

Human studies

1. 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.

2. 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

3. 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.

4. Baars EW, De Bruin A. The effect of Gencydo 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 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.

5. 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 Homoeopathic 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.

6. 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. 2010 March; 7(1): 129–136. 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 were 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.

7. Barnes J., Resch K-L., Ernst E. Homoeopathy for Post-Operative Ileus: A Meta-Analysis. Journal of Clinical Gastroenterology, 1997, Dec, 25, 4, 628- 633. 7 separate trials examining the effects of homoeopathic 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 homoeopathy provided superior results to placebo.

8. Bell IR, Lewis DA, 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 homoeopathic 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 homoeopathy when compared to placebo.

9. 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.

10. 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.

11. Berrebi 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.

12. Bignamini M, Saruggia M, Sansonetti G. Homeopathic Treatment of Anal Fissures using *Nitricum acidum* Berlin *Journal on Research in Homoeopathy*, 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.

13. 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. "

14. 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 homoeopathy 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.

15. 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%.

16. 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 homoeopathic therapy with placebo. Successful results were obtained with 82% of those using homoeopathy compared with 57% of those using placebo.

17. 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 homoeopathy. Of the 196, 54 were claimed to have been cured and improvement was seen in a further 117.

18. 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. Pruritis, commonly experienced by those undergoing haemodialysis, was treated in 20 subjects under double-blind placebo-controlled randomised trial conditions comparing individualised homoeopathic treatment to placebo. Assessments were made at 15, 30, 45 and 60 days treatment, and after collating the results, researchers found that homoeopathic management reduced pruritis by 49%. The majority of the reduction in pruritis had occurred by day 30.

19. Chapman EH, Weintraub RJ, Milburn MA, Pirozzo TO, Woo E. Homoeopathic 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, homoeopathy provided significant improvement in parameters using measures such as "Difficulty with Situations", "Symptoms Rating Scale" and a "Participation in Daily Activities" scale.

20. Chapman EH. Homeopathic treatment of patients with persistent mild traumatic brain injury. *British Homeopathic Journal*, 2000, 89, Suppl 1, S60. In a randomised, placebo-controlled trial, 50 people with persistent mild traumatic brain injury were treated either with their constitutional homeopathic remedy or placebo. The homeopathic treatment provided superior results to those from the placebo control.

21. Clark J, Percivall AA. Preliminary Investigation into the Effectiveness of the Homoeopathic 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.

22. Clover A, Ratsey D. Homoeopathic Treatment of Hot Flushes. *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.

23. 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.

24. Davidson JRT, Morrison RM, Shore J, Davidson RT, 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.

25. 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. 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.

26. Dorfman P, Lassere NM, 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 homeopathic *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%.

27. Eid P, Felisi E, Sideri M; Applicability of Homoeopathic *Caulophyllum thalictroides* during labour. *British Homoeopathic Journal*, October, 1993, 82, 245-248. 22 women experiencing their first pregnancies were given homoeopathic *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 homoeopathic remedy had a reduction of the duration of labour by an average of 90 minutes.

28. 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 homoeopathic complex preparation and placebo on varicose veins were tested in a double-blind trial of 61 people suffering from this condition. The homoeopathic complex produced an averaged 44% improvement in the condition while those given the placebo experienced an averaged worsening of the disorder.

29. Ferley JP, Zmirou D, D'Adhemar D, Balducci F. A Controlled Evaluation of a Homoeopathic 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 *Oscillocochinum* (*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. *Oscillocochinum* in Patients with Influenza-like Syndromes. *British Homeopathic Journal*, April 1998, 87, pp69-76) with 372 people with the same results.

30. Fisher P., Greenwood A, Huskisson EC, Turner P and Belon P. Effect of Homoeopathic 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.

31. Fisher P. An Experimental Double-blind Clinical Trial method in Homoeopathy- Use of a Limited Range of Remedies to Treat Fibrositis. *British Homoeopathic Journal*, 1986, July, 75, 3, 142-7. 24 subjects suffering from fibrositis were treated for the condition for 3 months with Arnica, Bryonia or Rhus tox, depending upon the similarity between the individuals' symptoms and the clinical picture for the remedy. Using scores for pain, number of tender spots, and sleep quality to determine the response to the therapy, these remedies produced a statistically significant improvement, but only when the remedy was well indicated.

32. 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.

33. 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.

34. Frei H, Thurneysen A. Treatment for Hyperactive Children: Homeopathy and Methylphenidate Compared in a Family Setting. *British Homoeopathic 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.

35. 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.

36. 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 responded to 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.

37. 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 Technicon-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%.

38. Friese KH, Kruse S, Ludtke R, Moeller H. The Homoeopathic 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 homoeopath using single homoeopathic 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.

39. 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.

40. Gassinger CA, Wunstel G, Netter PA Controlled Clinical Trial for Testing the Efficacy of the Homoeopathic 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.

41. 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.

42. Gibson RG, Gibson SL, MacNeill AD, Gray GH, Dick WC, Buchanan WW. Salicylates and Homoeopathy 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.

43. Gibson RG, Gibson SL. Homoeopathic Therapy in Rheumatoid Arthritis: Evaluation by Double Blind Clinical Therapeutic Trial. *Br J. Clin. Pharmac.* 9, 1980, 453-459. 46 patients using a number of different homoeopathic medicines, prescribed according to homoeopathic 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.

44. Gimeno L.Q. Homoeopathic Treatment of Human Papilloma Virus infections previously treated by Other Methods. *British Homoeopathic 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 1year assessment, 11 of the 14 subjects were declared to be cured.

45. Gmunder 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.

46. 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.

47. 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 medical practitioners in a number of clinics throughout Germany. Most of these people had previously been treated using conventional drugs. After treatment, of those being treated using 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”.

48. Haidvogl 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.

49. Haila S, Koskinen A, Tenovuo 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, 26 of those people using homeopathic treatment and none using placebo were found to have had significant relief. Following the assessment of these results those on placebo were switched to homeopathic therapy, after which all experienced relief from their xerostomia.

50. Harrison RE, Burge TS, et al. Homoeopathic Treatment of Burn Scars. *British Homoeopathic 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.

51. Hill N, Stam C, Tuinder S, van Haselen RA. A Placebo Controlled Clinical Trial investigating the efficacy of a Homoeopathic After-Bite Gel for Reducing Mosquito bite induced Erythema. *Eur J Pharmacol*, 1995, 49, 103-108. 68 people were bitten at least 3 times by mosquitoes. One of the bites was treated with an after-bite gel containing homoeopathic ingredients, another of the bites was treated with a placebo gel, and the third bite remained untreated. Erythema associated with the bites was measured before and regularly after treatment at all of the bite sites and the subjects rated the degree of pruritis experienced at the sites. The active gel provided results that were significantly superior to the placebo or no treatment.

52. Hitzenberger G, Kom A, Dorsci M, Bauer P, Wohlzogen FX. Controlled randomised Double Blind study for the Comparison of the Treatment of Patients with Essential Hypertension with Homoeopathic and Pharmacologically Effective Drugs. *Weiner Klinische Wochenschrift (Klinische Wochenschrift)*, 1982, 94, 24, 665-670. In this randomized double-blind cross-over trial, 10 people suffering from essential hypertension were treated either with standard pharmaceutical products or homeopathic medicines. Pharmaceuticals were found to provide superior blood pressure reducing effects but homeopathic were found to be the better choice for the management of the subjective symptoms of hypertension.

53. 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 ginkgo 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.

54. 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.

55. 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.

56. 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.

57. Jacobs J, Jimenez M, Malthouse S, Chapman E, Crothers D, Masuk M, Jonas WB. 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 over a 5 day period. Results assessed at the end of this period

showed homeopathy to be superior to placebo as a means of relieving diarrhoea.

58. 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.

59. 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 analysed 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 diarrhoea 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.

60. 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.

61. 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.

62. 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.

63. 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 of 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 stomatititis caused by chemotherapy.

64. Kayne S. A Pilot Trial to Study the Perceived Effectiveness of Homoeopathic 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 homoeopathic 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.

65. Keil T, Witt CM, Roll S, Vancea W, Webera K, Wegscheiderb K, Willich SN. Homoeopathic versus Conventional Treatment of Children with Eczema: A comparative Cohort Study. *Complementary Therapies in Medicine* (2008) 16, 15—21. This was a 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

66. Kim LS, Riedlinger JE, Baldwin CM, Hilli L, Khalsa SV, Messer SA, Waters RF. Treatment of seasonal allergic rhinitis using homeopathic preparation of common allergens in the Southwest Region of the US: A randomized, controlled clinical trial. *Annals of Pharmacotherapy*.

2005, Apr, 39, 4, 617-24. In this double-blind trial, 34 people diagnosed with moderate to severe seasonal allergic rhinitis were randomly assigned to receive either placebo or a combination of potentised allergens (made from the pollens of trees, grasses or weeds identified as allergens). After the 4 week treatment period using 2 sprays 3 times a day of either the potentised allergen mix or placebo, the trial subjects were assessed on the basis of their allergy specific symptoms using 3 separate questionnaire formats (RQLQ, MOS SF-36 and the WPAI). The potentised allergen mix showed significant positive changes compared to placebo.

67. Klopp R, Niemer W, Weiser M. Microcirculatory effects of a homeopathic preparation in patients with mild vertigo: an intravital microscopic study. *Microvasc Res.* 2005, 69, 1-2,10-6. The aim of this non-randomized, open study was to test the effectiveness of a homeopathic combination product on variables related to microcirculation in 16 people suffering from vestibular vertigo, compared to a control group of 16 untreated people also suffering from vestibular vertigo. Measurements were carried out in two areas (defined by selecting 60 blood-cell perfused nodal points of arterioles, venules, and capillaries with a mean diameter \geq 40 microns): the cuticulum/subcuticulum of the inside left lower arm and an area 5 mm behind the left earlobe. After 12 weeks of treatment, those people receiving the homeopathic preparation exhibited an increased number of nodal points, increased flow rates of erythrocytes in both arterioles and venules, increased vasomotion, and a slight reduction in hematocrit vs. baseline. None of these changes were observed in the control group. Measurements were also made of partial oxygen pressure and the numbers of cell-wall adhering leucocytes, both of which were significantly increased in the test group compared to the control group. All of these parameters were associated with a reduction in the severity of the vertigo symptoms, both on patient as well as practitioner assessment.

68. 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.

69. Kulkarni A, Nagarkar BM, Burde GS. Radiation protection by use of homeopathic medicines. Proceedings from the 8th Conference of Radiation Oncologists of India, Bombay, December 1986, reported in Hahnemann Homoeopath 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 the effects of these against dermatological reactions to the radiotherapy. The homeopathic medicines provided a significant reduction in the degree of radiation reactions when compared to placebo

70. Lamont J., Homoeopathic Treatment of Attention Deficit Hyperactivity Disorder (ADHD). British Homoeopathic Journal, 1997, 86, 196-200. 43 children with ADHD were given either a placebo or an individualised homeopathic medicine, in accordance with a double blind partial crossover dose regime. When the results were compared at the end of the trial, it was found that the homeopathic treatment for ADHD was superior to that using placebo.

71. Launso L, Kimby CK, Henningsen I, Fonnebo V. An exploratory retrospective study of people suffering from hypersensitivity illnesses who attend medical or classical homeopathic treatment. Homeopathy. 2006 Apr;95 (2):73-80. This study reports the results of orthodox medical treatment compared to the homeopathic treatment of various hypersensitivity illnesses in 88 people. 34 of these people were treated using orthodox medical means and 54 using constitutional homeopathy. 24% of those treated medically experienced an improvement in their condition while 57% of those treated with homeopathy experienced similar relief.

72. Ludke R, Weisenauer M. A Meta-analysis of Homeopathic Treatment of Pollinosis with Galphimia glauca. Wiener Medizinische Wochenschrift, 1997, 147, 14, 323-7. In this analysis, 7 randomised double-blind placebo controlled trials and 4 trials without placebo controls were examined to determine the therapeutic benefits of Galphimia glauca in pollinosis. In all studies except for one, Galphimia showed significant benefit over placebo where placebo controls were

used, or showed significant clinical benefit where the remedy was not compared to placebo. The recovery rates for Galphimia were comparable with those seen with conventional anti-histamines, but without the same side effects.

73. Maas HPJA. Ulcerative Colitis treated with Homoeopathy *British Homoeopathic Journal*, July 1993, 82, 179-185. In this retrospective case analysis, 24 people suffering from ulcerative colitis were treated in an Argentinian clinic using constitutional homoeopathy over periods of up to 19 years. Of these 24, 16 patients were assessed as having good outcomes.

74. Manchanda RK, Mehan N, Bahl R, Atey R. Double Blind Placebo Controlled Clinical Trials of Homoeopathic 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 homoeopathy for warts (remedies included *Ruta graveolens*, *Nitricum acidum*, *Dulcamara*, *Causticum* and *Thuja*) the other to evaluate the homoeopathic 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 homoeopathy was superior to placebo. *Thuja* was the most successful of the remedies used for warts.

75. 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 supplied by physicians using conventional medicine, physicians using homeopathic medicine, 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 those given conventional medicine.

76. 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 and 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.

77. Mathie RT, Farrer S. Outcomes from homeopathic prescribing in dental practice: a prospective, research-targeted, pilot study. *Homeopathy*. 2007 Apr;96(2):74-81. This paper presented the results of a study into the effectiveness of individualised homeopathic medicines for the management of common dental complaints and the effectiveness of a specific protocol used to collect such data. 14 dentists who routinely practice homeopathy contributed data to the study and data from the observations of and by 726 individual patients were collected. Of the 496 patients who were able to be followed up, 90.1% reported a positive outcome, 1.8% experienced a deterioration of the condition and 7.9% of patients reported no change.

78. Matusiewicz R. The effect of a homeopathic preparation on the clinical condition of patients with corticosteroid dependant bronchial asthma. *Biomedical Therapy*, 1997, June, 15, 3, 70-74. In this double-blind, randomised, placebo-controlled study, 40 people suffering from corticosteroid- dependant bronchial asthma were given either placebo or a combination homeopathic formula, every 5 to 7 days by subcutaneous injection. Using standard spirometry

and granulocyte function to measure the response, researchers found that the combination product provided superior results to placebo.

79. McCutcheon LE. Treatment of anxiety with a homoeopathic remedy *Journal of Applied Nutrition*, 1996, 48, 1& 2, 2-6. 72 people with above-average levels of anxiety were enrolled in this double-blind, placebo-controlled trial and assigned to either a test or control (placebo) group to assess the relative benefits of a combination homeopathic product designed to relieve anxiety. Using sleep loss as a measure of anxiety, the combination product produced results that were better than those from placebo.

80. Milewska G, Trzebiatowska-Trzeciak O. Homoeopathic Treatment of Alcohol Withdrawal *British Homoeopathic Journal*, October 1993, 82, 249-251. Alcohol withdrawal and delirium tremens experienced by 30 alcoholics was the focus of this uncontrolled study carried out in a Polish medical clinic. Patients were treated with individualised homeopathy and their progress followed for 2 months. The treatment resulted in a reduced duration of alcohol withdrawal time and delirium tremens in all patients.

81. Mohan GR, et al, Cervical Spondylosis- a Clinical Study, *British Homoeopathic Journal*, July 1996, 85, 131-133. In this uncontrolled study, 154 people suffering from cervical spondylosis were prescribed either homoeopathic Calcium fluoride, or a remedy selected via repertorisation of their mental and physical general symptoms, and their progress monitored for 1 year. Of those given Calc fluor, clinical improvement was seen in 60% of cases. 48% of those given the remedy arrived at by repertorisation reported clinical improvement.

82. Mohan GR, Anandhi KS. Efficacy of homeopathic drugs in dermatitis of atopic diathesis. *Homoeopathic Links*, 2003, Winter, 16, 4, 257-260. The authors treated 31 people suffering from 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.

83. 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.

84. Mojaver YN, Mosavi F, Mazaherinezhad A, Shahrदार A, Manshaee K.. Individualized homeopathic treatment of trigeminal neuralgia: an observational study. *Homeopathy*. 2007 Apr;96(2):82-6. This uncontrolled study, carried out in the Department of Oral Medicine at Iran's Rafsanjan University of Medical Sciences, was designed to discover if individually prescribed homeopathic medicines could provide relief from medically diagnosed trigeminal neuralgia. 15 people suffering from the condition were enrolled in the study and after receiving their individual prescriptions they were assessed monthly using a Visual Analogue Scale to gauge the severity of their symptoms. After the results were assessed at 4 months it was found that individualised homeopathic treatment was associated with an average reduction in pain intensity of more than 60%.

85. Müller-Krampe B, Oberbaum M, Dipl-Math PK, Weiser M. Effects of Spascupreel versus hyoscine butylbromide for gastrointestinal cramps in children. *Pediatr Int*. 2007

Jun;49(3):328-34. In this observational cohort study, 204 children under 12 years of age suffering from gastrointestinal spasms and cramps were given either hyoscine butylbromide, a drug commonly prescribed for these conditions, or Spascupreel, a homeopathic complex. After a 1 week period of treatment, the results from these interventions were assessed by a practitioner reviewing reports from the child's parent or carer using severity of spasms, pain or cramps, sleep disturbances, eating or drinking difficulties, and the frequency of crying, to measure outcomes according to a 4 point scale. Analysis of the results showed that both medicines provided similar levels of benefit.

86. Muscari-Tomaioli G, Allegri F, Miali E, Pomposelli R, Tubia P, Targhetta A, Castellini M, Bellavite P. Observational Study of Quality of Life in patients with Headache, receiving Homeopathic Treatment. *British Homoeopathic Journal*, 2001, 90, 189-197. In this study, 53 people suffering from headaches were treated by the individual study authors using constitutionally prescribed homeopathic medicines, completing SF-36 health-related quality of life questionnaires before and 4-6 months after beginning the treatment. More than 60% of the subjects experienced an improvement in the condition.

87. 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 orthopaedic 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 homeopathic Arnica 200C and anxiety was treated with Aconite, Opium, Ignatia or Arsenicum album, all in 200C potency. 24 hours 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.

88. Oberbaum M, Galoyan N, Lerner-Geva L, et al. The effect of the homeopathic remedies Arnica montana and Bellis perennis on mild postpartum bleeding--a randomized, double-blind, placebo-controlled study: preliminary results. *Complement Ther Med*. 2005 Jun, 13, 2, 87-90.

Forty women experiencing post-partum bleeding were randomly assigned to receive a mixture of Arnica 30C and Bellis 30C, Arnica 6C and Bellis 6C, or placebo. Mean haemoglobin values were measured at 72 hours post-partum, at which point it was found that those women given homeopathic therapy experienced significantly less change in haemoglobin values than those given placebo.

89. Pai PN; Thiosinaminum in the Treatment of Plantar Fasciitis with Calcaneal Spurs. *British Homoeopathic Journal*, October, 1992, 81, 173-175. In this uncontrolled study, 43 people suffering from plantar fasciitis and calcaneal spurs were treated with homeopathic Thiosinimum, Thiosinimum and Merc cor, or Thiosinimum and Merc biniod. Thiosinimum alone proved to be the therapy most likely to be helpful in resolving recently developed cases.

90. Pai PN. Nephrotic Syndrome. *British Homoeopathic Journal*, 1969, 58, 94. In a 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 acute and/or chronic treatment for the condition and in several acute episodes, corticosteroid therapy was used, in addition to 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 homeopathic *Apis mellifica*, *Arsenicum album*, *Natrum muriaticum* and *Silica*.

91. 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.

92. Popov A.V. Homoeopathy in the Treatment of Patients with Fibromyoma of the Uterus. *British Homoeopathic Journal*, October 1992, 81, 164-167. In this study, 84 women suffering from various forms of uterine fibromyoma were prescribed individualised homeopathic medicines over a period of 1 to 3 years. Assessments at the end of the treatment period found that pain was improved in 79% of the subjects, abnormal bleeding was improved in 75% of subjects and in the majority of subjects the treatment resulted in a reduction of fibromyoma volume.

93. Rabe A., Weiser M., Klein P. Effectiveness and tolerability of a homoeopathic remedy compared with conventional therapy for mild viral infections. *International Journal of Clinical Practice*, 2004, Sep, 58, 9, 827-32. In this observational cohort study, 485 people with symptoms of mild viral infection (fever, headache, myalgia, cough or sore throat), were treated either via conventional medical means or with a homeopathic combination product. On a practitioner evaluation basis, at the end of the treatment period, the homeopathic combination provided a successful outcome in 78% of cases and conventional treatment in 52% of cases.

94. Rai Y. Treatment of Drug Dependants with Homoeopathy. *CCRH Quarterly Bulletin*, 16, 3&4, 1994, 25-28. 261 people suffering from symptoms related to the withdrawal from drugs of dependence were treated with individualised homoeopathy. Remedies were given at 8 to 12 hours after ceasing use of the drug. 209 (80%) of the subjects found the treatment to be effective.

95. Rastogi DP, Singh VP, Singh V, Dey SK, Rao K. Homeopathy in HIV infection. *British Homoeopathic 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 homoeopathic medicine. Using numbers of pre and post treatment CD4+ve T-lymphocytes as a measure, it was found that homoeopathic treatment was successful for symptomatic HIV sufferers, but not for asymptomatic sufferers.

96. Reilly R, Taylor MA, McSharry C, et al. Is Homoeopathy a Placebo Response? *Lancet*, Oct 18, 1986, 881- 885. 144 people suffering from hayfever were enrolled in a randomised, placebo controlled trial. The use of 30C mixed grass pollens provided better clinical outcomes than placebo.

97. Riley D, Fischer M, Singh B, Haidvogel M, Heger M. Homeopathy and Conventional Medicine: An Outcomes Study Comparing Effectiveness in a Primary Care Setting. *Journal of Alternative and Complementary Medicine*, 2001, Apr, 7, 2, 149-59. In this study, carried out by 30 investigators, at 6 clinics in 4 countries, 456 patients suffering from upper respiratory allergies, lower respiratory allergies or ear disorders were assigned to one of two groups- those prescribed homeopathic medicines (group A) or those prescribed standard medical treatment (Group B). The outcome measure was the response to treatment after 14 days, as well as the speed of recovery, rate of side effects, level of general satisfaction and length of consultation. The response to treatment within 14 days was 82.6% in Group A and 68% in Group B. For recovery speed, 67% of Group A recovered within 3 days and 57% of Group A recovered at this speed. The side effect rate for Group A was 8% compared to 22% for Group B. Those claiming to be very satisfied with their respective treatments were 79% of Group A and 65% of Group B. The majority (60%) of both groups received consultations that lasted for between 5 and 15 minutes.

98. Riveron-Garrote M, et al. Clinical Trial of Asthma, *Boletin Mexicano*, 1998, 31, 54-61. In this double-blind, randomised, placebo-controlled trial, 63 asthma sufferers were treated for 4 months with either specific homoeopathic remedies or placebo. Assessed using peak flow rates,

97% of those taking homoeopathic medicines and 12% of those taking placebo experienced an improvement.

99. Robertson A, Suryanarayanan R, Banerjee A Homeopathic Arnica montana for post-tonsillectomy analgesia: a randomised placebo control trial. *Homeopathy*. 2007 January, 96, 1, 17-21. In this trial, 190 people undergoing tonsillectomy were randomly assigned to receive Arnica 30C or a placebo at a dose rate of 2 tablets 6 times in the first post-operative day and then 2 tablets twice a day for the next 7 days. On a patient-assessed 14 days post-operative visual analogue scale for pain, those given the Arnica 30C were found to have a statistically significant decrease in pain scores compared to placebo.

100. 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.

101. 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 homoeopathic 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

102. Saruggia M, Corghi E. Effects of homeopathic dilutions of China rubra on intradialytic symptomatology in patients treated with haemodialysis. *British Homeopathic Journal*, 1992, April, 81, 2, 86-88. Using a double-blind, randomised, crossover, placebo-controlled trial design, 35 people with end-stage renal failure on regular haemodialysis were assessed to determine their response to either placebo or China rubra 9C. Those people using the China experienced statistically significant relief from asthenia, headache and lethargy.

103. 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 women enrolled in the study.

104. Schmidt CA. 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.

105. Schmiedel V, Klein P. A complex homeopathic preparation for the symptomatic treatment of upper respiratory infections associated with the common cold: An observational study. *Explore (NY)*. 2006 Mar;2 (2):109-14. 379 people suffering from upper respiratory infections were given either conventional medical treatment (antihistamines, anti-tussives, or nonsteroidal anti-inflammatory drugs) or a combination homeopathic product. Using variables such as fatigue, sensation of illness, chill/tremor, aching joints, overall severity of illness, sum of all clinical variables, and temperature to assess the effects of either form of therapy, the

researchers found that both approaches were effective, although the homeopathic combination provided faster relief from symptoms (77% were improved within 3 days compared to 62%).

106. Schneider C, Klein P, Stolt P, Oberbaum M. A homeopathic ointment preparation compared with 1% diclofenac gel for acute symptomatic treatment of tendinopathy. *Explore* (NY). 2005 Nov, 1, 6, 446-52. In this non-randomised, observational study carried out in 95 German homeopathic and conventional medical clinics, 357 people with various forms of tendinopathy were given either an ointment containing a mixture of homeopathic remedies, or Diclofenac (a popular nonsteroidal anti-inflammatory agent), for up to 28 days. Using a four-degree scale on pain-related variables related to motility, and on overall treatment outcome, the ointment containing the mixture of homeopathic remedies provided a therapeutic outcome that was superior to Diclofenac.

107. Schneider C, Schneider B, Hanisch J, van Haselen R. The role of a homeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study. *Complement Ther Med*. 2008 Feb;16(1):22-7. The researchers in this study set out to compare the effectiveness of a homeopathic combination product (Traumeel) with conventional medical treatment for injuries. 125 people suffering from various musculoskeletal injuries were treated either with the homeopathic combination or conventional medicine and were assessed for resolution of the complaint at the end of the trial period. At this point, the 59.4% of the group receiving the homeopathic combination had complete resolution compared with 57.8% of the group treated with conventional medicine. 6.3% of the latter group experienced adverse reactions to the treatment and none of those on the homeopathic combination experienced side effects.

108. 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.

109. Seeley BM, Denton AB, Ahn MS, et al. Effect of homeopathic *Arnica montana* on bruising in face-lifts: results of a randomized, double-blind, placebo-controlled clinical trial. *Arch Facial Plast Surg*. 2006 Jan-Feb, 8, 1, 54-9. In this trial, 29 people who were undergoing facelifts were randomised to receive either perioperative homeopathic arnica, or placebo. They were examined post-operatively for bruising at days 1, 5, 7 and 10. Assessment done at days 1 and 7 showed a significant reduction in bruising when compared to placebo.

110. Sevar R. Audit of outcome in 829 consecutive patients treated with homeopathic medicines. *British Homeopathic Journal*, 2000, 89, 178- 187. In this study, consecutive patient files in a single homeopathic clinic were examined to determine the success or otherwise of this form of treatment. Of the 829 patients surveyed, 61% had a sustained improvement from their constitutional homeopathic treatment.

111. 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.

112. Shackleton M.F., Tondora CM, Whiting S, Whitney M. The Effect of Homeopathic Coca on High Altitude Mountain Sickness. *Complementary Health Practice Review*, 2000, 6, 1, 45- 55. 11 members 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 significantly less signs and symptoms of altitude

sickness.

113. Shealy CN, Thomlinson PR, Cox RH, Bormeyer V. Osteoarthritis Pain: A Comparison of Homoeopathy 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 homoeopathic 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.

114. Smith SA, Baker AE, Williams JH. Effective Treatment of Seborrhaic Dermatitis using a Low Dose Oral Homeopathic Medication. *Alternative Medicine Reviews*, 2002, Feb, 7, 1, 59-67. 41 patients with seborrhaic dermatitis received either placebo or a homoeopathic combination product for 10 weeks. Significant improvement was seen in the test group when compared to those using placebo.

115. Spence DS, Thompson EA, Barron SJ. Homeopathic treatment for chronic disease: a 6-year, university-hospital outpatient observational study. *J Altern Complement Med*. 2005 Oct, 11, 5, 793-8. This study looked at the effectiveness of individualised homeopathic therapy over a 6 year period in a UK homeopathic hospital outpatient department. The results from 6544 consecutive patients were examined, and when compared to baseline observations it was found that of these patients, 70% reported an improvement in their conditions.

116. Stanton HE. Test and Anxiety- A Five Drop Solution. *Education News*, 1981, 17, 6, 12-15. In this trial, 40 students suffering from test-induced anxiety were given either homeopathic *Argentum nitricum* 12X or placebo. The level of test-induced anxiety was significantly reduced from the homeopathic medicine when compared to the placebo and this effect appeared to persist over time.

117. Steinsbekk A, Ludtke R. Patients' assessments of the effectiveness of homeopathic care in Norway: a prospective observational multicentre outcome study. *Homeopathy*, 2005, 94, 1, 10-6. In this prospective uncontrolled observational multi-centre outcome study, 654 people who'd visited 80 Norwegian homeopaths were asked to assess, via a Visual Analogue Scale (VAS) the effectiveness of this form of treatment comparing the VAS score at their first consultation with the VAS score 6 months later. After the results were collated it was found that 70% of those people visiting a Norwegian homeopath reported a meaningful improvement in their main complaint 6 months after the initial consultation.

118. Strauss LC. 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 homoeopathic combination (Heel Selenium-Homaccord) and were assessed in accordance with pre and post test conduct and psychosomatic problems, impulsivity and anxiety. The homoeopathic combination provided superior results to those of placebo.

119. Taylor MA, Reilly D, Llewellyn-Jones RH, McSharry C, Aitchison TC. Randomised Controlled Trial of Homoeopathy versus Placebo in Perennial Allergic Rhinitis with Overview of Four Trial Series. *British Medical Journal*, 2000, 321, 471-476, 19 August. 51 people suffering from allergic rhinitis were randomly assigned either homeopathically potentised allergens or placebo. Those given the medicine experienced significant relief over those assigned the placebo.

120. Trichard M, Chaufferin G, Nicoloyannis N. Pharmaco-economic comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children. *Homeopathy*. 2005, 94, 1, 3-9. In this 6 month prospective study involving 499 children suffering from acute rhinopharyngitis, the effectiveness, quality of life and cost of treatment with homeopathic (Group A) versus antibiotic (Group B) medicines, as prescribed by French medical practitioners, were assessed. Effectiveness, as measured by the numbers of episodes occurring

subsequent to treatment, was 2.71 for Group A and 3.97 for Group B and quality of life as measured by the ParEnt-Qol scale was 21 for Group A versus 30 for Group B, which indicates a higher quality of life for those in Group A. In regard to costs, average direct medical costs were 88 Euros for Group A and 99 for Group B. Parental sick-leave affected 9.5% of the parents from Group A and 30% for Group B.

121. 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.

122. 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 homeopathic 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.

123. 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 homeopathic 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.

124. Van Erp VM, Brands M. Homoeopathic Treatment of Malaria in Ghana. *British Homoeopathic Journal*, 1996, April, 85, 2, 66-70. In a randomised double blind trial with limited numbers of subjects, homoeopathic treatment was compared to treatment by Chloroquine. The group using homoeopathic medicines experienced an 83.3% improvement, while the group using Chloroquine experienced a 72% improvement within the same time period.

125. Van Haselen RA, Fisher PA. A randomized controlled trial comparing topical piroxicam gel with a homeopathic gel in osteoarthritis of the knee. *Rheumatology*, 2000, Jul, 39, 7, 714-9. In this controlled double-blind trial, 172 people with radiographically confirmed symptomatic osteoarthritis of the knee were randomly assigned to receive treatment with either piroxicam gel (a commonly prescribed non-steroidal anti-inflammatory gel) or a gel containing 3 homeopathic ingredients (*Symphytum*, *Rhus tox* and *Ledum*). At the conclusion of the trial it was found that the gel containing the homeopathic ingredients was at least as effective as the piroxicam gel.

126. 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.

127. Von Gasssinger C. A., Wunstel G., Netter P. A Controlled Clinical Trial for Testing the Efficacy of the Homoeopathic Drug *Eupatorium perfoliatum* D2 in the Treatment of Common Cold. *Arzneimittel Forschung*, 1981, 31, 4, 732-736. In this trial, 53 people suffering from the common cold were given either acetylsalicylic acid or *Eupatorium perfoliatum* 2X. *Eupatorium* was shown to be as effective as the acetylsalicylic acid in its ability to provide benefit to those suffering from the common cold.

128. 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 of 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.

129. 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 take 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%.

130. Weatherley-Jones E, Nicholl JP, Thomas KJ, Parry GJ, McKendrick MW, Green ST, Stanley PJ, Lynch SP. A randomised, controlled, triple-blind trial of the efficacy of homeopathic treatment for chronic fatigue syndrome. *Journal of Psychosomatic Research.* 2004, Feb, 56, 2, 189-97. In this well-controlled trial, where the practitioners, trial subjects and data analysts

were all blinded to the group assignments until the end of the data collection period, individualised homeopathic prescriptions were compared to placebo in 79 people suffering from chronic fatigue syndrome (as determined by the Oxford criteria for CFS). The trial was carried out over a 6 month period with monthly observations used to determine clinical progress according to the Multidimensional Fatigue Inventory (MFI) as a primary measure and the Fatigue Impact Scale and Functional Limitations Profile as secondary measures. On the primary MFI measure, those using the individualised homeopathy had significant improvement over placebo.

131. Weiser M, Clasen BPE. 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 than those given placebo.

132. Weisser M, Strosser W, Klein P. Homeopathic vs Conventional Treatment of Vertigo. *Arch Otolaryngol Head Neck Surg*, 1998, Aug, 124, 8, 879-885. A study group of 119 people suffering from vertigo were treated either with betahistine hydrochloride (acting as an active control, commonly prescribed by medical authorities for this condition) or a homoeopathic complex. Both of the interventions were equally successful in relieving vertigo.

133. 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 Komplementarmedizin*, 1999, 6, 142-148. In this trial, 146 people suffering from hay fever were treated with either Luffa comp.-Heel Nasal Spray (a homoeopathic 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.

134. Widrig R, Suter A, Saller R, Melzer J. Choosing between NSAID and arnica for topical treatment of hand osteoarthritis in a randomised, double-blind study. *Rheumatol Int.* 2007 Apr;27(6):585-91. Using a double-blind protocol, 204 people suffering from radiologically confirmed and symptomatically active osteoarthritis were randomly assigned to receive either topical arnica or topical ibuprofen to be applied to the area where the condition was active. The success or failure of the treatments was assessed according to functional ability of the affected part and pain intensity in this area after 21 days of continuous treatment. Assessment of the results at the end of this period found that topical arnica was as successful as topical ibuprofen for the management of osteoarthritis.

135. Wiesenauer M, Haussler S, Gaus W. Pollinosis therapy with Galphimia glauca. *Fortschritte der Medezin*, 1983, 101, 17, 811-814. Using a randomised, placebo-controlled, double-blind, multi-centre design in this trial, 86 people suffering from hay fever were treated for 5 and a half weeks with either homeopathic Galphimia glauca 4X or placebo. Therapeutic success was seen in 83% of those using the Galphimia and 47% of those using placebo.

136. Wiesenauer M, Gaus W, Haussler S. Treatment of Pollinosis with Galphimia glauca. *Allergologie*, 1990, 10, 359-363. 54 practitioners treated 201 people suffering from hay fever either with placebo or homeopathic Galphimia glauca. Assessment at the end of the 5 week treatment period found that nasal symptoms were cured or significantly improved in 77% of subjects using Galphimia versus 46% of those using placebo and eye symptoms were cured or significantly improved in 77% of subjects using Galphimia versus 51% of those using placebo.

137. Wiesenauer M, Gaus W. Proof of the Effectiveness of a Homeopathic Preparation in Chronic Polyarthrititis. *Erzten Akt Rheumatol*, 1991, 16, 1-9. In this randomised, double-blind clinical trial, 111 people being treated by 6 general practitioners for rheumatoid arthritis were given either placebo or a combination of homeopathic Berberis, Bryonia, Ledum, Nux vomica and Ledum. Using pain, stiffness, inflammatory signs, fatigue and a functional index to

determine clinical outcomes, at the end of the 12 week treatment period it was found that the homeopathic combination provided superior results to those of placebo.

138. Witt CM, Ludtke R, Baur R, Willich SN. Homeopathic medical practice: long-term results of a cohort study with 3981 patients. *BMC Public Health*. 2005 Nov, 3, 5, 115. In this study, 3981 patients being treated in private homeopathic medical clinics in Germany and Switzerland were assessed for the effectiveness of their homeopathic treatment over a 2 year period. When compared to baseline assessments taken immediately before treatment had begun, the adults in the study experienced a reduction in disease severity of 52% and children by 64%.

139. 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.

140. 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.

141. 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 homeopathic 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.

142. Yakir M, Kreitler S, et al. Homoeopathic Treatment of Premenstrual Syndrome. *British Homoeopathic Journal*, July, 1995, 84, 182-183. In a double blind randomised placebo controlled trial carried out in an Israeli hospital, 19 women suffering from clinically diagnosed PMS were treated with individualised homoeopathy or placebo. The homoeopathic treatment provided significant improvement over placebo.

143. Yakir M, Kreitler S, Brzezinski A, Vithoukas G, Oberbaum M, Bentwich Z. Effects of Homeopathic Treatment in Women with Premenstrual Syndrome: a Pilot Study. *British Homoeopathic Journal*, 2001, 90, 148-153. 20 women suffering from PMS were enrolled into this randomised, controlled, double-blind trial to receive one of 5 symptomatically selected homeopathic remedies, or placebo. Using daily menstrual distress scores before and at the end of the trial, improvement greater than 30% was experienced by 90% of those using the

homeopathic medicine and 37.5% of those using the placebo.

144. Zambrano OC. The Effects of a Complex Homoeopathic 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 homoeopathic 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 without the use of this medication. Those using the homoeopathic combination exhibited improvement in all parameters measured.

145. Zell J, Connert WG, Mau J, Feuerstake G. Treatment of Acute Sprains of the Ankle. *Biological Therapy*, 7, 1, 1989, 106. Under double blind placebo controlled trial conditions, patients using an ointment containing homoeopathic ingredients for soft tissue injury found significant relief with the medicine when compared to the effects of placebo.

Animal studies

1. Aboiutboul R. Snake remedies and eosinophilic granuloma complex in cats. *Homeopathy*, 2006 January, 95, 1, 15-19. An Israeli veterinary clinic compiled case records involving Eosinophilic granuloma complex (EGC) in cats taken over an 8 year period. 20 cases of the condition were seen during this period and details of 15 of these cases were recorded. EGC is a syndrome characterised by lesions affecting the skin and the oral cavity. Conventional treatment is mainly symptomatic and may have undesirable side effects. The cases recorded involved the use of homeopathic snake remedies (the most frequently used being Lachesis) and in all 15 cases, reactions were mostly quick, leading to significant improvements, including complete recoveries.

2. 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 subject has had previous attention by Datta, Kundu and others, and in this randomised controlled trial, 6C and 30C homeopathic 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.

3. Bhattacharjee N, Pathak S, Khuda-Bukhsh AR. Amelioration of Carcinogen-Induced Toxicity in Mice by Administration of a Potentized Homeopathic Drug, Natrum Sulphuricum 200. *Evid Based Complement Alternat Med*. 2009, 6, 1, 65-75. Researchers at India's University of Kalyani, expanding on work that had been previously been done in area, designed a trial to discover whether or not the homeopathic product, Nat sulph 200C was able to protect mice against the effects of liver carcinogens, when compared to controls. Using various enzyme assays and other tests to determine the effects of the product, Nat sulph 200C was found to reduce genomic and other carcinogenic effects as well as liver tumor formation caused by hepatocarcinogens, and to also increase the in-vivo levels of glutathione.

4. Berchieri A Jr, Turco WC, Paiva JB, et al. Evaluation of isopathic treatment of Salmonella enteritidis in poultry. *Homeopathy*. 2006 Apr, 95, 2, 94-7. 180 chickens were divided into 4 groups. 2 of these groups were given pre-treatment with placebo and 2 were given different pre-treatment with preparations of a homeopathic nosode made from an antibiotic resistant

strain of *Salmonella enterica* (Enteritidis) at a 30X potency, over a 10 day period. On day 17 the chickens were challenged with a culture of the same species of *Salmonella* from which the nosode was made. Cloacal swabs taken twice daily from the chickens at this point revealed that the birds that received the nosode showed a reduction in the growth of the bacteria compared to those given placebo.

5. Biswas SJ, Khuda-Bukhsh AR. Evaluation of protective potentials of a potentized homeopathic drug, *Chelidonium majus*, during azo dye induced hepatocarcinogenesis in mice. *Indian Journal of Experimental Biology*. 2004, Jul, 42, 7, 698-714. In this study, groups of mice were given substances that would normally be expected to induce the formation of liver cancer. At the same time, selected groups of these mice were given either homeopathic *Chelidonium* in 30C or 200C potencies or a placebo control. Both potencies of *chelidonium* provided a significant protective effect against the formation of liver cancers and favourably modulated some of the haematological markers normally associated with hepatotoxicity.

6. 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 individually effective in protecting against the development of any further hepatocarcinogenesis and the combination of the 2 homeopathic medicines were slightly more so.

7. Cazin JC, Cazin M, Gaborit JL, et al. A Study of the Effect of Decimal and Centesimal Dilutions of Arsenic on the Retention and Mobilisation of Arsenic in the Rat. *Human Toxicol*, 1987, 6, 315-320. Radioactively labelled arsenious anhydride was administered to 60 rats. The

rats were then given various homeopathic potencies (10X to 30X and 5C to 15C) of arsenicum album or a potentised water control. All of the potencies successfully increased the excretion rate of the radio-labelled arsenious anhydride when compared with the control, with the highest level of excretion being produced by the 14X and 7C potencies.

8. 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. 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.

9. Chaudhuri S, Varshney JP Clinical management of babesiosis in dogs with homeopathic *Crotalus horridus* 200C. *Homeopathy*. 2007 Apr;96(2):90-4. Babesiosis is a protozoal disease suffered by dogs. It's associated with infestation by *Babesia gibsoni* and is normally transmitted by ticks. In this clinical case comparison the effects of *Crotalus horridus* 200C on dogs suffering from this condition were compared with the effects of the standard pharmaceutical treatment, diminazine acetate. At 18 days after the medications were given results were assessed and on the clinical scores for the various symptoms produced by the dogs in response to the protozoa, it was found that *Crotalus horridus* 200C provided the same level of clinical recovery from the illness as did diminazine acetate.

10. 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, 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. The efficacy of Arsenicum album 30C and 200C have already been demonstrated to be effective against the toxicity from arsenic in previous experiments and in this particular study, the influence of the DNA transcription inhibitor, actinomycin D, on the protective effects of the homeopathic medicines was assessed. Compared to controls it was found that the use of the actinomycin D did inhibit the protective effects of Arsenicum album 30C and 200C against arsenic toxicity.

11. 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 homeopathic 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 action against the effects of cadmium.

12. 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 10X produced a statistically significant increase in all of the specific immune response variables measured.

13. Day C. Stillbirth in Pigs. *Veterinary Record*, 1984, 9114, 216. 20 sows were randomly assigned to receive either homeopathic Caullophyllum 30C or placebo, to determine if the former

had any affect on reducing the number of stillbirths experienced by these sows. On analysis, it was found that the sows given *Caulophyllum* had a stillbirth rate of 11.5%, and those given placebo had a rate of 26%, showing quite clearly that the homeopathic medicine successfully reduced the rate of stillbirths.

14. de Paula Coelho C, D'Almeida V, Pedrazzoli-Neto M, Duran-Filho C, Florio JC, Zincaglia LM, Bonamin LV. Therapeutic and pathogenetic animal models for *Dolichos pruriens*. *Homeopathy*. 2006 Jul, 95, 3, 136-43. This study was designed to determine the effect of various homeopathic potencies of *Dolichos pruriens* on artificially induced itch in laboratory rats, and also to determine if these potencies could elicit a proving effect in normal rats. In the first part of this study (performed blind) the rats with the induced itch were given ascending potencies of the remedy over a 30 day period and the results compared to placebo controls. It was found that all potencies of the remedy provided a therapeutic effect against the induced itch. In the second part of the study, also performed blind, no proving effects were seen.

15. Dos Santos AL, Perazzo FF, Cardoso LG, Carvalho JC. In vivo study of the anti-inflammatory effect of *Rhus toxicodendron*. *Homeopathy*. 2007 Apr;96(2):95-101. This study was essentially designed to do 2 things; to determine which homeopathic potency of *Rhus tox* provides the most effective anti-inflammatory action, and to reconfirm the results of previous studies aimed at demonstrating any anti-inflammatory effect of *Rhus tox*. Of 6C, 12C, 30C and 200C potencies of this remedy, 6C was found to provide the highest level of activity, and, using an in-vivo inflammation model, researchers confirmed the anti-inflammatory activity of the remedy by interfering with inflammatory processes involving histamine, prostaglandins and other inflammatory mediators, when compared with controls.

16. 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 exhibiting 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.

17. Endler PC, 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 promoting metamorphosis, was found to inhibit this process when potentised into a homeopathic medicine.

18. Epstein OI, Pavlov IF, Shtark MB. Improvement of Memory by Means of Ultra-Low Doses of Antibodies to S-100B Antigen. *Evidence Based Complementary and Alternative Medicine*. 2006 December, 3, 4, 541-545. Antigen S-100B of nervous tissue affects the mechanisms of nervous system plasticity and memory. In this trial, 28 rats were given either a placebo, or Antigen S-100B, at a 6C potency to determine the effect of either on three learning behavioral models; inhibitory avoidance, choosing of bowls with sucrose, and feeding behavior cessation after auditory signal. For all three tasks, parameters of reproduction of the learned skills improved after per oral administration of potentiated antibodies to S-100B antigen immediately after learning when compared to placebo.

19. Graunke H, Endler PC, Scherer-Pongratz W, Spranger H, Frass M, Lothaller H. Treatment of lowland frogs from the spawn stage with homeopathically prepared thyroxin (10(-30)). *Scientific World Journal*. 2007 Oct 22;7:1697-702. In this project, performed at the Interuniversity College for Health and Development in Graz, Austria, lowland frog spawn were exposed to thyroxine potentised to 30C to determine the effect, if any, of this remedy of the development of the spawn into 2 and then 4 legged frogs, when compared to controls. It would be normal for the development of frog spawn to be accelerated by exposure to material levels of

thyroxine. In this instance, exposure to 30C thyroxine produced a statistically significant reduction in the speed of development from spawn to 4 legged lowland frogs.

20. Guajardo-Bernal G., Searcy-Bernal R., Soto-Avila J. Growth Promoting Effect of Sulphur 201C in Pigs. *British Homoeopathic Journal*, January, 1996, 85, 15-16. In a blind, placebo-controlled trial, Sulphur 201C was given to pregnant sows every 10 days, and extending into the feeding period after birth. By day 30 the piglets fed by the sows given the active remedy exhibited a higher final weight, mean total and daily weight gain, indicating that not only was the remedy effective, but that its effects were transmitted through the sows milk.

21. 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.

22. 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 Carcinisin (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.

23. Kumar KH, Sunila ES, Kuttan G, et al. Inhibition of chemically induced carcinogenesis by drugs used in homeopathic medicine. *Asian Pac J Cancer Prev.* 2007 Jan-Mar;8(1):98-102. In this study, carried out at the Amala Cancer Research Centre in India's Kerala State, rats and mice were treated for the development of liver tumors using homeopathic Hydrastis, Lycopodium, Phosphorus, Ruta or Thuja. Assessment was made on the basis of the development of tumors and their corresponding biochemical markers such as gamma-glutamyl transpeptidase, glutamate pyruvate transaminase, glutamate oxaloacetate transaminase and alkaline phosphatase in the serum and in liver. Of the 5 medicines tested, Ruta (in a 200C potency) and Phosphorus (in a 1M potency) provided the most benefit.

24. 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. 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.

25. Labrecque G., Guilleminot J. Effect of Bryonia on Experimental Arthritis in Rats. *Berlin Journal of Research in Homoeopathy*, 1, 3, 1991, 169, (Congress Report Poster). In this study, 35 male rats suffering from arthritis were treated with placebo or 4X, 4C or 9C potencies of homeopathic Bryonia for 15 days and assessed at various stages using grip strength body weight as assessment criteria. At the end of the treatment period, all of the Bryonia potencies had improved the condition when compared to placebo, with Bryonia 4C providing the best outcomes.

26. Lingg G, Endler PC, Frass M, Lothaller H. Treatment of Highland Frogs from the Two-legged stage with Homeopathically prepared Thyroxin (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 potentised 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.

27. 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. Researchers in this study evaluated the protective effect of Arnica 6C on the acute inflammatory effects in mice of carageenin 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.

28. MacLaughlin BW, Gutschmuths 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.

29. 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 this study, 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.

30. Mathie RT, Hansen L, Elliott MF, Hoare J. Outcomes from homeopathic prescribing in veterinary practice: a prospective, research-targeted, pilot study. *Homeopathy.* 2007 Jan;96(1):27-34. In this cohort study, 8 veterinarians trained in homeopathy collected clinical case outcome data over a 6 month period for animals treated by them using homeopathic medicines. The records for 767 consecutive patients were collected and the results analysed via an owner-assessed 7-point scale which compared the condition before and after homeopathic treatment. These patients consisted of 547 dogs, 155 cats, 50 horses, 5 rabbits, 4 guinea-pigs, 2 birds, 2 goats, 1 cow, and 1 tortoise. The results from 539 cases were amenable to analysis and from these an improvement was seen in 79.8% of the animals, 6.1% of animals experienced a deterioration of their condition and 11.7% had no response to treatment.

31. Oberbaum M, Weissman Z, Bentwich Z. Treatment of Murine SLE by Idiotypic 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 idiotypic 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 idiotypic had a positive response to the treatment.

32. Pathak S, Kumar Das J, Biswas S, Khuda-Bukhsa 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.

33. Pedalino C.M.V., Perazzo F.F., Carvalho J.C.T., Matinho K.S., Massoco C. de O, Bonamin L.V. Effect of *Atropa belladonna* and *Echinacea angustifolia* in homeopathic dilution on experimental peritonitis. *Homeopathy*, 2004, 93, 193-198. 36 mice with experimentally induced peritonitis were given either *echinacea angustifolia 4X*, a combination of *belladonna* and *echinacea* in mixed homeopathic potencies, a combination of *echinacea* in mixed potencies, 2 separate combinations of *belladonna* in mixed potencies, or a control substance, and their progress was monitored over time. Outcomes were measured using polymorphonuclear cell migration, mononuclear cell percentages, degenerate leucocyte proportions and phagocytosis characteristics. All of the homeopathic test substances produced positive outcomes with the *belladonna* and *echinacea* potency combination providing the maximal increase in polymorphonuclear cell migration and phagocytosis.

34. Rajkumar R, Srivastava SK, Yadav MC, Varshney VP, Varshney JP, Kumar H. Effect of a Homeopathic complex on oestrus induction and hormonal profile in anoestrus cows. *Homeopathy*. 2006 Jul, 95, 3, 131-5. From a group of 12 anoestrus cows, 6 were selected to receive treatment with a combination of homeopathic medicines, given as 15 pills twice daily for 10 days. The remaining 6 cows acted as untreated controls. The treatment was effective in inducing oestrus in all of the 6 treated cows with an average of 1 conception per 1.83 services. In addition, the researchers found that oestradiol levels in the treated cows almost doubled from pre-treatment levels. Treatment results were seen at a mean interval of 27.5±5.3 days.

35. Reis LS, Pardo PE, Oba E, Kronka Sdo N, Frazatti-Gallina NM. *Matricaria chamomilla CH12* decreases handling stress in Nelore calves. *J Vet Sci*. 2006 Jun;7 (2):189-92. In this study, 60 Nelore calves were randomly assigned to receive either *Chamomilla 12C* or no *Chamomilla*

12C in their feed. Following this they were subjected to short periods of handling stress after which blood samples were taken to assess their cortisol levels. After the results from the 2 groups had been compared, it was found the calves given Chamomilla 12C had significantly lower levels of blood cortisol than those that did not, indicating that they were better able to deal with stress as a result of ingestion of the homeopathic medicine.

36. 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 versus placebo on the sleep patterns of rats assessed using EEG readings. The results showed a statistically significant effect consistent with increased sleeping activity in those rats given the active medicine.

37. Ruiz-Vega G, Perez-Ordaz L, Leon-Hueramo O, Cruz-Vasquez E, Sanchez-Diaz N. Comparative Effect of Coffea cruda Potencies on Rats. *Homeopathy*, 2002, 91, 80-84. 30C and 200C potencies of Coffea cruda and caffeine were administered orally to rats, and EEG data from the parietal region recorded. When compared with control animals, Coffea 30C and 200C were associated with changes in EEG patterns that were consistent with increased sleep activity.

38. Ruiz-Vega G, Perez-Ordaz L, Cotez-Galvan L, Juarez-GFM. 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 homoeopathic remedy was found to increase the intensity of sleep in the rats when compared with the effects of the control used.

39. 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.

40. 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.

41. Sato DYO, Wal R, de Oliveira CC, Cattaneo RI, Malvezzi M, Gabardo J, Buchi D. de F. Histopathological and immunophenotyping studies on normal and sarcoma 180-bearing mice treated with a complex homeopathic medication. *Homeopathy*, 2005, Jan, 94, 1, 26-32. 55 mice with experimentally induced sarcomas were given placebo or a homeopathic combination product, and observed daily over a period of 21 days. Compared to those receiving placebo, the mice being given the homeopathic combination showed a reduction in tumor size, an increased infiltration by lymphoid cells, granulation tissue and fibrosis surrounding the tumor, all of which are indicative of a positive response to the medicine.

42. 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 Homoeopathic 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 sleep time.

43. Sukul NC, Ghosh S, Sinhababu SP, 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.

44. 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 as a homeopathic 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%.

45. 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.

46. Varshney JP, Naresh R. Comparative efficacy of homeopathic and allopathic systems of medicine in the management of clinical mastitis of Indian dairy cows. *Homeopathy*. 2005, 94, 2, 81-5. Bovine mastitis is a serious problem in India and for many Indian dairy farmers, standard veterinary treatment, because of its cost, is not a viable option. With this in mind, researchers treated 96 lactating dairy cattle suffering from mastitis using a homeopathic combination product (Group A). These were compared with a group of the same number of lactating dairy cattle suffering from mastitis that were treated with antibiotics (Group B). The treatment outcomes, duration and costs were then compared. Cattle from Group A had a successful treatment response rate of 86.6%, a mean time to recovery of 7.7 days and a total cost of (US) 47 cents. Cattle from Group B had a successful treatment response rate of 59.2%, a mean time to recovery of 4.5 days and a total cost of (US) \$3.28.

47. Varshney JP. Clinical management of idiopathic epilepsy in dogs with homeopathic Belladonna 200C: a case series. *Homeopathy*. 2007 January, 96, 1, 46-48. In this uncontrolled study, 10 dogs suffering from idiopathic epilepsy were given 3-4 drops of homeopathic Belladonna 200C during the seizure phase orally at 15min intervals until the seizure activity was reduced, and this was continued then four times daily. Four dogs with head shaking syndrome in addition to seizures were given an additional Cocculus 6C, 3-4 drops orally weekly for 3 months. As a result of this therapy, the numbers of fits reduced to 2-3 during first 2 weeks post-therapy and then became occasional in next 2 weeks. With continuation of Belladonna therapy, no fits were observed during 2-7 months follow-up. In two cases seizures reappeared within 15-25 days of cessation of therapy. Belladonna therapy was resumed and seizure control was again achieved. Owners were advised to continue the therapy at least twice daily until no fits occurred for at least 2 months.

48. Varshney JP, Chaudhuri S. Atrial paroxysmal tachycardia in dogs and its management with homeopathic Digitalis--two case reports. *Homeopathy*. 2007 Oct;96(4):270-2. Homeopathically prepared Digitalis 6C is a common prescription for those suffering from atrial tachycardia. This paper reports on the effects of Digitalis 6C, given at the Division of Medicine of the Indian Veterinary Research Institute in Izatnagar in India, to a Labrador dog and a German Shepherd dog, both of which were suffering from atrial paroxysmal tachycardia. Both dogs were given 4

drops of the medicine 4 times daily and their ECGs were assessed after 7 days of continuous treatment. At this point it was found that the heart rates of both dogs was stabilised and synchronized, with atrial and ventricular electrical activity appearing to be functioning normally.

49. Viriato EP, Bianchetti ES, dos Santos KC, Vaz AF, Campos RMV, Pereira AP, Bezerra RM, Perazzo FF, Carvalho JCT. Study of high dilutions of copaiba oil on inflammatory process. *Int J High Dilution Res* 2009; 8(26): 9-149. This trial was a collaborative effort by researchers from several Brazilian universities and was designed to test the hypothesis that Copaiba oil, homeopathically potentised to 30C from either mother tincture or triturate, is as effective as Indomethacin in reducing inflammation induced by carageenan, and also to determine if it was capable of influencing tissue granulation when compared to conventional treatment. The 30C potency from mother tincture and triturate both reduced inflammation by up to 73%, and Indomethacin reduced inflammation by 55%. In addition, 6C potencies of Copaiba oil were able to produce a 48% inhibition of granulation, compared to a 57% reduction from the use of Dexamethasone.

50. 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.

Plant studies

1. Baumgartner S., Thurneysen A., Heusser P. Growth stimulation of dwarf peas (*Pisum sativum* L.) through homeopathic potencies of plant growth substances. *Forsch Komplementarmed Klass Naturheilkd.* 2004, Oct,11, 5;:281-92. In an effort to determine the effects of homeopathically potentised plant growth substances on the shoot growth

characteristics of dwarf peas, plant cultures were immersed for 24 hours in solutions containing 4 different plant growth substances in 12X to 30X potencies. These were compared to cultures grown in a control substance. At shoot length measurement after a 14 day growth period, the cultures grown in the potentised growth substances showed a measurable effect on the seed growth characteristics when compared to the control substance, the most notable of these, gibberellin 17X, producing the largest growth stimulation.

2. 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 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 to break periods of dormancy in seeds and has the capacity to stimulate the growth of seedlings and it's 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 at this point 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.

3. 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 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.

4. 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.

5. 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.

6. 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 an enhancement of growth

7. Jones RL, Jenkins MD. Plant Responses to Homoeopathic Medicines. British Homeopathic Journal, 70, 3, July 1981, 120-146. The authors of this work set out to study the effects of various homeopathic potencies of Silver nitrate on the growth characteristics of the leaf sheaths of wheat. On analysis of the results they found that potencies of silver nitrate were in fact able to either inhibit or stimulate growth, depending upon the potency applied.

8. 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 homeopathically 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 controls were used. 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.

In-Vitro Studies

1. 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 5X to the 14X homeopathic 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

2. Belon P, Cumps J, Ennis M, et al. Inhibition of Human Basophil Degranulation by Successive Histamine Dilutions. *Inflammation Research*, 48, Supplement 1, 1999, S17-18. In this controversial, blinded multi-centre trial (which confirmed earlier studies published in *Nature* in 1988), homeopathic potencies of histamine were found to substantially reduce the potential for degranulation by sensitised basophils when exposed to allergens.

3. 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. Histamine dilutions equivalent to 30X and 38X were found to inhibit basophil activation and subsequent histamine release.

4. Casaroli- Marano RP, 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. On examination of each of these significant spectral differences were found 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.

5. Chirila M, Hristescu S, Manda G, Neagu M, Olinescu A. The Action of Succussed Substances on the Human Lymphocytes and PMN Granulocytes in Vitro Stimulated with Phytohaemagglutinin (PHA) and Zymosin Opsonised (ZO). *Berlin Journal on Research in Homoeopathy, 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 from people who were immunosuppressed (Group 2). These cells were incubated in culture media supplemented with a succussed water control, various homoeopathic potencies of bee venom (for Group 1 cells), or cortisone (for Group 2 cells), and the cells were grown. 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.

6. Chirumbolo S, Signorini A, Bianchi I, Lippe G, Bellavite P. Effects of Homoeopathic 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 homoeopathic medicines. Of these, Sulphur 6X, Manganum phos 6X and 8X, and Magnesium phos 6X and 8X all lead to a 15-30% increase in these parameters.

7. 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. The researchers involved in this study found that pre-treatment with homeopathic cadmium 40X, and subsequent exposure to material concentrations of cadmium, led to a significant reduction in cadmium induced damage.

8. Enbergs H. Effects of the homeopathic preparation Engystol on interferon-gamma production by human T-lymphocytes. *Immunol Invest*. 2006, 35, 1, 19-27. In one of the few experiments carried out in this area to date, researchers conducting this study collected T-lymphocytes from 30 healthy human volunteers to investigate the ability or otherwise of a homeopathic combination product to increase the production of interferon-gamma from these cells. After exposure to various concentrations of this combination, when compared to control cells, interferon-gamma producing cell levels were increased by a means of 20.9% to over 24% with no dose-dependence of the effect at the concentrations tested.

9. 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 homeopathic potencies of Epidermal Growth Factor inhibited the proliferation of Keratinocyte and Fibroblast Cell Lines.

10. Fleisbach A, Fejfar V, Spranger J. Effects of Homoeopathic 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* and in this study, researchers determined what effect if any a homeopathic medicine made from copper sulphate would have on this organism. On exposure to homeopathically potentised copper sulphate, a potency dependant inhibition or enhancement of growth was seen.

11. Gebhardt R Antioxidative, antiproliferative and biochemical effects in HepG2 cells of a homeopathic remedy and its constituent plant tinctures tested separately or in combination. *Arzneimittelforschung*. 2003, 53, 12, 823-30. This laboratory study examined the effect of a homeopathic combination product and its separate components for antioxidative, antiproliferative and biochemical effects on liver cells grown in laboratory tissue-culture. Protective effects against oxidation of the cells by tert-butyl hydroperoxide were shown by *Carduus*, *China* and *Nux mosch*, and the combination provided the same level of protection as these 3 individual remedies combined. *Carduus*, *Chelidonium*, *Colocynthis* and *Veratrum alb* all showed an antiproliferative effect against cell proliferation agents on the cells and the combination exhibited the same effect. *Carduus* and the combination both increased the conjugation effectiveness of glutathione.

12. 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 homeopathic complex showed anti-viral properties comparable to the effects of the drugs against respiratory syncytial virus and herpes simplex virus type 1.

13. Glatthaar-Saalmuller B, Fallier-Becker P, Weiser M. Influence of homeopathically processed Coenzyme Q10 on proliferation and redifferentiation of endothelial cells. *Forsch Komplementarmed Klass Naturheilkd.* 2004, Oct, 11, 5, :267-73. CoEnzyme Q10, known for its ability to regulate cell metabolism and proliferation, was assessed for its ability to promote the same functions after being homeopathically potentised. Undifferentiated human umbilical vein endothelial cell cultures were exposed to various potencies of CoQ10 (5X to 10X) The cell division rate was then assessed by flow cytometry and cell differentiation determined by von Willebrand factor expression. The 7X to 10X potencies of CoQ10, and particularly the 8X potency, increased cell proliferation while none of the potencies appeared to enhance cell differentiation.

14. Moss VA, 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 homoeopathic 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 this aspect of immune competence.

15. 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%.

16. 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.

17. 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 vitro.

18. Ramachandran C, Nair PK, Clément RT, Melnick SJ. Investigation of cytokine expression in human leukocyte cultures with two immune-modulatory homeopathic preparations. *J Altern Complement Med.* 2007 May;13(4):403-7. The aim of the researchers from Miami Children's Hospital in Florida who carried out this study was to determine the effects of homeopathics on cellular signalling pathways, specifically, the effects of 2 anti-influenza homeopathic combination products on normal human leukocyte cultures. When the researchers compared the effects of the homeopathic combinations to 20% ethanol solvent controls, it was found that exposure to either of the homeopathic combinations stimulated the production of pro-and anti-inflammatory cytokines by these cells.

19. 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 this study to determine the inhibiting effects, if any, of various potencies of 10 homeopathic remedies on chicken embryo virus and simliki forest virus, a virus capable of causing encephalitis, paralysis ad 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.

20. Sukul NC, Sukul A, Sinhababu SP. 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 homeopathic potentisation process.

21. Sunila ES, Kuttan R, Preethi KC, Kuttan G. Dynamized Preparations in Cell Culture. *Evid Based Complement Alternat Med*. 2009, 6, 2, 257-263. This article describes a series of tests carried out at the Amala Cancer Research Centre in Kerala, India, on cells grown in the laboratory using various homeopathically prepared medicines to ascertain their effects on these cells. Mother tincture, 30C and 200C potencies of various substances as well as potentised alcohol controls were separately added to the individual growth media in which certain lymphoma, carcinoma, fibroblast and ovary cells were grown. After analysing the effects of these materials on the various cell cultures, it was found that some of these caused significant cell death during short and long term incubation when compared to alcohol controls. It was also found that some of the test materials inhibited thymidine uptake in lung fibroblasts (therefore inhibiting growth), Thuja, Hydrastis and Carcinisin specifically, induced cell death in lymphoma cells, and Carcinisin was able to induce the expression of p53, which has been found to be capable of causing tumor suppression.

22. Walchli C, Baumgartner S, Bastide MJ. Effect of low doses and high homeopathic potencies in normal and cancerous human lymphocytes: an in vitro isopathic study. *Altern Complement Med*. 2006 Jun, 12, 5, 421-7. The aim of this study was to determine the effect of pretreatment with either low doses, or homeopathic potencies, of cadmium chloride on the ability of normal lymphocyte or cancerous lymphocyte cultures to withstand exposure to toxic doses of cadmium. Normal lymphocytes exposed to toxic levels of cadmium which were pretreated with either low

dose of cadmium or potentised cadmium showed a significant increase in viability. This effect was the same in the cancerous lymphocytes except that these cells showed no increase in viability after pre-treatment with potentised cadmium.

23. 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.

The Use of Homeopathy

Firstly, it might be useful for you to know the extent to which homoeopathic medicines are used around the world. Globally, homoeopathy is an extremely popular modality and to reflect this, in 1999 the World Health Organisation (WHO) called for closer incorporation of homoeopathy into “western medical systems”¹ and a ranking of the world’s top healing systems (including pharmaceutical drug therapy) carried out in 2003 had homoeopathy second only in popularity to Traditional Chinese Medicine².

In Germany, 20% of medical practitioners prescribe homoeopathic medicines for their patients³,⁴,⁵ and they’re used by 90% of German veterinarians⁶. It’s interesting that given the fact that

homeopathy was originally developed in Dr Samuel Hahnemann in Germany, there isn't a higher level of use by medical practitioners.

In the UK a study carried out in 1994 found that 10 out of the 16 university pharmacy schools taught homeopathy as an undergraduate subject and in 1999, 66% of pharmacies sold homeopathic medicines^{7, 8, 9} with some particular pharmacy groups such as Boots producing their own range of homeopathic medicines¹⁰. Still in the UK, there are 5 homeopathic hospitals run by the British National Health Service (NHS), as well as 2 private homeopathic hospitals and homeopathy has been supported by the NHS since its inception in 1948^{11, 12}. A 1992 study found that 42% of British doctors refer their patients for homeopathic treatment¹³ by 2001 20% of Scottish GP's had been trained in homeopathy¹⁴ and by 2003, 86% of Scottish GP's surveyed were found to be in favour of homeopathy¹⁵. Currently, homeopathy is the second most popular complementary medicine in the UK^{16, 17}.

The situation in France is also interesting. Most French pharmacies carry these products^{18, 19} and in 1999 the French Medical Association called for homeopathy to be included in all medical degree training²⁰. A 1998 study concluded that people using prescribed homeopathic medicine cost the French government half of that for patients who used pharmaceutical treatments^{21, 22}

Around the rest of Europe, 45% of doctors in the Netherlands use homeopathy (40% of GP's in the Netherlands use homeopathy²³, 85% of Belgian medical practitioners provide homeopathic treatment for their patients^{24, 25}, 47% of Dutch doctors use homeopathy²⁶ and in the 10 years to 2002, interest in homeopathy in Switzerland had risen by 300%²⁷ and homeopathy is rebatable by most health insurance providers²⁷. In 1997, 37% of Norwegians who were surveyed had visited a homeopath²⁸ and homeopathy is the most frequently used system of veterinary medicine in Norway²⁹.

In Europe generally, a 2003 survey found that 20-25% of all Europeans used homeopathic

medicines^{30, 31} and homoeopathy was the most frequently used complementary medicine in France, Belgium, the Netherlands, Norway, Italy and Switzerland³². In 1999 The European Parliament called for homoeopathy to be integrated into medical practice³³ and the EU recommended that homoeopathy and herbs be used as first line treatments in veterinary medicine³⁴

Pakistan appears to have a high level of interest in homoeopathy. Last year, the Pakistani Government established homoeopathic dispensaries in Pakistani hospitals³⁵ and there are 165 government recognised homoeopathic medicine colleges operating throughout the country³⁶. For the last few years the Pakistan government has set up homoeopathic medicine camps to treat the pilgrims who travel on the Haj to Mecca. Last year, 50,000 people were treated in these camps³⁷. In India, 54% of medical practitioners prescribe homoeopathic medicines³⁸ they're widely used in Indian hospitals and homoeopathy is the most commonly used complementary medicine in this country^{39, 40, 41}.

In 2003 in Sri Lanka, construction began on a government-funded homoeopathic hospital at Welisara⁴² and Columbian President, Alvaro Uribe, uses homoeopathic medicines to "stay in mental shape"⁴³. It's estimated that there are 15,000 homoeopathic doctors practicing in Brazil⁴⁴ and homoeopathy and it's a government requirement that homoeopathy is taught as an undergraduate subject in all pharmacy courses at Brazilian universities⁴⁵. In the USA, 58% of US medical schools teach homoeopathy⁴⁶. In Australia, the level of use of these medicines is a little difficult to determine. One relatively recent study said that around 12% of Australians use homoeopathic medicines but this figure has yet to be verified⁴⁷. However, 78% of pharmacies here carry products made from homoeopathic ingredients and many of the larger pharmacy groups recommend these products as a core range, i.e. it's mandatory for anyone setting up one of these stores to have them on their shelves 48. In New Zealand⁴⁹ and South Africa⁵⁰, homoeopathy forms part of the undergraduate program in pharmacy courses in some universities.

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160-166.

2. Kemper KJ, Jacobs J, Homeopathy in Pediatrics- No harm likely but how much good? *Contemporary Pediatrics*, May, 2003, 20, 97-111.
3. Ludtke R et al, *Forsch Komplementarmed Klass Natureheilkd*, 2001, 8, 4, 213-8.
4. *BMJ* 2 November 2002;325:990.
5. WHO Bulletin op cit.
6. HomInt R&D Newsletter, Glasgow Homoeopathic Hospital, 1998.
7. Jain, A, "Does Homeopathy reduce the cost of drug prescribing?" *Homeopathy*, 2003, 92, 71-6.
8. Barnes J, *Uncovering Potential Problems with Complementary Remedies: A Survey of Community Pharmacies*, Royal Pharmaceutical Society, Report on Complementary and Alternative Medicines, Response to the House of Lords Science and Technology Committee, Sob-Committee III, October, 1999, Appendix 2.
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12. *Natural Medicine Society News*, 21, June 1992.
13. *Natural Medicine Society News*, op cit.
14. Reilly D, *The Puzzle of Homoeopathy*, *J Alt Compl Med*, 2001, 7, Suppl 1, S103-9.
15. Hamilton E, *Exploring General Practitioners attitudes to homeopathy in Dumfries and Galloway*, *Homeopathy*, 2003, 92, 190-194.

16. "New research in the Times Body and Soul reveals disenchanted Britons turning to complementary therapy", PRNewswire, London Jan 9, 2004.
17. The Independent, 17 November, 2003.
18. Author, personal observations, Paris, 1993, 1995.
19. Pharmacoepidemiol Drug Saf, 2004, Mar, 18, 13, 10, 711.
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23. Visser GJ, et al. Alternative Medicine and General Practitioners in the Netherlands, Family Practice, 1990, 7, 3, 227-232.
24. Aldridge D. Europe looks at Complementary Medicines, BMJ, 1989, 299, 1121-1122.
25. Watson R. "Belgium is to Regulate Complementary Medicine, British Medical Journal, 22 May, 1999, 318, 1372.
26. Pirotta MV et al, Complementary Therapies- have they been accepted in general practice?, Medical Journal of Australia, 2000, 172, 105-109.
27. Swiss Radio International, May 2, 2002.
28. News Briefs, Complementary Medicine, March/April 2003, 11.
29. Viksveen P, Antibiotics and the development of resistant microorganisms. Can homeopathy be an alternative? Homeopathy, 2003, 92, 99-107.
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32. Viksveen P, op cit
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48. Brauer Natural Medicine, Industry marketing data, op cit

49. Personal correspondence, Dr Steven Kayne, PhD, MBA, LLB, DAgVetPharm, MRPharmS, MCPP, MPS (NZ), ACNZP, Visiting Lecturer, Dept of Pharmaceutical Sciences, University of Strathclyde, Tutor, Homoeopathic Hospitals of Glasgow and London, Tutor, Pharmacy Dept, Otago Polytechnic May 1995.

50. Personal correspondence, Dr Steven Kayne, op cit.

Homeopathy Works

Homeopathic medicines have been used around the world continuously for over 210 years. During that time they've been subjected to attack by medical practitioners who've lost patients to prescribers of homeopathy, by pharmaceutical companies who lose profits due to the reduced sales of drugs, and by the organisations and individuals who directly or indirectly are supported by these organisations. In recent times these attacks on homeopathy have been vigorously supported by the media, which is sustained to a significant degree by the advertising revenue received from pharmaceutical manufacturers. Despite these attacks, homeopathy continues to survive and in many places during several periods of history has flourished. The nature of these attacks has taken several forms but the 2 enduring criticisms of homeopathy are that it's "unscientific" and that it lacks the backing of clinical trials. The latter is interesting given the fact that only 10-20% of conventional medical practices are validated by appropriate evidence¹.

Arguments Against Homeopathy

To enlarge on the above, the main argument against homeopathy appears to be, "I don't understand how it can work therefore it can't work." For many who take this position no amount of properly conducted research that shows clearly that it does work will convince them otherwise. Plainly, this is intellectually dishonest. Some people also take the view that homeopathy can't work because there's no scientific basis for its activity. The only problem with this view is that it assumes that the body of science that's been accumulated to date is fixed and will never be added to, and that there'll be no new discoveries of fact, observation or mechanism. It also

assumes that there's no evidence for a mechanism that either partly or fully explains the action of homeopathics. Such evidence does exist and is easy to find^{2,3} but even if this wasn't the case, an absence of evidence does not constitute evidence of absence.

A number of publications are cited by sceptics of homeopathy that are used to support their views. The flagship is a review published in the Lancet entitled "Are the clinical effects of homeopathy placebo effects?"⁴ Here, after ultimately comparing 8 trials on homeopathy with 6 on conventional medicine, Shang et al boldly assert that homeopathy is no more effective than placebo. A cursory examination of this article reveals it to be dodgy in the extreme. To quote the authors of the study, "We assumed that the (positive) effects observed in placebo-controlled trials of homeopathy could be explained by a combination of methodological deficiencies and biased reporting." The article was riddled with methodological flaws and received widespread condemnation from academics and other experts in this field, including a denunciation by the Indian Health Minister, Prof. Chaturbhuj Nayak.⁵ Subsequent re-analysis of this article in fact found that homeopathy was more effective than placebo^{6, 7}.

Another criticism levelled at homeopathy is that clinical trials haven't been replicated. This isn't strictly the case as replication has occurred in several areas (hay fever and diarrhoea to name just 2) but it's true that more replication would be useful. The reason for a comparatively low level of replication of trials in this area is that unlike pharmaceuticals, homeopathic medicines in most cases can't be patented, and there's little incentive to invest large amounts of money in clinical trials if the product sponsors can't monopolise the results.

So, is there any evidence that homeopathy works and if so, what form does that evidence take? It's important to bear in mind here that critics of homeopathy confidently declare that there is NO evidence for homeopathy. This is a long way from the truth of the matter and the evidence for the effectiveness of homeopathy is remarkably easy to find.

Human Clinical Trial Meta-analyses

These are systematic statistical analyses of existing human controlled trials that have met certain quality criteria and are carried out to determine if the research can show that a trend exists one way or the other.

- Kleijnen et al in the BMJ⁸ report that of the 105 clinical trials that met the reviewers' quality criteria, 81 of those trials showed a positive effect for homeopathy.

- Cucherat, et al⁹ state, "There is some evidence that homeopathic treatments are more effective than placebo." 16 studies were evaluated.

- Barnes J, et al, on post operative ileus¹⁰, "There is evidence that homeopathic treatment can reduce the duration of ileus after abdominal of gynaecological surgery". 6 studies were evaluated.

- From Bornhoft, et al¹¹, "Effectiveness of homeopathy can be supported by clinical evidence". 74 studies were evaluated.

- Linde, et al¹² report. "Among the high quality studies, positive effects were reported 50% more often than negative effects." 105 studies were evaluated.

- Mathie¹³ states, "The weight of evidence currently favours a positive treatment effect in eight (areas): childhood diarrhoea, fibrositis, hayfever, influenza, pain (miscellaneous), side effects of radio-or chemotherapy, sprains and upper respiratory tract infections." 93 studies were evaluated.

- On a meta-analysis for the homeopathic medicine, Galphimia, for hay fever, Wiesenauer, et al¹⁴ state, "A significant superiority of Galphimia glauca over placebo is demonstrated. Estimates of verum success rates are comparable with those of conventional antihistaminics, but no side effects occurred." 11 studies were evaluated.

- Witt, et al¹⁵ reports, "Even experiments with a high methodological standard could demonstrate an effect of high potencies." 75 studies were evaluated.

Individual Human Clinical Trials

There are a large number of high quality randomised controlled human clinical trials that have been carried out using homeopathy. Lack of space precludes listing these here but they're easy to find either on Medline²⁶, websites operated by institutions such as the Glasgow Homoeopathic Hospital²⁷, websites that carry material on this subject such as Homeopathic Doctor²⁸, and Nutrition Matters²⁹.

A good example of the kind of work done here is that carried out by David Reilly and published in the Lancet in 1994³⁰, where he and others conducted a placebo controlled randomised trial looking at the use of homeopathic medicines with 28 patients diagnosed with allergic asthma. Homeopathy proved superior to placebo, and this trial was so well designed and conducted that the editors of the Lancet commented that, "either there is something amiss with the clinical trial as conventionally conducted, or the effects of homoeopathic immunotherapy differ from those of placebo...carefully done work of this sort should not be denied the attention of Lancet readers."³¹

Cohort Studies

These are observational studies analysing quality of life, clinical or other outcomes that have come about as a result of some specific intervention.

- A study by Spence et al¹⁶ found that of 6544 consecutive UK NHS patients treated with homeopathy 70.7% reported positive health changes, with 50.7% recording their improvement as better or much better.

- Witt, et al¹⁷ found that of 3981 patients seen in Swiss and German medical clinics practicing homeopathy, and who were treated with homeopathy, patient and physician scores for clinical outcomes found that disease severity decreased significantly ($p < 0.001$) between baseline and 24 months (adults from 6.2 +/- 1.7 to 3.0 +/- 2.2; children from 6.1 +/- 1.8 to 2.2 +/- 1.9).

· In another study by Witt et al¹⁸, of 3709 patients seen in Swiss and German medical clinics practicing homeopathy, and who were treated with homeopathy, patient and physician scores for clinical outcomes found that disease severity decreased significantly ($p < 0.001$) between baseline, 2 and 8 years (adults from 6.2 +/- 1.7 to 2.9 +/- 2.2 and 2.7 +/- 2.1; children from 6.1 +/- 1.8 to 2.1 +/- 2.0 and 1.7 +/- 1.9). These effects persist for as long as 8 years. ,

· Marian, et al in a 2008 study¹⁹ found that “Overall patient satisfaction was significantly higher in homeopathic than in conventional care. Homeopathic treatments were perceived as a low-risk therapy with two to three times fewer side effects than conventional care.” 3126 patients were involved in this study.

· A study by Van Wassenhoven, et al²⁰ found that, “Patients were very satisfied with their homeopathic treatment, both they and their physicians recorded significant improvement. Costs of homeopathic treatment were significantly lower than conventional treatment, and many previously prescribed drugs were discontinued.” 782 patients were involved in this study.

It may be useful to note here that these are only 5 of a larger number of cohort studies that have been carried out in this area. These 5 involve responses to the treatment of over 17,000 people suffering from various forms of illness. A statistically significant majority of these people experienced a beneficial outcome from this treatment. If we are to believe the critics of homeopathy, these people are either liars or deluded.

Veterinary Studies

· Albrecht, et al²¹ found that, in the treatment of 1440 piglets, “Homeopathic metaphylaxis is significantly effective compared with placebo and routine low-dose antibiotic metaphylaxis for incidence of disease and rate of disease of the respiratory tract among the animals studied.”

· On the treatment of Salmonella infection in poultry, Berchieri et al²² found that when 180 one day old chicks were given either an active homeopathic medicine or control and

then challenged with a culture of salmonella. “Birds receiving active treatment were less likely to grow the strain of Salmonella from cloacal swabs compared to control.”

· Bertani et al²³, treating oedema in 307 rats with either a homeopathic medicine or control, found that homeopathy significantly reduced oedema in comparison to controls.

· From Cazin, et al²⁴, 6 groups of 30 mice given radio-labelled arsenic were treated with various homeopathic potencies of arsenic and the level of retention compared to controls. All homeopathic potencies of arsenic were found to have a greater effect on arsenic elimination than controls.

· From Datta, et al²⁵, the authors found that pre and post-feeding of homeopathically prepared Arsenicum Album 30C and 200C to mice exposed to arsenic trioxide reduced the genotoxic effects (chromosome aberrations, micronucleated erythrocytes and sperm head anomaly) of arsenic when compared to controls.

Does Homeopathy Work?

Even if the work referred to above hadn't been carried out, 213 of continuous years of use and growth throughout Europe, more than 150 years of continuous use in the USA, India, Australia and most other parts of the world to the point where it's the world's second most popular system of healthcare³², and millions of satisfied users, would tend to indicate that homeopathy works.

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