An Overview of Positive Homeopathy Research and Surveys
The European Network of Homeopathy Researchers
August 2009

This document has been produced by the European Network for Homeopathy Researchers (ENHR). The ENHR was established in 2004 with support from the European Council for Classical Homeopathy (ECCH). ECCH currently assists the ENHR in its secretarial work. The ENHR consists of 66 individuals from 15 different countries involved in or with a special interest in homeopathy research. The ENHR is open to membership for any individual involved or interested in homeopathy research.

Purpose of the European Network of Homeopathy Researchers (ENHR):
• The primary aim of the ENHR is to contribute to improving homeopathy research for the benefit of patients.
• A long-term objective of the ENHR is to contribute to carrying out international EU funded research projects within the area of homeopathy research.
• The ENHR consists of researchers, research advisors and representatives of the homeopathy profession as well as consumer/patient groups with an interest in the area of homeopathy research.
• Members of the ENHR inform each other about homeopathy research that is in the planning stages or being carried out, as well as published research articles.

Introduction
This document contains a sample of brief summaries of positive homeopathy research, together with the full references. Additional information may be found in the document entitled 'Facts about homeopathy and other CAM therapies' (an ECCH document), and on the enclosed list of website addresses. Readers are recommended to read the full research articles in order to acquire a more profound knowledge base of research that has been undertaken.
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Homeopathy is the most frequently used CAM therapy in 5 out of 14 surveyed countries in Europe and among the three most frequently used in 11 out of 14 surveyed countries. Norges offentlige utredninger, NOU 1998:21 Alternativ medisin. (Official report published by the Norwegian Department of Health. Available at: http://odin.dep.no/hd/norsk/publ/utredninger/NOU/030005-020019/index-ved005-b-n-a.html) Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.

Public interest in, and acceptance of alternative treatment increases in most European countries. Percentage of the population using alternative treatment varies from 18 to 71 % depending on country. Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv. Det kongelige helsedepartement. http://odin.dep.no/repub/02-03/otprp/27/


Three Europeans out of four know about homeopathy and of these 29 % use it for their health care. Homeopathic medicinal products. Commission report to the European Parliament and the Council on the application of Directives 92/73 and 92/74.

A study of 1097 patients visiting 80 Norwegian homeopaths showed that one in four patients were children between 0 and 9 years of age, compared to one in ten in 1985 and in general practice. The most commonly presented complaints were respiratory, skin and psychological complaints. Steinsbekk A, Fønnebø V. Users of homeopaths in Norway in 1998, compared to previous users and GP patients. Homeopathy (2003) 92, 3-10.

A survey of 1400 patients treated in a homeopathic clinic showed that 36 % were under the age of 16 in 2004, compared to 26 % in 1995. Respiratory complaints, complaints of ears and skin accounted for 70 % of patients in the age group from 0 to 10 years. More than half of the patients had university or other higher education. Viksveen P, Steinsbekk A. Changes in patients visiting a homeopathic clinic in Norway from 1994 to 2004. Homeopathy (2005) 94, 222-228.

A survey of more than 70 000 citizens showed that approximately 9 million people in Italy (15.6 % of the population) have used at least one unconventional therapy in the period from 1997 to 1999. Homeopathy was the most frequently used (8.2 % of the population). Homeopathy was also quite commonly used by children (7.7 %). The use of CAM therapies has almost doubled since 1991. Menniti-Ippolito, F., Forcella, E., Bologna, E., Gargiulo, L., Traversa, G., & Raschetti, R. Use of unconventional medicine in children in Italy. Eur J Clin Pharmacol 2002 Apr;58(1):61-4.

Homeopathy is one of several alternative therapies that are used in treating infertile people. CAM therapists take a more holistic view of infertility treatment than allopathic health professionals. Veal L. Complementary therapy and infertility: an Icelandic perspective. Complement Ther Nurs Midwifery. 1998 Feb;4(1):3-6.
USE OF HOMEOPATHY AND OTHER CAM THERAPIES

Research has shown that homeopathy is one of a number of alternative therapies that women experience as useful in treating endometriosis. Wienhard J, Tinneberg HR. Alternative treatment possibilities of complaints due to endometriosis. Zentralbl Gynakol. 2003 Jul-Aug;125(7-8):286-9.

Infertility can also be caused by difficulties in men, including low sperm numbers and poor quality. Men with infertility problems also consult with CAM practitioners such as homeopaths. Oldereid NB, Rui H, Purvis K. Male partners in infertile couples. Personal attitudes and contact with the Norwegian health service. Scand J Soc Med. 1990 Sep;18(3):207-11.

CAM therapies such as homeopathy are gaining acceptance in countries across the world, both among health providers and consumers. A majority of patients consulting with CAM practitioners are women, often seeking help for reproductive health problems, menstrual disorders, menopause, problems during pregnancy and childbirth. Beal MW. Women’s use of complementary and alternative therapies in reproductive health care. J Nurse Midwifery. 1998 May-Jun;43(3):224-34.

A number of studies have shown that women make up between 64 and 80% of the clientele visiting homeopaths. Viksveen P, Steinsbekk A. Changes in patients visiting a homeopathic clinic in Norway 1994-2004. Homeopathy (2005) 94, 222-228.
USER SURVEYS SHOWING PATIENT SATISFACTION WITH HOMEOPATHIC TREATMENT

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).

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.

Seven out of ten patients visiting Norwegian homeopaths reported a meaningful improvement in their main complaint 6 months after the initial consultation.

One year after their first visit to a homeopathic clinic, 609 patients were asked to rate their general health compared with a year ago. 73.5% reported a marked or moderate improvement in their health status.

A study of 829 patients treated with homeopathic medicines, where conventional treatment had been unsatisfactory or contraindicated. 61% had a substantial improvement with homeopathy.

A survey of more than 900 patients treated homeopathically showed substantial improvement in quality of life over the first 6 months after treatment and this effect remained more or less stable over the following years.

British prospective survey of homeopathic treatment of 223 patients, 1996. 90% improvement or more: 32%. 60% improvement or more: 65% 50% improvement or more: 72%.

British prospective survey of homeopathic treatment of 160 patients, 1994. Very positive effect: 73%. Some effect: 27%. No effect: 0%.
USER SURVEYS SHOWING PATIENT SATISFACTION WITH HOMEOPATHIC TREATMENT


Retrospective survey of homeopathic treatment, Danmarks Farmaceutiske Højskole, 1995. 73% of patients stated they improved after homeopathic treatment.


The effect of homeopathy, acupuncture and osteopathy. Result: 89% of patients stated they experienced positive effect from the treatment. Particularly clear effect on reduction of pain, increased vitality, ability to function socially and with regards to limitations at work and in daily activities influenced by physical problems. Homeopathy was particularly effective for patients suffering from arthritis, hay fever, asthma and skin complaints.


A telephone survey of more than 850 women aged 45 to 65 years showed that 76 % used alternative therapies (9). This included 22 % who used these therapies to treat their menopause symptoms. As many as 89 % found these therapies to be somewhat or very helpful.


SAFETY OF HOMEOPATHIC TREATMENT

It is the clinical experience of thousands of homeopaths over the last two centuries that homeopathy is comparatively safe even for women in pregnancy and in labour. Research into the safety of homeopathy has shown that about one in five experience an aggravation of their symptoms for a short while after treatment, but these effects are mild and transient.


*Thompson 2004. A preliminary audit investigating remedy reactions including adverse events in routine homeopathic practice. Homeopathy 93;203-209*
REVIEWS AND META-ANALYSES

A meta-analysis is a means of combining results from more than one trial to look for overall trends. (NB! In general complicated research terminology such as OR, CI, and words such as significant or randomized should only be used in communications with people who will understand such terminology. Otherwise stick to what can be understood by all, e.g. a survey of all the high quality research that has been carried out shows that homeopathy is effective.)

Results were found in favour of homeopathy in 20 of 22 systematic reviews on the effect of homeopathic high-potencies on cells or living organisms. For upper respiratory tract infections and allergies six out of seven studies were in favour of homeopathy. The authors of this article concluded that the effectiveness of homeopathy can be supported by clinical evidence and treatment is safe. This health technology assessment report on the effectiveness, cost-effectiveness and appropriateness of homeopathy was compiled on behalf of the Swiss Federal Office for Public Health as part of the Program for Evaluation of Complementary Medicine (PEK), the same program which in August 2005 resulted in the publication of an article by Shang et al, where the conclusion was that the effect of homeopathy is placebo.


In a review of homeopathy research the authors found three independent systematic reviews of placebo-controlled trials on homeopathy that reported effects that seem to be more than placebo, and one review that found its effects consistent with placebo.


A systematic review and meta-analysis showed highly significant results for surveys adding up to a total of 2,617 patients (P=0.000036). Results were not that significant for high quality surveys (P=0.08). The author concludes that further high quality studies are needed to confirm results.


A systematic review of results from 93 substantive RCTs was carried out by Robert Mathie (2003). It concludes that of the 35 different medical conditions covered by these trials the weight of evidence favours a positive treatment effect in 8: childhood diarrhoea, fibrositis, hay fever, influenza, pain (miscellaneous), side-effects of chemotherapy or radiotherapy, sprains and upper-respiratory tract infections.


Meta-analysis of 89 trials of homeopathic medicine versus placebo. Result: significantly in favour of homeopathy (OR 2.45 (95% CI 2.05-2.93)). This meta-analysis included 186 placebo-controlled studies of homeopathy published until mid-1996, of which data for analysis could be extracted from 89. The overall odds ratio was 2.45 (95% confidence intervals 2.05-2.93) in favour of homeopathy, which means that the chances that homeopathy would benefit the patient were 2.45 times greater than placebo. When considering just those trials of high quality published in MEDLINE listed journals, and with predefined primary outcome measures, the pooled odds ratio was 1.97 and significant. Even after correction for publication bias the results remained significant. The main conclusion was that the results "were not compatible with the hypothesis that the effects of homeopathy are completely due to placebo". If the result of new trials were to show no difference between homeopathy and placebo, we would have to add 923 trials with no effect with 118 patients in each in order to balance the two.

REVIEWS AND META-ANALYSES

HMRG report with overview of clinical research in homeopathy, identified 184 controlled clinical trials. They selected the highest quality randomized control trials, which included a total of 2617 patients for a meta-analysis. This meta-analysis resulted in a p-value of 0.000036 (which means that results are highly significant) indicating that homeopathy is more effective than placebo. The researchers concluded that the "hypothesis that homeopathy has no effect can be rejected with certainty". Homeopathic Medicine Research Group. 

Of the 105 trials with interpretable results, 81 trials indicated positive results. Most studies showed results in favour of homeopathy even among those randomized controlled trials that received high-quality ratings for randomization, blinding, sample size, and other methodological criteria. They came to the following conclusion: "The amount of positive evidence even among the best studies came as a surprise to us. Based on this evidence we would readily accept that homeopathy can be efficacious, if only the mechanism of action were more plausible. The evidence presented in this review would probably be sufficient for establishing homeopathy as a regular treatment for certain indications".


A review of placebo-controlled clinical trials using homeopathic medicines to treat people with AIDS or who are HIV-positive found 5 controlled clinical trials. Results showed statistically significant results in subjects with stage III AIDS, and specific physical, immunologic, neurologic, metabolic, and quality-of-life benefits, including improvements in lymphocyte counts and functions and reductions in HIV viral loads in patients receiving homeopathic treatment. 

Meta-analysis of 105 articles on laboratory research. Result: positive effect 50% more frequently than negative effect among trials of highest methodological quality. (1994) 
KEY TRIALS AND SURVEYS

**Diarrhoea in children**

**Treatment of acute childhood diarrhoea in Nicaragua**
This trial involved 81 children aged from 6 months to 5 years in a randomised, double-blind trial of intravenous fluids plus placebo versus intravenous fluids plus homeopathic remedy individualised to the patient. The treatment group had a statistically significant decrease in duration of diarrhoea. Jacobs J. Treatment of acute childhood diarrhoea with homeopathic medicine: a randomized clinical trial in Nicaragua. Pediatrics 1994; 93: 719-725.

**Treatment of acute childhood diarrhoea, repeated in Nepal**
In a replication of a trial carried out in Nicaragua in 1994, 116 Nepalese children aged 6 months to 5 years suffering from diarrhoea were given an individualised homoeopathic medicine or placebo. Treatment by homoeopathy showed a significant improvement in the condition in comparison to placebo. 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.

**A meta-analysis of childhood diarrhoea trials**
This meta-analysis of 242 children showed a highly significant result in the duration of childhood diarrhoea (P=0.008). It should be noted that the World Health Organisation consider childhood diarrhoea to be the number one public health problem today because of the millions of children who die every year from dehydration from diarrhoea. J. Jacobs, WB Jonas, M Jimenez-Perez, D Crothers, Homeopathy for Childhood Diarrhea: Combined Results and Meta-analysis from Three Randomized, Controlled Clinical Trials http://homeopathic.com/articles/research/diarrhea_t.php

**Respiratory tract complaints**

**Homeopathy versus conventional treatment in respiratory tract complaints**
In an outcome study, 30 practitioners in four countries enrolled 500 consecutive patients with at least one of three complaints: upper respiratory tract complaints including allergies; lower respiratory tract complaints including allergies; or ear complaints. Of 456 patients, 281 received homeopathy and 175 conventional treatment. The primary outcome criterion was response to treatment, defined as cured or major improvement after 14 days of treatment. Results showed a response rate of 82.6% in the homeopathy group compared to 67.3% in the group receiving conventional medicine. The authors concluded that homeopathy appeared to be at least as effective as conventional treatment of patients with the three conditions studied. Riley D, Fischer M, Singh B, Haidvogl M, Heger M. Homeopathy and conventional medicine: an outcomes study comparing effectiveness in a primary care setting. J Altern Complement Med 2001; 7: 149–159.

**Homeopathy versus conventional treatment in recurrent acute rhinopharyngitis in children**
Prospective pragmatic study, comparison of homeopathy versus antibiotics in the treatment of recurrent acute rhinopharyngitis in children (18 months to 4 years) over a 6 month period. Results showed that homeopathy was significantly better than antibiotics in terms of episodes of rhinopharyngitis (2.71 vs 3.97, p<0.001), number of complications (1.25 vs 1.95, p<0.001) and quality of life (global score: 21.38 vs 30.43, p<0.001). Homeopathic treatment also contributed to lower medical costs (88 Euros vs 99 Euros, p<0.05) and significantly less sick-leave (9.5% of parents vs 31.6% of parents, p<0.001). Trichard M, Chaufferin G, Nicoloyannis N. Pharmacoeconomic comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children. Homeopathy. 2005 Jan;94(1):3-9.
KEY TRIALS AND SURVEYS

**Respiratory tract complaints**

**Homeopathy versus conventional treatment in otitis media**
Prospective observational study, comparison of homeopathy versus conventional treatment in acute otitis media. Conclusion: homeopathy should be first line treatment in acute otitis media. Results showed median duration of pain of 2 days in the homeopathy-group and 3 days in the conventional medicine group. 70.7% of the children receiving homeopathic treatment did not have another ear infection the next year and 29.3% had a maximum of three ear infections within one year. 56.5% in the conventional medicine group did not have another ear infection the next year and 43.5% had a maximum of six ear infections the next year. Results showed that in the group receiving homeopathic treatment only 5 out of 103 children needed antibiotics. 


**Acute otitis media in children**
A study involving children suffering from acute otitis media suggests that a positive treatment effect from homeopathy when compared with placebo in acute otitis media cannot be excluded. There were fewer treatment failures in the group receiving homeopathy after 5 days, 2 weeks, and 6 weeks, with differences of 11.4, 18.4, and 19.9%, respectively, but these differences were not statistically significant. Diary scores showed a significant decrease in symptoms at 24 and 64 h after treatment in favour of homeopathy (P<0.05).


**Acute otitis media in children**
In a trial of 230 children who were given homeopathic treatment to treat acute otitis media, pain relief was achieved in 39% of the patients after 6 h and another 33% after 12 h. The resolution rates were 2.4 times faster than in placebo controls. No complications were observed and compared to conventional treatment the homeopathic approach was 14% cheaper.


**Glue ear in children**
In a pilot study in children suffering from glue ear treated with homeopathy 75% had normal tympanogram, compared to 31% in the group treated with conventional medicine. A higher proportion of children receiving homeopathic treatment had a hearing loss less than 20 dB at follow-up, though the difference was not statistically significant. The authors concluded that further research comparing homeopathy to standard care is warranted; 270 patients would be needed for a definitive trial.


**Acute sinusitis**
In an uncontrolled clinical trial of 119 patients suffering from clinical signs of acute sinusitis were treated using homeopathic medicines. Typical sinusitis symptoms, such as headache, pressure pain at nerve exit points, and irritating cough, were reduced after a mean of 4.1 days of treatment. Ninety-nine received only a homeopathic test medication, 20 patients were able to discontinue concomitant medication at the first visit, and only one patient needed antibiotics. Average duration of treatment was 2 weeks. At the end of treatment 81.5% described themselves as symptom free or significantly improved. No adverse medication effects were reported.

**KEY TRIALS AND SURVEYS**

**Musculo-skeletal problems**

**Rheumatoid arthritis**

Forty-six patients with rheumatoid arthritis received an individualised remedy or placebo in a 3-month randomised trial. Both groups were allowed to continue standard anti-inflammatory drugs. After 3 months, the double-blind code was broken and remedies were given to members of the placebo group in a single crossover study. Articular index, limbering up time, grip strength and pain all showed statistically significant differences.


**Osteoarthritis**

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 homoeopathy provided a level of pain relief that was superior to Acetaminophen, and produced no adverse reactions.


**Fibromyalgia**

A double-blind, randomised, placebo-controlled trial of individualised homeopathic treatment (LM potency) versus placebo in 53 patients, concluded that individualised homeopathy is significantly better than placebo in lessening tender point pain, improving the quality of life and overall health, and less depression of persons with fibromyalgia. A broad selection of homeopathic medicines in LM-potencies were prescribed and the trial was carried out over a 4 month period.


**Fibrositis**

In a randomised placebo-controlled trial of patients with fibrositis, only those patients in whom Rhus toxicodendron was ‘unequivocally indicated’ were admitted to the study. After 1 month’s treatment, there were highly significant improvements in objective and subjective parameters.

**KEY TRIALS AND SURVEYS**

**Hay fever, asthma and perennial rhinitis**

A study of 200 patients suffering from hypersensitivity illnesses, including asthma, eczema, urticaria, hay fever and other allergies, showed that homeopathy was at least as effective as conventional treatment. The study, which was retrospective and comparative, looked at the experienced effect in everyday clinical practice of general practitioners and classical homeopaths. Where most patients who were treated by medical doctors experienced an aggravation of their symptoms when stopping conventional drugs, only 1/3 of patients in the homeopathy group experienced such an aggravation (P = 0.002). Only one patient on conventional treatment experienced improvement of symptoms after stopping medication, compared to improvement in 2/3 of homeopathy patients. Patients in the homeopathy group reported a larger improvement in their general state of health, with 57% improving, compared to 24% in the conventional group (difference P = 0.004). Homeopathy patients also experienced more positive change in their psychological state (P<0.0001). For quality of life 53% in the homeopathy group improved, compared to 15% in the conventional group.


A survey of 147 patients suffering from respiratory allergies showed that 87.6% improved. Out of 42 patients suffering from pulmonary allergies, only two aggravated and three were unchanged.

*Colin P. Homeopathy and respiratory allergies: a series of 147 cases. Homeopathy (2006) 95, 68–72*

Reilly and colleagues have conducted a series of trials in patients with hay fever, asthma and perennial rhinitis. Patients were given skin tests and remedies were chosen on the basis of reactivity. This design allows individualisation whilst avoiding the issues of case-taking and the effect that this has on the process. The results demonstrate a significant difference between the placebo and homeopathic groups which is reproducible. (NB! Strictly speaking these are trials of isopathy.)


Double-blind clinical trial comparing homeopathic preparations from common allergens (tree, grass, weed) with placebo. 40 patients diagnosed with moderate to severe seasonal allergic rhinitis symptoms were treated over a 4 week period. Results showed significant positive changes in the homeopathy group compared with the placebo group (p<0.05). No adverse effects were reported.

KEY TRIALS AND SURVEYS

Pre menstural syndrome (PMS)

In a randomized controlled double-blind clinical trial (1992-94) 19 women suffering from PMS were treated individually with homeopathy. 90% of the patients who had received homeopathic treatment experienced more than 30% improvement (P=0.048). Only 37.5% of patients who received placebo experienced a similar improvement. Sick-days before menses were reduced from 0.75 to 0 in the homeopathy-group, and was unchanged in the control group. Use of conventional drugs was also reduced in the homeopathy-group.


A randomised controlled trial of homeopathic treatment for PMS confirms that homeopathy is helpful in PMS.


Menopausal complaints

In a prospective study 81.4% of 102 patients reported improvement of menopause symptoms after homeopathic treatment. Main symptoms noted were hot flushes and sweats, tiredness, anxiety, sleeping difficulties, mood swings and headaches. Women referred to homeopathy were those who either could not take hormone replacement treatment (HRT), for whom HRT was unsuccessful, who did not want or who had to come off HRT. Mean length of homeopathic treatment was 5 months.


An outcome study and service evaluation of homeopathy service found that 88% of patients reported clinically significant improvement in their primary symptom. Greatest clinical benefit was reported by women for headaches, tiredness, vasomotor symptoms, locomotor symptoms and sleeping difficulties.


An observational study of homeopathic treatment of menopausal symptoms found benefit in menopausal symptoms, mood and quality of life.


Homeopathy after oestrogen withdrawal

40 out of 45 women with breast cancer withdrawing from oestrogen and then treated homeopathically, experienced significant improvement in their primary symptoms, anxiety and depression, as well as improvement in quality of life. Primary symptoms changed from 7.8 to 5.4, and from 7.2 to 4.1 (p<0.001). The homeopathic approach appears to be clinically useful in the management of oestrogen withdrawal symptoms in women with breast cancer.

Hot flashes after breast cancer therapy

Homeopathy may serve as an alternative in treatment for hot flashes in women suffering from early menopause as a result of conventional treatment of breast cancer.


An overview of 12 studies of menopause-related symptoms showed that CAM therapies such as homeopathy have significantly improved hot flash frequency and severity, mood changes, fatigue and anxiety (13). Researchers also found that these therapies had few side effects.


A survey carried out in a British homeopathic hospital showed that homeopathy is effective in treating hot flushes in both women who have reached menopause and women who suffered from breast cancer. Researchers found an effect both in women who were taking hormonal drugs for their breast cancer and those who were not.


Homeopathy reduced symptoms in a trial of women suffering from hot flashes after having undergone surgery, chemotherapy and radiation treatment for breast cancer. These women particularly seemed to experience an improved general health state (quality of life) even one year after homeopathic treatment. The effect was particularly significant in women who were not on conventional hormonal drugs. The study was a randomized, double-blinded, placebo-controlled US study of women who suffered from hot flashes.


Infertility

In a trial on fertility disorders researchers found positive effect of a homeopathic prescriptions in 38 out of 67 women (57 %). Positive results were found on inducing pregnancy, as well as a number of factors that are important to enable pregnancy, including regulating menstruation (both to induce spontaneous menstruation and shorten the menstrual cycle), regulating hormones (improved concentration of progesterone in the luteal phase) and earlier ovulation.

Sperm quality

A research trial of 45 sub-fertile men showed that homeopathy improved both the number and the quality of sperm. Significant changes were found in sperm density, percentage of sperm with good progressive motility and density of sperm with good propulsive motility. The general health of the patients also improved significantly. It did not matter whether these men were subject to stress or had been childless for a long period of time.


Pregnancy-related problems

Homeopathy can increase well-being prior to pregnancy, improve the chances of conception, treat morning sickness during pregnancy, post-partum bruising of mother and newborn infant, breast feeding problems and postnatal depression.

**KEY TRIALS AND SURVEYS**

**ADHD**

A randomised double blind placebo controlled crossover trial of 62 children showed significant improvement of visual global perception, impulsivity and divided attention (p<0.0001). The trial suggests scientific evidence of the effectiveness of homeopathy in the treatment of ADHD, particularly in the areas of behavioural and cognitive functions.


In a trial to assess the efficacy of homeopathy in 115 hyperactive patients (mean age 8.3 years, range 3-17 y) compared to methylphenidate 75% of the children responded to homeopathy, reaching a clinical improvement rating of 73%. Children who did not respond to homeopathic treatment were prescribed methylphenidate (after an average period of 22 months of homeopathic treatment).


**ME/CFS**

A randomised double-blind trial involving 62 patients with ME, reported in some detail, found that 33% of patients in the group receiving homeopathic remedies showed definite improvement compared with none in the placebo group.


In a triple-blind randomised controlled trial of 86 patients suffering from chronic fatigue syndrome (CFS) patients in the homeopathic medicine group showed clinically significant improvement with significantly more improvement on fatigue, compared to patients receiving placebo.


**Surgery**

In a survey of 26 patients receiving homeopathic Arnica montana or placebo after face-lift operation, patients receiving homeopathic Arnica montana had statistically significant smaller areas of ecchymosis (bruising) after operation.

Seeley BM, Denton AB, Ahn MS, Maas CS. Effect of Homeopathic Arnica montana on Bruising in Face-lifts. Results of a Randomized, Double-blind, Placebo-Controlled Clinical Trial. Arch Facial Plast Surg/Vol 8, Jan/Feb 2006.

**Dengue haemorrhagic fever**

Dengue haemorrhagic fever

Dengueinum 30 was administered to at least 39,200 people in the Delhi area during an epidemic of Dengue haemorrhagic fever. Follow-up of 23,520 people 10 days later showed only 5 people (0.125%) had developed mild symptoms, with the rest showing no signs or symptoms of the disease. (During epidemics of dengue, attack rates among susceptible are often 40-50 %, but may reach 80-90 %, World Health Organisation)

Cost benefit

In a comparative cohort study of 493 patients with chronic diagnoses results indicated greater improvement in patients’ assessments after homeopathic versus conventional treatment (adults: homeopathy from 5.7 to 3.2; conventional 5.9 to 4.4, p = 0.002; children: from 5.1 to 2.6, and 3.9 to 2.7, p < 0.001). Physician assessments were also more favourable for children who had received homeopathic treatment. There were no significant differences in costs between the two treatment groups.


A 4-year study of 84 patients treated homeopathically showed average cost savings for drugs per patient of £60.40 (range £12.48 to £703.95). 64 patients were cured, 16 showed significant improvement, 5 moderate improvement affecting daily living, 5 showed no change or were unsure, and 10 are still under treatment. No side-effects of treatment were reported.


In a survey of 223 patients in an NHS General Practice, the number of consultations with general practitioners was reduced by 70% in a 1 year period. Expenses for medication were reduced by 50% when homeopathic treatment was made available.


In a study of 351 adults suffering from allergies, 35.3% received homeopathic treatment, the researchers concluded that alternative medicine is used widely for allergies by the general population and is associated with considerable costs. This has freedom of choice and cost-benefit implications for the healthcare system and health policy. The study also showed that alternative medicine users were better educated than non-users, and assessed the results of alternative medicine as very good (28.6%) or rather good (53.8%).


A study of the cost and effectiveness of homeopathy suggested that doctors practising homeopathy issue fewer prescriptions and at a lower cost than their colleagues. The main costs for homeopathic treatment are for consultations with each individual patient. Costs for the actual medications used are relatively low, particularly when compared with conventional drugs.

Basic research

The effect of high dilutions

In an experimental study of ultra-high dilutions of lithium chloride and sodium chloride, researchers found emission of light even in dilutions beyond Avogadro’s number \(10^{-30} \text{ g cm}^{-3}\). The solutions were irradiated by x- and gamma-rays at 77 K, then progressively rewarmed to room temperature. Thermoluminescence was studied during the process.


In an experimental study of extremely diluted and succussed solutions \(< 1 \times 10^{-5} \text{ mol kg}^{-1}\), chemically identical to distilled water) researchers found that the diluted and succussed solution resulted in exothermic excess of heat (heat resulting from chemical reactions), higher electrical conductivity and pH compared to an untreated substance. The authors conclude that they show that successive dilutions and succussions can permanently alter the physico-chemical properties of the water solvent. The authors are unable to explain the phenomena.


In a multi-centre study including four research centres in Europe the effect of high dilutions of histamine \(10^{-30} – 10^{-38} \text{ M}\) were confirmed. Researchers were able to document that high dilutions of histamine inhibit human basophil degranulation. Results cannot be explained through molecular theories.


The effect of high dilutions was documented in an experiment showing the effect of highly diluted Belladonna on acetylcholine-induced contraction of the rat ileum. The model is reproducible and highly recognised in ‘the scientific world’.


A placebo-controlled homeopathic pathogenic trial, more commonly known as a proving, clearly demonstrated that provers who took the substances in C30 potency experienced significantly more symptoms than a placebo group \(P<0.001\). Proviers were given either Etna Lava C30, Hydrogenium peroxidatum C30, or placebo. Where the placebo group experienced some symptoms, they were more short-lived compared to the verum group which experienced persistent symptoms for the first 30 days. Proviers in the verum group also experienced more ‘old symptoms’ returning. A weakness of the survey is that it only included 21 provers. Researchers have now called for more data from more provers.


In an experimental study on the effect of histamine on basophile granulocytes, researchers found an effect of histamine diluted beyond Avogadro’s number.

**Treatment of animals**

In a blinded study where rats were treated for urinary infections results showed that rats treated with homeopathic remedies had clear reduction of bacterial colonies. Results were at least as clear as for treatment with antibiotics. Untreated rats had no changes in bacteria colonies, compared to a reduction to 33% of original bacteria levels in rats treated with antibiotics, and 22% and 39% in rats treated with homeopathic remedies (Phosphorus and self-nosode).


A study of homeopathically protentised remedies showed a reduction in the need for repetition of insemination and reduced semen loss in treatment of fertilisation of female pigs.


In a study of homeopathically potentised remedies the incidence of haematomas was reduced by 30% in turkeys during transportation. The study was randomised, placebo controlled and double blinded.

RESEARCH WEBSITE ADDRESSES

CAM base [http://cambase.dmz.uni-wh.de/opencam/index_en.html](http://cambase.dmz.uni-wh.de/opencam/index_en.html)


Pubmed (National Library of Medicine) [www.pubmed.com](http://www.pubmed.com)

British Medical Journal [http://bmj.bmjournals.com](http://bmj.bmjournals.com) (search for 'homeopathy')

New Scientist [www.newscientist.com](http://www.newscientist.com) (search for 'homeopathy')

Healthworld Online (Medline, Medical Research & Document Delivery) [www4.infotrieve.com/newmedline/summary.asp](http://www4.infotrieve.com/newmedline/summary.asp)

Biomail [www.biomial.org](http://www.biomial.org) This site offers free regular updates by e-mail. Hosted by Medical Informatics Department at State University of New York, Stony Brook University Hospital and Medical Centre.


Annals of Internal Medicine [www.annals.org/cgi/search?fulltext=homeopathy](http://www.annals.org/cgi/search?fulltext=homeopathy)

University of York [www.york.ac.uk/inst/crd/ehc73.pdf](http://www.york.ac.uk/inst/crd/ehc73.pdf)

Biomed Central (homeopathy review) [www.biomedcentral.com/1472-6882/1/12](http://www.biomedcentral.com/1472-6882/1/12)


The Research Council for Complementary Medicine [www.rccm.org.uk](http://www.rccm.org.uk)

Groupe International de Recherche sur l'Infinitésimal [www.giriweb.com](http://www.giriweb.com)

National Centre for Homeopathy [www.homeopathic.org/research.htm](http://www.homeopathic.org/research.htm)


Homeopathy (the journal) [www.harcourt-international.com/journals/homp](http://www.harcourt-international.com/journals/homp)

Homeopathy Research Institute [http://www.homeopathyresearchinstitute.org/index.htm](http://www.homeopathyresearchinstitute.org/index.htm)


Official Indian research centre [www.ccrhindia.org](http://www.ccrhindia.org)

Carstens stiftung (Germany) [http://www.carstens-stiftung.de/eng/index.html](http://www.carstens-stiftung.de/eng/index.html) (English pages)

ISI Web of Knowledge (resembles PubMed but includes more areas) [http://isi3.isiknowledge.com/portal.cgi](http://isi3.isiknowledge.com/portal.cgi)

BMC Complementary and Alternative Medicine (free articles) [www.biomedcentral.com/1472-6882](http://www.biomedcentral.com/1472-6882)

NAFKAM, Tromsø (Norway) (research info will be included) [http://uit.no/nafkam/omnafkam](http://uit.no/nafkam/omnafkam)

Vifab (Denmark) [www.vifab.dk](http://www.vifab.dk)

Townsend Letter for Doctors & Patients publishes a print alternative medicine magazine. [www.townsendletter.com](http://www.townsendletter.com)
Comments and corrections to the ENHR report on
’An Overview of Positive Homeopathy Research and Surveys’
August 2009

Comments
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Corrections
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