After treatment, of those being given acupuncture, 36% stated that they felt "very much better" and 49% felt, "somewhat better". Of those being treated using homeopathy, 39% stated that they felt "very much better" and 38% felt, "somewhat better".

Studer HP, Busato A., Speicherschwendi, University of Bern, Switzerland. Comparison of swiss basic health insurance costs of complementary and conventional medicine. *Forsch Komplementmed*. 2011;18(6):315-20. Epub 2011 Nov 25. In this government-requisitioned report, complementary/alternative medicine (CAM) is shown to be just as effective as conventional medicine (COM), with patients reporting better patient-physician relationships and fewer side effects with CAM. But one modality stands out: "Statistical procedures show similar total practice costs for CAM and COM, with the exception of homeopathy with 15.4% lower costs than COM".

Marian F, Joost K, Saini KD, von Ammon K, Thurneysen A, Busato A. Patient Satisfaction and Side Effects in Primary Care: An observational study comparing Homeopathy and Conventional Medicine. *BMC Complement Altern Med*. 2008 Sep 18;8(1):52. This was a study carried out by the Swiss Federal Office of Public Health designed to determine levels of patient satisfaction and the perception of side effects following the use of homeopathic medicine. It was part of a national program designed to evaluate complementary and alternative medicine use in Switzerland. The bulk of the data used in the study came from questionnaires filled in over a specific 4 day period and was supplied by physicians using conventional medicine, physicians using homeopathic

medicine and patient questionnaires filled in over a specific period, and from patients who'd filled in questionnaires mailed to them 1 month after treatment. 170 practitioners were involved in the study. A total of 3126 questionnaires were received by the researchers and analysis of these revealed the following. 21% of those treated with homeopathy reported "complete resolution" of the presenting complaint versus 28% of those on conventional therapy and 53% reported "complete satisfaction" with homeopathic treatment versus 40% of those given conventional therapy. The rate of side effects reported by those using homeopathy was less than the side effect rate experienced by those given conventional medicine.

Sevar R. Audit of outcome in 455 consecutive patients treated with homeopathic medicines. *Homeopathy*. 2005 Oct, 94, 4, 215-21. This study examined the effect of individualised homeopathic treatment of 455 consecutive patients in a homeopathic medical clinic who'd previously had unsuccessful orthodox medical treatment or were considered to be unsuitable for orthodox medical treatment. Of these, 67% derived benefit from homeopathic therapy, and 33% were able to stop or maintain a substantial reduction in their pharmaceutical drug therapy.

Haidvogel M, Riley DS, Heger M, Homeopathic and conventional treatment for acute respiratory and ear complaints: a comparative study on outcome in the primary care setting. *BMC Complement Altern Med*. 2007 Mar 2;7:7 The aim of the authors of this study was to compare the effectiveness of homeopathic treatment for acute respiratory and ear complaints with orthodox medical treatment for the same conditions. 1577 clients from 57 clinics from Austria, Germany, The Netherlands, Russia, Spain, Ukraine, the United Kingdom and the USA were enrolled in the study. They were asked to rate their response to either therapy at 14 days after beginning treatment. 86.9% of those given homeopathic medicines declared that they had had either a complete recovery or major improvement in their symptoms. 86% of those given orthodox medical treatment reported the same thing. Subgroup analysis found that 88.5% of children given homeopathics reported a complete recovery or major improvement in symptoms whereas 84.5% of those given orthodox medical treatment reported similar success. In addition, the onset of improvement within the first 7 days after treatment was significantly faster in those with homeopathic treatment, both in children and adults.

Homeopathic provings

Walach H, Möllinger H, Sherr J, Schneider R. Homeopathic Pathogenetic Trials produce More Specific than Non-Specific Symptoms: Results from Two Double-Blind Placebo Controlled Trials. *J Psychopharmacol*. 2008 Jul;22(5):543-52. Professor Harold Walach of the University of Northampton and his colleagues have made something of a habit of carrying out provings of homeopathic medicines (particularly Belladonna) within fairly rigidly controlled settings. In this instance the researchers set up 2 studies, both of which were carried out in blinded conditions. The first of these compared the symptoms seen in a controlled proving of homeopathically prepared Ozone with the effects of a placebo used in the same way. The second test compared the symptoms seen in a controlled proving on homeopathically prepared Ozone and Iridium, used individually, with the symptoms seen from the use of placebo. On analysis, the results showed that both Ozone and Iridium, when used under proving conditions, produced a statistically significant level of symptoms specific to the original provings for the homeopathic preparation.

Bornhoft G, Wolf U, Ammon K, et al. **Effectiveness, safety and cost-effectiveness of homeopathy in general practice – summarized health technology assessment.** *Forsch Komplementarmed*. 2006;13 Suppl 2:19-29. This was an effectiveness and safety study on homeopathy carried out for the Swiss Federal Office for Public Health. Using Internet-based resources, manual search and contact with experts, and assessed according to internal and external validity criteria, investigators found that the trend was in favour of a therapeutic benefit from homeopathic intervention. In addition, it was stated by the authors of the study that, "...effectiveness of homeopathy can be supported by clinical evidence and professional and adequate application be regarded as safe."

Observational studies

Robinson T. Responses to homeopathic treatment in National Health Service general practice. *Homeopathy*. 2006 Jan;95(1):9-14. This study was designed to determine the level of effectiveness of homeopathy as used in a general practice clinic where the standard 10 minute consultation time applies. To do this, 5,331 patient files, taken from one 12 month period in one general practice clinic, were examined and those files that described a consultation where a homeopathic medicine was given were separated out for analysis. This produced a total of 489 consultations that resulted in a homeopathic medicine prescription. Of these, 78% of patients had a positive response to their treatment with homeopathy, 19% had no response, and 3% had a negative response.

Thompson, E.A. et al, Homeopathic treatment for chronic disease: a 6-year, university-hospital outpatient observational study. *Journal of Alternative and Complementary Medicine*, 2005 Oct;11(5):793-8. This six-year study of 6,544 patients treated homeopathically showed that 70% of patients reported improved health. 50% had major improvement in inflammatory bowel disease, irritable bowel syndrome, menopausal problems and migraines. Children had improvements in eczema and asthma.

Patient satisfaction

Van Wasserhoven M., Ives G. An Observational Study of Patients receiving Homeopathic Treatment. *Homeopathy*, 2004, 93, 3-11. 782 people suffering from a wide range of diseases who had visited 80 general medical practices in Belgium were treated with individualised homeopathic medicines over an average period of 9 years and 2 months. Most of these people had previously been treated using conventional drugs. The outcomes from this treatment were assessed both by the patients and the practitioners via questionnaires. 13% of the patients assessed in the study expressed satisfaction with previous conventional treatment and 89% of patients expressed satisfaction with their homeopathic treatment.

Kayne S. A Pilot Trial to Study the Perceived Effectiveness of Homeopathic remedies bought Over The Counter (OTC) in British Pharmacies. *Journal of the Royal London Homoeopathic Hospital NHS Trust*, 1997, January 23-24, 90-94. 1000 questionnaires were sent to 8 UK pharmacies, requesting them to pass the questionnaires to customers. These, questionnaires

asked the customers whether or not they found OTC homeopathic medicines effective for the conditions for which they were purchased. A total of 257 users responded, and the accumulated results showed that 83% of respondents felt better after taking the product.

Goldstein MS, Glik D. Use of and satisfaction with homeopathy in a patient population. *Altern Ther Health Med*. 1998 Mar;4(2):60-5. Carried out in 9 homeopathic clinics in the Los Angeles area, this study was done to determine the success or otherwise of constitutional homeopathic practice as assessed by the people who'd undergone this therapy. The study also looked at the characteristics of the people involved in the study. Information was provided by 77 clients. At 4 months after treatment, 71% of clients reported improvement in their health status. This is contrasted with the fact that 80% of all clients enrolled in this survey had had previous orthodox medical treatment for their condition which they had found unsuccessful. The most common presenting complaints involved the respiratory, gastrointestinal and female reproductive systems and most clients were highly educated but had little knowledge of homeopathy prior to their treatment with it.

Thompson EA, Bishop JL, Northstone K. The use of homeopathic products in childhood: data generated over 8.5 years from the Avon Longitudinal Study of Parents and Children (ALSPAC). *J Altern Complement Med*. 2010 Jan; 16(1):69-79. Population based Longitudinal Study of Parents and Children (ALSPAC). Questionnaire provided to mothers. Eleven and eight-tenths percent (11.8%) of this cohort used a HP at least once up to 8.5 years of age. Chamomilla for teething and Arnica for soft-tissue bruising were the most commonly used products. Conclusion: Research could focus on greater information delivery to the community and monitoring of potential health and cost benefits, or side-effects of the use of HP for acute and chronic conditions in children.

More homeopathy-related research

<http://homeoinst.org/>
<http://www.homeonetresearch.ca>
<http://www.giriweb.com/>
<http://www.homeopathy-ecch.org/>
<http://www.homeopathy-europe.org/>
<http://www.cam-quest.org/en/>
<http://www.feg.unesp.br/~ojs/index.php/ijhdr/index>
<http://www.homeopathic.org/>
<http://www.amcofn.org/Research/>
<http://www.britishhomeopathic.org/>
<http://www.homeopathy-soh.org/>
<http://www.ncbi.nlm.nih.gov/pubmed> : search "homeopathy"
