

# Why Homeopathy Matters In America:

*Compendium of Homeopathic Research*

EDITED BY AMERICANS FOR HOMEOPATHY CHOICE



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## ***Introduction***

When properly manufactured and applied, homeopathic medicine plays an important role in the treatment of patients with both major and minor health problems. Homeopathy is inexpensive, effective, and inherently safe. When utilized according to well established principles, homeopathy can be used alongside conventional medical practices, to deliver a more clinically and cost-effective result. For example, homeopathy helps avoid antibiotic overuse in many infectious conditions, reserving these valuable medicines for the times when they are critically necessary. Homeopathy effectively treats painful conditions and reduces the need for opioid and nonsteroidal pain medicines, reducing exposure to these agents, along with their costly and dangerous side effects. Among its many other benefits, homeopathy helps reduce the need for polypharmacy since one single homeopathic prescription frequently addresses a multitude of medical concerns in a single individual.

The positive results that have been achieved through homeopathic treatment have been documented in a worldwide database over the last two centuries. It is no wonder that homeopathy has been fully integrated into the National Health Services of many nations and is the second most commonly used form of medicine worldwide. Homeopathy is a well-developed system of individualized medicine that has been both scientifically evidence based and clinically verified.

This compendium of research serves as a primer of evidence suggesting the importance of fully integrating homeopathic medicine into the infrastructure of the U.S. Healthcare System. Homeopathy meets the standards of methodologies that have been scientifically researched and have clinically demonstrated evidence of both safety and effectiveness.

## ***Acknowledgement***

Americans for Homeopathy Choice is deeply indebted to the many writers/researchers who participated in and continue to participate in this important project. Many thanks for your collaboration and work.

## ***Dedication***

This compendium is dedicated to the memory of Peter Fisher, MD (1950-2018), a staunch advocate, researcher and homeopath, and former physician to Her Majesty, Queen Elizabeth II. The world homeopathic community is deeply indebted to the selfless dedication and life work of this noble man.

## ***About***

Americans for Homeopathy Choice is a non-partisan national nonprofit made up of mostly mothers, women, and other consumers whose mission is to:

- support the rights of the 6 million (and growing) Americans who use homeopathy,
- protect the practices of homeopaths, naturopaths and others who use homeopathic remedies to treat their clients,
- and protect homeopathic pharmacies which manufacture and distribute remedies.

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## **Abstract of the Chapters in this Compendium**

*In an effort to provide a brief overview of each chapter in this compendium, the following abstracts are provided.*

### **Why Homeopathy Matters to U.S. Healthcare**

The use of Homeopathy is geographically widespread worldwide, and is increasing in both demand and popularity. Both clinical and laboratory research, and syntheses of these studies, demonstrate that it is safe and effective over a wide range of clinical conditions. Integrating homeopathy into the U.S. health care system would be associated with many benefits, including improved outcomes, reduced need for conventional medications and polypharmacy, less antibiotic use, lower cost and enhanced safety.

### **Homeopathy Can Reduce the Need for Antibiotics in America**

Overuse of antibiotics in healthcare and industrial farming is part of a worldwide crisis that has contributed to widespread antibiotic resistance and growing public health dangers. The trend of increased mortality from all infectious disease is threatening to make the entire class of antibiotic medications obsolete. Homeopathy demonstrates efficacy, not only in reducing susceptibility to infection and its associated pain, but also in speeding recovery from acute infectious illness. This chapter analyses critical studies demonstrating how homeopathy effectively staves off the current crisis, provides greater utility and longevity to the current antibiotic stockpile, and improves the health of both humans and livestock.

### **Homeopathy for Opioid Addiction and Pain Management**

Homeopathy is an integrative holistic modality that effectively addresses many of the underlying causes of both acute and chronic pain syndromes, frequently enabling the resolution of these conditions and the discontinuation of chronic pain management strategies. Treating painful syndromes with homeopathy provides an opportunity to resolve the underlying causes of pain, thereby reducing or entirely eliminating the need for ongoing management. Homeopathy demonstrates benefit in the adjunctive management of opioid addictions and supports the safe withdrawal process. Public health benefits gained from utilizing homeopathy include superior efficacy, lower cost, greater safety and higher rates of patient satisfaction. The state of the art of research in this field is reviewed along with recommendations for further study.

### **Homeopathy's Role in Addressing Healthcare Costs**

Healthcare costs in the U.S. continue to rise unsustainably while indices of quality outcomes simultaneously decline. Healthcare in the U.S. currently ranks lower than most other developed nations and shows no sign of improving despite the highest per-capita expenditures of any nation on earth. Homeopathy offers a unique, efficacious, safe and cost-effective alternative medical modality capable of providing superior outcomes at a fraction of the cost and risk of conventional medical care. Many European nations have studied homeopathy in great detail and have concluded that its benefits warrant incorporation into their national healthcare programs.

This chapter examines costs and recommends that homeopathy be adopted into the U.S. public healthcare system.

### **The Use of Homeopathy in European Hospitals**

Homeopathy is an important medical modality that is currently utilized in a large number of European hospitals, including Germany, France, Austria, Switzerland, Sweden, Italy, Spain and the U.K. Homeopathy is actively integrated alongside conventional allopathic medical care and practiced by physicians in 40 out of 42 European nations. Additionally, homeopathy is utilized in hundreds of hospitals in south Asia and India, where it has been integrated into the national health service and is supported by the national government.

### **Homeopathy's Role in Addressing the Over-Medication Epidemic**

The U.S. suffers from epidemic levels of polypharmacy and medication overuse. Homeopathy offers an unique holistic alternative methodology capable of reducing reliance on a wide range of medicines, while simultaneously managing the effective treatment of underlying disease conditions. Since homeopathy is characterized by the use of small doses, infrequently administered, it complements and augments conventional medical management and helps reduce polypharmacy. Reliable research demonstrates that homeopathy is a viable, effective form of medical therapy that provides significant promise helping reduce the overuse of conventional medicines along with their risks and side effects.

### **Homeopathy and Ophthalmology**

One of the more challenging problems in the management of ophthalmologic disease in the U.S. is the myriad of side effects associated with the use of conventional medications. Homeopathic treatment effectively treats many of these illnesses without inducing medication related side effects. Furthermore, it has been shown to simultaneously reduce the need for many conventional medications. These distinct advantages of using homeopathy in the treatment of both acute and chronic ophthalmic conditions demonstrates its utility as well as the need for further research in this field.

### **Homeopathy and Women's Health**

The status of women's health in the United States leaves much to be desired. Research in homeopathy pertaining to women's health is incomplete due to scientific disparagement and substantial barriers to equitable funding, yet the available data offers useful insight into potential steps forward that would significantly enhance the health and quality of life of women and their families across the U.S.

### **Homeopathy and Respiratory Illness**

Respiratory illness is a common complaint in the modern world and is responsible for the diversion of significant medical resources in the U.S. Preliminary studies strongly suggest that homeopathy provides significant benefit in the treatment of a wide variety of these conditions, while helping to reduce both the duration and intensity of symptoms in those who suffer from these acute and chronic conditions. When used in conjunction with conventional medical care, in life-threatening conditions, including asthma and chronic obstructive pulmonary disease, homeopathy provides safe, reliable and effective results.

## **Why Veterinary Homeopathy Matters in Animal Health Care in the USA**

Numerous studies attest to the value of homeopathy in the treatment of a wide range of clinical conditions in veterinary medicine. Clinical studies span the management of health conditions in both farm and domestic animals, both in large herds and in individual cases. Positive responses to homeopathic medicines under these circumstances strongly advocate against theories that the beneficial results of homeopathy are purely placebo effects. The use of homeopathy in veterinary medicine is on the forefront and cutting edge of environmentally sustainable, safe and efficient care that demonstrates clinical efficacy in both large and small animals. Homeopathy appears to be an important medical modality for every member of the animal kingdom, and by extension, it is equally important to the field of human health.

### **Homeopathy in Acute Care Medicine**

The use of homeopathy in acute medical conditions is reviewed with respect to the available clinical evidence supporting it. Homeopathy is an effective, safe and inexpensive methodology in the treatment of acute and emergent conditions that offers many distinct advantages when compared with conventional allopathic care. Not only is homeopathy already utilized in acute care medicine throughout many regions of the world, but substantial evidence demonstrates its efficacy in a wide range of conditions. Homeopathy compliments conventional methodologies, and reduces many of the risks associated with it. Homeopathic medical research suggests that the dedication of more funds to investigate this methodology is certainly warranted with respect to acute care medicine.

### **Homeopathy and Gastrointestinal Disorders**

Homeopathic medicine demonstrates a powerfully beneficial effect both on the human microbiome and on the gastrointestinal tract which interact to impact the health of the entire body. Homeopathy appears to help balance and preserve ecological symbiosis, while reducing dysbiosis and the inflammatory changes that frequently develop after conventional medical management. Homeopathic clinical research demonstrates benefit over a wide array of functional and pathological conditions of the GI tract, though only a limited number of peer reviewed randomized controlled studies are available. Many case studies in the worldwide literature database demonstrate the feasibility, validity, and potential benefits of homeopathy in gastrointestinal pathology. Much more clinical research in this field is clearly indicated.

### **Epidemic Infectious Diseases, Public Health and Homeopathy**

A vast trove of medical and scientific literature pertaining to the use of homeopathy in the treatment of epidemic infectious disease reveals that it is associated with reduced mortality rates that are consistently better than those obtained by conventional allopathic medical care, both historically and in modern times, despite the advantages provided by modern hospital support and advanced nursing care. Homeopathy demonstrates benefit prophylactically by protecting large segments of the population, and simultaneously improves therapeutic outcome during epidemics in a safe, effective and inexpensive manner that fails to be explained by the placebo effect.



## **Safety of Homeopathy**

Investigations into the safety of homeopathy include randomized controlled trials, observational studies, experimental studies, case reports, systematic reviews, worldwide literature searches, consultation with regulating authorities, and conversations with homeopathic practitioners. These studies uniformly and consistently demonstrate that homeopathic treatment is an extremely safe and effective form of medicine. Adverse events, and “aggravations” from homeopathic treatment have consistently been noted as only “mild and transient,” occurring slightly more frequently than those resulting from placebo treatment. Overall, homeopathy has an excellent safety record and demonstrates many advantages when compared with conventional allopathic treatment.

## **Homeopathy in Mental Health and Psychiatry**

Homeopathy is currently experiencing a resurgence among mental health clinicians and patients worldwide, in part because of the wide breadth of its many positive effects spanning the psychosomatic continuum. Current evidence strongly suggests benefits over a wide range of conditions across the field of mental health. It is a safe, viable and cost-effective form of medicine, but much more research is certainly warranted. There are compelling reasons to support the allocation of funds to promote homeopathic research.

## **Homeopathy Use in Cardiovascular Conditions**

Cardiovascular disease is the leading cause of mortality in the U.S. and emerging research demonstrates the importance of incorporating homeopathy into an integrative holistic approach to treatment. The worldwide database of homeopathic research is limited, but the available studies suggest that it has overwhelmingly positive results in these conditions. Homeopathy is already utilized by many practitioners throughout the world who have successfully treated a wide range of common cardiac ailments in the ambulatory care setting, the hospital and the intensive care unit. The use of homeopathy reduces the incidence of adverse drug effects frequently associated with many conventional medications, improves clinical outcome and simultaneously lowers the cost of treating cardiovascular disease.

## **Homeopathy and Allergies**

Clinical trials of homeopathic methodologies demonstrate dramatic “real world” benefits over a wide range of allergic conditions, without the common side effects and other long-term negative health risks associated with conventional therapies. Clinical research confirms that homeopathic medicines are different from placebo, and laboratory investigations demonstrate that biologically active material is present in high dilutions of these unique medicines. Further research funding and infrastructure changes at all levels of public health, with respect to homeopathy, are warranted and should be encouraged to expand access to this two-century-old form of safe, natural, and effective medicine for allergies.

## **Homeopathic Certification for Health Practitioners in the USA: *A Brief Overview***

Homeopathy is a federally recognized form of medicine in the U.S. since the Food Drug and Cosmetic Act of 1938. The field of homeopathy boasts board certification of many licensed healthcare professionals, including medical doctors (MD), osteopaths (DO), naturopathic

physicians (ND), nurses (RN), physician’s assistants (PA), dentists (DDS), veterinarians (DVM) as well as a large number of non-medically trained practitioners.

### **Homeopathy and Dentistry**

The U.S. population is plagued by at least two major dental health-related challenges: periodontal (gum) disease, and the overuse of prescription opioid medications. As the dental profession struggles to find better and safer alternatives in the management of these and other challenges, the incidence of these problems has continued to increase. Current research on the use of homeopathy for these conditions is reviewed and recommendations are made for its adoption as a safe and effective alternative to current management strategies.

### **Homeopathy and Chronic Illness**

Homeopathy is a unique form of medicine that offers many distinct advantages in the treatment of chronic illness and rheumatological conditions. Homeopathy is both effective and safe, and could be used as a form of primary care medicine in these conditions. Many studies demonstrate homeopathy’s benefits, usefulness, and superior patient satisfaction ratings in both short and long-term analyses. Individually prescribed homeopathic medicine is not only superior to placebo, but it has been found to be more effective and better tolerated than many existing conventional modalities. Evidence suggests that homeopathic treatment lowers cost, provides greater safety, and reduces risk of exposure to more hazardous conventional medicines.



## Why Homeopathy Matters to U.S. Healthcare

Homeopathy is a 200-year-old system of medicine, used by nearly 250 thousand physicians and over 500 million people worldwide<sup>1</sup> - making it one of the most popular forms of integrative medicine. It is based on the concept of ‘treating like with like’ (in Latin *similia similibus curentur*), homeopathy stimulates and directs the body’s self-healing mechanisms, or homeostasis.

Scientific skepticism toward homeopathy often arises from its use of highly dilute medicines, and there is a substantial body of research on this issue: a recent review of basic science research on highly dilute homeopathic medicines found 98 replicated experiments, with over 70% positive. Methods used to prepare homeopathic medicines are remarkably like cutting-edge nanotechnology and there is growing evidence that nanoparticles play a crucial role in the action of homeopathy.

### Why does homeopathy matter to America?

Data from the federal National Health Interview Survey analysed by a team at Harvard University show that around 7 million Americans use homeopathy, with steady growth. Users tend to be female, highly educated and pursue healthy lifestyles. They use it primarily for upper respiratory and ear problems and consider it more effective than nutritional supplements.<sup>2</sup> The demographics of users in France and Germany are similar although use is more widespread in those countries.<sup>3</sup>

Polypharmacy (the use of multiple drugs), particularly in the elderly is a major challenge to modern physicians. Opiate analgesics (painkillers), psychotropic drugs (including tranquilizers, antidepressants and sleeping tablets) and antibiotics are widely overused, (the overuse of antibiotics has caused a massive global crisis of antimicrobial resistance) and there is strong research evidence suggesting that the integration of homeopathy into medical practice would reduce the need for many of these hazardous drugs.

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1 Bell IR, Schwartz GE. [Adaptive network nanomedicine: an integrated model for homeopathic medicine](#). *Frontiers in Bioscience (Scholar Ed.)*. 2013;5(2):685-708.

2 Dossett, M., Davis, R.B., Kaptchuk, T.J., and Yeh, G.Y. Homeopathy use by US adults: results of a national survey. *American J Public Health*. 2016; 106: 743–745 DOI: <http://dx.doi.org/10.2105/AJPH.2015.303025>

3 Lert F, Grimaldi-Bensouda L, Rouillon F et al. Characteristics of patients consulting their regular primary care physician according to their prescribing preferences for homeopathy and complementary medicine. *Homeopathy* (2014);103: 51-57 <https://www.ncbi.nlm.nih.gov/pubmed/24439455>

## **Homeopathic Research**

The research literature offers preclinical and clinical evidence in support of the effectiveness of homeopathic medicines in treating individuals with a wide range of common conditions. Homeopathy shows historical, observational, and randomized clinical trial evidence of good outcomes, greater safety, patient acceptance, accessibility and cost-savings. Homeopathy is often used 'to treat the patient, not the disease; strengthening host defenses and resilience rather than killing microbes or blocking pathophysiological processes.

## **Comparative Effectiveness Research**

Comparative effectiveness research examines the results of treatments in real-world situations, as opposed to the artificial conditions often imposed in randomized controlled trials. It compares outcomes in groups of patients (known as cohorts) receiving different treatments. There are several such studies of homeopathy, comparing outcomes in various groups of patients attending conventional family physicians, and family physicians who integrate homeopathy in their practice, including those below.

A multinational comparative effectiveness study led by the American physician Dr. David Riley involved 30 doctors, at six clinical sites in four countries, treating patients with acute respiratory problems. Response at 14 days was 82.6% for homeopathy compared to 68% for conventional treatment. The rate of adverse events for conventional treatment was 22.3%, versus 7.8% for homeopathy. A replication of this study included 1,577 patients, of whom 857 received homeopathic and 720 conventional treatment: improvement was significantly faster with homeopathy.<sup>4,5</sup>

Trichard *et al* compared 'homeopathic strategy' against 'antibiotic strategy' in routine medical practice in the management of recurrent acute rhino-pharyngitis in 499 children aged between 18 months and 4 years.<sup>6,7</sup> Family physicians using homeopathy had significantly better results in terms of clinical effectiveness, complications, parents' quality of life and time lost from work, for lower cost to social security.

Witt *et al.* compared homeopathic and conventional family physician's outcomes in chronic diagnoses commonly treated in general practice (adults – headache, low back pain, depression, insomnia, sinusitis; children – atopic asthma, dermatitis, rhinitis).<sup>8,9</sup> 493 patients were treated by 101 homeopathic and 59 conventional family physicians. The patients treated by the two

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4 Riley D, Fischer M, Singh B, et al. (2001). Homeopathy and Conventional Medicine: An Outcomes Study Comparing Effectiveness in a Primary Care Setting. *Journal of Alternative and Complementary Medicine*, 7:149–159.

5 Haidvogel M, Riley D, Heger M et al. 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; 7: 7. doi:

6 Trichard M, Chaufferin G, Nicoloyannis N (2005). Pharmacoeconomic comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children. *Homeopathy*, 94:3–9.

7 Trichard M, Chaufferin G (2004). Effectiveness, quality of life, and cost of caring for children in France with recurrent acute rhinopharyngitis managed by homeopathic or non-homeopathic General Practitioners. *Disease Management and Health Outcomes*, 12:419–427.

8 Witt C, Keil T, Selim D, et al. (2005). Outcome and costs of homeopathic and conventional treatment strategies: a comparative cohort study in patients with chronic disorders. *Complementary Therapies in Medicine*, 13:79-86.

9 Witt CM, Lüdtke R, Baur R, Willich SN (2005). Homeopathic medical practice: long-term results of a cohort study with 3,981 patients. *BMC Public Health*, 5:115.

groups of physicians were generally similar. *The conclusion was that patients who sought homeopathic treatment had better outcomes at similar cost.*

The largest comparative effectiveness study of homeopathy published to date is the EPI3 study. A nationwide study in France, coordinated by the Department of Pharmacoepidemiology at the University of Bordeaux, it included 6,379 patients from 804 medical practices. It compared treatment outcomes for patients attending conventional, homeopathic, and mixed practice family physicians in musculoskeletal conditions, upper respiratory tract infection, sleep disorders, anxiety, and depression in terms of clinical benefit, medical care and medication, adverse effects, and loss of therapeutic opportunity. Patients did not differ between groups except for the chronicity of their illness, which was greater in the homeopathic group. *The authors concluded that patients treated by homeopathic physicians showed a similar clinical progression but took about half the amount of non-steroidal anti-inflammatory drugs (NSAIDs) compared to conventionally-treated patients, with fewer NSAID-related adverse events and no loss of therapeutic opportunity.*<sup>10</sup>

Another study in the EPI3 series yielded an analogous result, showing that patients who consult family physicians certified in homeopathy used significantly less antibiotics and antipyretic/anti-inflammatory drugs for upper respiratory tract infections than those who attended family physicians who prescribe only conventional medications, with similar outcomes. *This finding is of considerable public health importance since antimicrobial resistance is now a major global problem.* One of its main causes is overuse of antibiotics for upper respiratory tract infections.<sup>11</sup>

### **Cost-effectiveness**

Economic analysis of EPI3 data looked at three types of cost: consultation, prescription and total costs. **Overall health expenditure was 20% less for patients consulting homeopathic family physicians in France compared to conventional family physicians** (\$78.70 US vs. \$98.91 US). The lower cost of medical prescriptions for homeopathic family physicians was partially offset by higher consultation costs. Homeopathic physicians prescribed far fewer potentially hazardous drugs including psychotropics, antibiotics and non-steroidal anti-inflammatory drugs.<sup>12</sup>

**In all comparative effectiveness studies of homeopathy, its integration into health care resulted in better outcomes for patients with improved safety.** Those that included cost-effectiveness analysis showed no additional cost or reduced costs.

### **Safety of homeopathy**

Physician and consumer confidence in the safety of homeopathy is justified. **There is no evidence that homeopathic medicines cause serious or long-lasting harm.** A systematic

10 Rossignol M, Begaud B, Engel P, et al. Impact of physician preferences for homeopathic or conventional medicines on patients with musculoskeletal disorders: results from the EPI3-MSD cohort. *Pharmacopepidemiol. Drug Saf.* 2012, 21:1093-101.

11 Grimaldi-Bensouda L, Begaud B, Rossignol M, Avouac B, Lert F, et al. (2014) Management of Upper Respiratory Tract Infections by Different Medical Practices, Including Homeopathy, and Consumption of Antibiotics in Primary Care: The EPI3 Cohort Study in France 2007–2008. *PLoS ONE* 9(3): e89990. [doi:10.1371/journal.pone.0089990](https://doi.org/10.1371/journal.pone.0089990)

12 Colas A, Danno K, Tabar C, Ehreth J, Duru G. Economic Impact of Homeopathic Practice in General Medicine In France. *Health Economics Review* (2015) 5:18. [DOI 10.1186/s13561-015-0055-5](https://doi.org/10.1186/s13561-015-0055-5)

review of the safety of homeopathy, which included a comprehensive search of the English-language literature and enquiries with regulatory authorities, including FDA, concluded: “Homeopathic medicines may provoke adverse effects, but these are generally mild and transient; there are cases of 'mistaken identity' where herbal medicines were [erroneously] described as homeopathic. The main risks associated with homeopathy are indirect, relating to the prescriber rather than the medicine.”<sup>13</sup>

### **Basic research: biological models**

There is a substantial body of research in homeopathy using animal models, human cells, plants, and other organisms. Of these studies, 89% reported at least one positive result. Animals were the most often used model system (371), followed by plants (201), human material (92), bacteria and viruses (37), and fungi (32).<sup>14</sup> One of the hallmarks of high quality science is replication. A recent review of biochemical, immunological, botanical, cell biological and zoological experiments on homeopathic dilutions found 98 replicated experiments with over 70% positive.<sup>15</sup>

### **Basic research: physical and chemical methods**

Homeopathic medicines are made from plants, animals (or parts of animals) and other substances serially diluted and vigorously agitated during the manufacturing process. Twelve independent research laboratories in the U.S., France, Italy, Russia, and India have now found that homeopathic medicines studied contain various nanostructures, including source, silica, and gas nanobubbles heterogeneously dispersed in colloidal solution.<sup>16, 17, 18, 19</sup> This work suggests that homeopathic medicines, like modern engineered nanoparticles, act by modulating the allostatic stress response network (allostasis is the process of restoring a stable internal environment), including cytokines, oxidative stress and heat shock proteins.<sup>20,21</sup>

### **Clinical trials of homeopathy**

There are at least 1,137 clinical trials of homeopathy. Additionally, four systematic review/meta-analyses of homeopathy for all conditions have been published.<sup>22,23,24</sup> Of these, three reached a positive conclusion: that there is good evidence that homeopathy is clinically

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13 Dantas F, Rampes H (2000). Do homeopathic medicines provoke adverse effects? A systematic review. *Br Homeopath J*. 89:335–38.

14 Clausen J, van Wijk R, Albrecht H. Review of the use of high potencies in basic research on homeopathy. *Homeopathy* (2011) 100, 288-292.

15 Endler PC, Bellavite P, Bonamin L, Jäger T, Mazon S. Replications of fundamental research models in ultra high dilutions 1994 and 2015. *Homeopathy* (2015):104 ;234 - 245

16 Bhattacharyya SS, Mandal SK, Biswas R, Paul S, Pathak S, Boujedaini N, Belon P, Khuda-Bukhsh AR: In vitro studies demonstrate anticancer activity of an alkaloid of the plant *Gelsemium sempervirens*. *Exp Biol Med* (Maywood) 2008, 233(12):1591–1601.

17 Chikramane PS, Suresh AK, Bellare JR, Kane SG: Extreme homeopathic dilutions retain starting materials: A nanoparticulate perspective. *Homeopathy* 2010, 99(4):231–242.

18 Upadhyay RP, Nayak C: Homeopathy emerging as nanomedicine. *International Journal of High Dilution Research* 2011, 10(37):299–310.

19 Ives JA, Moffett JR, Arun P, Lam D, Todorov TI, Brothers AB, Anick DJ, Centeno J, Nambodiri MA, Jonas WB: Enzyme stabilization by glass-derived silicates in glass-exposed aqueous solutions. *Homeopathy* 2010, 99(1):15–24

20 Karatsoreos IN, McEwen BS: Psychobiological allostasis: resistance, resilience and vulnerability. *Trends Cogn Sci* 2011, 15(12):576–584.

21 McEwen BS: Central effects of stress hormones in health and disease: Understanding the protective and damaging effects of stress and stress mediators. *Eur J Pharmacol* 2008, 583(2–3):174–185.

22 Kleijnen J, Knipschild P, ter Riet G (1991). Clinical trials of homeopathy *British Medical Journal*, 302:316–323.

23 Linde K, Clausius N, Ramirez G et al. Are the clinical effects of homeopathy placebo effects? *Lancet* 2005; 366:2081–2082.

24 Shang A, Huwiler-Muntener K, Nartey L, et al. (2005). Are the clinical effects of homeopathy placebo effects? Comparative study of placebo-controlled trials of homeopathy and allopathy. *Lancet*, 366:726–732.

effective. The exception is the review by Shang *et al.*<sup>46</sup> This meta-analysis was controversial, particularly because its conclusions were based on only eight clinical trials whose identity was not disclosed until several months after the publication of the paper, precluding informed examination of its results. **The only undisputed conclusion of this paper is that clinical trials of homeopathy are of higher quality than matched trials of conventional medicine:** of 110 clinical trials, each of homeopathy and conventional medicine, 21 trials of homeopathy but only 9 trials of conventional medicine were of higher quality.<sup>25 26</sup>

A leading Swedish medical researcher remarked: *“To conclude that homeopathy lacks clinical effect, more than 90% of the available clinical trials had to be disregarded. Alternatively, flawed statistical methods had to be applied.”*<sup>27</sup> Higher quality equates to less risk of bias. Mathie *et al* analyzed randomized clinical trials of individualized homeopathy, showing that the highest quality trials yielded positive results.<sup>28</sup>

### **Conclusion**

Homeopathy is geographically widespread and increasing in popularity. Clinical research and syntheses of such research show it to be safe and effective for a range of conditions. Integrating homeopathy in health care systems is associated with benefits including improved outcomes, less use of drugs including antibiotics, and cost benefits.<sup>29</sup>

### **About the Author**

Dr Peter Fisher MD is Director of Research and Consultant Physician at the Royal London Hospital for Integrated Medicine (RLHIM) in London, England. He is accredited (Board Certified) in homeopathy and rheumatology. He is a member of the World Health Organization’s Expert Advisory Panel on Traditional and Complementary Medicine, involved in drafting its Traditional and Complementary Medicine Strategy 2014-2023, and Editor-in-Chief of the international medical journal Homeopathy. He is also Physician to HM Queen Elizabeth II.

**About AIH: The American Institute of Homeopathy is America's oldest medical society. To learn more visit: [www.homeopathyusa.org](http://www.homeopathyusa.org).**

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25 Fisher P, Berman B, Davidson J, Reilly D, Thompson T et al. Meta-analysis of homeopathy. *Lancet* 2005; 366:2083-4.

26 Lütke R, Rutten AL. The conclusions on the effectiveness of homeopathy highly depend on the set of analyzed trials. *J Clin Epidemiol* 2008; 61:1197–1204.

27 Hahn RG. Homeopathy: Meta-Analyses of Pooled Clinical Data. *Forsch Komplementmed* 2013;20:376–381.

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## Homeopathy Can Reduce the Need for Antibiotics in America

Overuse of antibiotics in healthcare and industrial farming practices have led to widespread resistance of infectious bacteria to antibiotic treatment. This has in turn led to increasing mortality due to infection.<sup>1</sup> Although this is a global crisis, highly industrialized nations have led the world in the overuse of these crucial medicines. To address this growing problem it is critical that we reserve their use in livestock for infection rather than for artificial growth, and stop using antibiotics as pesticides. In addition, in health care we can devise and implement a new integrative medicine approach to reduce reliance on antibiotics for less threatening infections. Homeopathy is an important part of this approach, as it is in Switzerland<sup>2</sup>, France<sup>3</sup>, and many other countries around the world. Homeopathy can be integrated into the landscape of medical options as a means of reducing susceptibility to infection, reducing severity of pain and other symptoms during infection, and recovering faster from infection.

### Consequences of antibiotics overuse to individual health

While antibiotic resistant life-threatening infections are a primary driver for addressing this crisis, overuse of antibiotics also has a negative impact to long-term individual health quality. We are just starting to recognize the myriad unintended consequences of the vast amounts of antibiotics in our food supply, including recent discovery of drug-resistant E. Coli in retail chicken breasts potentially being a contributing factor to chronic urinary tract infections in humans.<sup>4</sup> Human overuse of antibiotics leads to the destruction of the gut micro biome, leading to a host of chronic conditions.

### Minimum dose concept in homeopathy

The concept of “less is more” in homeopathic medicine is two-fold. Homeopathic medicines are a subset of ultra-high dilutions. Homeopathic medicines are manufactured in a specific way and chosen to stimulate the body’s own healing response.<sup>5</sup> In homeopathic treatment, the frequency of taking a dose of a homeopathic medicine is minimized, allowing the body’s healing response to be as efficient as possible. When practitioners individually match the homeopathic medicine to the person based on the Law of Similars (as homeopathy was developed), we see the best results. “Minimum dose” is a key principle of homeopathy, and actually maximizes efficacy.

### Scientific studies on homeopathy in reduction of antibiotics

There are many conditions for which homeopathy makes sense to integrate as an effective therapeutic intervention of lesser risk. With specific regard to reduction in antibiotics overuse, there is quite a bit of scientific validation that homeopathy can be as effective or better than antibiotics in resolution of minor infections in humans and animals.

<sup>1</sup> Ventola CL. The Antibiotic Resistance Crisis: Part 1: Causes and Threats. *Pharmacy and Therapeutics*. 2015;40(4):277-283.

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<sup>2</sup> Bornhoft, G., & Matthiessen, P. (2012). *Homeopathy in Healthcare*. Dordrecht: Springer. <https://doi.org/10.1007/978-3-642-20638-2>

<sup>3</sup> Colas, Aurélie, Danno, Karine, Tabar, Cynthia, Ehreth, Jenifer, & Duru, Gérard. (2015). *Economic impact of homeopathic practice in general medicine in France*. (BioMed Central Ltd.) BioMed Central Ltd. <https://doi.org/10.1186/s13561-015-0055-5>

<sup>4</sup> Johnson JR, Porter SB, Johnston B, et al. Extraintestinal Pathogenic and Antimicrobial-Resistant *Escherichia coli*, Including Sequence Type 131 (ST131), from Retail Chicken Breasts in the United States in 2013. Schaffner DW, ed. *Applied and Environmental Microbiology*. 2017;83(6):e02956-16. doi:10.1128/AEM.02956-16. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5335>

<sup>5</sup> Bell IR, Schwartz GE. Adaptive network nanomedicine: an integrated model for homeopathic medicine. *Frontiers in Bioscience (Scholar Ed.)*. 2013;5(2):685-708. <https://www.ncbi.nlm.nih.gov/pubmed/23277079>



## Otitis media

In addition to contributing to the crisis of antibiotic resistant microbes, antibiotics overuse has led to compromised immune systems in part because of micro biome disruption.<sup>6</sup> This can be particularly problematic for children, whose immune system and micro biomes are still developing.

A trial of 230 children showed that individually chosen homeopathic remedies resulted in rapid resolution of pain from otitis media in the majority of children within 12 hours.<sup>7</sup> *The improvement from homeopathic treatment was 2.4 times faster than in children prescribed a placebo, utilizing data from an earlier meta-analysis for placebo time compared with conventional medical treatment. The cost of the homeopathic medicine was 14% less than antibiotic treatment.*

An earlier preliminary study of children with acute otitis media showed homeopathy compared to placebo resulted in fewer treatment failures over 5 days, 2 weeks, and 6 weeks, with differences of 11.4, 18.4, and 19.9%, respectively, but these differences were not statistically significant. Diary scores showed a significant decrease in symptoms at 24 and 64 hours after treatment in favor of homeopathy ( $P < 0.05$ ).<sup>8</sup>

## Upper respiratory infection

One of the main causes for overuse of antibiotics is upper respiratory tract infections. A multinational comparative effectiveness study for acute respiratory problems resulted in *82.6% response for homeopathy compared to 68% for conventional treatment* after 14 days. A replication of this study included 1,577 patients, of whom 857 received homeopathic and 720 conventional treatment: *improvement was significantly faster with homeopathy.*<sup>9,10</sup>

A nationwide study in France, the EP13 study, included 6,379 patients from 804 medical practices comparing treatment outcomes for patients attending conventional, homeopathic, and mixed practice family physicians. Chief complaints were musculoskeletal conditions, upper respiratory tract infection, sleep disorders, anxiety, and depression. *Patients in the homeopathic group had longer times between recurrence of their chief complaint. Patients who consulted family physicians certified in homeopathy used significantly less antibiotics (and antipyretic/anti-inflammatory drugs) for upper respiratory tract infections than those who attended conventional physicians with similar outcomes.*<sup>11</sup>

<sup>6</sup> Koji Watanabe, Carol A. Gilchrist, Md Jashim Uddin, Stacey L. Burgess, Mayuresh M. Abhyankar, Shannon N. Moonah, Zannatun Noor, Jeffrey R. Donowitz, Brittany N. Schneider, Tuhinur Arju, Emtiaz Ahmed, Mamun Kabir, Masud Alam, Rashidul Haque, Patcharin Pramoonjago, Bornha Mehrad, William A. Petri. Microbiome-mediated neutrophil recruitment via CXCR2 and protection from amebic colitis. *PLOS Pathogens*, 2017; 13 (8): e1006513 <https://doi.org/10.1371/journal.ppat.1006513>

<sup>7</sup> Frei H, Thurneysen A. Homeopathy in acute otitis media in children: treatment effect or spontaneous resolution? *Br Homeopath J*. 2001 Oct;90(4):180-2. PubMed PMID: 11680801. <https://doi.org/10.1054/homp.1999.0505>

<sup>8</sup> Jacobs J, Springer DA, Crothers D. Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial. *Pediatr Infect Dis J* 2001; 20: 177–183.

[https://journals.lww.com/pidj/Abstract/2001/02000/Homeopathic\\_treatment\\_of\\_acute\\_otitis\\_media\\_in.12](https://journals.lww.com/pidj/Abstract/2001/02000/Homeopathic_treatment_of_acute_otitis_media_in.12)

<sup>9</sup> Riley D, Fischer M, Singh B, et al. (2001). Homeopathy and Conventional Medicine: An Outcomes Study Comparing Effectiveness in a Primary Care Setting. *Journal of Alternative and Complementary Medicine*, 7:149–159. <https://www.ncbi.nlm.nih.gov/pubmed/11327521>

<sup>10</sup> Haidvogel M, Riley D, Heger M et al. 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; 7: 7. <https://bmccomplementalternmed.biomedcentral.com/articles/10.1186/1472-6882-7-7>

<sup>11</sup> Grimaldi-Bensouda L, Begaud B, Rossignol M, Avouac B, Lert F, et al. (2014) Management of Upper Respiratory Tract Infections by Different Medical Practices, Including Homeopathy, and Consumption of Antibiotics in Primary Care: The EPI3 Cohort Study in France 2007–2008. *PLoS ONE* 9(3): e89990. <https://doi.org/10.1371/journal.pone.0089990>

## Sinusitis and rhinitis

A double-blind placebo controlled study of a homeopathic combination formula in the treatment of acute rhinosinusitis. In the homeopathy patients, a *reduction in sinusitis symptoms after 7 days (0 – 20 scale) from 12.1 +/- 1.6 to 5.9 +/-2.0 points after 7 days. In the placebo group it decreased from 11.7+/-1.6 to 11.0+/-2.9 points (p<0.0001) Over the 21 day study, the homeopathic group had freedom from sinus symptoms in 90.3% of the patients, and reduction in another 8.3%. The placebo group over the same time had symptoms remaining unchanged or worse for 88.9% of patients.*<sup>12</sup>

Another study, a prospective, randomized, double-blind, placebo-controlled, multicenter phase III clinical trial of the same combination formula was conducted over 22 days with an 8 week post-treatment observational phase. *The homeopathic formula caused a significant reduction in the Sinus Severity Score compared with placebo on day 7 (5.8 +/- 2.3 [6.0] points vs. 2.3 +/- 1.8 [2.0] points; P < .0001). On day 21, 39 (68.4%) patients on homeopathic medication had a complete remission of symptoms compared with five (8.9%) placebo patients.*<sup>13</sup>

In an uncontrolled clinical trial of 119 patients suffering from clinical signs of acute sinusitis were treated using a homeopathic combination formula. Typical sinusitis symptoms, such as headache, pressure pain, and cough, were reduced after a mean of 4.1 days of treatment. Ninety-nine received only a homeopathic medication, 20 patients were able to discontinue concomitant medication at the first visit, and only one patient needed antibiotics. Average duration of treatment was 2 weeks. At the end of treatment 81.5 % described themselves as symptom-free or significantly improved.<sup>14</sup>

A multi-centric observational study of 628 patients suffering from chronic sinusitis (CS) was conducted in India at its Institutes and Units of the Central Council for Research in Homoeopathy using individualized homeopathic remedies (selected from a pre-selected 17). *There was a statistically significant reduction in Chronic Sinusitis Assessment Score (CSAS) (P = 0.0001) after 3 and 6 months of treatment, as well as improvement in radiological scan.*<sup>15</sup>

Another comparison of homeopathic and conventional family physician's outcomes in chronic health issues including sinusitis, headache, low back pain, depression, insomnia, atopic dermatitis and rhinitis found that *patients who sought homeopathic treatment had better outcomes at similar cost to conventional care.*<sup>16</sup>

<sup>12</sup> Friese, KH. & Zabolotnyi, D.I. HNO (2007) 55: 271. <https://doi.org/10.1007/s00106-006-1480-x>

<sup>13</sup> Zabolotnyi, D. I., Kneis, K. C., Richardson, A., Rettenberger, R., Heger, M., Kaszkin-Bettag, M., & Heger, P. W. (January 01, 2007). Efficacy of a Complex Homeopathic Medication (Sinfrontal) in Patients with Acute Maxillary Sinusitis: A Prospective, Randomized, Double-Blind, Placebo-Controlled, Multicenter Clinical Trial. *Explore: the Journal of Science and Healing*, 3, 2, 98-109. [https://www.explorejournal.com/article/S1550-8307\(06\)00563-5/fulltext](https://www.explorejournal.com/article/S1550-8307(06)00563-5/fulltext)

<sup>14</sup> Adler M. Efficacy, safety of a fixed-combination homeopathic therapy for sinusitis. *Adv Ther* 1999; 16: 103–111. <https://www.ncbi.nlm.nih.gov/pubmed/10539378>

<sup>15</sup> Nayak, C., Singh, V., Singh, V. P., Oberai, P., Roja, V., Shitanshu, S. S., Sinha, M. N., ... Mathew, G. (April 01, 2012). Homeopathy in chronic sinusitis: a prospective multi-centric observational study. *Homeopathy*, 101, 2, 84-91. <https://www.thieme-connect.com/DOI/DOI?10.1016/j.homp.2012.02.002>

<sup>16</sup> Witt C, Keil T, Selim D, et al. (2005). Outcome and costs of homeopathic and conventional treatment strategies: a comparative cohort study in patients with chronic disorders. *Complementary Therapies in Medicine*, 13:79-86. <https://www.sciencedirect.com/science/article/pii/S0965229905000221?via%3Dihub>

## Other kinds of infection

Homeopathy can be useful in most kinds of infection.

There are high quality trials confirming homeopathy can be utilized complementarily to lessen recurrent tonsillitis and to reduce the need for antibiotics for acute throat infections.<sup>17</sup> Integrating homeopathy with conventional care under University of Vienna hospital physician supervision was shown to greatly improve survival rates of severe sepsis compared to placebo.<sup>18</sup> In most of the clinical trials conducted, homeopathic medicines show promise in reducing the need for antimicrobial treatment of cow herds.<sup>19, 20</sup>

## Conclusion

Homeopathy is a safe and effective medicine that Americans want. We should look to the countries that have already successfully integrated CAM including homeopathy for inspiration on how we can bring effective homeopathic treatment to all Americans who can benefit. Homeopathy has demonstrated great potential to greatly reduce the need for antibiotics. It's our responsibility to pursue such a promising option for the health of our country, and for the integrity of antibiotics as a treatment option.

### *About the author*

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<sup>17</sup> Palm, J., Kishchuk, V. V., Ulied, A., Fernández, J. P., De, J. S., Jong, M. C., Keller, T., ... TocTo Research Group. (January 01, 2017). Effectiveness of an add-on treatment with the homeopathic medication SilAtro-5-90 in recurrent tonsillitis: An international, pragmatic, randomized, controlled clinical trial. *Complementary Therapies in Clinical Practice*, 28, 181-191. <https://www.sciencedirect.com/science/article/pii/S1744388117301597?via%3Dihub>

<sup>18</sup> Frass M, Linkesch, M, Banjya, 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;94:75–80. <http://www.ncbi.nlm.nih.gov/pubmed/15892486>

<sup>19</sup> Stevens, M., Piepers, S., & De, V. S. (January 01, 2016). Mastitis prevention and control practices and mastitis treatment strategies associated with the consumption of (critically important) antimicrobials on dairy herds in Flanders, Belgium. *Journal of Dairy Science*, 99, 4, 2896-2903. [https://www.journalofdairyscience.org/article/S0022-0302\(16\)00148-X/fulltext](https://www.journalofdairyscience.org/article/S0022-0302(16)00148-X/fulltext)

<sup>20</sup> Hektoen, L., Larsen, S., Odegaard, S. A., & Loken, T. (December 01, 2004). Comparison of Homeopathy, Placebo and Antibiotic Treatment of Clinical Mastitis in Dairy Cows - Methodological Issues and Results from a Randomized-clinical Trial. *Journal of Veterinary Medicine Series A*, 51, 439-446. <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1439-0442.2004.00661.x>

## Homeopathy for Opioid Addiction and Pain Management

Homeopathy is a holistic modality that effectively addresses many of the underlying causes responsible for ongoing pain, often enabling the resolution of acute and chronic pain syndromes. Managing pain in a homeopathic manner is associated with the opportunity to resolve these states, rather than simply suppressing them with addictive pain medicines, which is so often the *modus operandi* of most conventional management strategies.<sup>1</sup>

### The Opioid Addiction Crisis: How Homeopathy Can Help

Homeopathy has tremendous potential to help with opioid addiction, which is one of our nation's largest healthcare crises. Not only are there many homeopathic medicines that address pain effectively, but homeopathy has the potential to help those who are addicted to both drugs and alcohol successfully and safely detox while remaining sober.<sup>2</sup> According to the Centers for Disease Control and Prevention (CDC), more than 70,000 individuals have died from drug overdoses in the U.S. over the last year.<sup>3</sup> This represents an increase of nearly 10% since 2017 and 24% since 1999.<sup>4</sup> Major increases in death rates have been noted in more than 23 states.

Many of these deaths were among those who had recently “detoxed” from drugs and were in the process of transitioning into a non-drug life style. What many fail to realize is that once addicted to drugs (alcohol, heroin, other opioids, cocaine, methamphetamine, tobacco, or cannabis) the body's production of neurotransmitters in the brain is suppressed. Recovery of these neurotransmitters to their normal levels takes many months after drug use is discontinued and the drugs have left the body. A balanced neurotransmitter system is essential for comfortable and productive living. Medical detoxification programs typically last 3-5 days, which is long enough for the drugs to leave the body, but not long enough for the nervous system to adjust neurotransmitter levels back to healthy and comfortable levels.

This delayed recovery, which is called “PAWS,” (Post Acute Withdrawal Syndrome)<sup>5</sup> was first identified in 1959 as a condition that plagues the recovering addict with sleeplessness, irritability, multiple physical and emotional symptoms, and severe cravings for drugs, often with a continual obsessing and fixation on drug usage.<sup>6</sup> This condition can vary in intensity, fluctuating hourly in early recovery and then intermittently over the next 6 months to 2 years as sobriety continues.<sup>7</sup>

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<sup>1</sup> Whitmont RD. The Opioid Epidemic. *Am J Homeop Med* 2017;110(4):26-30.

<sup>2</sup> Bakshi, JPS, "Homoeopathy: a new approach to detoxification," *J OMHI* (International Homeopathic Medicine Organization) 1993; 6(2):24-32 in *Am J Homeop Med* (Spring) 2003.

<sup>3</sup> <https://www.cdc.gov/drugoverdose/data/statedeaths.htm>

<sup>4</sup> <https://www.cdc.gov/drugoverdose/data/statedeaths.html>

<sup>5</sup> Kissin B, Schenker V, Schenker A. The acute effects of ethyl alcohol and chlorpromazine on certain physiological functions in alcoholics. *Q J Stud Alcohol* 1959;20:480-92.

<sup>6</sup> Wellman M. The late withdrawal symptoms of alcoholic addiction. *Can Med Assoc J* 1954;70(5):526-9.

<sup>7</sup> DeSoto CB, O'Donnell WB, Allred WJ, et al. Symptomatology in alcoholics at various stages of abstinence. *Alcohol Clin Exp Res* 1985 Dec;9(6):505-12.

<sup>6</sup> Bakshi, JPS, op cit.

<sup>7</sup> Rogers J., Homeopathy and the treatment of alcohol related problems. *Complement Ther Nurs Midwifery* 1997;3(1):21-8.

One formal research study and two observational studies completed in Boston, MA indicate the benefits of homeopathic medicine in the treatment of post-acute withdrawal syndrome. The completion rate in these two projects was twice as high in the homeopathic treatment group compared with the conventional group (66% versus 33% in the first, and 63% versus 37% in the second). No adverse events were reported in either of these cohorts.<sup>8</sup>

Two studies performed, one in a 6-month treatment facility,<sup>9</sup> and another in a 28-day treatment program,<sup>10</sup> found that clients who choose to utilize homeopathic treatment experienced fewer cravings, stabilized in treatment, and completed treatment twice as often as those who chose not to utilize homeopathy in their treatment. A dramatic reduction in PAWS was seen in the clients who chose to utilize homeopathic treatment. The reduction in PAWS provides a clear indication that homeopathy is a useful and inexpensive adjunct modality, even when used alongside conventional medical detoxification.

The symptoms of craving and obsessing about drug use are particularly intense, and tend to trigger relapses in the form of a return to drug use. An important factor that contributes to the increased risk of death is that the detoxification process increases sensitivity to the drug, which means that vulnerability to overdose is much greater during and after detox. As a result, any return to opioid use that doesn't account for this sensitivity is much more dangerous since it easily overwhelms the body and results in overdose. Death can result from using the same amount of drug that had been used and tolerated before detox simply because the body became more sensitive and vulnerable to it.

Research has shown that the use of homeopathic medicines can dramatically reduce drug cravings and obsessions and allow recovering addicts to progress beyond this immediate period more easily, and safely move into health and recovery.<sup>11,12,13</sup>

Animal studies using homeopathic medicines have shown a statistically significant reduction in alcohol seeking,<sup>14</sup> stress,<sup>15</sup> and anxiety,<sup>16</sup> which are all early recovery symptoms that frequently trigger deadly relapses.

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<sup>8</sup> Butehorn L. Post-acute withdrawal syndrome, relapse prevention, and homeopathy. *Alt Comp Therapies* 2017;23(6). doi.org/10.1089/act.2017.29139.lbu

<sup>9</sup> Butehorn L, Gumz P, Randolph L. Nux vomica, the Arnica of Recovery from Addiction: An Exploratory Study of the Use of Homeopathy in the Reduction of Post-Acute Withdrawal Syndrome in Addiction Treatment. *Homeopathic Links* 2015; 28(01): 054-056. DOI: 10.1055/s-0035-1544202

<sup>10</sup> Butehorn L, Gumz P, Randolph L (2017) Use of Homeopathic Nux Vomica in Reducing PAWS (Post acute withdrawal syndrome) in Early Recovering Addicted Women. *Int J Complement Alt Med Int J Complement Alt Med* 6(4): 00197. DOI: [10.15406/ijcam.2017.06.00197](https://doi.org/10.15406/ijcam.2017.06.00197)

<sup>11</sup> Bakshi, JPS, op cit.

<sup>12</sup> Rogers J., Homeopathy and the treatment of alcohol related problems. *Complement Ther Nurs Midwifery* 1997;3(1):21-8.

<sup>13</sup> Sukul A, Sarkar P, Sinhababu SP, et al. Altered solution structure of alcoholic medium of potentized Nux Vomica underlies its antialcoholic effect. *Br Homeopath J* 2000;89(2):73-77.

<sup>14</sup> Sukul NC, Ghosh S, Sinhababu SP, et al. Strychnos Nux Vomica extract and its ultra high dilution reduce voluntary ethanol intake in rats. *J Altern Com Med* 2001 Apr;7(2):187-93.

<sup>15</sup> Pinto SA, Bohland E, Coelho Cde P, et al, An animal model for the study of Chamomilla in stress and depression: pilot study. *Homeopathy* 2008; 97(3):141-4. doi: 10.1016/j.homp.2008.04.001.

<sup>16</sup> Bellavite P, Magnani P, Zanolin E, et al, Homeopathic Doses of Gelsemium sempervirens Improve the Behavior of Mice in Response to Novel Environments. *Evid Based Complement Alternat Med* 2011;2011:362517. doi: 10.1093/ecam/nep139. Epub 2011 Feb 15.

Depression,<sup>17</sup> grief,<sup>18</sup> and the residual symptoms of post-concussive syndrome,<sup>19</sup> a condition with many features similar to the very early stages of recovery from addiction, have demonstrated benefit from homeopathic treatment.

The use of homeopathy as a complete treatment for drug addiction has not been extensively studied. However, in a recent randomized, double-blinded trial homeopathy was associated with a significant reduction in the number of days of cocaine use.<sup>20</sup> Although homeopathy has not played a significant role as an adjunct modality in the medical treatment of addictive illness until recently, homeopathy has been employed as an effective treatment modality for opioid addiction both in India,<sup>21</sup> and in the UK.<sup>22</sup> Research strongly suggests it may provide an important, cost-effective, powerful and welcome tool in managing the current opioid crisis safely. A vast trove of historical data, animal studies, laboratory data and current addiction treatment data suggests that homeopathy may be efficacious as a valuable resource in the current opioid epidemic.

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<sup>17</sup>Davidson JR, Gaylord S. Homeopathic and psychiatric perspectives on grief. *Altern Ther Health Med* 1998;4(5):30-5.

<sup>18</sup> Davidson JR, Morrison RM, Davidson RT, et al. Homeopathic treatment of depression and anxiety. *Altern Ther Health Med* 1997;3(1):46-9.

<sup>19</sup> Chapman EH, Weintraub RJ, Milburn MA, et al. Homeopathic Treatment of Mild Traumatic Brain Injury: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *J Head Trauma Rehab* 1999;14(6):521-542.

<sup>20</sup> Adler UC, Acorinte AC, Calzavro SO, et al. Double-blind evaluation of homeopathy on cocaine craving: a randomized controlled pilot study. *J Integr Med*. 2018;16(3):178-184. doi: 10.1016/j.joim.2018.03.004. Epub 2018 Mar 30.

<sup>21</sup> Bakshi, JPS, op cit.\

<sup>22</sup> Jack RA. Treatment of Opium Addiction. *Br Med J*. 1971 Oct 2; 4(5778): 48. doi: [10.1136/bmj.4.5778.48-a](https://doi.org/10.1136/bmj.4.5778.48-a)

## Homeopathy for Pain Management

Pain management is considered “the leading edge” of CAM modalities with respect to integration into conventional health care in the US.<sup>23,24</sup> Several textbooks detail the homeopathic treatment of pain syndromes.<sup>25,26</sup>

A large-scale study in France demonstrated 50% reduced use of NSAIDs and significantly less use of opioids when homeopathic medicines were prescribed by conventional trained primary care physicians. Long term results, measured by pain reduction and quality of life were significantly improved with the use of homeopathy.<sup>27</sup> Results suggest that homeopathic medicines act faster than conventional pain medications while reducing the need for them,<sup>28,29</sup> without any of the associated dangers of dependence or withdrawal effects.<sup>30</sup> Homeopathy is superior to placebo in reducing pain in many medical conditions including endometriosis,<sup>31</sup> joint pain and stiffness,<sup>32</sup> and hemorrhoids.<sup>33</sup>

## Homeopathic Medicines for Specific Pain Conditions

### Post-Surgery/Post-Dental Extraction Pain Management

The use of Arnica both pre- and post-operatively reduces bruising, swelling, soreness and pain.<sup>34,35</sup> Other homeopathic medicines are useful in the augmentation of wound healing, reduced scarring, prevention of infection and palliation of nerve pain and prevention of radiation burns.<sup>36,37</sup>

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<sup>23</sup>Weeks J. Academic group leads change for hospitals in integrative pain treatment priorities. Integrator #169, Feb. 28, 2017 accessed at <https://www.integrativepractitioner.com/whats-new/news-and-commentary/academic-group-leads-change-hospitals-integrative-pain-treatment-priorities/> on March 15, 2017.

<sup>24</sup>American College of Physicians. Noninvasive treatments for acute, subacute, and chronic low back pain: a clinical practice guideline from the American College of Physicians. *Annals of Internal Medicine Clinical Guidelines* 14 February 2017.

<sup>25</sup>Loes M, Ullman D. Homeopathy. In: Boswell MV, Cole BE eds. *Weiner’s Pain Management: A Practical Guide for Clinicians*. 7th edition, New York: Taylor and Francis, 2006

<sup>26</sup>Whitmont RD, Mamtani R. *Homeopathy and Chronic Pain*, Chapter 17 in *Complementary and Integrative Medicine in Pain Management*, Weintraub MI, Mamtani R, Micozzi MS, eds. Springer, NY. 2008: 337 – 368.

<sup>27</sup>Rossignol M, Begaud B, Engel P et al. Impact of physician preferences for homeopathic or conventional medicines on patients with musculoskeletal disorders: results from the EP13-MSD cohort. *Pharmacoepidemiol Drug Saf* 2012 Oct;21(10):1093-101.

<sup>28</sup>Friese KH, Kruse S, Moeller H. The homeopathic treatment of otitis media in children—comparisons with conventional therapy. *Int J Clin Pharmacol Ther* 1997 Jul;35(7):296-301.

<sup>29</sup>Robertson A, Suryanarayanan R, Banerjee A. Homeopathic Arnica montana for post-tonsillectomy analgesia: a randomised placebo control trial. *Homeopathy* 2007 Jan;96(1):17-21.

<sup>30</sup>American Pharmacists Association Handbook of Non-Prescription Drugs. Washington, DC: American Pharmacists Association, 15<sup>th</sup> edition.

<sup>31</sup>Teixeira MZ, Podgaec S, Baracat EC. Potentized estrogen in homeopathic treatment of endometriosis pelvic pain: a 24-week, randomized, double-blind, placebo-controlled study. *Eur J Obstet Gynecol Reprod Biol* 2017 Apr;211:48-55.

<sup>32</sup>Karp JC, Sanchez C, Guilbert P et al. Treatment with Ruta graveolens 5CH and Rhus toxicodendron 9CH may reduce joint pain and stiffness linked to aromatase inhibitors in women with early breast cancer: results of a pilot observational study. *Homeopathy* 2016 Nov;105(4):299-308.

<sup>33</sup>Das KD, Ghosh S, Das AK et al. Treatment of hemorrhoids with individualized homeopathy: an open observational pilot study. *J Intercult Ethnopharmacol* 2016 Jun 25;5(4):335-342.

<sup>34</sup>Robertson A, Suryanarayanan R, Banerjee A, op.cit.

<sup>35</sup>Iannitti T, Morales-Medina JC, Bellavite P, et al. Effectiveness and safety of Arnica Montana in post-surgical setting, pain, and inflammation. *Am J Ther* 2016 Jan-Feb;23(1):e184-97.

<sup>36</sup>Pommier P, Gomez F, Sunyach MP et al. Phase III randomized trial of Calendula officinalis compared with trolamine for the prevention of acute dermatitis during irradiation for breast cancer. *J Clin Oncol*. 2004 Apr 15;22(8):1447-53

<sup>37</sup>Hostanska, K., Rostock, M., Melzer, J., et al. A homeopathic remedy from arnica, marigold, St. John's wort and comfrey accelerates in vitro wound scratch closure of NIH 3T3 fibroblasts. *BMC Complement Altern Med* 2012; 12:100.

Homeopathic treatment is effective in a wide range of clinical scenarios including toothache, burning mouth syndrome and trigeminal neuralgia.<sup>38</sup> The homeopathic medicines have been shown to demonstrate particular affinity and benefit with respect to nerve pain,<sup>39</sup> pain and swelling after placement of dental implants with and without the use of conventional pain medications.<sup>40</sup>

Homeopathic treatment has been found to be successful in helping 58% of patients avoid a root canal surgery, tooth extraction and pulp capping procedures in at least one small study.<sup>41</sup>

## Fractures

Homeopathy has been found to speed bone healing while reducing the need for analgesics after fractures.<sup>42</sup>

## Labor pain

The homeopathic medicines reduce labor pain without any side effects in either mother or infant.<sup>43,44</sup>

## Trigeminal neuralgia

In a four-month study of the homeopathic treatment of trigeminal neuralgia, known as the “suicide disease”, significant reductions of pain (60%) were achieved.<sup>45</sup>

## Back pain and other musculoskeletal disorders

A year-long study performed in France compared patients with a variety of musculoskeletal disorders, including osteoarthritis, rheumatism, fibromyalgia, muscle spasms, tendinitis, rotary cuff syndrome, ankylosing spondylitis, intervertebral disc disorders, neck pain, torticollis, and spinal stenosis. The homeopathic treated patients used 25% fewer narcotics and half as many NSAIDs as the conventionally treated group. There were fewer adverse events in the homeopathic treatment

<sup>38</sup>Eames S, Darby P. Homeopathy and its ethical use in dentistry. *Brit Dent J* 2011 April 9;210(7): 299-301.

<http://www.nature.com/bdj/journal/v210/n7/pdf/sj.bdj.2011.237.pdf> FIX

<sup>39</sup>Raak C, Bussing A, Gssmann G et al. A systematic review and meta-analysis on the use of Hypericum perforatum (St. John’s Wort) for pain conditions in dental practice. *Homeopathy* 2012 Oct;101(4):204-10.

<sup>40</sup>Mazzocchi A, Montanaro F. Observational study of the use of Symphytum 5CH in the management of pain and swelling after dental implant surgery. *Homeopathy* 2012 Oct;101(4):211-6.

<sup>41</sup>Hamre HJ, Mittag I, Glockmann A et al. Pulpa dentis D30 for acute reversible pulpitis: a prospective cohort study in routine dental practice. *Altern Ther* 2011 Jan/Feb;17,1:16-21.

<sup>42</sup>Sharma S, Sharma N, Sharma R. Accelerating the healing of bone fracture using homeopathy: a prospective, randomized double-blind controlled study. *BMC Complement Altern Med* 2012; 12(Suppl 1):O61.

<sup>43</sup>Eid P, Felisi E, Sideri M. Applicability of homoeopathic caulophyllum thalictroides during labour. *Brit Hom J* 1993;82(4):245-248.

<sup>44</sup>Eid P, Felisi E, Sideri M. Super-placebo ou action pharmacologique? Une étude en double aveugle, randomisée avec un remède homéopathique (Caulophyllum thalictroides) dans le travail d’accouchement. Proceedings of the 5<sup>th</sup> Congress for Homeopathic Medicine, Paris, France, 1994.

<sup>45</sup>Mojaver YN, Mosavi F, Mazaherinezhad A, et al. Individualized homeopathic treatment of trigeminal neuralgia: an observational study. *Homeopathy* 2007;96(2):82-86.



group, but no differences in specific functional scores or loss of therapeutic opportunity. Patients in the homeopathic cohort tended to have more longstanding chronic conditions before treatment.<sup>46</sup>

A two-year multicenter study performed in Germany with patients receiving individualized professional homeopathic treatment for chronic low back pain revealed that disease severity was significantly reduced along with utilization of conventional treatments and health services. Quality of life in the homeopathic treatment group improved significantly, both in physical and mental component scales.<sup>47</sup>

Studies in Europe demonstrate homeopathy provides superior relief from back pain when compared with placebo, and generates fewer adverse events.<sup>48,49,50</sup>

## Rheumatology

Rheumatic conditions also demonstrate promising results when treated homeopathically.<sup>51,52,53</sup>

## Palliation in Cancer Therapy

Homeopathy has a distinct role in palliative cancer care for those who suffer from pain. Homeopathy works well alongside conventional therapeutics including opioid medications.<sup>54,55</sup>

## General Health Maintenance

Homeopathy is a holistic form of treatment that increases overall health and wellbeing by stimulating self-healing, homeostatic mechanisms in the body. Pain control and resolution are frequent “side-effects” of healing that is initiated by homeopathic treatment. Many studies have focused on the clinical effects of homeopathic treatment in a variety of conditions that are inherently

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<sup>46</sup>Rossignol M op cit.

<sup>47</sup>Witt CM, Ludtke R, Baur R, Willich SN. Homeopathic treatment of patients with chronic low back pain: a prospective observational study with 2 years' followup. *Clin J Pain* 2009 May;25(4):334-9.

<sup>48</sup>Beer AM, Fey S, Zimmer M et al. [Effectiveness and safety of a homeopathic drug combination in the treatment of chronic low back pain: a double-blind, randomized, placebo-controlled clinical trial.] *MMW Fortschr Med* 2012 Jun 28;154 Suppl 2:45-57. [Article in German]

<sup>49</sup>Stam C, Bonnet MS, van Haselen RA. The efficacy and safety of a homeopathic gel in the treatment of acute low back pain: a multi-centre, randomized, double-blind comparative clinical trial. *Brit Hom J* 2001;90:21-28.

<sup>50</sup>Morris M, Pellow J, Solomon EM, Tsele-Tebakang T. Physiotherapy and a homeopathic complex for chronic low back pain due to osteoarthritis: a randomized, controlled pilot trial. *Altern Ther Health Med* 2016 Jan-Feb;22(1):48-56.

<sup>51</sup>Bell IR, Lewis DA, Brooks AJ, et al. Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo. *Rheumatology (Oxford)* 2004 May;43(5):577-82. Epub 2004 Jan 20

<sup>52</sup>Fisher P, Greenwood A, Huskisson EC, et al. Effect of homeopathic treatment on fibrositis (primary fibromyalgia). *BMJ* 1989; 299(6695): 365–366. doi: [10.1136/bmj.299.6695.365](https://doi.org/10.1136/bmj.299.6695.365)

<sup>53</sup>Perry R, Terry R, Ernst E. A systematic review of homoeopathy for the treatment of fibromyalgia. *Clin Rheum* 2010;29(5):457-64. doi: [10.1007/s10067-009-1361-2](https://doi.org/10.1007/s10067-009-1361-2). Epub 2010 Jan 23.

<sup>54</sup>Frass M, Friehs H, Thallinger C, et al. Influence of adjunctive classical homeopathy on global health status and subjective wellbeing in cancer patients - A pragmatic randomized controlled trial. *Complement Ther Med* 2015;23(3):309-17. doi: [10.1016/j.ctim.2015.03.004](https://doi.org/10.1016/j.ctim.2015.03.004). Epub 2015 Mar 23.

<sup>55</sup>Briscoe J. Effects of complementary therapies in cancer care. *Nurs Times* 2013;109(41):18-20.

painful. Measures of patient satisfaction, improved quality of life and overall emotional and psychological improvement reflect the nature of this type of treatment and indirectly account for pain resolution. Pain relief is only a single component of these clinical trials secondary to the healing of the underlying painful condition.<sup>56,57,58,59,60</sup>

In summary, homeopathy holds tremendous potential in the treatment of pain related conditions and in the management of opioid dependence and safe detoxification. Further research in both these clinical areas is certainly warranted. Public health benefits gained from utilizing homeopathic medicine include superior efficacy, lower cost, greater safety and higher patient satisfaction.

### ***About the Authors***

*Burke Lennihan, RN, CCH has worked in holistic health care since graduating from Harvard University in 1974. She co-founded the Renaissance Institute of Classical Homeopathy and subsequently directed Teleosis School of Homeopathy. Lennihan co-authored Cough Cures with distinguished pulmonologist Gustavo Ferrer, MD and co-authored a book on holistic animal care with Margo Roman, DVM, while her own Your Natural Medicine Cabinet educates the public about home care with homeopathy. She has edited several standard reference works in homeopathy including Yasgur's Dictionary and Hahnemann Revisited, a textbook for professionals.*

*Loretta Butehorn PhD CCH, RSHom (NA), Homeopathy Fellow of the British Institute is a licensed psychologist and certified homeopath. She has worked in the addiction field since 1980 and consults to a variety of substance abuse treatment centers in New England. She has been consultant to the Department of Health, Bureau of Substance Abuse in Massachusetts and recently retired from the faculty of Boston College. Dr. Butehorn is a former Board Member on the Council for Homeopathic Certification and a current Board Member of the National Center for Homeopathy. Dr. Butehorn is Director of The Sidewalk, a pro bono homeopathic clinic for the homeless.*

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<sup>56</sup> Bornhoft G, Wolf U, von Ammon K, et al. Effectiveness, safety and cost-effectiveness of homeopathy in general practice - summarized health technology assessment. *Forsch Komplementmed* 2006;13 Suppl 2:19-29. Epub 2006 Jun 26.

<sup>57</sup> 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.

<sup>58</sup> Witt CM, Ludtke R, Baur R, et al. Homeopathic medical practice: long-term results of a cohort study with 3981 patients. *BMC Public Health* 2005 Nov 3;5:115.

<sup>59</sup> Van Wasserhoven M, Ives G. An observational study of patients receiving homeopathic treatment. *Homeopathy* 2004 Jan;93(1):3-11.

<sup>60</sup> Witt C, Keil T, Selim D, et al. 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.

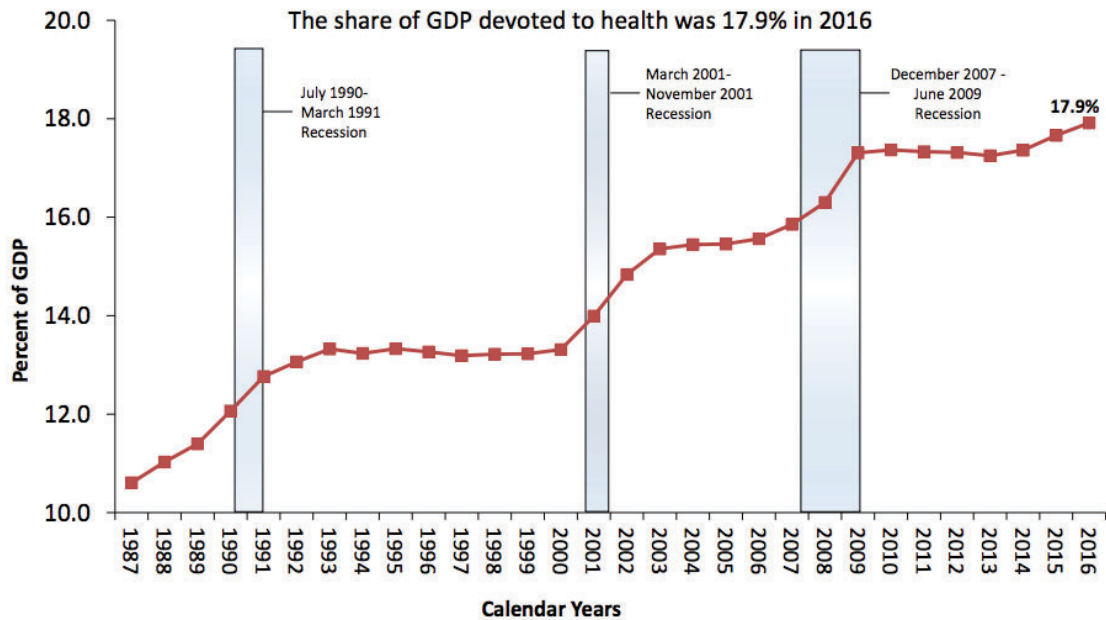
## Homeopathy's Role in Addressing Healthcare Costs

### United States Healthcare Costs - At a Glance

In 2016 U.S. health care spending increased 4.3% to reach \$3.3 trillion (\$10,348 per person) or 17.9% of the U.S. gross domestic product (GDP)- up from 17.7 percent in 2015. Physician and clinical services accounted for 20% (\$664.9 billion) and prescription drugs accounted for 10% (\$328.6 billion) of this total.<sup>1</sup>

U.S. healthcare spending continues to rise in proportion to the GDP (see infographic below).<sup>2</sup>

### National Health Expenditures as a Share of Gross Domestic Product, 1987-2016



In 2016, the United States spent nearly twice as much as any of the ten highest-income countries in the world on healthcare. U.S. healthcare simply does not measure up or compare favorably with any of these other nations in terms of healthcare statistics: The U.S. has the highest percentage of obese and overweight adults, the lowest life expectancy, and one of the highest infant mortality rates of any developed nation on earth.<sup>3</sup>

<sup>1</sup> Centers for Medicare & Medicaid Services. <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/Downloads/highlights.pdf>

<sup>2</sup> Centers for Medicare & Medicaid Services, Office of the Actuary, National Health Statistics Group; U.S. Department of Commerce, Bureau of Economic Analysis and National Bureau of Economic Research, Inc. Accessed from: <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/Downloads/NHE-Presentation-Slides.pdf>

<sup>3</sup> Papanicolas I, Woskie LR, Jha AK. Health Care Spending in the United States and Other High-Income Countries. *JAMA* 2018;319(10):1024-1039. doi:10.1001/jama.2018.1150. <https://jamanetwork.com/journals/jama/article-abstract/2674671>

These out-of-control healthcare costs combined with poorer than average outcomes is part of an unsustainable trend that must be altered. The use of integrative strategies in medicine, and homeopathy in particular, would help reverse this trend and return U.S. healthcare to quality and longevity. Most European nations already integrate homeopathy into their national health care programs, with program-wide beneficial results that include lower cost and improved quality outcomes.

### **Initiatives on The Hill**

In March 2018 the first-ever bi-partisan Congressional Integrative Health and Wellness Caucus convened to provide education and stimulate legislative change in integrative healthcare.<sup>4</sup> Staving off the rising trend of unsustainable healthcare costs is an extremely important public health concern and further exploration into the use of alternatives is being encouraged on Capitol Hill.

### **Public Health Burden and Costs of Illness**

There are many cost burdens and public health crises affecting American healthcare. Two of these burdens are related to chronic pain management and antibiotic resistance. In 2010 the annual cost of pain management was greater than the annual costs of heart disease (\$309 billion), cancer (\$243 billion), and diabetes (\$188 billion) and nearly 30 percent higher than the combined cost of cancer and diabetes.<sup>5</sup>

Antibiotic resistance has increasingly become an international public health crisis that in 2015 the last administration allocated \$1.2 billion and released a National Action Plan to Combat Antibiotic Resistant Bacteria.<sup>6</sup>

Homeopathy demonstrates benefit in reducing costs and improving outcomes simultaneously in both pain management and treatment of infectious disease, thereby reducing antibiotic resistance. These are just two of many areas that homeopathy has been shown to provide benefit.

Patients treated by family physicians certified in homeopathy are prescribed fewer antibiotics, antipyretic and anti-inflammatory medications for upper respiratory tract infections yet improve faster than those who receive conventional treatment from family physicians who don't use homeopathy.<sup>7</sup>

Studies conclusively demonstrate that, compared with conventional antibiotic protocols for recurrent upper respiratory tract infections and rhino-pharyngitis, homeopathically

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<sup>4</sup> Integrative Health Policy Consortium. Retrieved from: <http://www.ihpc.org/new-congressional-caucus-on-integrative-health-and-wellness-formed/>

<sup>5</sup> Gaskin DJ, Richard P. Appendix C: The Economic Costs of Pain in the United States. *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*. 2011. Retrieved from: <https://www.ncbi.nlm.nih.gov/books/NBK92521/>

<sup>6</sup> Burwell, Sylvia M., Vilsack, T., Carter, Ash. *Our Plan to Combat and Prevent Antibiotic-Resistant Bacteria*. 2015. Retrieved from: <https://obamawhitehouse.archives.gov/blog/2015/03/27/our-plan-combat-and-prevent-antibiotic-resistant-bacteria>

<sup>7</sup> Grimaldi-Bensouda L, Begaud B, Rossignol M, et al. Management of Upper Respiratory Tract Infections by Different Medical Practices, Including Homeopathy, and Consumption of Antibiotics in Primary Care: The EPI3 Cohort Study in France 2007–2008. *PLoS ONE* 2014;9(3): e89990. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3960096/>

treated patients have better results, suffer fewer complications, lose less time from work and cost fewer health care dollars than those treated conventionally.<sup>8</sup>

Patients receiving homeopathic treatment for musculoskeletal complaints have similar trajectories, but only use half as many non-steroidal anti-inflammatory drugs (NSAIDs) compared with those who receive conventional care. Additionally, the homeopathically treated groups report far fewer side effects and demonstrate no loss of therapeutic opportunity.<sup>9</sup>

In terms of chronic illness, studies demonstrate that homeopathically treated patients experience superior treatment outcomes at similar cost to those who undergo conventional medical management. Conditions studied include headaches, low back pain, depression, sinusitis in adults, and atopic asthma, dermatitis, and rhinitis in children.<sup>10</sup>

Replicated studies demonstrate that homeopathy provides faster relief with significantly lower risks of adverse drug reactions (ADR's) when compared with conventional treatments for acute respiratory illnesses.<sup>11,12,13</sup>

## Cost of Homeopathy

While providing the same or better-quality health outcomes, the cost of providing homeopathy remains negligible in comparison to conventional medical treatments.

The U.K.'s National Health Service (NHS) has included homeopathy since its inception in 1948. In 2016, more than 40,000 homeopathic prescriptions cost the NHS about \$120,000 (an average of \$3 per prescription).<sup>14</sup> In 2013 approximately 0.0013% of the entire 13 billion NHS budget was spent on homeopathic medicines. Labor and overhead costs for the use of homeopathy were only 0.004% of the budget.<sup>15, 16</sup>

<sup>8</sup> Trichard M, Chaufferin G, Nicoloyannis N. Pharmacoeconomic comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children (2005). Retrieved from: <https://doi.org/10.1016/j.homp.2004.11.021>.

<sup>9</sup> Rossignol M, Begaud B, Engel P, et al. Impact of physician preferences for homeopathic or conventional medicines on patients with musculoskeletal disorders: results from the EPI3-MSD cohort. *Pharmacoepidemiol Drug Saf* 2012;21:1093-101. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/22782803>.

<sup>10</sup> Witt C, Keil T, Selim D, et al. Outcome and costs of homeopathic and conventional treatment strategies: a comparative cohort study in patients with chronic disorders. *Complementary Therapies in Medicine* 2005; 13:79-86. Retrieved from: [http://www.academia.edu/13576920/Outcome\\_and\\_costs\\_of\\_homoeopathic\\_and\\_conventional\\_treatment\\_strategies\\_A\\_comparative\\_cohort\\_study\\_in\\_patients\\_with\\_chronic\\_disorders](http://www.academia.edu/13576920/Outcome_and_costs_of_homoeopathic_and_conventional_treatment_strategies_A_comparative_cohort_study_in_patients_with_chronic_disorders)

<sup>11</sup> Riley D, Fischer M, Singh B, et al. Homeopathy and Conventional Medicine: An Outcomes Study Comparing Effectiveness in a Primary Care Setting. *Journal of Alternative and Complementary Medicine* 2001; 7:149-159. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/11327521>

<sup>12</sup> Haidvogel M., Riley D, Heger M et al. 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; 7: 7. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1831487/>

<sup>13</sup> Witt CM, Lütke R, Baur R, et al. Homeopathic medical practice: long-term results of a cohort study with 3,981 patients. *BMC Public Health* 2005; 5:115. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/16266440>

<sup>14</sup> NHS Digital: NHS Prescription Cost Analysis 2016. Retrieved from: <https://www.hri-research.org/wp-content/uploads/2016/02/NHS-homeopathy-in-the-spotlight-Feb2016.pdf>.

<sup>15</sup> Freedom of Information Act request to the Department of Health by the Faculty of Homeopathy. Cost was £11.89 million between 2005 and 2008. Homeopathy Awareness. The School of Homeopathy. How much does it cost the NHS to provide homeopathy? Retrieved from: <https://www.homeopathyawareness.com/the-nhs/>

<sup>16</sup> Freedom of Information Act request to the Department of Health by the Faculty of Homeopathy. Cost was £11.89 million between 2005 and 2008. Homeopathy Awareness. The School of Homeopathy. How much does it cost the NHS to provide homeopathy? Retrieved from: <https://www.homeopathyawareness.com/the-nhs/>

A 2015 French health economics review concluded that when patients consulting homeopathic family physicians were compared with those consulting conventionally trained family physicians, they spent an average of 20% less on their health care (US \$78.70 vs. \$98.91). The extremely inexpensive costs of homeopathic medicines were offset by the relatively more expensive costs of longer consultation times required by homeopathic medical specialists, but overall cost savings were still greater in the homeopathically treated group. Homeopathic physicians tend to prescribe far fewer conventional drugs (i.e., psychotropics, antibiotics and non-steroidal anti-inflammatory drugs) which are potentially much more expensive and hazardous.<sup>17</sup>

In 2011 the Swiss government commissioned a comprehensive review of their health care system that included an analysis of the entire body of evidence derived from randomized double-blind placebo controlled clinical trials, systematic reviews, meta-analyses, clinical outcome studies and epidemiological research examining the use of homeopathy in medical care. They concluded that homeopathy is a clinically effective, appropriate, safe, and cost-effective healthcare strategy for use by Swiss citizens. Since that time they have included, and paid for its use in the Swiss national health insurance program.<sup>18</sup>

## **Conclusion**

Healthcare costs in the U.S. continue to rise unsustainably while quality outcomes decline. U.S. healthcare ranks lower than most other developed nations. Efforts underway on Capitol Hill strive to reverse this trend and integrate alternative approaches, including homeopathy, into the U.S. healthcare system.

Homeopathy is an efficacious, safe and cost-effective medical modality capable of superior outcomes at a fraction of the cost and risk of conventional medical care. Many European nations have already studied homeopathy in great detail and have concluded that greater inclusion and incorporation into their national healthcare programs is warranted. It is time that the U.S. government and FDA take notice of the benefits and advantages of this important medical modality and work to include it in U.S. public healthcare.

## ***About the Author***

*Noel Peterson CCH, RSHom (NA), MBA is a board-certified classical homeopath with a full-time practice located in the Austin, Texas area. He currently serves as Vice President on the Council for Homeopathic Certification. Noel believes in making homeopathy more widely available and accessible throughout the American healthcare system and is dedicated to achieving this end through common sense business practices and effective homeopathic care.*

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<sup>17</sup> Colas A, Danno K, Tabar C, et al. Economic Impact of Homeopathic Practice in General Medicine In France. *Health Economics Review* 2015;5:18. Retrieved from: <https://healtheconomicreview.biomedcentral.com/track/pdf/10.1186/s13561-015-0055-5>

<sup>18</sup> Bornhoft, G, Matthiessen, PF. Homeopathy in Healthcare: Effectiveness, Appropriateness, Safety, Costs. Goslar, Germany: Springer, 2011. Retrieved from:

<http://www.homeovet.cl/Libros/Homeopathy%20in%20Healthcare%20Effectiveness,%20Appropriateness,%20Safety,%20Costs.pdf>

## The Use of Homeopathy in European Hospitals

Homeopathy is a 200-year-old system of medicine, used by nearly 250 thousand physicians and over 500 million people worldwide<sup>1</sup> - making it one of the most popular forms of integrative medicine.

In fact, homeopathy is an important part of the healthcare systems of many major industrialized nations – including most of Western Europe. What’s more, there are at least 70 hospitals in Germany, France, Austria, Switzerland, Sweden, Italy, Spain and the U.K. actively integrating homeopathy into patient care (see attached list). Homeopathy is also actively practiced by physicians in 40 out of 42 European nations. There are also hundreds of hospitals in south Asia – India in particular - that integrate homeopathy into patient care.

It should be noted that ***in all comparative effectiveness studies of homeopathy, its integration into health care resulted in better outcomes for patients with improved safety. Those that included cost-effectiveness analysis showed no additional cost or reduced costs.***

A recent economic analysis of the French healthcare system (ranked #1 in the world by the World Health Organization) produced data that examined three types of cost: consultation, prescription and total costs. **Overall health expenditure was 20% less for patients consulting homeopathic family physicians in France compared to conventional family physicians** (\$78.70 US vs. \$98.91 US). The lower cost of medical prescriptions for homeopathic family physicians was partially offset by higher consultation costs. Homeopathic physicians prescribed far fewer potentially hazardous drugs including psychotropics, antibiotics and non-steroidal anti-inflammatory drugs.<sup>2</sup>

How can the U.S. begin to get healthcare costs under control while better managing problems like pain management and the end of the antibiotic era? We can do like the rest of the industrialized world – and bring homeopathy into our hospital systems as an adjunct system of care.

List of Hospitals using Homeopathy in Europe
<b>German Hospitals Using Homeopathy</b>
<a href="#">Klinik für Kinder- und Jugendmedizin am Caritas-Krankenhaus Bad Mergentheim</a>

1 Bell IR, Schwartz GE. [Adaptive network nanomedicine: an integrated model for homeopathic medicine](#). Frontiers in Bioscience (Scholar Ed.). 2013;5(2):685-708.

2 Colas A, Danno K, Tabar C, Ehreth J, Duru G. Economic Impact of Homeopathic Practice in General Medicine In France. Health Economics Review (2015) 5:18. [DOI 10.1186/s13561-015-0055-5](#)

<a href="#">Dr. von Haunersches Kinderspital der Universität München</a>
<a href="http://www.krankenhaus-naturheilweisen.de">http://www.krankenhaus-naturheilweisen.de</a>
<a href="#">Kinderkrankenhaus St. Marien</a>
<a href="#">Immanuel Krankenhaus Berlin</a>
<a href="#">Filderklinik - Anthroposophic medicine: acute and holistic medicine</a>
<a href="#">Havelhöhe Community Hospital - Clinic for anthroposophic medicine</a>
<a href="#">Gemeinschaftskrankenhaus Herdecke - Anthroposophic medicine</a>
<a href="#">Klinik Öschelbronn</a>
<a href="#">Friedrich-Husemann-Klinik - Clinic for psychiatry and psychotherapy</a>
<a href="#">Krankenhaus Lahnhöhe</a>
<a href="#">Geriatrische Reha-Klinik Bethel Welzheim</a>
<a href="#">Emil-Schlegel-Klinik</a>
<a href="#">Klinik für Kinder- und Jugendmedizin am Caritas-Krankenhaus Bad Mergentheim</a>
<a href="#">Alexander von Humboldt Klinik</a>
<a href="#">Waldhausklinik Deuringen</a>
<a href="#">CHAMP – Charité Ambulanz</a>
<a href="#">Habichtswaldklinik</a>
<a href="#">Fachklinik Hofheim</a>
<a href="#">Hahnemann Klinik Baltrum</a>
<a href="#">Hof Bellevue</a>
<a href="#">Klinik im LEBEN</a>
<a href="#">Malteser Klinik von Weckbecker in Bad Brückenau</a>
Homöopathie an der Klinik für Psychiatrie und Psychotherapie Hofheim
Krankenhaus Lahnhöhe
Universitätsklinikum Heidelberg – Frauenklinik Ambulanz für Naturheilkunde
Belegabteilung für Homöotherapie am Kreiskrankenhaus Heidenheim
Hahnemann Tagesklinik in Tübingen
Dr. von Haunersche Kinderspital der LudwigMaximilians-Universität
<b>Austrian Hospitals Using Homeopathy:</b>
General Hospital of Vienna (= Medical University of Vienna), Dept. Medicine I, Division of Oncology
Hospital of the Brothers of Mercy, Salzburg (Dr. Sepp Fegerl, Dr. Barbara Reuter)
Outpatient unit "Children Oncology, Hospital Klagenfurt" (Dr. Erfried Pichler)
Hospital Hietzing, Vienna (Dr. Michaela Zorzi)
<a href="#">Ambulanzen in Wien</a>
<a href="#">Ambulanzen in Kärnten</a>
<a href="#">Ambulanzen in Salzburg</a>
<a href="#">Ambulanzen in Tirol</a>
<a href="#">Ambulanzen in Vorarlberg</a>
<a href="https://www.homoeopathiehilft.at/show_content2.php?reload=1&amp;s2id=31">https://www.homoeopathiehilft.at/show_content2.php?reload=1&amp;s2id=31</a>
<b>Swiss Hospitals Using Homeopathy</b>
Institute for Complementary Medicine - University of Bern (IKOM; Dr. Martin Frei, Dr. Katharina Gaertner)
<a href="http://www.clinica-dr-spinedi.ch/it/trattamento.html">Clinica Santa Croce, Orselina: http://www.clinica-dr-spinedi.ch/it/trattamento.html</a>



<a href="https://www.paraplegie.ch/spz/en">Swiss Paraplegic Centre, Notwil: https://www.paraplegie.ch/spz/en</a>
<a href="#">Klinik Arlesheim</a>
<a href="#">Ita Wegman Geburtshaus</a>
<a href="#">Paracelsus-Spital Richterswil</a>
<a href="#">Regionalspital Emmental AG - Abteilung Komplementärmedizin</a>
<a href="#">Ospidal Engiadina Bassa - Abteilung Komplementärmedizin</a>
<a href="http://www.bircher-benner.com">Medizinisches Zentrum Bircher-Benner, Dorfstrasse 12, 8784 Braunwald, Switzerland, http://www.bircher-benner.com</a>
<a href="http://pediatrie.h-fr.ch/de/hfr-freiburg-ks/integrative-paed.html">Zentrum für integrative Pädiatrie, HFR Billens, Rue de l'Hôpital 1, 1681 Billens, Switzerland, http://pediatrie.h-fr.ch/de/hfr-freiburg-ks/integrative-paed.html</a>
<a href="https://www.kssg.ch/integrative-medizin">Kantonsspital St.Gallen, Zentrum für Integrative Medizin, Haus 33, Greithstrasse 20, CH-9007 St. Gallen, Switzerland, https://www.kssg.ch/integrative-medizin</a>
<a href="https://www.kssg.ch/integrative-medizin">Kantonsspital St.Gallen, Zentrum für Integrative Medizin, Haus 33, Greithstrasse 20, CH-9007 St. Gallen, Switzerland, https://www.kssg.ch/integrative-medizin</a>
<a href="https://www.swissmountainclinic.com/de/?utm_source=alronc.ch">Swiss Mountain Clinic AG, Strada Cantonale 158, CH-6540 Castaneda, GR https://www.swissmountainclinic.com/de/?utm_source=alronc.ch</a>
<a href="http://www.paracelsus.ch/">Paracelsus Klinik Lustmühle AG, Battenhusstrasse 12, Postfach 162, 9053 Teufen AR, http://www.paracelsus.ch/</a>
<a href="https://www.seeklinik-brunnen.ch/">Seeklinik Brunnen, Gersauerstrasse 8, 6440 Brunnen, https://www.seeklinik-brunnen.ch/</a>
<a href="mailto:info@klinikschoetzen.ch">Klinik Schützen Rheinfelden, Bahnhofstrasse 19, 4310 Rheinfelden, info@klinikschoetzen.ch</a>
<b>French Hospitals Using Homeopathy</b>
· <a href="http://www.ch-stjoseph-stluc-lyon.fr/service/40.Hom%C3%A9opathie/">Centre Hospitalier Saint Joseph Saint Luc, Lyon : http://www.ch-stjoseph-stluc-lyon.fr/service/40.Hom%C3%A9opathie/</a>
· <a href="http://www.chu-lyon.fr/fr/ouverture-dune-consultation-dhomeopathie-au-centre-hospitalier-lyon-sud-hcl">Centre Hospitalier Lyon-Sud, Lyon : http://www.chu-lyon.fr/fr/ouverture-dune-consultation-dhomeopathie-au-centre-hospitalier-lyon-sud-hcl</a>
· <a href="https://www.doc.fr/lyon/hopital-de-la-croix-rousse/dr-lopez-marquez-yecenia.htm">Hospital Croix-Rousse, Lyon : https://www.doc.fr/lyon/hopital-de-la-croix-rousse/dr-lopez-marquez-yecenia.htm</a>
· <a href="https://www.aphp.fr/offre-de-soin/consultation-3038">Centre Hospitalier de la Pitié-Salpêtrière, Paris : https://www.aphp.fr/offre-de-soin/consultation-3038</a>
· <a href="https://www.aphp.fr/contenu/ap-hp-inauguration-de-la-maternite-renovee-de-lhopital-tenon">Centre Hospitalier Tenon, Paris : https://www.aphp.fr/contenu/ap-hp-inauguration-de-la-maternite-renovee-de-lhopital-tenon</a>
· <a href="http://www.politi.com/l_Compte/102_ADMIN/102_01_HOSPITALIER/maj_etbV2/popup/etablissement/fiche.asp?Vue=all&amp;IdEtablissement=2318">Centre Hospitalier Coirentin-Celton, Paris : http://www.politi.com/l_Compte/102_ADMIN/102_01_HOSPITALIER/maj_etbV2/popup/etablissement/fiche.asp?Vue=all&amp;IdEtablissement=2318</a>
· <a href="https://www.hopital-stjacques.com/consult.html">Hospital Saint Jacques, Paris : https://www.hopital-stjacques.com/consult.html</a>
· <a href="https://www.ghsv.org/praticiens/jean-lionel-bagot/">Groupe Hospitalier Saint Vincent, Strasbourg: https://www.ghsv.org/praticiens/jean-lionel-bagot/</a>
<b>Italian Hospitals Using Homeopathy</b>
· <a href="http://www.uslsudest.toscana.it/index.php/guida-ai-servizi/centro-di-medicina-integrata-di-pitigliano">Centro de Medicina Integrata di Pitigliano, Grosseto: http://www.uslsudest.toscana.it/index.php/guida-ai-servizi/centro-di-medicina-integrata-di-pitigliano</a>
<b>Spanish Hospitals Using Homeopathy</b>
· <a href="http://www.fundacionendeu.org/consultorios-medicos/">Hospital del Nen Deu, Barcelona: http://www.fundacionendeu.org/consultorios-medicos/</a>
· <a href="http://www.hospitalhomeopatico.es/terapias">Instituto Homeopático y Hospital de San José, Madrid: http://www.hospitalhomeopatico.es/terapias</a>

<b>UK Hospitals Using Homeopathy</b>
· <a href="http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/gartnavel-campus/nhs-centre-for-integrative-care/nhs-centre-for-integrative-care-therapies/homeopathy/">National Health Service Centre for Integrative Care, Glasgow:</a> <a href="http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/gartnavel-campus/nhs-centre-for-integrative-care/nhs-centre-for-integrative-care-therapies/homeopathy/">http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/gartnavel-campus/nhs-centre-for-integrative-care/nhs-centre-for-integrative-care-therapies/homeopathy/</a>
· <a href="http://portlandcentrehealthcare.co.uk/service/medical-homeopathy-bristol/">Portland Centre for Integrative Care, Bristol:</a> <a href="http://portlandcentrehealthcare.co.uk/service/medical-homeopathy-bristol/">http://portlandcentrehealthcare.co.uk/service/medical-homeopathy-bristol/</a>
· <a href="https://www.uclh.nhs.uk/ourservices/ourhospitals/rlhim/Pages/Home.aspx">Royal London Hospital for Integrated Medicine, London:</a> <a href="https://www.uclh.nhs.uk/ourservices/ourhospitals/rlhim/Pages/Home.aspx">https://www.uclh.nhs.uk/ourservices/ourhospitals/rlhim/Pages/Home.aspx</a>
<b>Swedish Hospitals Using Homeopathy</b>
<a href="#">Vidarkliniken</a>

## Homeopathy's Role in Addressing the Over-Medication Epidemic

### Introduction

Homeopathy offers an alternative to the epidemic of over-medication that is currently sweeping the globe. Conventional medications carry many dangers, including adverse side effects, drug interactions, overdoses, and suppression of disease to deeper levels of health. Research shows that homeopathy is a viable treatment option for many common health problems, including childhood illnesses, depression, and chronic pain.

Many countries of the world are currently experiencing an epidemic that is largely ignored by the mainstream media—that of over-medication. The dichotomy between homeopathy and conventional medicine cannot be more extreme in this regard. In homeopathy, the minimum, infinitesimal dose is used to stimulate the body's innate self-healing response. Conversely, conventional medical practice bombards the body with many different drugs, exposing it to myriad side effects and drug interactions. More importantly, these drugs suppress the body's own ability to heal and lead to deeper, more serious illnesses.

### The Magnitude of Over-Medication

The statistics about over-medication are horrifying to those of us who have a respect for homeopathy and other holistic modalities. In the United States, 40 percent of people over age sixty-five regularly take five or more prescription drugs, a number that has tripled in the past twenty years.<sup>1</sup> Sixty-five percent take at least three, while as many as twelve percent take ten or more daily drugs. While more common in seniors, the use of multiple medications is prevalent throughout the entire U.S. population. In a recent survey, 21.8 percent of adults took three or more prescription drugs in the previous month while 10.7 percent took five or more.<sup>2</sup> Even in children, prescription drug use was found to be common—the same survey reported that one in four children had taken at least one in the previous month.

### The Dangers of Over-Medication

In 2014, it was reported that over three hundred people in the US die each day from side effects of drugs.<sup>3</sup> Can you imagine the headlines and panic if three hundred people died each day from terrorist attacks? Another study estimated that there are more than four million outpatient visits each year for adverse drug reactions.<sup>4</sup> Another problem is accidental drug overdoses, which

<sup>1</sup> Centers for Disease Control and Prevention. *Health United States 2011 with special feature on socioeconomic status and health*. Accessed at: <http://www.cdc.gov/nchs/data/has/has14.pdf#085>. Table 85, pages 287-288.

<sup>2</sup> Centers for Disease Control and Prevention. *Therapeutic Drug Use*. May 14, 2015. Accessed at: <http://www.cdc.gov/nchs/fastats/drug-use-therapeutic.htm>

US Food and Drug Administration. *FAERS Reporting by Patient Outcomes by Year*. Accessed at: <https://www.fda.gov/Drugs/GuidanceComplianceRegulatoryInformation/Surveillance/AdverseDrugEffects/ucm070461.htm>

<sup>4</sup> Bourgeois FT, Shannon MW, Valim C, et al. *Adverse drug events in the outpatient setting: an 11-year national analysis*. *Pharmacoepidemiology and Drug Safety* 2010;19:901–910. Accessed at: <https://www.ncbi.nlm.nih.gov/pubmed/20623513>

caused 47,000 deaths in the US in 2014—more fatalities than from traffic accidents.<sup>5</sup>

## Homeopathy and Over-Medication

There are many studies that demonstrate how homeopathy could be used instead of conventional drugs to reduce the prevalence of over-medication. For childhood illnesses, my own work has shown that homeopathy can be used in place of antibiotics and other medications for ear infections, diarrhea, and colds and coughs.<sup>6,7,8</sup> The use of homeopathy for chronic health problems, including depression and chronic pain, has even more potential to reduce the over-medication epidemic.

## Depression

A recent survey found that more than 12 percent of people in the US were taking an antidepressant, including *26 percent of women between the ages of fifty and sixty-four*.<sup>9</sup> Yet an analysis by a group of international researchers reported that for every seven people treated with antidepressants, only one person would benefit.<sup>10</sup> The side effects of these medications are alarming—sexual dysfunction, violent and suicidal behavior, bleeding disorders, and an increased risk of diabetes and falls.

On the other hand, we have good evidence of the efficacy of homeopathy in treating depression. In a recent study, one hundred and thirty-six middle-aged Mexican women with moderate-to-severe depression were randomized to receive either individualized homeopathic treatment, an antidepressant, or a placebo. After six weeks, the homeopathic group showed a statistically significant decrease in symptoms compared to placebo, with results that were equivalent to the group receiving the antidepressant.<sup>11</sup> These results are similar to those of a previous study, which reported that individualized homeopathic treatment was as effective as fluoxetine (*Prozac*) in the treatment of people with moderate or severe depression.<sup>12</sup>

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<sup>5</sup> Rudd RA, Aleshire N, JD1; Zibbell JE, et al. Increases in drug and opioid overdose deaths — United States, 2000–2014. *CDC Morbidity and Mortality Weekly Report*. 2016;64(50):1378-1382. Accessed at: <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6450a3.htm>

Jacobs J, Springer DS, Crothers D. Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial. *Pediatr Infect Dis J* 2001; 20:177-183. Accessed at: [https://journals.lww.com/pidj/Abstract/2001/02000/Homeopathic\\_treatment\\_of\\_acute\\_otitis\\_media\\_in.12](https://journals.lww.com/pidj/Abstract/2001/02000/Homeopathic_treatment_of_acute_otitis_media_in.12)

<sup>7</sup> Jacobs J, Jiménez LM, Gloyd S, Gale JL, Crothers D. Treatment of acute childhood diarrhea with homeopathic medicine: a randomized clinical trial in Nicaragua. *Pediatrics* 1994; 93:719-725. Accessed at: <https://www.ncbi.nlm.nih.gov/pubmed/8165068>

<sup>8</sup> Jacobs J, Taylor JA. A randomized controlled trial of a homeopathic syrup in the treatment of cold symptoms in young children. *Complement Ther Med* 2016; 29:229-234. Accessed at: <https://www.ncbi.nlm.nih.gov/pubmed/27912951>

<sup>9</sup> Zhong W, Maradit-Kremers H, St. Sauver JL, et al. Age and sex patterns of drug prescribing in a defined American population. *Mayo Clin Proc*. 2013; 88:697-707. Accessed at: [https://www.mayoclinicproceedings.org/article/S0025-6196\(13\)00357-1/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(13)00357-1/fulltext)

<sup>10</sup> Fishman T, et al. Antidepressants versus placebo for depression in primary care. *Cochrane Database Syst Rev*. 2009; 3:CD007954. Access at: <https://www.ncbi.nlm.nih.gov/pubmed/19588448>

<sup>11</sup> Macias-Cortes EC, Llanes-Gonzalez L, Aguilar-Faisal L, et al. Individualized homeopathic treatment and fluoxetine for moderate to severe depression in peri- and postmenopausal women (HOMDEP-MENOP study): a randomized, double-dummy, double-blind, placebo-controlled trial. *PLoS One*. 2015; 10:e0127719. Accessed at: <https://www.ncbi.nlm.nih.gov/pubmed/25768800>

<sup>12</sup> Adler UC, Paiva NMP, Cesar AT, et al. Homeopathic individualized Q-potencies versus fluoxetine for moderate to severe depression: double-blind, randomized non-inferiority trial. *Evid Based Complement Alternat Med*. 2011; 2011:520182. Accessed at: <https://www.hindawi.com/journals/ecam/2011/520182/>

## Chronic Pain

Chronic pain is another area in which homeopathy can be beneficial. It is no secret that the over-use of opioid pain relievers has led to innumerable lives ruined or lost from addiction and inadvertent overdoses. Even over-the-counter pain medications carry considerable risks of side effects. Acetaminophen causes more than 40 percent of acute liver failure cases in the US and is the reason for more than 100,000 calls to Poison Control Centers each year.<sup>13</sup> Misuse of non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen, leads to more than 100,000 hospitalizations and 16,000 deaths per year.<sup>14</sup> In a German study, one hundred twenty-nine adults who had suffered from low back pain for an average of seven years were treated with individualized homeopathic medicines over the course of the next two years. At the end of that time, there were significant reductions in the severity of their symptoms, their quality of life improved, and their use of conventional health services and drugs decreased markedly.<sup>15</sup> In a randomized, double-blind trial comparing a homeopathic gel with a topical NSAID for osteoarthritis of the knee, the homeopathic gel was at least as effective, if not more so, than the NSAID.<sup>16</sup>

## Alzheimer's Disease and Dementia

One subject about which I have particular concern is the growing incidence of dementia, which I believe is **partly** caused by the overuse of conventional drugs. The Alzheimer's Association estimates that one in nine people over age sixty-five in the US has this disease.<sup>17</sup> By 2050, they estimate this number will triple—from five million to as many as sixteen million people, each one with a family that is burdened financially and emotionally by the disease. Mental impairment and dementia are associated with many of the most commonly prescribed medications for high cholesterol, acid reflux, allergies, anxiety, urinary incontinence, and depression. This comes as no surprise to those of us who have studied homeopathy since we know that suppressing physical symptoms only drives disease deeper to the mental and emotional levels. Instead of enhancing health, conventional medications are making people sicker. Yet many, if not all, of these health problems, can be successfully treated with homeopathy.

I am optimistic that this epidemic of over-medication will subside as more and more people become aware of the dangers of taking so many drugs. Just as we look back with horror at the use of leeches and bleeding two centuries ago, my hope is that **in the future**, people will regard the current over-reliance on pharmaceutical drugs with equal dismay.

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<sup>13</sup> Fontana RJ. Acute liver failure including acetaminophen overdose. *Med Clin North Am.* 2008; 92:761-794. Accessed at: <https://www.ncbi.nlm.nih.gov/pubmed/18570942>

<sup>14</sup> Wolfe MM, Lichtenstein DR, Singh G. Gastrointestinal toxicity of nonsteroidal anti-inflammatory drugs. *N Engl J Med* 1999; 340:1888-1899. Accessed at: <https://www.nejm.org/doi/full/10.1056/NEJM199906173402407>

<sup>15</sup> Witt CM, Ludtke R, Baur R, et al. Homeopathic treatment of patients with chronic low back pain: A prospective observational study with 2 years' follow-up. *Clin J Pain.* 2009; 25:334-339. Accessed at: <https://www.ncbi.nlm.nih.gov/pubmed/19590483>

<sup>16</sup> Van Haselen RA, Fisher PA. A randomized controlled trial comparing topical piroxicam gel with a homeopathic gel in osteoarthritis of the knee. *Rheumatol* 2000; 39:714-719. Accessed at: <https://www.ncbi.nlm.nih.gov/pubmed/10908688>

<sup>17</sup> Alzheimer's Association. 2016 Alzheimer's Facts and Figures. Accessed at: <https://www.alz.org/alzheimers-dementia/facts-figures>

**About the Author:**

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## Homeopathy and Ophthalmology

### Challenges in Conventional Ophthalmology Care

One of the more challenging problems in the management of ophthalmologic disease in the United States is the myriad of side effects resulting from conventional medical treatment.<sup>1</sup> These medication side effects reduce patient compliance, prolong suffering and increase both morbidity and mortality from these conditions. Homeopathic treatment, on the other hand, treats these eye illnesses without inducing medication related side effects, and in many cases (i.e., glaucoma) has been shown to reduce the need for conventional medications as well as the need to repeat them so frequently.

For example, intravitreal injections for conditions like wet macular degeneration are sometimes associated with severe and intolerable side effects including endophthalmitis, glaucoma, retinal detachment, cardiovascular events and stroke. Because these injections are recommended monthly, or bimonthly, the cumulative risk of developing complications is significant.<sup>2</sup>

### Cost

The cost for these injections amounts to nearly 12% of the annual *Medicare Part B* budget. A recent 5-year analysis estimated that the total expenditure for these procedures alone has reached a staggering \$1.3 billion and continues to rise.<sup>3</sup> Several published articles in peer reviewed journals demonstrate the benefits of using homeopathy in the management of these and other chronic eye diseases.<sup>4 5 6</sup>

### Homeopathic Medicine in Ophthalmology

Clinical (unpublished) data on the co-administration of homeopathic medicine demonstrates a reduction in the need and frequency for intraocular injections, a reduction in the complication rate from these injections, and a reduction in the cost of treatment.<sup>7</sup>

Homeopathic medicine has been shown to be extremely effective in the treatment of both conjunctivitis<sup>8</sup> and dry eyes, two conditions whose combined cost is more than \$4.43 billion

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<sup>1</sup> Radhakrishnan, S., MD, & Iwach, A., MD. (2016). [Glaucoma Medications and their Side Effects](https://www.glaucoma.org/gleams/glaucoma-medications-and-their-side-effects.php). Retrieved December 17, 2018, from <https://www.glaucoma.org/gleams/glaucoma-medications-and-their-side-effects.php>

<sup>2</sup> Falavarjani, K. G., & Nguyen, Q. D. (2013). [Adverse events and complications associated with intravitreal injection of anti-VEGF agents: a review of literature](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3709385/). *Eye*, 27(7), 787. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3709385/>

<sup>3</sup> [Medicare Spending on Anti-Vascular Endothelial Growth Factor Medications](https://www.sciencedirect.com/science/article/abs/pii/S2468653017305869)  
Shriji Patel, MDCorrespondence information about the author MD Shriji Patel  
<https://www.sciencedirect.com/science/article/abs/pii/S2468653017305869>

<sup>4</sup> Kondrot EC. [The Use of Homeopathy in the treatment of chronic disease Eye Disease from a homeopathic Perspective](http://www.healingtheeye.com/Articles/Homeeo-eye-disease.pdf). *Am J Homeop Med* 2012;105(3): 108-112. <http://www.healingtheeye.com/Articles/Homeeo-eye-disease.pdf>

<sup>5</sup> Kondrot EC. [Three Cases of ARMD](https://tinyurl.com/HomeopathyChronicEyeDisease). *Am J Homeop Med* 2017; 110(4): 20-25. <https://tinyurl.com/HomeopathyChronicEyeDisease>

<sup>6</sup> Whitmont RD. [A Case of Vitritis, Iritis-Panuveitis, and Retinal Hemorrhage](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5011113/). *Am J Homeop Med* 2018;111(3).

<sup>7</sup> Clinical Notes: Kondrot EC, submitted October 2018. <https://homeopathychoice.org/wp-content/uploads/2019/01/A-Case-of-Vitritis-Iritis-Panuveitis-and-Retinal-Hemorrhage.pdf>

<sup>8</sup> Verma,DK, Verma,SK, Atray JP, et al. [Homeopathy and epidemic viral conjunctivitis. A single blind study](https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0032-1328150). *Homeopathic Links* 2013;26:58-62. <https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0032-1328150>

annually.<sup>9-10</sup> Homeopathic treatment is far less costly and in some cases much more effective than conventional treatment without inducing antibiotic resistance or recurrent infections.

Other published data demonstrate the benefit of using homeopathic medicine in many other ophthalmic conditions including the treatment of ocular trauma,<sup>11</sup> conjunctivitis,<sup>12,13,14</sup> epidemic conjunctivitis,<sup>15,16,17</sup> diabetic retinopathy,<sup>18</sup> neonatal ophthalmic infections,<sup>19</sup> hemorrhagic conjunctivitis,<sup>20</sup> myopia,<sup>21,22</sup> and prevention (homeoprophylaxis) of conjunctivitis.<sup>23</sup>

Many ophthalmologic conditions have been shown to respond favorably to homeopathic treatment without inducing side effects commonly associated with conventional medical treatments. There are distinct advantages to using homeopathy in the treatment of both acute and chronic ophthalmic conditions that FDA and other agencies should consider in determining the usefulness of using homeopathy in primary care.

### **About the Author**

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<sup>9</sup> Smith AF, Waycaster C. *Estimate of the direct and indirect annual cost of bacterial conjunctivitis in the United States.* *BMC Ophthalmo.* 2009; 9: 13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2791746/>

<sup>10</sup> Yu JI, Asche CV, Fairchild CJ. *The economic burden of dry eye disease in the United States: a decision tree analysis.* *Cornea* 2011;30(4):379-87. doi: 10.1097/ICO.0b013e3181f7f363. <https://www.ncbi.nlm.nih.gov/pubmed/21045640>.

<sup>11</sup> Andreu AAC, González,HC, Sánchez,C, et al. *Uso del arnica y el phosphorus en el tratamiento del hifema traumatico.* *Rev Med Homeopat* 2009. <https://docplayer.es/58017337-Revista-medica-de-homeopatia.html>

<sup>12</sup> Fayard AL. *Traitement de l'irritation oculaire par un collyre homeopathique associant Euphrasia, Calendula et Magnesia carbonica (HOMEOPTIC).* *Proceedings 63rd Congress LMHI.* 2008 <https://www.homeopathy.gr/files/sfh-lhmi-congress-2008.pdf>

<sup>13</sup> Vingolo EM, Domanico D, Leopardi,S, et al. *Trattamento della irritazione oculare con collirio omeopatico "Euphrasia Calendula - Magnesia Carbonica BOIRON(R)".* *Bollettino di Oculistica* 2007.

<sup>14</sup> Küstermann RW, Weiser M, Klein P. *Antihomotoxic treatment of conjunctivitis. Results of a prospective, controlled, observational cohort study.* *Biologische Medizin* 2001. [https://www.researchgate.net/publication/290014264\\_Antihomotoxic\\_treatment\\_of\\_conjunctivitis\\_-\\_Results\\_of\\_a\\_prospective\\_controlled\\_observational\\_cohort\\_study](https://www.researchgate.net/publication/290014264_Antihomotoxic_treatment_of_conjunctivitis_-_Results_of_a_prospective_controlled_observational_cohort_study).

<sup>15</sup> Krishnamurty PS. *Conjunctivitis epidemic- India 1996 - Improving the success of homeopathy.* *Proceedings 52nd LMHI Congress* 1997.

<sup>16</sup> De TK, Pramanik MS. *Research study of homeopathic drugs in conjunctivitis epidemic.* *CCRH* 1983. <https://www.ccrhindia.nic.in/admnis/admin/showimg.aspx?ID=13202>.

<sup>17</sup> Kumta PS. *The effectiveness of homeopathic medicines in epidemic acute viral conjunctivitis.* *Hahnemann Gleanings* 1977;44:272-276.

<sup>18</sup> Zicari D, Ricciotti F, Vingolo EM. Et al. *Evaluation of the angioprotective action of arnica preparations in the treatment of diabetic retinopathy.* *Boll Oculist* 1992. [https://www.researchgate.net/publication/291208543\\_Valutazione\\_dell'azione\\_angioprotettiva\\_dell'arnica\\_nel\\_trattamento\\_della\\_retinopatia\\_diabetica](https://www.researchgate.net/publication/291208543_Valutazione_dell'azione_angioprotettiva_dell'arnica_nel_trattamento_della_retinopatia_diabetica).

<sup>19</sup> Stoffel L, Zimmermann,D, Hunkeler R, et al. *Euphrasia-Augentropfen bei Neugeborenen: Ein Pilotprojekt* *Schweizerische Zeitschrift für Ganzheitsmedizin* 2007. <https://www.karger.com/Article/Abstract/283798>.

<sup>20</sup> Varela JMR, Rodriguez,MC, Diaz JHT, et al. *Terapéutica homeopática en la Queratoconjunctivitis Epidémica.* *La Homeopatía de México* 1995.

<sup>21</sup> Basu TK. *A clinical study of Physostigma venenosum in the improvement of progressive myopia.* *Hahnemann Gleanings* 1981.

<sup>22</sup> Basu TK. *Studies on the role of Physostigma venosum in the improvement of simple myopia.* *Hahnemann Gleanings* 1980;48:161-169.

<sup>23</sup> Mokkapatti R. *An experimental double-blind study to evaluate the use of Euphrasia in preventing conjunctivitis.* *British Homeopathic Journal* 1992. <https://www.sciencedirect.com/science/article/pii/S0007078505802881>



## Homeopathy and Women's Health

The status of women's health in the United States leaves much to be desired. Perinatal mortality is increasing with significant racial disparities, and the caesarian delivery rate with its associated morbidities is unacceptably high.<sup>1</sup> There is a paucity of new drug development for perinatal conditions.<sup>2</sup> More than 200,000 women are newly diagnosed with breast cancer each year.<sup>3</sup> Research in homeopathy pertaining to women's health is incomplete due to scientific disparagement and substantial barriers in funding, yet it offers useful insight into potential steps forward that would significantly enhance the health and quality of life of women and their families in the U.S. A review of some of this research follows.

### *Infertility*

Infertility affects more than 10% of reproductive age women in the U.S.<sup>4</sup> due to multiple factors such as irregular menses, endometriosis, tubal factors, and early miscarriages. Both animal and human data contribute support to possible homeopathic interventions. In one study, in vitro evaluation of homeopathic medicine demonstrated increased viability and ultrastructural integrity of follicles after 7 days of culture ( $p < 0.05$ ). This group also showed higher follicle and oocyte growth than  $\alpha$ -MEM+ controls ( $p < 0.05$ ).<sup>5</sup>

A German study of infertility comparing homeopathy with placebo in 96 women resulted in twice as many pregnancies in the homeopathic group, but only one-third of adverse events when compared with the placebo group. The authors noted that in more than 1000 patients followed in post-marketing surveillance there was a 60% success rate with homeopathic treatment.<sup>6</sup>

A case series of female infertility in Greece demonstrated similar results of the effectiveness of homeopathy.<sup>7</sup>

Individualized homeopathic treatment of menstrual irregularities, including oligomenorrhea, amenorrhea, and oligo-amenorrhea demonstrated improvement rates of 50% with amenorrhea, and 100% with oligomenorrhea.<sup>8</sup>

A randomized controlled study of 50 Brazilian women demonstrated significant improvement of endometriosis following the administration of homeopathic medicine. The intervention group

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<sup>1</sup> <https://www.nytimes.com/2016/09/22/health/maternal-mortality.html>

<sup>2</sup> Fisk NM, Atun R. "Systematic Analysis of Research Underfunding in Maternal and Perinatal Health." *BJOG: An International Journal of Obstetrics and Gynaecology* 2009;116(3): 347–56. <https://doi.org/10.1111/j.1471-0528.2008.02027.x>.

<sup>3</sup> <https://www.cdc.gov/cancer/uscs/index.htm>

<sup>4</sup> <https://www.cdc.gov/nchs/fastats/infertility.htm>

<sup>5</sup> Lima L, Ferreira de R, Magalhães P, et al. "Dynamized Follicle-Stimulating Hormone Affects the Development of Ovine Preantral Follicles Cultured in Vitro." *Homeopathy* 2013;102(1): 41–48. <https://doi.org/10.1016/j.homp.2012.11.002>.

<sup>6</sup> Gerhard I, Patek A, Monga B, et al. "Mastodynon(R) Bei Weiblicher Sterilität." *Forschende Komplementärmedizin* 1998;5(6): 272–78. <https://doi.org/10.1159/000021154>.

<sup>7</sup> Kalampokas T, Botis S, Kedikgianni-Antoniou A, et al. "Homeopathy for Infertility Treatment: A Case Series." *Clinical and Experimental Obstetrics & Gynecology* 2014;41(2):158–59.

<sup>8</sup> Cardigno P. "Homeopathy for the Treatment of Menstrual Irregularities: A Case Series." *Homeopathy* 2009;98(2): 97–106. <https://doi.org/10.1016/j.homp.2009.01.004>.

experienced a significant reduction in endometriosis symptoms while subjects in the placebo group saw no change. Significant improvements in secondary outcomes including anxiety, depression, and quality of life were also noted in the homeopathic group.<sup>9</sup>

A case series of eight consecutive patients with endometriosis all demonstrated significant clinical and laparoscopic improvement while utilizing homeopathic treatment.<sup>10</sup>

A prospective multicenter observational study of 128 women with dysmenorrhea compared homeopathic treatment in primary care with conventional treatment. Both diagnosis, complaints of severity and use of other healthcare services improved markedly in the homeopathic group but only slightly in the conventional treatment group. Patients with dysmenorrhea consistently improved under homeopathic treatment.<sup>11</sup>

Homeopathy demonstrates efficacy in the treatment of patients with fibromyoma of the uterus. A study of 84 patients receiving homeopathic treatment were evaluated with pelvic examination and real-time ultrasound and demonstrated both interruption of growth and reduced tumor size, reduced pain and abnormal endometrial bleeding over a period of three years.<sup>12,13</sup>

### ***Pregnancy***

Homeopathic treatment shortened the duration of labor by an average of 90 minutes in a double-blinded placebo controlled study with age-matched controls in a University-based trial in Italy ( $p < 0.05$ ).<sup>14</sup>

Both false labor and cessation of labor were effectively treated with homeopathic medicine in a double-blinded placebo-controlled randomized clinical trial at the University of Limoges. No adverse events were reported.<sup>15</sup>

In another double-blind, randomized placebo-controlled trial of 53 subjects at Universite Rene Descartes, homeopathic treatment not only shortened labor by an average of 3.5 hours ( $p < 0.001$ ), but significantly reduced the incidence of dystocia to 11.3% in the homeopathic group compared with 40% in the placebo controls ( $p < 0.01$ ). No adverse events were reported.<sup>16</sup>

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<sup>9</sup> Teixeira MZ, Podgaec S, Chada Baracat E. “Potentized Estrogen in Homeopathic Treatment of Endometriosis-Associated Pelvic Pain: A 24-Week, Randomized, Double-Blind, Placebo-Controlled Study.” *European Journal of Obstetrics and Gynecology and Reproductive Biology* 2017;21: 48–55. <https://doi.org/10.1016/j.ejogrb.2017.01.052>.

<sup>10</sup> Hunton, M. “Endometriosis and Homœopathy: An Audit Study of 8 Consecutive Patients.” *British Homœopathic Journal* 1993;82(2): 92–96. [https://doi.org/10.1016/S0007-0785\(05\)81031-2](https://doi.org/10.1016/S0007-0785(05)81031-2).

<sup>11</sup> Witt, CM, Lüdtke R, Willich SN. “Homeopathic Treatment of Patients with Dysmenorrhea: A Prospective Observational Study with 2 Years Follow-Up.” *Archives of Gynecology and Obstetrics* 2009;280(4): 603–11. <https://doi.org/10.1007/s00404-009-0988-1>.

<sup>12</sup> Gupta G. Uterine fibroids, A clinical study with USG follow-up. *Natl J Homoeopath* 2003;5(3): S. 172-179.

<sup>13</sup> Gupta G.: Evidence based clinical study of uterine fibroid cases in response to homoeopathy. *Natl J Homoeopath* 2010, 12(8): 39-48

<sup>14</sup> Eid P, Felisi E, Sideri M. “Applicability of Homoeopathic Caulophyllum Thalictroides during Labour.” *British Homoeopathic Journal* 1983; 82: 245--248.

<sup>15</sup> Deguillaume M. “Etude Experimentale de l’action Du Caulophyllum Dans Le Faux Travail et La Dystocie de Demarrage.” Universite de Limoges, 1981.

<sup>16</sup> Dorfman P, Tetau M. “Preparation a l’accouchement par homeopathic.” *Cahiers de Biotherapie*, 1995;134: 33–38.

An unpublished manuscript of 20 parturients at the Maternite de la Clinique Saint-Jean (Roubaix, France) treated for dystocia while in labor using a homeopathic protocol demonstrated improved labor progress with no apparent or reported adverse events.<sup>17</sup>

An unblinded randomized study of 206 women at high risk of uterine contractile function disturbances compared homeopathic treatment with conventional medical care. The homeopathically treated group required less use of hypnotics, oxytocin, cesarean section, forceps, or manual delivery of placenta ( $p < 0.05$ ).<sup>18</sup>

A double-blind, placebo-controlled, randomized, clinical trial conducted by the Department of Gynecology, Shaare Zedek Medical Center, Jerusalem evaluated the effect of homeopathic treatment in 40 parturients with postpartum blood loss.

Blood loss in the homeopathic group was significantly less than in the placebo group ( $p < 0.05$ ).<sup>19</sup>

In a prospective, comparative, randomized placebo-controlled trial evaluating the incidence of quinine-induced side-effects in endemic gestational malaria in 211 women, homeopathy significantly improved outcome and reduced side-effects when compared with placebo ( $p < 0.0001$ ).<sup>20</sup>

Homeopathy has been successfully utilized in midwifery practice as numerous journal articles and texts describe during the perinatal period for labor preparation, intrapartum and postpartum applications as well as for menopausal symptoms and:

- Induction of labor.<sup>21</sup>
- General midwifery.<sup>22</sup>
- Prolonged pregnancy.<sup>23</sup>
- Use of a homeopathic childbirth 'kit'.<sup>24</sup>
- General obstetrics.<sup>25</sup>

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<sup>17</sup> Ducloy M. "Interet de trois remedes homeopathiques au cours de l'accouchement: Actea racemosa, Caulophyllum, Gelsemium." 1983. Boiron, Newtown Square, PA.

<sup>18</sup> Ventoskovskiy BM, Popov AV. "Homeopathy as a Practical Alternative to Traditional Obstetric Methods." *Br Homeopath J* 2018;79(4): 201–5. [https://doi.org/10.1016/S0007-0785\(05\)80452-1](https://doi.org/10.1016/S0007-0785(05)80452-1).

<sup>19</sup> 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." *Complementary Therapies in Medicine* 2005;13(2): 87–90. <https://doi.org/10.1016/j.ctim.2005.03.006>.

<sup>20</sup> Danno K, Rerolle F, de Sigalony S, et al. "China Rubra for Side-Effects of Quinine: A Prospective, Randomised Study in Pregnant Women with Malaria in Cotonou, Benin." *Homeopathy* 2014;103(3):165–71. <https://doi.org/10.1016/j.homp.2014.03.002>

<sup>21</sup> Kistin SJ, Newman AD. "Induction of Labor with Homeopathy: A Case Report." *Journal of Midwifery & Women's Health* 2007;52(3): 303–7. <https://doi.org/10.1016/j.jmwh.2006.12.013>.

<sup>22</sup> Smith V. "Evidence for Homeopathy in Childbirth." *The Practising Midwife* 2013;16(8): S10-12.

<sup>23</sup> Steinberg D, Beal MW. "Homeopathy and Women's Health Care." *Journal of Obstetric, Gynecologic & Neonatal Nursing* 2003;32(2):207–14. <https://doi.org/10.1177/0884217503252125>.

<sup>24</sup> Steen M, Calvert J. "Self-Administered Homeopathy Part Two: A Follow-up Study." *British Journal of Midwifery* 2007;15(6):359–65. <https://doi.org/10.12968/bjom.2007.15.6.23680>.

<sup>25</sup> Münstedt K, Brenken A, Kalder M. "Clinical Indications and Perceived Effectiveness of Complementary and Alternative Medicine in Departments of Obstetrics in Germany: A Questionnaire Study." *European Journal of*

- Pregnancy and childbirth.<sup>26</sup>
- The pre-conceptual period.<sup>27</sup>
- Women's health, and the need for a research agenda.<sup>28</sup>
- The menopause.<sup>29</sup>

### **Lactation**

Seventy-one patients were included a double-blind placebo-controlled study of pain or difficulty during lactation. Those treated homeopathically noted significant improvement of lactation pain ( $p < 0.01$ ), breast tension and spontaneous milk flow ( $p < 0.05$ ).<sup>30</sup>

### **Premenstrual syndrome/dysphoria**

In an observational, prospective study of 23 women treated homeopathically for premenstrual syndrome, a statistically significant reduction of symptoms was noted ( $p < 0.0001$ ). Most women treated homeopathically also reported significant quality of life improvements ( $p < 0.0001$ ).<sup>31</sup>

A randomized, controlled double-blind clinical trial conducted at Hadassah Hospital outpatient gynecology clinic in Jerusalem, Israel evaluated homeopathic treatment of premenstrual syndrome in 21 women. Significant reduction of symptoms was noted in  $>90\%$  of women receiving homeopathic treatment ( $P=0.048$ ).<sup>32</sup>

Individualized homeopathic prescribing for PMS was evaluated using a computerized diagnostic algorithm in 30 patients. Symptom scores improved by 50% or more in 12 patients, and by 30–50% in an additional 6 patients.<sup>33</sup>

A multi-center, international, randomized, controlled pragmatic trial of two parallel groups investigated the feasibility individualized homeopathic add-on treatment using a semi-standardized computerized algorithm in 60 women with premenstrual disorders compared with conventional care only. After four months, the relative mean change of symptom scores in the

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*Obstetrics & Gynecology and Reproductive Biology* 2009;146(1): 50–54.

<https://doi.org/10.1016/j.ejogrb.2009.05.013>.

<sup>26</sup> Kalder M, Knoblauch K, Hrgovic I, et al. *Arch Gynecol Obstet* 2011;283: 475. <https://doi.org/10.1007/s00404-010-1388-2>

<sup>27</sup> Kaplan B. “Homoeopathy: 2. In Pregnancy and for the under-Fives.” *Professional Care of Mother and Child* 1994;4(6): 185–87.

<sup>28</sup> Murphy PA, Kronenberg F, Wade C. “Complementary and Alternative Medicine in Women’s Health. Developing a Research Agenda.” *J Nurse-Midwifery* 1999;44(3):192–204.

<sup>29</sup> Katz T. “Homoeopathic Treatment during the Menopause” *Complementary Therapies Nursing & Midwifery* 1997;3(2): 46–50.

<sup>30</sup> Berrebi A, Parant O, Ferval F, et al. “Treatment of Pain Due to Unwanted Lactation with a Homeopathic Preparation given in the Immediate Post-Partum Period” *Journal de Gynecologie, Obstetrique et Biologie de La Reproduction* 2001;30(4): 353-357. <http://europepmc.org/abstract/MED/11431615>.

<sup>31</sup> Danno K, Colas A, Terzan L, et al. “Homeopathic Treatment of Premenstrual Syndrome: A Case Series.” *Homeopathy* 2013;102(1):59–65. <https://doi.org/10.1016/j.homp.2012.10.004>.

<sup>32</sup> Yakir M, Kreitler S, Brzezinski A, et al. “Effects of Homeopathic Treatment in Women with Premenstrual Syndrome: A Pilot Study” *Br Homoeopathic J* 2001;90(3):148–53. <https://doi.org/10.1038/sj/bhj/5800491>.

<sup>33</sup> Klein-Laansma CT, Jansen JCH, van Tilborgh AJW, et al. “Semi-Standardised Homeopathic Treatment of Premenstrual Syndrome with a Limited Number of Medicines: Feasibility Study.” *Homeopathy* 2010;99(3):192–204. <https://doi.org/10.1016/j.homp.2010.05.007>.

homeopathically treated group was significantly better than in the conventional group ( $p = 0.0028$ ).<sup>34</sup>

A series of cases of hyper-estrogenic breast disease benefiting from homeopathic treatment were presented and reviewed.<sup>35</sup>

### ***Surgery***

A two-year study evaluating benefits of homeopathy on post-operative blood loss and seroma production in 53 women undergoing unilateral total mastectomy demonstrated statistically significant reduction of intra and post-operative blood loss.<sup>36</sup>

### ***Menopause***

For women who do not want to use, or cannot use, hormone replacement therapy, safe homeopathic alternatives exist. There are numerous excellent homeopathic drugs that can be purchased over the counter for these symptoms. A woman can also choose to be evaluated by a homeopathic practitioner and have an individualized program designed specifically for her health needs. Although there has been limited clinical research of homeopathic therapies for the menopause, when taken according to directions, they have the potential for being extremely safe and efficacious.<sup>37</sup>

Menopause is a highly variable adjustment period for some women. Homeopathy has been delivered within the UK National Health Service since its inception and has been used to alleviate symptoms both in the climacteric, and more recently in breast cancer survivors. Individualized treatment by a homeopathic practitioner, regarded as the gold standard of homeopathic care, is a complex intervention where the homeopathic medicine is matched to a woman presenting with a range of symptoms such as hot flushes, sleep and mood disturbance, joint pains and fatigue.<sup>38</sup>

An audit of Sheffield's National Health Service Community Menopause Clinic revealed significant benefits from incorporating homeopathic treatments. The greatest response was seen in those reporting headaches, vasomotor symptoms, emotional/psychological symptoms, and tiredness/fatigue as their primary symptoms during menopause.<sup>39</sup>

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<sup>34</sup> Klein-Laansma C, Christien T, Jong M, et al. "Semi-Individualized Homeopathy Add-On Versus Usual Care Only for Premenstrual Disorders: A Randomized, Controlled Feasibility Study." *J Alternative Complementary Medicine* 2018; 24(7):684–93. <https://doi.org/10.1089/acm.2017.0388>.

<sup>35</sup> Jones A. "Homeopathic Treatment for Premenstrual Symptoms." *J Family Planning Reproductive Health Care* 2003;29(1):25. <https://doi.org/10.1783/147118903101196855>.

<sup>36</sup> Sorrentino L, Piraneo S, Riggio E, et al. "Is There a Role for Homeopathy in Breast Cancer Surgery? A First Randomized Clinical Trial on Treatment with Arnica Montana to Reduce Post-Operative Seroma and Bleeding in Patients Undergoing Total Mastectomy." *J Intercultural Ethnopharmacology* 2017;6(1): 1–8. <https://doi.org/10.5455/jice.20161229055245>.

<sup>37</sup> Kass-Annese B. "Alternative Therapies for Menopause." *Clinical Obstetrics and Gynecology* 2000;43(1): 162–83.

<sup>38</sup> Thompson EA. "Alternative and Complementary Therapies for the Menopause: A Homeopathic Approach." *Maturitas* 2010;66(4): 350–54. <https://doi.org/10.1016/j.maturitas.2010.02.003>.

<sup>39</sup> Relton C, Weatherley-Jones E. "Homeopathy Service in a National Health Service Community Menopause Clinic: Audit of Clinical Outcomes." *J British Menopause Society* 2005;11(2): 72–73.

A retrospective, single cross-sectional descriptive study conducted on women experiencing vasomotor symptoms after withdrawal from hormone replacement therapy across the U.S. sampled 563 menopausal women and revealed that nearly half used complementary and alternative medicine including homeopathy.<sup>40</sup>

A multicenter, randomized, double-blind, placebo-controlled study conducted in 35 active centers in France evaluating the use of homeopathy in reducing hot flashes in menopausal women studied 101 menopausal women. Global symptoms demonstrated significant improvement in the homeopathic group compared with the placebo group ( $p = 0.0411$ ). Treatment was well tolerated and no serious adverse effects were attributable to homeopathy.<sup>41</sup>

An open, multicenter, prospective, observational study to evaluate homeopathic treatment of menopausal women found it useful in relieving menopausal symptoms including hot flashes, night sweats, anxiety, palpitation, depression, and insomnia.<sup>42</sup>

### ***Breast cancer***

A prospective observational study of individualized homeopathic treatment of estrogen withdrawal in 40 women with breast cancer demonstrated significant improvement in withdrawal symptoms as well as fatigue, mood disturbances, anxiety, depression, and quality of life.<sup>43</sup>

A randomized, double-blind placebo-controlled trial of 83 breast cancer survivors with hot flashes from estrogen withdrawal demonstrated a significant positive trend towards fewer hot flashes after individualized homeopathic treatment.<sup>44</sup>

Nine patients suffering from a high level of pain after breast cancer therapy, despite use of standard postoperative treatment with conventional analgesics, were treated homeopathically and experienced a marked reduction in pain. Similarly, health-related quality of life also improved.<sup>45</sup>

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<sup>40</sup> Kupferer EM, Dormire SL, Becker H. “Complementary and Alternative Medicine Use for Vasomotor Symptoms Among Women Who Have Discontinued Hormone Therapy” *J Obstetric, Gynecologic Neonatal Nursing* 2009;38(1):50–59. <https://doi.org/10.1111/j.1552-6909.2008.00305.x>.

<sup>41</sup> Trial registration number (EudraCT): 2009-016959-21. Bordet MF, Colas A, Marijnen P, et al. “Treating Hot Flushes in Menopausal Women with Homeopathic Treatment—Results of an Observational Study.” *Homeopathy* 2008;97(1): 10–15. <https://doi.org/10.1016/j.homp.2007.11.005>.

<sup>42</sup> Chaturbhujia N, Singh V, Singh K, et al. “Management of Distress during Climacteric Years by Homeopathic Therapy.” *J Alternative Complementary Med* 2011;17(11):1037–42. <https://doi.org/10.1089/acm.2010.0301>.

<sup>43</sup> Thompson EA, Reilly D. “The Homeopathic Approach to the Treatment of Symptoms of Oestrogen Withdrawal in Breast Cancer Patients. A Prospective Observational Study.” *Homeopathy* 2003;92(3):131–34. [https://doi.org/10.1016/S1475-4916\(03\)00035-3](https://doi.org/10.1016/S1475-4916(03)00035-3).

<sup>44</sup> Jacobs J, Herman P, Heron P, et al. “Homeopathy for Menopausal Symptoms in Breast Cancer Survivors: A Preliminary Randomized Controlled Trial.” *J Alternative Complementary Med* 2005;(11):21–27. <https://doi.org/10.1089/acm.2005.11.21>.

<sup>45</sup> Orellana Alvarellos G, Ruiz de Viñaspre Alvear P, Kaszkin-Bettag M. “A Series of Case Reports: Clinical Evaluation of a Complex Homeopathic Injection Therapy in the Management of Pain in Patients after Breast Cancer Treatment.” *Alternative Therapies Health Medicine* 2010;16(1): 54–59.

A randomized, double-blind placebo-controlled trial of 66 women with breast cancer undergoing radiotherapy demonstrated that homeopathy was effective in preventing and treating acute radiodermatitis and was statistically more effective than placebo.<sup>46</sup>

Homeopathic treatment of radiation-induced itching following breast cancer surgery was found effective in 84% of women.<sup>47</sup>

A prospective, unrandomized observational study to evaluate the effectiveness of preventing aromatase inhibitor-associated joint pain and/or stiffness in 40 women with early, hormone-receptor positive, breast cancer, demonstrated a significant difference in the homeopathic treated group ( $p = 0.0001$ ), while members of the control group exhibited an increased need for analgesics ( $p = 0.0076$ ).<sup>48</sup>

In vitro effects of homeopathic medicines on cancer cells demonstrate highly significant results initiating cytotoxicity, apoptosis, cell shrinkage, chromatin condensation, and DNA fragmentation while decreasing cancer cell proliferation, and providing preliminary laboratory evidence indicating the ability of homeopathic medicines to act as anticancer agents.<sup>49</sup>

Homeopathic medicines exhibited a concentration-dependent anti-proliferative effect on breast cancer cells (MCF-7) in vitro, while having no effect on non-malignant mammary epithelial cells (MCF-10A).<sup>50</sup>

Four different homeopathic medicines were studied to determine their effects on two human breast adenocarcinoma cell lines (MCF-7 and MDA-MB-231) and a cell line derived from immortalized normal human mammary epithelial cells (HMLE). The medicines exerted preferential cytotoxic effects against the two breast cancer cell lines, causing cell cycle delay/arrest and apoptosis accompanied by altered expression of the cell cycle regulatory proteins, downregulation of phosphorylated Rb and upregulation of the CDK inhibitor p27. The findings demonstrate active biological activity of homeopathic products.<sup>51</sup>

Homeopathic induced tumor regression was studied using Trypan blue dye-exclusion, flow cytometry, Western blot, reverse transcriptase-PCR techniques, siRNA transfections and inhibitor studies to validate the p53 pathway of induced apoptosis in Ehrlich's ascites carcinoma (EAC)- and Sarcoma-180 (S-180) in mice. Homeopathic medicine prevented loss of effector T

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<sup>46</sup> Balzarini A, Felisi E, Martini A, et al. (2000). "Efficacy of homeopathic treatment of skin reactions during radiotherapy for breast cancer: a randomised, double-blind clinical trial." *Brit Homoeopathic J* 2000;89(1):8-12.

<sup>47</sup> Schlappack O. "Homeopathic Treatment of Radiation-Induced Itching in Breast Cancer Patients. A Prospective Observational Study." *Homeopathy : J Faculty Homeopathy* 2004;93(4): 210–15.

<sup>48</sup> Karp JC, Sanchez C, Guilbert P, et al. Treatment with Ruta Graveolens 5CH and Rhus Toxicodendron 9CH May Reduce Joint Pain and Stiffness Linked to Aromatase Inhibitors in Women with Early Breast Cancer: Results of a Pilot Observational Study." *Homeopathy* 2016;105(4): 299–308. <https://doi.org/10.1016/j.homp.2016.05.004>.

<sup>49</sup> Arora S, Agganwal A, Singla P, et al. Anti-proliferative effects of homeopathic medicines on human kidney, colon and breast cancer cells . *Homeopathy* 2013;102(4): 274-282.

<sup>50</sup> Ahn KH, Yi KW, Park HT, et al. "Anti-Proliferative Effect of Klimaktoplan® on Human Breast Cancer Cells." *Arch Gynecology Obstetrics* 2013;288(4):833–38. <https://doi.org/10.1007/s00404-013-2849-1>.

<sup>51</sup> Frenkel M, Mishra BM, SenS, et al. "Cytotoxic Effects of Ultra-Diluted Remedies on Breast Cancer Cells." *International J Oncology* 2009;36(2). [https://doi.org/10.3892/ijo\\_00000512](https://doi.org/10.3892/ijo_00000512).

cell repertoire, reversed type-2 cytokine bias and attenuated tumor-induced inhibition of T cell proliferation in tumor-bearing hosts, which translates as enhanced anti-tumor activity.<sup>52</sup>

Antitumorogenic activity of homeopathic medicine was evaluated, and the molecular mechanisms of apoptosis and functional p53-expression of mammary epithelial carcinoma cells was elucidated demonstrating abrogation of intracellular reactive oxygen species (ROS), prevention of p53-activation, knockdown of p53 or inhibition of its functional activity and significantly abridged ROS generation. These results open the horizon for developing a targeted therapy by modulating the redox status of functional p53-expressing mammary epithelial carcinoma cells using homeopathy.<sup>53</sup>

### ***Depression***

In a prospective, randomized, double-blind double-dummy single-center trial, 91 outpatients with moderate to severe depression were assigned to receive either an individualized homeopathic medicine or fluoxetine 20 mg to 40 mg day. Results demonstrated no significant differences in responses or remissions between the two groups, and there were no significant differences between rates of side effects, but a higher percentage of patients treated with fluoxetine reported troublesome side effects leading to greater tendency toward treatment interruption.<sup>54</sup>

A randomized, placebo-controlled, double-blind, double-dummy, superiority, three-arm trial in 133 peri- and post-menopausal women with moderate-to-severe depression demonstrated significantly superior response and remission rates from homeopathy compared with both placebo and Fluoxetine. No differences were observed in the Beck Depression Inventory, but homeopathy was superior to placebo in Greene Climacteric Scale, while Fluoxetine was not different from placebo in the same Scale.<sup>55</sup>

An epidemiological cohort study (EPI3) of 710 patients in general practice in France compared utilization of conventional psychotropic drugs among patients seeking care for anxiety and depression disorders from general practitioners who strictly prescribe conventional medicines (GP-CM), regularly prescribe homeopathy in a mixed practice (GP-Mx), or are certified homeopathic GPs (GP-Ho). Adjusted multivariate analyses showed that GP-Ho and GP-Mx patients were less likely to use psychotropic drugs compared to GP-CM patients. The rate of clinical improvement was marginally superior for the GP-Ho group as compared to the GP-CM

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<sup>52</sup> Saha S, Hossain DMS, Mukherjee S, et al. “Calcarea Carbonica Induces Apoptosis in Cancer Cells in P53-Dependent Manner via an Immuno-Modulatory Circuit.” *BMC Complementary Alternative Med* 2013;13(1):230. <http://www.biomedcentral.com/1472-6882/13/230/>.

<sup>53</sup> Saha S, Bhattacharjee P, Mukherjee S, et al. Contribution of the ROS-p53 feedback loop in thuja-induced apoptosis of mammary epithelial carcinoma cells. *Oncology Reports* 2014; 31:1589-1598. <https://doi.org/10.3892/or.2014.2993>

<sup>54</sup> Adler UC, Paiva NMP, Cesar AT, et al. “Homeopathic Individualized Q-Potencies versus Fluoxetine for Moderate to Severe Depression: Double-Blind, Randomized Non-Inferiority Trial.” *Evidence-Based Complementary Alternative Med: ECAM* 2011: 520182–520182. <https://doi.org/10.1093/ecam/nep114>.

<sup>55</sup> del Carmen Macías-Cortés E, Llanes-González L, Aguilar-Faisal L, et al. “Individualized Homeopathic Treatment and Fluoxetine for Moderate to Severe Depression in Peri- and Postmenopausal Women (HOMDEP-MENOP Study): A Randomized, Double-Dummy, Double-Blind, Placebo-Controlled Trial.” *PLoS ONE* 2015;10(3). <https://doi.org/10.1371/journal.pone.0118440>.



group. Those patients who chose to consult GPs prescribing homeopathy reported less use of psychotropic drugs, and were marginally more likely to experience clinical improvement, than patients managed with conventional care.<sup>56</sup>

Thirty databases/sources were screened to identify 18 studies reporting the effects of homeopathy in treating depression, including a double-blind placebo-controlled trials of 91 patients demonstrating that it was non-inferior to fluoxetine at four ( $p = 0.654$ ) and eight weeks ( $p = 0.965$ ). A second trial of 133 patients found that homeopathy was comparable to fluoxetine ( $p = 0.082$ ) and superior to placebo ( $p < 0.005$ ) at six weeks. A third non-placebo-controlled randomized controlled trial found homeopathy comparable to fluvoxamine. A cohort study of patients receiving homeopathic treatment reported significantly lower use of psychotropic drugs and improved depression. Patient-reported outcomes demonstrated at least moderate improvement in 10 out of 12 uncontrolled studies. All adverse events were mild or moderate, and transient. No evidence suggested that homeopathic treatment was unsafe.<sup>57</sup>

### ***Fibromyalgia***

A double-blind, randomized, parallel-group, placebo-controlled trial of individualized homeopathy evaluating 53 women with fibromyalgia demonstrated significantly greater improvements in tender point count, tender point pain, quality of life, global health and a trend toward less depression when compared with those on placebo.<sup>58</sup>

A double-blinded, randomized, placebo-controlled clinical trial of 53 patients with physician-confirmed fibromyalgia characterized initial central nervous system responses to administration of homeopathic medicines in the right prefrontal region. Cordance findings correlated with subsequently reduced pain ( $p=0.03$ ), better global health ( $p=0.10$ ), and trait absorption ( $p=0.012$ ) suggesting that prefrontal EEG-C's provide a reliable early biomarker of individualized homeopathic medicine response.<sup>59</sup>

A randomized, placebo-controlled double-blind trial with a crossover phase of 48 patients with Fibromyalgia using individualized homeopathic medicine demonstrated EEG changes demonstrating progressive amplification of host responses. The study demonstrated significant increase signal strength, while the placebo group demonstrated a decrease in global alpha-1 and alpha-2 activity ( $p=0.003$ ).<sup>60</sup>

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<sup>56</sup> Grimaldi-Bensouda L, Abenhaim L, Massol J, et al. "Homeopathic Medical Practice for Anxiety and Depression in Primary Care: The EPI3 Cohort Study." *BMC Complementary and Alternative Medicine* 2016;16: 125. <https://doi.org/10.1186/s12906-016-1104-2>.

<sup>57</sup> Viksveen P, Fibert P, Relton C. "Homeopathy in the Treatment of Depression: A Systematic Review." *European J Integrative Med* 2018;22:22–36. <https://doi.org/10.1016/j.eujim.2018.07.004>.

<sup>58</sup> Bell IR, Lewis DA II, Brooks AJ, et al. "Improved Clinical Status in Fibromyalgia Patients Treated with Individualized Homeopathic Remedies versus Placebo." *Rheumatology* 2004;43(5):577–82. <https://doi.org/10.1093/rheumatology/keh111>.

<sup>59</sup> Bell IR, Lewis DA, Schwartz GE, et al. "Electroencephalographic Cordance Patterns Distinguish Exceptional Clinical Responders with Fibromyalgia to Individualized Homeopathic Medicines." *J Alternative Complementary Med* 2004;10(2): 285–99. <https://doi.org/10.1089/act.2004.10.285>.

<sup>60</sup> Bell IR, Lewis DA, Lewis SE, et al. "EEG Alpha Sensitization in Individualized Homeopathic Treatment of Fibromyalgia." *Int J Neuroscience* 2004;114(9):1195–1220. <https://doi.org/10.1080/00207450490475724>.

In a pragmatic parallel group randomized controlled trial, adults with fibromyalgia were treated with or without adjunctive homeopathic care. The drop-out rate was significantly lower in the homeopathic care group, and there was a significantly greater mean reduction of total function score in the homeopathic group when compared with the conventional care group. The homeopathic group had significantly greater reductions in the McGill pain score, and fatigue and tiredness upon waking scores. There were no reported adverse events.<sup>61</sup>

### **Conclusion**

Women's health in the U.S could be significantly improved by integrating homeopathy into the existing health care system. Potential benefits include lower costs, greater safety, improved efficacy and higher rates of patient and clinician satisfaction.

A substantial body of peer-reviewed research data already justifies the use of public funds to increase public awareness of homeopathy and promote physician education into its use. Homeopathy offers a unique system of medical therapeutics capable of significantly improving public health. Nowhere is that more evident than in the realm of Women's Health.

Further research into the clinical application of homeopathy, exploring its mechanisms of action, ideal posology and potential for positively affecting public health is most certainly warranted.

### **About the author:**

*Joyce Frye DO, MBA, MSCE is a retired obstetrician/gynecologist who was introduced to homeopathy through a series of coincidences. She began to study it seriously after her son who had been diagnosed with acute nephrotic syndrome responded to an homeopathic prescription in what his pediatric nephrologist described as a "miracle". She went on to serve as the president of both the National Center for Homeopathy and the American Institute of Homeopathy and as the Chair of the Pharmacopoeia Revision Committee of the Homeopathic Pharmacopeia Convention of the United States. In acquiring her MS with the Center for Clinical Epidemiology and Biostatistics at the University of Pennsylvania, she focused on potential homeopathic interventions in obstetrics and obtained an IND for Blue Cohosh/Caulophyllum.*

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<sup>61</sup> Relton C, Smith C, Raw J, et al. "Healthcare Provided by a Homeopath as an Adjunct to Usual Care for Fibromyalgia (FMS): Results of a Pilot Randomised Controlled Trial." *Homeopathy* 2009;98(2):77-82. <https://doi.org/10.1016/j.homp.2008.12.004>.

## Homeopathy and Respiratory Illness

According to the Centers for Disease Control and Prevention (CDC), millions of Americans suffer from respiratory illnesses every year. Even short-lived respiratory infections affect health-related quality of life (HRQL) indices; and therapeutic interventions, like homeopathy, that help resolve these conditions in an expedient and healthy manner are highly sought after.<sup>1</sup>

Substantial evidence supports the use of homeopathic medicine in these conditions.

In April 2005, the European Committee for Homeopathy (ECH) evaluated the treatment of over 6,000 subjects using a Quality of Life questionnaire, finding that 89% of those with bronchial asthma improved rapidly while using homeopathy. These high rates were sustained when individuals were followed for 2 years or more. Sixty-seven percent of individuals with respiratory tract infections improved rapidly while using homeopathy compared to 56% of those who utilized conventional treatment during the same time period.<sup>2</sup> These findings were consistently noted in both acute or chronic respiratory illnesses, leading the authors to conclude that homeopathy is a safe and natural solution that is effective in many common ailments of the respiratory tract.

### Homeopathy and Upper Respiratory Tract Infections

Upper Respiratory Infections (URIs) affect millions of Americans each year and result in significant amounts of time lost both at work and in school. Most URIs are viral in origin, and thus unresponsive to antibiotic treatment, leaving those affected with few options other than over-the-counter medicines. For those with underlying chronic medical conditions, such as asthma or chronic obstructive pulmonary disease (COPD), a common cold can lead to serious complications including exacerbations of bronchitis or pneumonia.

An observational study performed in Germany evaluated 397 subjects with URIs. They compared the use of a complex homeopathic preparation, with conventional therapies including antihistamines, antitussives, and nonsteroidal anti-inflammatory drugs. Symptoms included fatigue, sensation of illness, chills/tremors, aching joints, overall severity of illness, sum total of all clinical variables, temperature, and time to symptomatic improvement. Seventy-seven percent (77%) of those receiving homeopathic treatment reported improvement in their symptoms within 3 days compared with only 61% of those who received conventional care. The authors of this study concluded that homeopathic treatment may be useful for providing relief of symptoms from the common cold.<sup>3</sup>

A placebo controlled randomized trial examined the efficacy of using homeopathy to treat young children with URIs and determined that there was a significant advantage gained by using homeopathy when compared with placebo. Symptoms of sneezing and cough, as well as the accumulated cold scores were significantly improved at both the first and the second assessments among those receiving the homeopathic treatment compared to those in the placebo group. This

<sup>1</sup> Linder JA, Singer DE. Health-related quality of life of adults with upper respiratory tract infections. *J Gen Intern Med* 2003; 18(10):802-7. <https://www.ncbi.nlm.nih.gov/pubmed/14521642>

<sup>2</sup> Van Wassenhoven M. Priorities and Methods for Developing the Evidence Profile of Homeopathy: Recommendations of the ECH General Assembly and XVIII Symposium of GIRI. *Homeopathy*; April 2005:94,107-124. <https://www.sciencedirect.com/science/article/pii/S1475491605000251?via%3Dihub>

<sup>3</sup> Klein-Dipl P, Schmiedel V. A Complex Homeopathic Preparation for the Symptomatic Treatment of Upper Respiratory Infections Associated With the Common Cold: An Observational Study. *EXPLORE*; Vol 2, (Issue 2, March 2006): 109-114. <https://www.sciencedirect.com/science/article/pii/S1550830705005811>

study showed that a homeopathic medicine is effective in reducing the severity of cold symptoms within the first day after beginning treatment.<sup>4</sup>

Another study of 169 children under 10 years of age, diagnosed with URIs, randomly assigned them to receive either homeopathic treatment, or allowed them to utilize self-selected conventional therapies. They found a significant difference in the median total symptom score for the homeopathy group (24 points) versus the control group (44 points) ( $p = 0.026$ ). There was also a statistically significant difference between the number of days that symptoms persisted in the two groups. The homeopathic treatment group experienced symptoms for an average of 8 days compared with the self-selected therapy group, whose symptoms persisted for an average of 13 ( $p = 0.006$ ).<sup>5</sup>

## Homeopathy and Sinus Infections

The CDC reports that sinusitis affects 26.9 million adults in the US and is one of the most common chronic infections in the nation. Rhinovirus, the most common cause of acute sinusitis, also triggers exacerbations of asthma and other chronic conditions.

A randomized placebo-controlled study of 42 participants examined the efficacy and safety of a homeopathic combination medicine in the treatment of sinusitis. The study measured total nasal symptoms scores (TNSS) over a 2-week period and evaluated changes in individual symptom scores (ISS) over the same time frame.

Mean TNSS and ISS were noted after single dosing at various time periods over 60 minutes. Variables analyzed included rhinitis quality-of-life, rescue medication use, and safety endpoints. The homeopathically treated group exhibited significantly better improvements in TNSS and ISS ( $P < .01$ ). The homeopathic treatment group had a better average time to first relief versus the placebo group ( $P < .01$ ). The study also noted improvement in nasal congestion, sinus pain, sinus pressure, and headache at 5, 10, 15, and 30-minute intervals, persisting at 60 minutes for nasal congestion and sinus pain ( $P < .05$ ).<sup>6</sup>

Another randomized, double-blind, placebo-controlled clinical trial looked at the effectiveness of a complex homeopathic medication in the treatment of acute maxillary sinusitis (AMS). One hundred and thirteen (113) patients with radiography-confirmed AMS participated in a 22 day trial with 8 weeks follow-up. Outcome measures included a change in the sinusitis severity score (SSS) from baseline.

The homeopathic treatment group demonstrated a significant reduction in the SSS score compared with that of the placebo group (6.0 points vs 2.0 points;  $P < .0001$ ) at seven days. On day 21, 68.4% of the homeopathic treatment group noted complete remission of AMS symptoms compared with only 8.9% for the placebo group. The authors of this trial concluded that

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<sup>4</sup> Jacobs J, Taylor JA. A randomized controlled trial of a homeopathic syrup in the treatment of cold symptoms in young children.

*Complementary Therapies in Medicine*; Vol 29 (Dec 2016): 229-234. <https://www.sciencedirect.com/science/article/pii/S0965229916302771>

<sup>5</sup> Bentzena N, et al. Homeopathic care for the prevention of upper respiratory tract infections in children: A pragmatic, randomised, controlled trial comparing individualised homeopathic care and waiting-list controls. *Complementary Therapies in Medicine*; Vol 13 (Issue 4, Dec 2005): 231-238. <https://www.sciencedirect.com/science/article/pii/S0965229905000750>

<sup>6</sup> Bernstein JA, et al. A randomized, double-blind, parallel trial comparing capsaicin nasal spray with placebo in subjects with a significant component of nonallergic rhinitis. *Annals of Allergy, Asthma & Immunology*, Vol 107 (Issue 2): 171 – 178. [https://www.annallergy.org/article/S1081-1206\(11\)00383-8/fulltext](https://www.annallergy.org/article/S1081-1206(11)00383-8/fulltext)

homeopathic treatment is safe and appears to be an effective treatment for acute maxillary sinusitis.<sup>7</sup>

## Homeopathy and Asthma

Asthma is a chronic medical condition frequently triggered by many environmental factors including allergens, air pollution and the common cold virus. According to the CDC, approximately 20.4 million American adults suffer from asthma. The World Health Organization (WHO) estimates that at least 235 million people suffer from asthma worldwide. Asthma is the most common non-communicable disease among children.

In 2001, asthma was among the 10 conditions most commonly treated by homeopaths in US.<sup>8</sup> The main benefits of homeopathic treatment include a decrease in the frequency and the intensity of acute asthma attacks, as well as the complete resolution of the condition, in some cases.<sup>9</sup>

A retrospective study, examining children with allergic bronchial asthma who were treated homeopathically, found that: 44.2% of patients demonstrated "satisfactory improvement"; 36.7% demonstrated "manifest improvement"; 18.3% had "relative improvement"; and less than 1% (0.8%) had "no reaction" to homeopathic intervention.<sup>10</sup>

Another retrospective study evaluated both adults and children with bronchial asthma treated with individualized homeopathy for more than 3 years. The authors found a statistically significant decrease in both the frequency and severity of attacks during and after treatment. They also found that those treated homeopathically had a marked decreased in their use of conventional medications.<sup>11</sup>

## Homeopathy and Chronic obstructive pulmonary disease (COPD)

Chronic obstructive pulmonary disease (COPD) refers to a group of respiratory illnesses including chronic bronchitis and emphysema. According to the CDC, COPD was the third leading cause of death in the US in 2014.

A prospective, randomized, double-blind, placebo-controlled study with parallel assignment was performed to evaluate the use of the homeopathy in 50 COPD ventilator-dependent patients in the Intensive Care Unit (ICU). Measured variables included changes in the amount of tracheal secretions, the time to successful extubation and length of stay in the ICU.

The researchers found that the amount of tracheal secretions was significantly reduced in the homeopathically treated group ( $p < 0.0001$ ). Homeopathically treated patients were extubated sooner ( $p < 0.0001$ ), and discharged sooner from the ICU (4.20 days vs 7.68,  $p < 0.0001$ ). This

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<sup>7</sup> Heger M, et al. Efficacy of a Complex Homeopathic Medication (Sinfrontal) in Patients with Acute Maxillary Sinusitis: A Prospective, Randomized, Double-Blind, Placebo-Controlled, Multicenter Clinical Trial. *EXPLORE*; Vol 3(Issue 2, March 2007): 98-109. <https://www.sciencedirect.com/science/article/pii/S1550830706005635>

<sup>8</sup> Doerr L. Using Homeopathy for Treating Childhood Asthma: Understanding a Family's Choice. *J Ped Nurs*. 2001; 16(4): 269-276. [https://www.pediatricnursing.org/article/S0882-5963\(01\)33405-X/abstract](https://www.pediatricnursing.org/article/S0882-5963(01)33405-X/abstract)

<sup>9</sup> Garcia C. Homeopathy as an alternative for asthma treatment. *Int J High Dilution Res*; 10(36): 201-202.

<sup>10</sup> Mosquera Pardo MF. Bronchial asthma in childhood: management by means of homeopathy. *Proc 2nd OMHI Congress, Mexico*; (1990)156-166.

<sup>11</sup> Eizayaga FX, Eizayaga J. Homoeopathic treatment of bronchial asthma. *Br Homeopath J*; 85 (1996): 28-33.

study supports the use of homeopathic treatment of COPD patients, particularly in severe exacerbations.<sup>12</sup>

## **Conclusion**

Respiratory illness is a common cause for the utilization of medical resources in the U.S. Preliminary studies strongly suggest that this is an area where homeopathy excels, and can help to reduce not only the duration of illness, but the intensity of symptoms suffered. When used in conjunction with conventional medical care for life-threatening conditions including asthma and COPD, homeopathy provides a safe, reliable and natural support for individuals suffering from respiratory illnesses.

### ***About the Author***

*Samantha Conboy CCH, M.A. is a board-certified classical homeopath with a practice in San Diego, CA. Samantha is passionate about working with families and equipping moms with homeopathy so that they can help their families when they are sick. Samantha has been in practice since 2008 and is the current President of the Council for Homeopathic Certification.*

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<sup>12</sup> Dielacher C, et al. Influence of potassium dichromate on tracheal secretions in critically ill patients. *Chest*; March, 2005 (127):936-941.  
<https://www.ncbi.nlm.nih.gov/pubmed/15764779>

## Why Veterinary Homeopathy Matters in Animal Health Care in the USA

Homeopathy is a powerful tool, capable of healing without causing harm. No one knows this truth more than homeopathic veterinarians. Homeopathy offers a gentle and natural method of healing for animals. Conventional veterinary medicine faces many of the same challenges as conventional human medicine including antibiotic misuse/overuse, resistant superorganisms, adverse drug reactions, polypharmacy and challenges in elderly patients. Veterinary homeopathy dates back to the 1830s in Germany when it was first used by veterinarians who were the contemporaries of Samuel Christian Hahnemann, MD, the founder of homeopathy.

### Advantages of Veterinary Homeopathy

The homeopathic treatment of animals provides many distinct advantages when compared to the conventional methods. Homeopathy is:

- Gentle, natural, and non-invasive
- Less expensive
- Safe
- Environmentally sustainable
- Free from side effects
- Particularly suited to treatment of animal herds and wildlife
- Easy to administer
- Non-toxic

The late physician and former US senator, Royal S. Copeland, MD, who sponsored the Federal Food, Drug and Cosmetic Act of 1938, recognized the importance of including homeopathy in U.S. healthcare when he wrote:

“Physicians become homeopaths because homeopathy works better for most health problems than the techniques we learned in medical school.”<sup>1</sup>

### Value of Animal Homeopathy

Animals are free from placebo bias. As far as we know, dogs, cats, horses, cows, goats and sheep are oblivious to the form of treatment they receive from humans. Animal responses are not placebo responses. Animals are sensitive to their environments and serve as sentinels of both disease and environmental toxins. Their reactions can alert us to environmental hazards before they affect humans. Animals are (literally) ‘canaries in the coalmine’ of our world. Their relatively short lifespans and intergenerational times make them ideal models to study both

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<sup>1</sup> Robins N. *Copeland's Cure: Homeopathy and the War between Conventional and Alternative Medicine*. Knopf Pub. NY 2005. <https://tinyurl.com/ycvt8v84>

course of disease, and response to therapy. Veterinary homeopathy, through acute and chronic illness, across a variety of animal species, has taught important lessons that verify and augment human medical care.

## Evidence Based Medicine

Thousands of high-quality studies and case reviews of homeopathy have been published in peer-reviewed medical journals including both *in vitro* and *in vivo* experiments performed in the laboratory and in the field. Randomized double-blind, placebo-controlled clinical trials, observational studies, clinical effectiveness research, systematic reviews, and meta-analyses have been published in both humans and animals.<sup>2,3,4,5,6,7,8,9,10,11,12</sup>

## Veterinary Homeopathy Research and Clinical Studies

Homeopathic medicine is prescribed on the basis of individual characteristics, which makes randomized controlled trials difficult, and largely unsuited to evaluating this modality. However, when these clinical trials yield positive results, it is crucially important that we pay close attention and inquire as to why. A summary of some of this research follows:

Clinical trials in dairy cows show significant reduction in the incidence of bovine mastitis, decreasing incidence from 47.5% to 2.5% in one study,<sup>13</sup> and from 42.8% to 7.1% in another.<sup>14</sup>

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<sup>2</sup> Bell I. *Homeopathic Research References: Focus on Animal Studies*. Univ. of Arizona. July 9, 2011. <https://homeopathychoice.org/wp-content/uploads/2018/09/Homeopathy-Research-Listing.pdf>

<sup>3</sup> Epstein S. *The Evidence Base for Veterinary Homeopathy*. Paper submitted to the American Veterinary Medical Association. 2013 <https://theavh.org/wp-content/uploads/Homeopathy-White-Paper.pdf>.

<sup>4</sup> Pitcairn R and S. *Natural Health for Dogs and Cats*. Rodale books, 2017. <https://tinyurl.com/yc5yadpp>

<sup>5</sup> Dupree G. *Homeopathy in Organic Livestock Production*. Acres USA. 2010 <https://www.acresusa.com/products/homeopathy-in-organic-livestock-production>

<sup>6</sup> Hamilton D. *Homeopathic Care for Cats & Dogs*. North Atlantic Books. 2010 <https://tinyurl.com/yc4rdf9b>

<sup>7</sup> Sheaffer CE. *Homeopathy for the Herd: A Farmer's Guide to Low-Cost, Non-Toxic Veterinary Care of Cattle*. Acres USA. 2003 <https://www.acresusa.com/products/homeopathy-for-the-herd>

<sup>8</sup> Lotfollahzadeh S, et al. Homeopathy and Foot and Mouth Disease in Cattle. *Homeopathy*. 2012. <https://www.ncbi.nlm.nih.gov/pubmed/22818233>

<sup>9</sup> Doehring et al. Efficacy of Homeopathy in livestock according to peer-reviewed publications from 1981 - 2014. *Veterinary Record* 2016; 179 (24): 628. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5256414/>

<sup>10</sup> Camerlink I, et al. Homeopathy as replacement to antibiotics in E. coli diarrhea in neonatal piglets. *Homeopathy*. 2010. <https://www.sciencedirect.com/science/article/pii/S1475491609001246>

<sup>11</sup> Mathie RT, et al. Homeopathic prescribing for chronic conditions in equine veterinary practice in the UK. *Veterinary Record*. 2010. <https://tinyurl.com/ybz887of>

<sup>12</sup> Mathie RT, et al. Homeopathic prescribing for chronic conditions in Feline and Canine veterinary practice. *Homeopathy*. 2010. <https://www.sciencedirect.com/science/article/pii/S1475491610000597>

<sup>13</sup> Day C. Nosodes for Prevention. *Int J Veterinary Homeopathy*; 1(15).

<sup>14</sup> Searcy R, Guajardo G. Papers on homeopathic research. *Amer Holistic Veterinary Med Associat Conference* 1994.



Studies demonstrate that homeopathy acts as a potent growth promoter in farm-raised swine. Treatment is effective either by administering it to pregnant sows,<sup>15</sup> or to growth retarded piglets.<sup>16</sup>

Multiple studies have demonstrated that homeopathy helps prevent complications during labor and delivery in cattle, pigs, and dogs.<sup>17,18</sup> Swine stillbirth mortality drops dramatically from 20% to 2.6% after the addition of homeopathic medicine to the drinking water of gestating sows.<sup>19</sup>

In one randomized placebo-controlled trial of 120 cows, homeopathic treatment improved conception rates, calving intervals, and calving percentage in a commercial dairy herd.<sup>20</sup>

The incidence of epidemic canine tracheobronchitis (kennel cough) and canine distemper outbreaks in kennels was reduced 97.9% via homeopathic treatment.<sup>21</sup> In one study more than 13,000 dogs were treated over a 3-year period, demonstrating a 62.6% reduction in incidence of canine distemper.<sup>22</sup>

Eighty percent of dogs and horses with Cushing's disease, previously failing conventional treatment, improved with homeopathic treatment.<sup>23</sup>

Homeopathy demonstrates benefits in many different veterinary conditions, but only a few have been studied and reported. Some of these include: prevention of hepatic toxicity in rats,<sup>24</sup> prevention of azo dye-induced hepatocarcinogenesis in mice,<sup>25</sup> resolution of babesiosis in dogs,<sup>26</sup> hepatoprotection against paracetamol induced liver damage in rats,<sup>27</sup> resolution of subclinical

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<sup>15</sup> [Guajardo-Bernal, G. et al. Growth promoting effect of Sulphur in pigs. \*Br Homeopathic J\*; 85:15-21. <https://tinyurl.com/yb2eoj8d>](https://tinyurl.com/yb2eoj8d)

<sup>16</sup> Briones F. Effect of Barium carb, etc. on the weight of pigs with retarded growth. *Int J Veterinary Homeopathy*; 4(2), *Br Homeopathic J* 2002; 89 (2).

<sup>17</sup> [Day C. Control of stillbirths using homeopathy. \*Veterinary Record\* 1984; 114\( 216\). \[https://homeopathychoice.org/wp-content/uploads/2018/12/Day\\\_Stillbirths.jpg\]\(https://homeopathychoice.org/wp-content/uploads/2018/12/Day\_Stillbirths.jpg\)](https://homeopathychoice.org/wp-content/uploads/2018/12/Day_Stillbirths.jpg)

<sup>18</sup> [Day C. Clinical trials in bovine mastitis using Dystocia prevention. \*Proceedings of LMHI Congress, Lyon\* \(1985\). \[https://homeopathychoice.org/wp-content/uploads/2018/12/Bovine\\\_Mastitis.pdf\]\(https://homeopathychoice.org/wp-content/uploads/2018/12/Bovine\_Mastitis.pdf\)](https://homeopathychoice.org/wp-content/uploads/2018/12/Bovine_Mastitis.pdf)

<sup>19</sup> [Day C. \*ibid.\* \(1984\). \[https://homeopathychoice.org/wp-content/uploads/2018/12/Day\\\_Stillbirths.jpg\]\(https://homeopathychoice.org/wp-content/uploads/2018/12/Day\_Stillbirths.jpg\)](https://homeopathychoice.org/wp-content/uploads/2018/12/Day_Stillbirths.jpg)

<sup>20</sup> [Williamson AV, et al. A study using Sepia 200c given prophylactically post partum to prevent anetrus problems in the dairy cow. \*Br Homeopathic J\*; 80\(149\). <https://www.sciencedirect.com/science/article/pii/S0007078505802261>](https://www.sciencedirect.com/science/article/pii/S0007078505802261)

<sup>21</sup> [Day C. Isopathic prevention of kennel cough. \*Int J Veterinary Homeopathy\*; 2\(57\). \[https://homeopathychoice.org/wp-content/uploads/2018/12/Kennel\\\_Cough.pdf\]\(https://homeopathychoice.org/wp-content/uploads/2018/12/Kennel\_Cough.pdf\)](https://homeopathychoice.org/wp-content/uploads/2018/12/Kennel_Cough.pdf)

<sup>22</sup> Saxton J. Use of distemper nosode in disease control. *Int J Veterinary Homeopathy*; 15( 8).

<sup>23</sup> [Elliot M. Cushing's Disease. A new approach to therapy in equine and canine patients. \*Br Homeopathic J\*; 90 \(1\). <http://www.taranet.co.uk/resources/CushingsArticle.pdf>](http://www.taranet.co.uk/resources/CushingsArticle.pdf)

<sup>24</sup> [Banerjee A, et al. Chelidonium majus 30C and 200C in induced hepato-toxicity in rats. \*Homeopathy\* 2010; 3\(99\):167-176. <https://www.sciencedirect.com/science/article/pii/S1475491610000573>](https://www.sciencedirect.com/science/article/pii/S1475491610000573)

<sup>25</sup> [Bhattacharjee N, et al. Homeopathic drugs Natrum sulphuricum and Carcinosis prevent azo dye-induced hepatocarcinogenesis in mice. \*Ind J Biochem Biophys\* 2009; 46\(4\):307-18. <https://www.ncbi.nlm.nih.gov/pubmed/19788063>](https://www.ncbi.nlm.nih.gov/pubmed/19788063)

<sup>26</sup> [Chaudhuri S, et al. Clinical management of babesiosis in dogs with homeopathic \*Crotalus horridus\* 200C. \*Homeopathy\* 2007; 96\(2\):90-4. <https://www.sciencedirect.com/science/article/pii/S1475491607000197>](https://www.sciencedirect.com/science/article/pii/S1475491607000197)

<sup>27</sup> [Da Silva GH, et al. Hepatoprotective effect of \*Lycopodium clavatum\* 30CH on experimental model of paracetamol-induced liver damage in rats. \*Homeopathy\* 2015; 104\(1\): 29 - 35. <https://tinyurl.com/yeakrkmc>](https://tinyurl.com/yeakrkmc)

mastitis in dairy cows,<sup>28</sup> improved renal clearance and excretion kinetics of lead in rats,<sup>29</sup> improved memory functions and cerebral blood flow in memory-impaired rats,<sup>30</sup> atopic dermatitis in dogs,<sup>31</sup> anti-inflammatory effects in cultured mouse chondrocytes,<sup>32</sup> prevention of mastitis in dairy cows,<sup>33</sup> prevention and treatment of Foot and Mouth Disease in cattle,<sup>34</sup> increased removal torque and bone density surrounding titanium implants in rats,<sup>35</sup> reduction of voluntary ethanol intake in rats,<sup>36</sup> improved clinical management and reduced incidence of idiopathic epilepsy in dogs,<sup>37</sup> and the prevention and treatment of helminthiasis in sheep.<sup>38</sup>

## Conclusion

Numerous studies attest to homeopathy's value across a wide range of clinical conditions in veterinary medicine, improving the health of farm and domestic animals. Additionally, their positive responses entirely eliminate questions of placebo effects from homeopathy. Homeopathy is on the forefront and cutting edge of environmentally sustainable, safe and efficient care with applications in both individuals and large herds. Homeopathy is an important medical modality for every member of the animal kingdom, and by extension, equally important in the field of human health.

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<sup>28</sup> Egan J. Evaluation of a homeopathic treatment for subclinical mastitis. *The Veterinary Record* 1995;137(2):48. <https://veterinaryrecord.bmj.com/content/137/2/48>

<sup>29</sup> Fisher P, et al. The influence of the homeopathic remedy plumbum metallicum on the excretion kinetics of lead in rats. *Human toxicology* 1987; 6(4): 321-324. <https://journals.sagepub.com/doi/abs/10.1177/096032718700600409>

<sup>30</sup> Hanif K, et al. Effect of homeopathic *Lycopodium clavatum* on memory functions and cerebral blood flow in memory-impaired rats. *Homeopathy* 2015;104(1): 24-28. <https://www.sciencedirect.com/science/article/pii/S1475491614000800>

<sup>31</sup> Hill PB, et al. Pilot study of the effect of individualized homeopathy on the pruritus associated with atopic dermatitis in dogs. *The Veterinary Record* 2009;164(12): 364-370. <https://veterinaryrecord.bmj.com/content/164/20/635.2>

<sup>32</sup> Huh YH, et al. Homeopathic *Rhus toxicodendron* treatment increased the expression of cyclooxygenase-2 in primary cultured mouse chondrocytes. (1476-4245 (Electronic)). <https://www.sciencedirect.com/science/article/pii/S1475491613000611>

<sup>33</sup> Klocke P, et al. A randomized controlled trial to compare the use of homeopathy and internal teat sealers for the prevention of mastitis in organically farmed dairy cows during the dry period and 100 days post-calving. *Homeopathy* 2010; 99(2): 90-98. <https://www.sciencedirect.com/science/article/pii/S1475491610000044>

<sup>34</sup> Lotfollahzadah S., *ibid* <https://www.ncbi.nlm.nih.gov/pubmed/22818233>.

<sup>35</sup> Spin-Neto R, et al. Homeopathic *Symphytum officinale* increases removal torque and radiographic bone density around titanium implants in rats. *Homeopathy* 2010; 99: 249-254. <https://www.sciencedirect.com/science/article/pii/S1475491610000846>

<sup>36</sup> Sukul NC, et al. *Strychnos nux-vomica* extract and its ultra-high dilution reduce voluntary ethanol intake in rats. *J Alternative Complement Med* 2001; 7(2):187-93. <https://www.liebertpub.com/doi/abs/10.1089/107555301750164280>

<sup>37</sup> Varshney JP. Clinical management of idiopathic epilepsy in dogs with homeopathic *Belladonna* 200C: a case series. *Homeopathy* 2007; 96(1): 46-48. <https://www.sciencedirect.com/science/article/pii/S1475491606001408>

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## Homeopathy in Acute Care Medicine

The use of Complementary Medicine is commonplace throughout the world as the World Health Organization (WHO) attests:

“T&CM [Traditional and Complementary Medicine] is an important and often underestimated part of health care. T&CM is found in almost every country in the world and the demand for its services is increasing. T&CM, of proven quality, safety, and efficacy, contributes to the goal of ensuring that all people have access to care. Many countries now recognize the need to develop a cohesive and integrative approach to health care that allows governments, health care practitioners and, most importantly, those who use health care services, to access T&CM in a safe, respectful, cost-efficient and effective manner. A global strategy to foster its appropriate integration, regulation and supervision will be useful to countries wishing to develop a proactive policy towards this important - and often vibrant and expanding - part of health care.”<sup>1</sup>

Homeopathy has a strong record of quality, safety and efficacy over a 200-plus year period.

### Utilization

“Homeopathy is used by just over 2% of the U.S. population, predominantly for respiratory, otorhinolaryngology, and musculoskeletal complaints. Individual users who see a homeopathic provider for care are more likely to perceive the therapy as helpful than those who do not; however, only 19% of users in the United States see a provider.”<sup>2</sup>

Eighty one percent of those who utilize homeopathy do so by purchasing over-the-counter (OTC) homeopathic medicines.

### Homeopathy in Acute Care Studies

Many studies demonstrate the benefits of using homeopathy over a wide range of conditions. The following are a few of the most outstanding studies demonstrating efficacy in the treatment of acute diseases. Many authors note that the use of homeopathic medicine decreases the use of conventional antibiotics, psychotropics, steroids, and other medications. A search of *PubMed* revealed the following studies which were published in peer-reviewed medical journals. The range of clinical conditions addressed using homeopathy included upper respiratory tract infections (URTI), sleep disorders, respiratory allergies, acute otitis media (ear infections), traumatic brain injury, severe sepsis, and perioperative use of Arnica for reduction of ecchymosis after surgery.

### EPI3 Study 1- Homeopathic medical practice for URTI: cohort study

<sup>1</sup> WHO traditional medicine strategy: 2014-2023. [https://www.who.int/medicines/publications/traditional/trm\\_strategy14\\_23/en/http://www.searo.who.int/entity/health\\_situation\\_trends/who\\_trm\\_strategy\\_2014-2023.pdf?ua=1](https://www.who.int/medicines/publications/traditional/trm_strategy14_23/en/http://www.searo.who.int/entity/health_situation_trends/who_trm_strategy_2014-2023.pdf?ua=1)

<sup>2</sup> Dossett ML, Davis RB, Kaptchuk TJ. Homeopathy Use by US Adults: Results of a National Survey. *Am J Public Health* 2016;106(4):743-5. DOI: [10.2105/AJPH.2015.303025](https://doi.org/10.2105/AJPH.2015.303025)  
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The EPI3 survey was a nationwide population-based study of a representative sample of 825 General Practitioners (GP) and their patients in France between 2007-2008. Five hundred and eighteen adults and children with URTI's were included.

The results of this study over a one-, three- and twelve-month follow-up period, demonstrated that:

“Patients who chose to consult GPs certified in homeopathy used less antibiotics and antipyretic/anti-inflammatory drugs for URTI than those seen by GPs prescribing conventional medications....”<sup>3</sup>

### **EPI3 Study 3- Utilization of psychotropic drugs by patients consulting for sleeping disorders in homeopathic and conventional primary care settings**

Three hundred and forty six patients consulting for sleep disorders (SD) were included in this study that determined:

“Patients with SD who chose to consult GPs certified in homeopathy consumed less psychotropic drugs and had a similar evolution of their condition to patients treated with conventional medical management. This result may translate in a net advantage with reduction of adverse events related to psychotropic drugs.”<sup>4</sup>

### **Effectiveness, safety and tolerability of a complex homeopathic medicinal product in the prevention of recurrent acute upper respiratory tract infections in children: a multi-center, open, comparative, randomized, controlled clinical trial.**

The effectiveness, safety and tolerability of two complex homeopathic medicines in the treatment and prevention of recurrent acute URTIs in children were compared. Authors concluded that:

“Both complex homeopathic products led to a comparable reduction of URTIs... The observation that the use of antibiotics was reduced upon treatment with the complex homeopathic medications, without the occurrence of complications, is interesting and warrants further investigations... as an antibiotic sparing option.”<sup>5</sup>

### **Homeopathy in acute otitis media in children: treatment effect or spontaneous resolution?**

Two hundred and thirty children with acute otitis media (AOM) received individualized homeopathic medicine. If pain-reduction was insufficient after 6 hours, a different homeopathic medicine was administered. After 12 hours, children who had not reached pain control were treated with antibiotics. The authors concluded:

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<sup>3</sup> Grimaldi-Bensouda L, Begaud B, Rossignol M. Management of upper respiratory tract infections by different medical practices, including homeopathy, and consumption of antibiotics in primary care: the EPI3 cohort study in France 2007-2008. *PLoS One* 2014;9(3):e89990. DOI: 10.1371/journal.pone.0089990. eCollection 2014. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3960096/>

<sup>4</sup> Grimaldi-Bensouda L, Abenheim L, Massol J, et al. Utilization of psychotropic drugs by patients consulting for sleeping disorders in homeopathic and conventional primary care settings: the EPI3 cohort study. *Homeopathy* 2015;104(3):170-5. DOI: 10.1016/j.homp.2015.05.002. <https://www.ncbi.nlm.nih.gov/pubmed/26143449/>

<sup>5</sup> Jong MC, Buskin SL, Ilyenko L, et al. Effectiveness, safety and tolerability of a complex homeopathic medicinal product in the prevention of recurrent acute upper respiratory tract infections in children: a multicenter, open, comparative, randomized, controlled clinical trial. *Multidiscip Respir Med* 2016;11:19. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4868034/>

“Pain control was achieved in 39% of the patients after 6 hours, another 33% after 12 hours. This resolution rate is 2.4 times faster than in placebo controls. There were no complications observed in the study group and compared to conventional treatment the approach was 14% cheaper.”<sup>6</sup>

### **Homeopathy and respiratory allergies: a series of 147 cases.**

The progress of 147 cases of respiratory allergy in private homeopathic practice were reported. Out of 105 cases of ear, nose and throat (ENT) allergies, only two failed to improve, and none worsened. Out of 42 cases of pulmonary allergies, only two cases worsened and three failed to improve. Authors concluded:

“The reasons for such a state have been reviewed. If all these cases were therapeutic failures, the success rate of the homeopathic treatment is 87.6%.”<sup>7</sup>

### **Mild Traumatic Brain Injury RCT Pilot Study**

Sixty patients were studied at the Spaulding Rehabilitation Hospital.

“These results indicate a significant improvement from the homeopathic treatment versus control and translate into clinically significant outcomes.”<sup>8</sup>

### **Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit**

Seventy patients with severe sepsis received homeopathic treatment ( $n=35$ ) or placebo ( $n=35$ ). Survival after a 30 and 180 days was recorded.

“Our data suggest that homeopathic treatment may be an useful additional therapeutic measure with a long-term benefit for severely septic patients admitted to the intensive care unit. A constraint to wider application of this method is the limited number of trained homeopaths.”<sup>9</sup>

### **Perioperative Arnica montana for Reduction of Ecchymosis in Rhinoplasty Surgery.**

Subjects scheduled for rhinoplasty surgery with nasal bone osteotomies by a single surgeon were prospectively randomized to receive either oral perioperative Arnica montana or placebo in a double-blinded fashion. The authors concluded:

“Arnica montana seems to accelerate postoperative healing, with quicker resolution of the extent and the intensity of

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<sup>6</sup> Frei H, Thurneysen A. Homeopathy in acute otitis media in children: treatment effect or spontaneous resolution? *Br Homeopath J* 2001;90(4):180-2. <https://www.ncbi.nlm.nih.gov/pubmed/11680801/>

<sup>7</sup>Colin P. Homeopathy and respiratory allergies: a series of 147 cases. *Homeopathy* 2006 Apr. 95(2):68-72. <https://www.ncbi.nlm.nih.gov/pubmed/16569621>

<sup>8</sup> Chapman EH, Weintraub RJ, Milburn MA, et al. Homeopathic Treatment of Mild Traumatic Brain Injury: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *J Head Trauma Rehabil* 1999;14(6):521- 542. <https://pdfs.semanticscholar.org/8744/ff5ec248350778d7d1455c44d14f6d9e45d8.pdf>

<sup>9</sup>Frass M1, 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. <https://www.ncbi.nlm.nih.gov/pubmed/15892486>

ecchymosis after osteotomies in rhinoplasty surgery, which may dramatically affect patient satisfaction.”<sup>10</sup>

## CONCLUSION

Not only is the utilization of homeopathy in many parts of the world common, but substantial evidence of its efficacy in acute and emergency conditions indicates a cost-effective model for complimenting conventional medicine, while avoiding many of the pitfalls of antibiotic and pain medication over-use. Homeopathy certainly deserves much more research dedicated toward understanding its usefulness and applications in the field of public health.

### ***About the author***

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<sup>10</sup> Chaiet SR, Marcus BC. Perioperative Arnica montana for Reduction of Ecchymosis in Rhinoplasty Surgery. *Ann Plast Surg* 2016 May 76(5):477-82. <https://www.ncbi.nlm.nih.gov/pubmed/25954844>

## Homeopathy and Gastrointestinal Disorders

Homeopathic medicine has a powerful effect on the human microbiome and the gastrointestinal tract. It is an extremely helpful modality that helps preserve ecological balance within this organ while aiding in the treatment of a wide array of disorders. A limited number of peer reviewed randomized controlled studies attest to its effectiveness and many more case studies from the literature demonstrate its feasibility and validity. A summary of the current literature follows.

### Cancer

- Between 50-90% of cancer patients in the U.S. utilize Complementary and Alternative medical (CAM) treatments, including homeopathy.<sup>1</sup> Throughout Europe, homeopathy is used by up to 76% of patients.<sup>2</sup> Homeopathy has been used successfully in many difficult and “incurable” cancers both in combination with conventional medicine<sup>3</sup> as well as in isolation as a sole therapeutic intervention.<sup>4,5</sup>

Physicians at the Prasanta Banerji Homeopathic Research Foundation (PBHRF), in Kolkata, India have treated more than 17,324 cancer patients, noting complete regression in 19% and stabilization or partial regression in 21%.<sup>6</sup> Cancer case studies from this Foundation were submitted by to the National Cancer Institute (NCI) “Best Case Series Program” and found to merit prioritization for accelerated research funding.<sup>7,8</sup>

Homeopathic medicines demonstrate many selective cytotoxic and antineoplastic properties in human cancer colon cells both *in vivo*<sup>9</sup> and *in vitro*.<sup>10</sup> Anti-cancer effects in COLO-205 cells demonstrate cell cycle arrest at G2/M phase and apoptosis by mitochondrial mediated pathways.<sup>11</sup> Homeopathic medicines appear to selectively target cancer cells with only minimal impact on surrounding “healthy” tissue.<sup>12,13</sup>

A range of studies and retrospective case series indicate that homeopathy has provided curative treatment for an array of GI cancers including oral, periampullary, esophageal,<sup>14</sup> liver, gall bladder, stomach and pancreatic both *in vitro* and *in vivo*.<sup>15,16,17</sup>

Homeopathy is also effective in reducing the severity of the many side-effects associated with conventional cancer treatments including immunotherapy and chemotherapy induced nausea, insomnia, depression, anxiety, asthenia, incontinence, and hot flashes.<sup>18</sup> Additionally homeopathic medicine prophylactically reduces the intensity and severity of topical burns associated with radiation therapy.<sup>19</sup>

### Gastroesophageal Reflux Disease (GERD)

Homeopathy combined with lifestyle and dietary changes, dramatically improves GERD, helping to restore gastric ecology, and improve Lower Esophageal Sphincter (LES) function without inducing the host of other health disturbances commonly associated with conventional treatments.<sup>20,21,22, 23,24,25,26,27,28,29,30,31</sup>



## **Liver and Gallbladder Disease**

Diseases of the liver and the biliary tract have been treated effectively with homeopathic medicines,<sup>32</sup> including cases of cirrhosis,<sup>33</sup> viral hepatitis,<sup>34,35,36</sup> and fulminant hepatic failure.<sup>37</sup> Homeopathic medicines provide useful prophylactic effects, protecting the liver against medication and toxin induced injuries.<sup>38</sup>

Homeopathy provides an excellent resource in pain management thus reducing exposure to more harmful drugs such as acetaminophen, NSAIDs, and opiates.<sup>39</sup> Using homeopathic medicines in this manner avoids iatrogenic induced hepatic injury,<sup>40,41</sup> reduces inflammation and improves recovery time from injuries, dramatically lowering the need for more problematic interventions.

## **Small Intestinal Bacterial Overgrowth**

Small intestinal bacterial overgrowth (SIBO) is an increasingly common dysbiosis<sup>42</sup> whose etiology is not well understood, but frequently develops after alterations in gastrointestinal architecture, motility, pH and gut microbiome constitution.<sup>43</sup> Homeopathy is an inherently effective modality in SIBO since it helps reduce the use of other more damaging medications that are associated with high relapse rates.<sup>44</sup> Utilizing homeopathy in the GI tract helps conserve the integrity of the gut microbiome and prevent its development.<sup>45</sup>

## **Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD)**

Homeopathic treatment of IBD and IBS has been demonstrated by numerous case studies<sup>46,47,48</sup> and experimental protocols.<sup>49</sup> Homeopathy is beneficial across a wide range of these conditions<sup>50,51,52,53</sup> improving symptoms, quality of life, digestive function, and reducing risks associated with the use of conventional medications.<sup>54,55</sup>

A recent Cochrane review looking at the pooled data from two studies using a simplified form of homeopathy found benefit beyond placebo in those patients with constipation-predominant IBS.<sup>56</sup>

An outpatient survey performed in Switzerland determined that homeopathy was one of the most frequently used alternative modalities in patients suffering from Crohn's disease and Ulcerative colitis, with more than 67% experiencing improvement with long-term treatment.<sup>57</sup>

## **Diverticulosis and Diverticulitis**

Both diverticulosis and diverticulitis are associated with a variety of factors including diet, lifestyle, and microbiome health.<sup>58</sup> Conventional treatment strategies, including surgery and antibiotics, tend to be overused and are associated with significant risk of complications.<sup>59</sup>

Clinical experience demonstrates that individualized homeopathic treatment is beneficial in the prevention and treatment of early stage diverticulitis and reduces the need for more invasive and disruptive interventions.<sup>60</sup>

## **Constipation and Diarrhea**

Two of the most common conditions affecting the GI tract are constipation and diarrhea. According to a survey of patients suffering from constipation in the United Kingdom, only 25% were satisfied with conventional treatments while 43% resorted to using alternative approaches including homeopathy.<sup>61</sup> Several studies<sup>62</sup> and many case reports testify to the benefits of homeopathic intervention.<sup>63</sup>

According to the World Health Organization (WHO) diarrhea is the second leading cause of death in children under five years old. There are nearly 1.7 billion cases annually and nearly 525,000 children die as a result.<sup>64</sup>

Several studies performed in remote rural locations found that individualized homeopathic treatment of infectious diarrhea is expedient, clinically and cost effective, shortens both duration and frequency of stools, and improves quality of life.<sup>65,66,67,68,69</sup>

## **The Acute Abdomen**

The acute abdomen, including acute pain, ileus, biliary colic, cholestasis, choledocholithiasis, cholecystitis, pancreatitis, appendicitis, peritonitis, colic, and sepsis syndromes have responded to the integrated application of homeopathic treatment, particularly in the intensive care unit (ICU).<sup>70</sup>

Post-operative ileus, which frequently develops after invasive intra-abdominal surgery also responds well to homeopathic treatment. A meta-analysis of six studies demonstrate a significant benefit of homeopathy over placebo reducing the duration of post-operative ileus and shortening the time to first flatus.<sup>71</sup>

In summary, homeopathy is beneficial in a wide range of gastrointestinal tract disorders, but further clinical investigation and prioritization is necessary. Many cured cases have been recorded in the worldwide homeopathic literature, but these represent only a tiny fraction of those seen and helped by the hundreds of thousands of homeopathic physicians in worldwide daily clinical practice. Prioritization of research in homeopathy is sorely needed, particularly in the realm of gastrointestinal disorders.

## About the author

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## Epidemic Infectious Diseases, Public Health and Homeopathy

An extensive review of the literature on the results obtained by homeopathy during epidemics reveals important findings both about the efficacy and costs of homeopathic treatment. The main findings of this research are:

1. With more than 25,000 volumes, the homeopathic literature is vast and rich in reports about the results obtained during epidemics. Over 9,000 references, including close to 500 books and pamphlets address this topic.
2. Results obtained through the use of homeopathy during epidemics reveals a very important and clear constancy: homeopathy reduces mortality rates. This remains true, regardless of the physician, time, place or type of epidemic disease, including diseases carrying a very high mortality rate, such as cholera, smallpox, diphtheria, typhoid fever, yellow fever and pneumonia.<sup>1,2</sup>
3. The low mortality rates associated with homeopathic treatment are consistently superior to the results obtained not only by allopathic medicine practiced at that particular time but, as a rule, by modern conventional allopathic methods as well, despite the many benefits provided by modern nursing and hygienic care.
4. Homeopathic medicines have been successfully used prophylactically to protect large segments of the population providing an effective medical system with the best therapeutic outcomes during epidemics. Homeopathy is safe, effective and inexpensive and it cannot be explained by the *placebo effect*.

## Pneumonia-Leading Cause of Death in US

Despite the advent of antibiotics, pneumonia remains a major cause of morbidity and mortality even in developed nations. It is currently the leading cause of death from infectious diseases in the United States.<sup>3</sup> More than 1.2 million Americans are hospitalized every year due to pneumonia and in 2005, the combination of both pneumonia and influenza cost the U.S. economy \$40.2 billion and the European economy \$30 billion.<sup>4,5</sup>

In the U.S., the *age-adjusted* annual mortality rate for pneumonia/influenza has been steadily rising over the last few decades. In 1979, it was 11.2 (per 100,000 persons); in

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<sup>1</sup> Bradford TL. *The Logic of Figures, or, Comparative Results of Homœopathic and Other Treatments*. Philadelphia: Boericke and Tafel, 1900.

<sup>2</sup> Saine A. What do you consider to be the best clinical evidence supporting the efficacy of homeopathy for any indication? [https://homeopathy.ca/debates\\_2013-03-22\\_SummaryResponse](https://homeopathy.ca/debates_2013-03-22_SummaryResponse) From AndreSaine.shtm

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<sup>5</sup> Welte T, Torres A, Nathwani D. Clinical and economic burden of community-acquired pneumonia among adults in Europe. *Thorax* 2012; 67 (1): 71-79. . <https://thorax.bmj.com/content/67/1/71.long>

1998, it was 13.2; and in 2011, it had reached 15.7. Pneumonia consistently accounts for the overwhelming majority of these deaths.<sup>6,7</sup>

Worldwide, an estimated 1.2 million children under the age of five die every year from pneumonia (more than AIDS, malaria and tuberculosis combined)<sup>8</sup> and in developing nations, 1 in 3 children die every year from or associated with acute respiratory tract infections.<sup>9</sup>

Community acquired pneumonia (CAP) continues to have a high mortality rate of 13.7%, while health care acquired pneumonia (HCAP) is even higher (between 50 and 70%). Average mortality is lowest in ambulatory patients (5.1%), intermediate in hospitalized patients (13.6%), higher in elderly (17.6%), and higher still in those with bacteremia (19.6%), those residing in nursing homes (30.8%) and in intensive care units (36.5%).<sup>10</sup>

If pneumonia develops as a secondary event in patients already hospitalized for other conditions, the mortality rates can be as high as 50 - 70%.<sup>11,12</sup>

In the U.S. in 2005, there were more than 60,000 deaths due to pneumonia in persons older than 15 years. Admission to an intensive care unit was required in 10 to 20% of patients hospitalized with pneumonia. The 30 day mortality rate for hospitalized CAP patients was as high as 23%. Despite the availability and widespread adherence to recommended allopathic treatment guidelines, CAP continues to present a significant risk in adults. Furthermore, given the aging population in North America and the ubiquitous increasing microbial resistance to antibiotic drugs, allopathic clinicians expect to encounter increasing difficulty in treating adult patients with CAP.<sup>13</sup>

The table (below) compares mortality data of patients with pneumonia derived from mixed populations receiving both ambulatory and hospitalized care both in both Europe and the United States. Records show that out of 148,345 patients with pneumonia treated

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<sup>6</sup> Murphy SL. Deaths: Final data for 1998. *National Vital Statistics Reports* 2000; 48 (11): 25.

[https://www.cdc.gov/nchs/data/nvsr/nvsr48/nvs48\\_11.pdf](https://www.cdc.gov/nchs/data/nvsr/nvsr48/nvs48_11.pdf)

<sup>7</sup> Hoyert DL, Jiaquan Xu. Deaths: preliminary data for 2011. *National Vital Statistics Reports* 2012; 61 (6): 28.

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<sup>8</sup> Pneumonia. WHO April 2013: Fact sheet N°331. [https://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61\\_06.pdf](https://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_06.pdf)

<sup>9</sup> Gareene M, Ronsmans C, Campbell H. The magnitude of mortality from acute respiratory infections in children under 5 years in developing countries. *World Health Statistics Quarterly* 1992; 45 (2-3): 180-191. <https://www.ncbi.nlm.nih.gov/pubmed/1462653>

<sup>10</sup> Fine MJ, et al. Prognosis and outcomes of patients with community-acquired pneumonia. A meta-analysis. *JAMA* 1996; 275: 134-141. <https://jamanetwork.com/journals/jama/article-abstract/393952>

<sup>11</sup> [https://www.who.int/pmnch/media/press\\_materials/fs/fs\\_mdg4\\_childmortality/en/](https://www.who.int/pmnch/media/press_materials/fs/fs_mdg4_childmortality/en/)

<sup>12</sup> <https://tinyurl.com/UCDAVISPneumonia>

<sup>13</sup> File TM, Marrie TJ. Burden of community-acquired pneumonia in North American adults. *Postgraduate Medicine* 2010; 122: 130-41. <https://www.ncbi.nlm.nih.gov/pubmed/20203464>



with pre-antibiotic allopathy (PAA) there were 36,073 deaths resulting in an average mortality rate of 24.3%.<sup>14,15,16,17,18,19,20,21,22,23,24,25,26,27</sup>

The mortality for data patients with pneumonia treated with homeopathic medicine (also derived from a mixed population of both ambulatory and hospitalized patients during the same time period and in the same parts of the world) demonstrates that out of 25,208 treated cases there were 865 deaths, resulting in a mortality rate of 3.4%, (7 times less than under PAA).<sup>28,29,30,31,32,33,34,35,36</sup>

Finally, the mortality data of community-acquired pneumonia (CAP) patients receiving contemporary (allopathic) conventional care (CCC), which made full use of advances in nursing, IV-hydration, nutrition and oxygenation (none of which were available to the

<sup>14</sup> Routh CH. *The Fallacies of Homœopathy*. London, 1852. [https://archive.org/stream/b22334610/b22334610\\_djvu.txt](https://archive.org/stream/b22334610/b22334610_djvu.txt)

<sup>15</sup> Dewey WA. Editorials. Pneumonia and its treatment. *Medical Century* 1912; 19: 250-253.

<https://babel.hathitrust.org/cgi/pt?id=mdp.39015076633901;view=1up;seq=264>

<sup>16</sup> de Bonneval H. *Considérations sur l'homœopathie*. (Bordeaux: Imprimerie Adrien Bousin, 1881), 19-22.

<https://babel.hathitrust.org/cgi/pt?id=mdp.39015020136555;view=1up;seq=9>

<sup>17</sup> Krüger-Hansen. Ueber das Heilverfahren bei Pneumonien. *Medicinischer Argos* 1842; 4: 341-361.

<https://play.google.com/books/reader?id=CBYNK2LcBvcC&hl=en&pg=GBS.PA341>

<sup>18</sup> Greenwood J, Candy RH. The fatality of fractures of the lower extremity and of lobar pneumonia of hospital mortality rates, 1751-1901. *Journal of the Royal Statistical Society* 1911; 74: 363-405.

[https://www.jstor.org/stable/2340401?seq=1#page\\_scan\\_tab\\_contents](https://www.jstor.org/stable/2340401?seq=1#page_scan_tab_contents)

<sup>19</sup> Osler W. The mortality of pneumonia. *University Medical Magazine* 1888; 1: 77-82.

<https://play.google.com/books/reader?id=EF4sAAAAYAAJ&hl=en&pg=GBS.PA77>

<sup>20</sup> Dickson SH. *Essay on Pneumonia*. In *Studies in Pathology and Therapeutics*. New York: William Hood & Co., 1867.

<https://archive.org/details/studiesinpatholo00dick/page/110>

<sup>21</sup> Sturges O, Coupland S. *The Natural History and Relations of Pneumonia*. 2<sup>nd</sup> edition. London: Smith, Elder & Co., 1890.

<https://babel.hathitrust.org/cgi/pt?id=nnc2.ark:/13960/t2q53cn2r;view=1up;seq=7;size=125>

<sup>22</sup> Osler W. *The Principles and Practice of Medicine*. 8th ed. New York and London: D. Appleton and Company, 1912.

<https://archive.org/stream/principlesandpr04oslegoog/ref=ol#page/n6/mode/2up>

<sup>23</sup> Barber JP. Pneumonia in children. *Homœopathic Journal of Pediatrics* 1907; 2: 24-26.

<sup>24</sup> Holt LE. *The Diseases of Infancy and Childhood*. 5<sup>th</sup> edition. New York: D. Appleton and Company, 1909: 556, 577.

<https://play.google.com/books/reader?id=RR71cBPh-F4C&hl=en&pg=GBS.PR1>

<sup>25</sup> Cecil RL, Baldwin HS, Larsen NP. Lobar pneumonia: A clinical and bacteriological study of two thousands typed cases. *Archives of Internal Medicine* 1927; 40: 253-280. <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/535490>

<sup>26</sup> In the statistics of the London Hospital, cases from broncho-pneumonia have been excluded, which tend to have a higher mortality rate particularly in young children. Osler said, "Primary acute broncho-pneumonia, like lobar form, attacks children in good health, usually under two years. ... The death rate in children under five has been variously estimated at from 30 to 50 per cent." (Osler W. *The Principles and Practice of Medicine*. New York: D. Appleton and Company, 1912, 102, 106.)

<https://tinyurl.com/WOslerPrinandPract>

<sup>27</sup> Holt LE. *The Diseases of Infancy and Childhood*. New York: D. Appleton and Company, 1909: 556, 577.

<https://play.google.com/books/reader?id=RR71cBPh-F4C&hl=en&pg=GBS.PR1>

<sup>28</sup> Saine A. *The Weight of Evidence. The Extraordinary Success of Homeopathy in Times of Epidemics*. In preparation,

[http://www.homeopathy.ca/publications\\_det02.shtm](http://www.homeopathy.ca/publications_det02.shtm)

<sup>29</sup> de Bonneval H. *Considérations sur l'homœopathie*. (Bordeaux: Imprimerie Adrien Bousin, 1881), 19-22.

<https://babel.hathitrust.org/cgi/pt?id=mdp.39015020136555;view=1up;seq=9>

<sup>30</sup> Bodman CO. Pneumonia in children; illustrated by fifty consecutive cases treated at the New Orphan Houses, Bristol, without mortality. *Journal of the British Homœopathic Society* 1910; 18: 213-244.

<https://babel.hathitrust.org/cgi/pt?id=mdp.39015062238202;view=1up;seq=261>

<sup>31</sup> Dewey WA. Editorials. Pneumonia and its treatment. *Medical Century* 1912; 19: 250-253.

<https://babel.hathitrust.org/cgi/pt?id=mdp.39015076633901;view=1up;seq=264>

<sup>32</sup> del Mas R. Thirty cases of pneumonia. *Homœopathician* 1914; 4: 53-54.

<sup>33</sup> Wells GH. A study of the comparative value of the homœopathic treatment and other methods of treatment in lobar pneumonia. *Journal of the American Institute of Homeopathy* 1922-1923; 15: 541-550.

<https://play.google.com/books/reader?id=dlVAQAIAAJ&hl=en&pg=GBS.PA541>

<sup>34</sup> Fiske ER. A survey of the statistics of the homœopathic treatment of lobar pneumonia. *Journal of the American Institute of Homeopathy* 1928; 21: 886-993 <https://archive.org/details/logicoffiguresor00brad/page/164>

<sup>35</sup> Pulford A, Dayton Pulford. *Homœopathic Leaders in Pneumonia*. (Published by the authors: Dayton, Ohio, 1928), 5.

<http://www.worldcat.org/title/homoeopathic-leaders-in-pneumonia/oclc/417577392>

<sup>36</sup> Foubister DM. Homœopathy in the treatment of pneumonia and acute bronchitis. *British Homœopathy Journal* 1956; 45: 65-71.

<https://www.scienceirect.com/science/article/pii/S0007078556800331>

previous two sets of patients- PAA and homeopathy) demonstrated that out of 33,148 patients with CAP there were 4,541 deaths resulting in a mortality rate of 13.7%.<sup>37</sup>

Mortality rates from conventional versus homeopathic treatment:

Treatment	Number of patients	Number of recoveries	Survival Rate	Number of deaths	Mortality Rate
PAA	148,345	112,272	75.7	36,073	24.3
CCC	33,148	28,607	86.3	4,541	13.7
Homeopathy	25,208	24,343	96.6	865	3.4

This data clearly indicates that there are distinct therapeutic advantages of utilizing homeopathic medicine in the treatment of pneumonia both in and outside of the hospital setting.

### Epidemic Diphtheria-Historical Data on Benefits of Homeopathy

An illustrative example of the remarkable benefits of homeopathy on mortality is the epidemic of malignant diphtheria that occurred in Philadelphia, Pennsylvania between 1859-1860. (Other reports following outbreaks of Yellow Fever, cholera, measles, and other epidemic diseases demonstrate similar results).

On June 7, 1860, Constantine Hering, MD reported at the annual meeting of the American Institute of Homeopathy the results he and Drs. Lippe and Reichhelm had obtained during this epidemic of malignant diphtheria:

“The epidemic diphtheria commenced in Philadelphia, December last, and increased slowly in number and violence during the following three months, and I have not seen any more during the last six weeks. ... I have had during this time about 50 to 60 cases with marked symptoms of diphtheria, in one case I succeeded in obtaining the membrane for microscopic examination, which I add herewith. I had about the same number of light cases. All recovered within seven days, except a very few of so-called scrofulous diathesis, which required more time. The time it took to effect a cure, I consider one of the most important items in statistics tables, as I remember that since I have learned to give the doses higher and higher, the duration of acute cases has been shortened. ... Dr. Lippe has had about a like number of cases, and as far as I recollect, has given nearly the same medicines in the same potencies with like success. Dr. Reichhelm had had 6 or 8 weeks ago, about 80 cases, has given the 30th potency and lost none.”<sup>38</sup>

Hering went on to confirm:

“These were genuine cases of fully developed diphtheria, treated by us, and does not include the multitude of sore throats which we treated, and which lacked the characteristics of diphtheria.”<sup>39</sup>

<sup>37</sup> Fine MJ, et al. Prognosis and outcomes of patients with community-acquired pneumonia. A meta-analysis. *JAMA* 1996; 275: 134-141. <https://jamanetwork.com/journals/jama/article-abstract/393952>

<sup>38</sup> Hering C. Reports on cases of diphtheria. *Transactions of the American Institute of Homoeopathy* 1860: 159-160.

<sup>39</sup> Wells PP. Diphtheria and bacteria. *Homoeopathic Physician* 1881; 1: 249-250.

Meanwhile, during the same time period, conventional allopathic physicians noted mortality rates increasing until 1864 when the epidemic finally ceased.<sup>40</sup> The combined mortality from diphtheria, scarlet fever and croup under conventional allopathic care increased annually until reaching 50%.<sup>41</sup>

In 1881, esteemed physician P. P. Wells of Brooklyn, New York referenced the results of this epidemic:

“This is proved in the history of an epidemic of uncommon severity which prevailed in a neighboring city a few years ago. The fatal cases under allopathic treatment were more than fifty per cent, of all so treated; while under the average of homeopathic treatment, so called, the loss was but sixteen per cent; and in the same epidemic three [homeopathic] physicians treated over two hundred and forty cases [actually over 300 cases of which half were of the malignant type] without a single death. When told of this successful practice, the result seemed so extraordinary as to be incredible.”<sup>42</sup>

Reports from this particular epidemic in Philadelphia are also found in the *Transactions of the College of Physicians of Philadelphia* for the years 1859, 1860 and 1861 and confirm the malignant character and timing described above.<sup>43</sup> Because of “close resemblance” between diphtheria and other serious diseases affecting the upper respiratory tract, namely membranous croup and scarlet fever, the epidemic was not immediately recognized. In 1861, the College sanitarian finally confirmed that the epidemic was indeed malignant diphtheria.<sup>44</sup>

As for the outcome of conventional treatment of these cases of epidemic malignant diphtheria, aside from the 50% mortality rate which was reported, the College sanitarian added, “This formidable enemy, which, as yet, particularly in its malignant type, has resisted, in a majority of instances, the most watchful and judicious treatment.”<sup>45</sup> Similar observations were made elsewhere in the allopathic literature: “Severe cases often perish in spite of anything that may be done to relieve them.”<sup>46</sup>

## Homeopathic Prophylaxis- Disease prevention

Homeopathic medicines given to large segments of the population serve as protective agents prior to or in the midst of epidemic outbreaks. A good example is the 1974-75

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<sup>40</sup> Appendix. *Journal of the Select Council of the City of Philadelphia, from July 1, 1876, to January 1, 1877*. Philadelphia: E. C. Markley & Son. 1877: 643.

<sup>41</sup> Jewell W. Report on meteorology and epidemics for 1859. *Summary of the Transactions of the College of Physicians of Philadelphia*. 1863 ; 3 (ns): 426, 434.

<sup>42</sup> Op Cit, Wells PP.

<sup>43</sup> Jewell W. Report on meteorology and epidemics for 1859. *Summary of the Transactions of the College of Physicians of Philadelphia*. 1863 ; 3 (ns): 326-327.

<sup>44</sup> Jewell W. Report on meteorology and epidemics for 1860. *Summary of the Transactions of the College of Physicians of Philadelphia*. 1863 ; 3 (ns): 426.

<sup>45</sup> Jewell W. Report on meteorology and epidemics for 1859. *Summary of the Transactions of the College of Physicians of Philadelphia*. 1863 ; 3 (ns): 327.

<sup>46</sup> Jacobi A. On diphtheria and diphtheritic affections. *American Medical Times* 1860; 1: 93-98, 112-116.

<https://tinyurl.com/JacobiDiphtheria>

meningococcal meningitis epidemic in Brazil that affected 250,000 individuals, killing more than 11,000 and injuring 75,000 with permanent brain damage and disability. Epidemics of *Neisseria meningitidis* are uncommon, but because this microorganism spread easily in overcrowded living conditions, it claimed large numbers of victims. In children treated without antibiotics the mortality rate can exceed 80%.

During this epidemic, in the city of Guaratinguetá (Sao Paulo state, population 78,000) 18,000 children received one drop of the homeopathic medicine “Meningococcinum A and C” orally as prophylaxis. Within the first three months only 5 of the homeopathically treated children contracted meningitis compared with 10 in the control group of 6,364. The calculated treatment failure rate was 0.021% in the homeopathic group compared with of 0.15 % in the untreated group (Odds ratio of contracting meningitis was seven times greater in the control group,  $P= 0.0009$ ). This highly significant difference meant that in a population of 100,000, the morbidity rate would have fallen from 15,000 to 2,100, a highly significant reduction.<sup>47</sup>

Homeoprophylaxis is free of side effects, while conventional vaccination, which introduces microbial toxins and other known and unknown biological and non-biological contaminants such as mercury, aluminum or other very toxic preservatives and agents directly into the blood stream, produces both short and long-term consequences. While few scientists seem to be interested in investigating side-effects, they produce local adverse reactions in 3% of infants, and fever in 37% following immunization with the meningococcal group C vaccine.<sup>48</sup>

A second example of homeoprophylaxis took place in the state of Uttar Pradesh, India in 1991 against Japanese encephalitis (J.E.), which has a mortality rate of 30 % and has produced recurrent epidemics in India since 1970. Between 1987 to 1989 (out of 16,871 cases) there were 5,172 deaths. In 1991, a single dose of the homeopathic medicine “Belladonna 200 C” was administered prophylactically to 322,812 people in 96 villages in three districts. Follow-up indicated that there were no cases of illness in the sampled population.<sup>49</sup> In Andhra Pradesh, another Indian state, a program of three different homeopathic medicines was administered over several days determining that:

“After its commencement in 1999 the mortality and morbidity rates of J.E. fell drastically. 343 cases were reported in 2000 with 72 deaths, in 2001 only 30 cases with 4 deaths, in 2002 only 18 cases but no deaths, in 2003 and 2004 no cases were recorded.”<sup>50</sup>

A third example of homeoprophylaxis took place in Cuba in 2007 during an epidemic of Leptospirosis, a zoonotic disease of major importance in the tropics. Symptoms caused by Leptospirosis infection are extremely variable and potentially dangerous. They

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<sup>47</sup> David Castro, Jorge W. Galvao Nogueira. Profilaxis de la meningitis con meningococcinum. *Homeopathia* 1974; 41 (5): 6-11.

<sup>48</sup> Rennels MB, et al. Safety and immunogenicity of four doses of *Neisseria meningitidis* group C vaccine conjugated to CRM197 in United States infants. *Pediatric Infectious Disease Journal* 2001; 20 (2): 153-9. <https://www.ncbi.nlm.nih.gov/pubmed/11224833>  
[https://journals.lww.com/pidj/Abstract/2001/02000/Safety\\_and\\_immunogenicity\\_of\\_four\\_doses\\_of.7.aspx](https://journals.lww.com/pidj/Abstract/2001/02000/Safety_and_immunogenicity_of_four_doses_of.7.aspx)

<sup>49</sup> Rastogi DP, Sharma VD. Study of homoeopathic drugs in encephalitis epidemic (1991) in Uttar Pradesh (India). *Central Council for Research Quarterly Bulletin* 1992; 14: 1-11. [http://www.ijrh.org/temp/IndianJResHomoeopathy92123-4866046\\_133100.pdf](http://www.ijrh.org/temp/IndianJResHomoeopathy92123-4866046_133100.pdf)

<sup>50</sup> Manchanda, R. K. (n.d.). Acute Encephalitis Syndrome/JE Homeopathic Perspective. Retrieved January 25, 2019, from <http://healthyindiachronicle.in/acute-encephalitis-syndromeje-homoeopathic-perspective-dr-raj-k-manchanda-dg-cchr/>

include meningitis, pneumonitis, hepatitis, nephritis, mastitis, myocarditis, hemorrhagic crisis and multi-organ failure, with a reported mortality varying between 4 - 50%.

In the midst of an epidemic occurring in 2007, two doses of homeopathic medicine were administered orally to 2.1 million persons (88% of those living in three high-risk provinces). Twelve months later, the schedule was completed by another administration of two more oral doses to 2.3 million persons (96% of the population).

Investigators found a significant reduction (84%) of the disease incidence in the provinces receiving homeopathic intervention, while incidence of leptospirosis rose in those provinces not receiving intervention (by 22%) despite the significantly higher risk of contracting the disease in the intervention regions.

The cost of homeoprophylaxis was found to be 98% less than the cost of conventional vaccination even though the world's only commercially available vaccine against Leptospirosis is manufactured in Cuba.<sup>51</sup>

In conclusion, homeopathy offers safe, cost-effective and clinically viable alternatives to conventional medicine for the prevention and treatment of patients with infectious diseases. Homeopathy is poised to play a major role in the public health system of the United States. Further investigation is definitely warranted and long overdue.

#### ***About the author***

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<sup>51</sup> Bracho G, et al. Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control. *Homeopathy* 2010; 99: 156-166. <https://www.ncbi.nlm.nih.gov/pubmed/20674839>

## The Safety of Homeopathy

Two of the most important questions that must be asked of any form of medicine are: “Is it safe?” and “do the benefits outweigh its risks?”

When it comes to homeopathy, the answer to both these questions is “yes.”

Homeopathy has been in worldwide use for more than two centuries. It is currently being utilized by more than 500 million people and several hundred thousand physicians. It is the second most commonly used form of medicine in the world. There have been billions of exposures to homeopathic medicines, thousands of case reports, and numerous articles published in peer-reviewed scientific journals on this topic.

There are no documented cases confirming that homeopathic medicines are responsible for hospitalization, life-threatening reactions, persistent or significant disability/incapacity or congenital anomaly/birth defects, allergic reactions, serious adverse events, or deaths. Homeopathic treatment is only rarely associated with side effects of any sort, and these consistently tend to be both “mild and transient.” Homeopathy is probably the safest form of medicine ever developed by man.

### Adverse Effects of Homeopathy

According to testimony provided to the Food and Drug Administration (FDA) regarding the National Poison Data System (NPDS) and The American Association of Poison Control Centers (AAPCC), exposure reports to “homeopathic” products account for 1% (or less) of all calls to Poison Control Centers. The AAPCC does not verify the identity of the “homeopathic” products (and identity confusion abounds between herbal and dietary supplements), which can lead to an *overestimation* of reports being attributed to “homeopathic” products. Nevertheless, the overwhelming majority (98%) of reports regarding “homeopathic” products are categorized as either *minor or no* adverse effects, and these are typically managed without the need for a medical referral. Compared with conventional pharmaceutical drugs, “homeopathic” medicines demonstrate greater safety and fewer adverse events, by several orders of magnitude.<sup>1</sup>

Both consumer and operator confusion at groups like Poison Control Centers frequently leads to mis-characterization of non-homeopathic products (i.e., herbal or nutritional) as homeopathic. Reports provided by these centers often lump together groups of diverse products into the single category of “homeopathic” (thereby misrepresenting and inaccurately reporting adverse effects to homeopathic products which are not homeopathic).<sup>2</sup> Similar confusion takes place among both authors and editors of some of the world’s leading medical journals when they mistakenly identify adverse effects due to nonhomeopathic products and categorize them as resulting from homeopathy (when they are not).<sup>3,4</sup>

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<sup>1</sup> <https://www.regulations.gov/document?D=FDA-2015-N-0540-4429>. Presentation from Edward P. Krenzelok, Rocky Mountain Poison and Drug Center.

<sup>2</sup> Ullman D. The FDA and Regulation of Homeopathic Medicines. Huffington Post 2015. [https://www.huffingtonpost.com/dana-ullman/the-fda-and-regulation-of\\_b\\_8125722.html](https://www.huffingtonpost.com/dana-ullman/the-fda-and-regulation-of_b_8125722.html)

<sup>3</sup> Posadzki P, Alotaibi A, Ernst E. Adverse effects of homeopathy: a systematic review of published case reports and case series. *Int J Clin Pract* 2012;66(12):1178-88. <https://www.ncbi.nlm.nih.gov/pubmed/23163497>

<sup>4</sup> Saine, A. (2013, March 28). Homeopathy: Great Medicine or Dangerous Pseudoscience? Retrieved from <https://www.homeopathy.ca/debates/>

An extensive search performed by physicians at the Royal London Homeopathic Hospital included a systematic review of information regarding adverse effects of homeopathic medicines identified using electronic databases, hand searching, searching reference lists, reviewing trial and article bibliographies, contacting homeopathic manufacturers and drug regulatory agencies in both the UK and USA, and by communicating directly with experts in homeopathy. The group concluded that the mean incidence of adverse effects of homeopathic medicines was slightly greater than placebo in controlled clinical trials (9.4 vs 6.1) but their impacts were minor, transient and consistent, mostly involving headaches, tiredness, skin eruptions, dizziness, bowel dysfunction such as diarrhea or loose stools, and, more frequently, aggravations of patients' pre-existing symptoms (see Homeopathic Aggravations, below). These authors were unable to identify any serious adverse events (SAE) related to homeopathic products concluding that:

"Homeopathic medicines in high dilutions... are probably safe and unlikely to provoke severe adverse reactions."<sup>5</sup>

The safety of homeopathic products was independently reviewed in 11 trials published between 1986 and 1995 and the authors concluded that:

- Homeopathic medicines may provoke AEs, but these are generally mild and transient
- There is under-reporting
- There are cases of 'mistaken identity', where herbal and other medicines were [mistakenly] described as homeopathic
- The main risks associated with homeopathy are indirect, relating to the prescriber rather than the medicine.<sup>6</sup>

A study performed at the Glasgow Homeopathic Hospital acute care facility tracked 1,000 consecutive patients with acute medical issues treated homeopathically. They found that adverse reactions took place in less than 2% of cases and that these reactions were consistently mild and transient.<sup>7</sup>

The European Council for Classical Homeopathy (ECCH) performed an extensive in-depth analysis of the safety of homeopathic medical products using literature reviews, surveys of treatment provided by practitioners, overviews from regulatory bodies and self-regulation of the medical profession, and determined that harm can result from several sources: product contamination, product toxicity, and incorrect utilization.

These authors determined that due to the specific nature of homeopathic products (their dilution through the potentization process) and the application of Good Manufacturing Practices (GMP) both in the EU and the USA, coupled with appropriate use, they are safe to use beyond the 1:10,000 ( $10^{-5}$  or 5c) dilution. They determined that:

"homeopathic treatment has a very high level of safety, particularly in comparison with conventional medicinal products."<sup>8</sup>

<sup>5</sup> Dantes F, Rampes H, Do homeopathic medicines provoke adverse effects? A systematic review. *Br Homeopathic J* 2000;89(Supl 1):S35-8. <https://www.ncbi.nlm.nih.gov/pubmed/10939781>

<sup>6</sup> Fisher P, Dantas F, Rampes H. The safety of homeopathic products. *J R Soc Med* 2002;95(9):474-476. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1280007/>

<sup>7</sup> Reilly D Homeopathy: Increasing Scientific Validation. *Altern Ther Health Med* 2005;11(2):28-31. <https://www.ncbi.nlm.nih.gov/pubmed/15819447>

<sup>8</sup> The Safety of Homeopathy. An ECCH Report. January 2009. [https://www.omeopatia.org/upload/Image/my\\_news/safety%20homeo.pdf](https://www.omeopatia.org/upload/Image/my_news/safety%20homeo.pdf)

A systematic review of 24 placebo controlled trials of homeopathic treatment published between 1966 to 2002 included a total of 3,437 patients and determined that three times as many adverse events were found in those taking homeopathic medicines when compared with placebos. These events were always mild and transient, but they concluded that while homeopathic remedies are not totally devoid of adverse effects, they are clearly distinguishable from placebos.<sup>9</sup>

A health technology assessment authorized by the Swiss government concluded that extensive reviews of clinical studies demonstrate that homeopathy is both safe and effective.<sup>10</sup>

Homeopathic drug interactions with conventional medications have also been studied through worldwide literature searches and found to be extremely unlikely “due to the enormous dilutions usually involved and the lack of classical pharmacological or toxicological effects” of homeopathic medicines, unless improperly or carelessly prepared.<sup>11</sup>

A systematic review of observational studies, including 7,275 subjects, published after 1995 revealed that adverse events reported from homeopathic treatment occur in 0 – 11% of subjects, depending on the study. These events tend to be mild and transient, and include headaches, localized pain, dryness of skin, rashes, eye irritation, digestive problems (upset stomach, vomiting), feelings of heat, agitation, and psychological symptoms such as increased irritability and feelings of depression.<sup>12</sup>

Some studies have compared the incidence of adverse events between conventional and homeopathic treatment and conclude that (a) adverse events from conventional medicines are at least twice as likely, and (b) adverse events from conventional medicines tend to be more severe. No serious adverse events (SAE) have ever been reported from homeopathic treatment.<sup>13</sup>

### Homeopathic Aggravations

Homeopathic “aggravations” are not side effects per se, because they are generally defined as a transient worsening of a patient’s *already existing* symptoms. They are typically considered to be a *favorable* response, indicating that a curative reaction to the homeopathic treatment is taking place. Many studies note that these aggravations exist, although their incidence is not known.<sup>14</sup>

An example of a homeopathic aggravation might be a mild and transient elevation in temperature following the administration of a homeopathic medicine to a patient who *already*

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<sup>9</sup> Grabia S, Ernst E. Homeopathic aggravations: a systematic review of randomized, placebo controlled clinical trials. *Homeopathy* 2003; 92: 92-98. <https://www.ncbi.nlm.nih.gov/pubmed/12725251>

<sup>10</sup> Bornhöft G, Wolf U, von Ammon K, et al. Effectiveness, safety and cost-effectiveness of homeopathy in general practice – summarized health technology assessment. *Forsch Komplementärmed* 2006;13(suppl 2):19- 29. <https://www.ncbi.nlm.nih.gov/pubmed/16883077>

<sup>11</sup> Woodward KN. The potential impact of the use of homeopathic and herbal remedies on monitoring the safety of prescription products. *Human and Experimental Toxicology* 2005; 24: 219-233. <https://www.ncbi.nlm.nih.gov/pubmed/16004184>

<sup>12</sup> Op cit, ECCH Report.

<sup>13</sup> Haidvogel M, Riley DS, Heger M, et al. Homeopathic and conventional treatment for acute respiratory and ear complaints: A comparative study on outcome in the primary care setting. *BMC Complementary and Alternative Medicine* 2007; 7:7. <https://www.ncbi.nlm.nih.gov/pubmed/17335565>

<sup>14</sup> Taylor MA, Reilly D, Llewellyn-Jones RH, et al. Randomised controlled trial of homoeopathy versus placebo in perennial allergic rhinitis with overview of four trial series. *Br Med J* 2000;321(7259):471-76. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC27460/>



has a fever. The mild and transient elevation in temperature is typically followed by a swift therapeutic decline in temperature back to the normal range along with generalized improvement in all other symptoms.

Homeopathic aggravations are thought to be the result of inherent homeostatic mechanisms built into the immune system that accelerate physiologic pathways augmenting the innate immune response leading to reestablishment of health. Most homeopathic physicians consider homeopathic aggravations of pre-existing symptoms to be common, and many believe that that they are a necessary stage in the curative recovery process.<sup>15,16,17,18,19</sup>

## **Conclusion**

Many investigations into homeopathic treatment including randomized controlled trials, observational studies, experimental studies, case reports, systematic reviews, worldwide literature searches, consultation with regulating authorities, and conversations with homeopathic practitioners reveal that homeopathy is an extremely safe and effective form of medicine.

Adverse events from homeopathic treatment are uniformly only “mild and transient” and no serious adverse events from homeopathic treatment have ever been verified. Careful review of the available scientific data does indicate that homeopathy is not only safe, but effective; its benefits clearly outweigh its risks.

Homeopathy, like any other medical specialty, does require a regulatory framework and a means of ensuring that products are produced according to Good Manufacturing Practices, free of contamination, toxic levels of ingredients, and that their use is widely understood and correctly administered.

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<sup>15</sup> Cook TM. Homeopathic Medicine Today. New Canaan, US 1989: Keats Publishing:33.

<sup>16</sup> Endrizzi C, Rossi E, Crudeli L, et al. Harm in homeopathy: Aggravations, adverse drug events or medication errors? *Homeopathy* 2005;94(4): 233-240. <https://www.ncbi.nlm.nih.gov/pubmed/16226201>

<sup>17</sup> Pschyrembel W. Pschyrembel Wörterbuch Naturheilkunde und alternative Heilverfahren, (2. überarbeitete Auflage). Berlin 2000: de Gruyter: 107.

<sup>18</sup> Swayne J. International Dictionary of Homeopathy. Edinburgh 2002: Churchill Livingstone:212.

<sup>19</sup> Thompson E, Barron S, Spence D. A preliminary audit investigating remedy reactions including adverse events in routine homeopathic practice. *Homeopathy* 2004; 93: 203-209. <https://www.ncbi.nlm.nih.gov/pubmed/15532700>

## Homeopathy in Mental Health and Psychiatry

### Introduction

Homeopathy is a treatment system of complementary and alternative medicine (CAM) that persists despite serious and often erroneous critiques of its theories and application. Throughout the nineteenth century, it was popular in the United States and was supported by many prominent individuals, including: major leaders of industry; political figures, two U.S. presidents, and distinguished scientists and physicians.<sup>1,2</sup>

The training of homeopaths along with ongoing research continues, outside the conventional medical healthcare system, adding to hundreds of double-blind placebo controlled studies and meta-analysis of randomized controlled studies.<sup>3</sup> There is an immense amount of information available on homeopathy, with thousands of publications, in many languages, spanning more than two centuries.

Today, a substantial number of health professionals practice homeopathy and millions of users around the world find it both beneficial and cost effective. Homeopathy has grown 500% between 1996 and 2003, while sales of homeopathic medicines has increased 39.5% between 2003 and 2005.<sup>4</sup>

One of the uses of homeopathy, and a reason for its increased popularity, is in the treatment of emotional and psychiatric conditions. Many patients and practitioners are concerned about both the short and long term side effects of conventional psychotropic medications and find homeopathy to be a viable approach.

As in many other Complementary/Alternative Medicine (CAM) modalities, there are no standard homeopathic treatment protocols for any given diagnosis, such as specific homeopathic medicines for anxiety and depression. The indicated medicines need to be individualized according to the uniqueness of the individual patient's symptoms. This makes homeopathic research an even greater challenge to perform and interpret.

### Research Studies in Homeopathy

Though detractors of homeopathy deny it, there exists a significant library of evidence supporting its use, even though a significant amount falls short of the highest criteria of evidence-based standards. According to NICE criteria,<sup>5</sup> the highest degree of acceptable scientific evidence includes systematic reviews and metanalysis of randomized controlled trials (RCTs), and RTCs. Other data, such as non-randomized interventions, cohort studies, and non-experimental studies, including case reports, provide meaningful, significant and reliable

<sup>1</sup> Ullman, D. The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy. North Atlantic Books. 2007 Berkeley, CA. <https://tinyurl.com/TheHomeopathicRevolution>

<sup>2</sup> Davidson, J. A Century of Homeopaths: Their Influence on Medicine and Health. Springer Publishing Company, 2014 NY.

<sup>3</sup> Liga Medicorum Homoeopathica Internationalis, (2016) Scientific Framework Homeopathy - Evidenced Based Homeopathy 2016 <http://www.lmhi.org/Article/Detail/42>

<sup>4</sup> Jonas, W. B., Kaptchuk, T. J., & Linde, K. A critical overview of homeopathy. *Ann Inten Med* 2003, 138(5), 393–399. <https://www.scribd.com/document/60281003/Homeopathy-Critical-Overview-of-Homeopathy>

<sup>5</sup> NICE- National Institute for Health and Care Excellence (2016). <https://www.nice.org.uk/>. Accessed November 6, 2016.

evidence, because they meet other criteria (even if it is not of the highest order). Such data can be interpreted, as pilot studies, in the design and formation of protocols leading to higher levels of evidence.<sup>6</sup>

Samuel Hahnemann, the founder of homeopathy, was a pioneer in the treatment of the mentally ill, advocating for a humane approach to those suffering.<sup>7</sup> In the United States, the first homeopathic hospital for the the mentally ill was founded in Middletown, New York, in May 1874, and many of the cases and reports were published in various journals from that time.

Charles Frederick Menninger, founder of the notable Menninger Clinic, a prominent physician in his time, used homeopathy to treat mental illness. Menninger was an active member of the American Institute of Homeopathy, the oldest, extant, national medical association in the U.S., and remarked:

“Homeopathy is wholly capable of satisfying the therapeutic demands of this age better than any other system or school of medicine... it is imperative that we exhaust the homeopathic healing art before resorting to any other mode of treatment, if we wish to accomplish the greatest success possible.”<sup>8</sup>

There are few studies published on the use of homeopathy in mental health that follow current the standards of scientific methodology, though some meta-analyses of such studies suggest an overall positive effect that warrants further investigation. In one of those reviews, 8 of 10 studies demonstrate positive effects with homeopathic treatment, with reasonably high-quality methodology, as applied to the treatment of mental and psychological problems, including: depression, insomnia, nervous tension, agitation, aphasia, and behavior problems in youngsters. These studies suggest a potential value and the need for further research of homeopathic treatments along with the replication of these studies.<sup>9,10</sup>

Other worthwhile published studies suggest that homeopathy could be useful in the treatment of some patients with anxiety and/or depression as an adjunctive or stand-alone treatment. Homeopathy was reported 12 cases of depression and/or anxiety where patients specifically requested it; six of these patients were already taking conventional medicines for these complaints. Clinical response was determined through standardized validated tests, and improvement found to be significant along with a 50% reduction in either measure, a typical criteria in studies of this type.<sup>11</sup>

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<sup>6</sup> Harbour R, Miller J. A new system for grading recommendations in evidence based guidelines. *BMJ* 2001; (323): 334-336. <https://www.bmj.com/content/323/7308/334.1>

<sup>7</sup> Hahnemann S. *Organon of medicine*, 6th Ed. Trans. Brewster-O'Reilly, W. Redmond, WA: Birdcage Books. 1842/1996. <https://preview.tinyurl.com/HahnemannOrganonTransBrewster>

<sup>8</sup> Menninger C. Some reflections relative to the symptomatology and materia medica of typhoid fever. *Transactions of American Institute of Homeopathy*, 1897, 430.

<sup>9</sup> Kleijnen J, Knipschild P, terRiet G. Clinical trials of homeopathy. *BMJ* 1991; 302(6782): 316-323. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1668980/>

<sup>10</sup> Linde K, Clausius N, Ramirez G, et al. Are the clinical effects of homeopathy placebo effects? A meta-analysis of placebo-controlled trials. *Lancet* 1997; 359(9081):834-43. <https://www.ncbi.nlm.nih.gov/pubmed/9310601>

<sup>11</sup> Davidson J, Morrison R, Shore J, et al. Homeopathic treatment of depression and anxiety. *Alternative Therapies* 1997; 3(1), 46-49. <https://www.ncbi.nlm.nih.gov/pubmed/8997804>

It is reasonable to consider whether homeopathy could help medical conditions with no known effective conventional treatment. One such example is persistent mild traumatic brain injury (MTBI), a condition that imparts an inestimable financial burden on patients, families, providers, social services and health insurance providers. An estimated 10 million U.S. citizens are affected by MTBI.<sup>12</sup>

A randomized, double-blind, placebo-controlled pilot study of sixty patients with persistent mild traumatic brain injury determined that homeopathy, alone or used concurrently with conventional pharmacological and rehabilitation therapies, significantly improves symptoms of MTBI. Patients with post-trauma symptoms for a minimum of 2 years (mean 2.93) were recruited for this study. Treatment efficacy was measured through assessment of statistically significant improvement in ten of the most common MTBI symptoms of social and cognitive dysfunctions (i.e: reading, writing, scheduling, shopping, socializing).<sup>13</sup>

Attention Deficit Hyperactivity Disorder (ADHD) is another condition that benefits from homeopathic treatment. Forty-three children with ADHD were treated in a double-blind, placebo-controlled, study demonstrating a statistically significant improvement in the homeopathy group compared with the placebo group. Improvement was measured by a change in a 5 point scale measuring hyperactivity, according to DSM-IV diagnostic criteria, observed by the children's caretakers.<sup>14</sup>

In another study of ADHD, one-hundred-and-fifteen children in Switzerland demonstrated positive results after a course of homeopathic treatment over a period of 3 months. This was a double-blind, placebo-controlled study individualizing medicine selection based on each particular patient's symptoms.<sup>15</sup>

The same research group later performed a "crossover" phase of the study and stopped the homeopathic medicines for a pre-determined period of time. They found that those children, who had improved with homeopathy, regressed symptomatically when the placebo was substituted, during the second phase, and improved again when the medicine was restarted, highlighting the effect of homeopathic treatment.<sup>16</sup>

If many children were treated homeopathically they could be spared of years of conventional medication, along with the well-known side effects from these drugs.

In a retrospective analysis of these studies, the investigators described the difficulties encountered while performing this research due to the unique need to identify each individualized medicine, and to design appropriate placebos while blinding both physicians and patients. Consequently,

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<sup>12</sup> Humphreys I, Wood RL, Phillips, et al. The Costs of Traumatic Brain Injury: a literature review. *ClinicoEconomics and Outcomes Research* 2013; 3:5: 281-287. <https://www.ncbi.nlm.nih.gov/pubmed/23836998>

<sup>13</sup> Chapman EH, Weintraub RJ, Milburn MA, et al. Homeopathic treatment of mild traumatic brain injury: A randomized, double-blind, placebo-controlled clinical trial. *J Head Trauma Rehabil* 1999; 14(6): 521-542. <https://www.ncbi.nlm.nih.gov/pubmed/10671699>

<sup>14</sup> Lamont J. Homeopathic treatment of attention deficit hyperactivity disorder—a controlled study. *British Homeopathic Journal* 1997;86: 196-200. <https://www.sciencedirect.com/science/article/pii/S0007078597800440>

<sup>15</sup> Frei H, Thurneysen A. Treatment for hyperactive children: Homeopathy and methylphenidate compared in a family setting. *British Homeopathic Journal* 2001; 90: 183-188. <https://www.sciencedirect.com/science/article/pii/S1475491699905064>

<sup>16</sup> 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. *European J Pediatrics* (2005); 164: 758-767. <https://www.ncbi.nlm.nih.gov/pubmed/16047154>

determining the clinical efficacy of one, or several, homeopathic medicines becomes a more complex task.<sup>17</sup>

Complexities make the homeopathic treatment more difficult, and its research in traditional double-blind, placebo controlled, studies, extremely challenging, though not impossible. The evidence of observational, clinically homogenous, cohort studies, that are more concordant with real life practice should also be considered evidenciary, even they are not of the highest tier of evidence.

## Clinical Data

Homeopathic medicine is efficacious in the treatment of many functional somatic syndromes including fibromyalgia and chronic fatigue syndrome. It may also be helpful in relieving symptoms of anxiety and depression but because these conditions typically have a high placebo response rates, and often show spontaneous recovery, it is difficult to determine if this is a homeopathic effect.<sup>18</sup>

Homeopathic medicines show no significant adverse effects when compared with placebo and, lower drop-out rates when compared with conventional studies. Many studies suggest that homeopathic medicine is not only comparable to conventional antidepressants, but is also superior to placebo. In one particular trial (n=50) with moderate to severe depression utilizing a conventional antidepressant (fluoxetine) the side effects markedly interfered with participant performance and led to high rates of treatment interruption. The data proved that homeopathy was not inferior to the antidepressant.<sup>19</sup>

The treatment of moderate to severe depression in one hundred and thirty three perimenopausal and menopausal women was randomized between individualized homeopathic treatment, fluoxetine and placebo and followed for six weeks. The patients in the homeopathic group received a single medicine which could be changed on follow up if deemed necessary. The study concluded that the efficacy of the homeopathic treatment was similar to fluoxetine with respect to depression, but greater than fluoxetine with respect to resolution of menopausal symptoms. Both groups were superior to placebo.<sup>20</sup>

Considering the serious issues of substance use and abuse in the general population and the risk that many conventional medications utilized for psychiatric conditions may exacerbate these issues, the use of homeopathic medicines in the treatment of mental conditions is particularly imperative. A study looking at three hundred and forty-six patients who consulted either a homeopathic general practitioner, a conventional medical general practitioners, or general

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<sup>17</sup> Frei H, Everts R, Von Ammon K, et al. Ransomised Controlled Trials of Homeopathy in Hyperactive Children: Treatment Procedure Leads to an Unconventional Study Design. *Homeopathy* 2007; 96: 35-41. <https://www.ncbi.nlm.nih.gov/pubmed/17227746>

<sup>18</sup> Davidson J, Crawford C, Ives J, et al. Homeopathic Treatments in Psychiatry: A Systematic Review of Randomized Placebo-Controlled Studies. *J Clin Psychiatry* 2011;72(6): 795-805. <https://www.ncbi.nlm.nih.gov/pubmed/21733480>

<sup>19</sup> Adler UC, Paiva NMP, Cesar AT, et al. Homeopathic Individualized Q-Potencies versus Fluoxetine for Moderate to Severe Depression: Double-Blind, Randomized Non-Inferiority Trial. *Evidence-Based Complementary and Alternative Medicine* 2011; 2011, Article ID 520182, 7 pgs. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3136538/>

<sup>20</sup> Macias-Cortés EC, Llanes-Gonzalez L, Aguilar-Faisal L et al. Individualized Homeopathic Treatment and Fluoxetine for Moderate to Severe Depression in Peri- and Postmenopausal Women (HOMDEP-MENOP Study): A Randomized, Double-Dummy, Double-Blind, Placebo Controlled Trial. *Plos One* 2015; DOI: 10.1371/journal.poe.0118440 <https://www.ncbi.nlm.nih.gov/pubmed/25768800>

practitioners who used both conventional and homeopathic medicines, for sleeping disorders, demonstrated that patients who chose homeopathy were less likely to use psychotropic drugs through the twelve months of this study. These results are more significant considering that the patients treated with homeopathy were suffering almost twice as much as the patients treated conventionally.<sup>21</sup>

In an innovative pragmatic trial design, a cohort, multiple randomized controlled trial, was developed to permit the assessment of a homeopathic intervention in a “real world” setting. Patients who sought care for depression or anxiety were randomized into two groups who either received treatment as usual, or added homeopathy in addition to the usual care. The trial include one hundred and sixty-two patients who ranged from 18 to 85 years of age. Severity of depression and anxiety ranged between moderate to severe. Seventy percent of the patients had suffered from these conditions for more than five years. Those who supplemented conventional treatment with homeopathic medicine demonstrated significant moderate reduction of depression and anxiety scores that was not noted in the control group.<sup>22</sup>

Another cohort study (n=110) of patients suffering from depression and anxiety, compared those who consulted either a conventional medicine general practitioner or a homeopathic general medicine practitioner. After one year, the patients who consulted homeopaths had greater clinical improvement and reported less psychotropic and benzodiazepine medication use.<sup>23</sup>

Thousands of case reports have been published in homeopathic medical journals since the nineteenth century including patients afflicted with various mental disorders who received beneficial homeopathic treatment. Although case reports do not represent the highest standard of investigational inquiry within conventional biomedicine, they are valid representations of successful individualized therapeutic homeopathic interventions. Reports of this calibre are particularly relevant and necessary in CAM modalities, like homeopathy, where “one-size” does not “fit-all.”

Many of these collected case descriptions and outcomes have a high level of reliability since they represent conditions with good treatment responses, often where effective conventional medical solutions were not available or had already failed.<sup>24</sup> These detailed case reports in the homeopathic literature are important and relevant to establishing an evidence-base in the treatment of various conditions including: depression with suicidal ideation, chronic pain, sleep disorders, premenstrual syndrome, anxiety disorders, arthritis of the spine and hips, migraines, and menopausal symptoms,<sup>25</sup> phobias, neurosis, stroke sequelae, cerebral dysfunction, Menniere’s

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<sup>21</sup> Grimaldi-Bensouda L, Abenheim L, Massol J, Guillemot D, et al. Utilization of psychotropic drugs by patients consulting for sleeping disorders in homeopathic and conventional primary care settings: the EPI3 cohort study. *Homeopathy* 2015;104 (3): 170-175. <https://www.ncbi.nlm.nih.gov/pubmed/26143449>

<sup>22</sup> Viksveen P, Relton C & Nicholl. Depressed Patients Treated by homeopaths: a randomized trial using the “cohort multiple randomised trial” (cmRCT) *Design Trials* (2017); 18:299; DOI 10.1186/s11306-017-2040-2 <https://trialsjournal.biomedcentral.com/articles/10.1186/s11306-017-2040-2>

<sup>23</sup> Danno K, Duru G & Vetel JM. Management of Anxiety and Depressive Disorders in Patients ≥ 65 Years of Age by Homeopath General Practitioners versus Conventional General Practitioners, with Overview of the EPI3-LASER Study Results. *Homeopathy* 2018;107(2): 81-89. <https://www.ncbi.nlm.nih.gov/pubmed/29558779>

<sup>24</sup> Slonim D, White K. Homeopathy and psychiatry. *J Mind Behavior* 1983;4(3): 401–410. <https://www.jstor.org/stable/43852988>

<sup>25</sup> Detinis L. Mental symptoms in homeopathy. London, England: Beaconsfield Pubs. 1994. [https://www.narayana-verlag.com/homeopathy/pdf/Mental-Symptoms-in-Homoeopathy-Luis-Detinis.03000\\_2Fear.pdf](https://www.narayana-verlag.com/homeopathy/pdf/Mental-Symptoms-in-Homoeopathy-Luis-Detinis.03000_2Fear.pdf)

disease,<sup>26</sup> acute psychosis,<sup>27</sup> manic-depressive disorder, obsessions,<sup>28</sup> dissociative disorders, character pathology, posttraumatic stress disorder,<sup>29</sup> alcoholism,<sup>30</sup> alcohol withdrawal, delirium tremens (DT), binge drinking,<sup>31</sup> special needs children with various cognitive handicaps, traumatic brain injury, irritability, anger, restlessness, sleep disorders, enuresis, encopresis, autistic behaviors, mental retardation, apathy, tantrums, hypersexual behaviour,<sup>32</sup> autism spectrum disorder (ASD),<sup>33</sup> mental retardation, seizure disorder, temper tantrums, phobias, crying spells, obsessive-compulsive behavior, malicious aggression, self-injury, biting, sleeplessness, mood swings, slow cognitive function, extreme sensory sensitivity, gross and fine motor disturbances, extreme oral sensitivity, aversion to multiple foods, sleeplessness, continuous self-talk,<sup>34</sup> and behavioural problems.<sup>35</sup>

## Conclusion

Homeopathy was once a highly favoured system of medicine in the U.S., but it fell into decline around the turn of the 20<sup>th</sup> century. Since the 1970's, due to the limitations of conventional allopathic medicine, particularly with respect to the treatment of chronic diseases, there has been a resurgence of homeopathy. All things considered, homeopathic principles are congruent with many established scientific theories and observed phenomena.<sup>36</sup>

Interest in homeopathy is on the ascendance among clinicians and patients worldwide, in part because of the wide breadth of the many positive anecdotal accounts of its efficacy.

The available homeopathic literature is vast, spanning more than 200 years and thousands of publications, with impressive case presentation scattered throughout. It is a challenge to clearly determine treatment efficacy using homeopathy for mental illness, but current evidence is strongly suggestive of its benefits over a wide range of conditions. It is a safe, viable and cost-effective form of medicine, but much more research is certainly warranted. There are compelling reasons to support the allocation of funds to promote this research.<sup>37</sup>

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<sup>26</sup> Bodman F. Insights into homeopathy. Beaconsfield Press, England: Davies and Pinsent Editors. 1990.

<sup>27</sup> Boltz O. Some original investigations on the treatment of schizophrenia and associated symptoms due to a functional disturbance of integration in the diencephalon using the principle of Similia Similibus Curantur. *J Amer Inst Homeopathy* 1968;61(4): 219–234.

<sup>28</sup> Saine A. Psychiatric Patients: Back to the Roots: Steps in case taking. Pg. 261-268. Eindhoven, Netherlands: Lutra Services. 1997.

<sup>29</sup> Shevin W. Case presentations. *J Amer Inst Homeopathy* 1989;77(2):59–66.

<sup>30</sup> Gallavardin J. Psychism and homeopathy. Pgs. 47-49. New Delhi, India: B. Jain Publishers. 1960/90.

<sup>31</sup> Grazyna M, Trzebiatowska-Trzeciak O. Homeopathic treatment of alcohol withdrawal. *British Homeopathic Journal with Simile* 1993;82(4):249–251.

<sup>32</sup> Haidvogel M, Lehner E, Resch D. Homeopathic treatment of handicapped children. *British Homeopathic Journal* 1993;82(4): 227–236.

<sup>33</sup> Lansky A. Impossible Cure-The Promise of Homeopathy. R.L. Ranch Press, Portola Beach, CA. 2003.

<sup>34</sup> Rajalakshmi MA. Homeopathic Treatment as Adjunct to Neuropsychological Therapies in Children with Autism Spectrum Disorders. *Int J Public Mental Health and Neurosciences* 2015;2(3):13-18.

<sup>35</sup> Cortina J. Enuresis and its homeopathic treatment: Study of 20 cases treated with *ilex paraguenses*. *British Homeopathic Journal* 1994;83(4): 220–222.

<sup>36</sup> Merizalde B. Fundamentals of Complementary, Alternative, and Integrative Medicine, Marc S. Micozzi MD PhD (Author), Saunders, 6<sup>th</sup> Edition, 2018.

<sup>37</sup> Merizalde B. "Homeopathy and Psychiatry," Chapter 9, in: "Integrative Psychiatry", Monti D & Beitman B, eds, Oxford University Press, USA; 1 edition 2009. <https://epdf.tips/integrative-psychiatry-weil-integrative-medicine-library25c6ab63ce9c2ef2f2c1c3933e105a7615951.html>

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## Homeopathy Use in Cardiovascular Conditions

Homeopathy is an effective form of holistic medicine that utilizes many specially prepared natural substances. It is both cost effective and inherently safe, being fully compatible for use in conjunction with, or as a substitute for, conventional medications. Use of homeopathy has been found to (a) reduce the incidence of adverse effects that are frequently associated with most conventional medications and (b) lower treatment costs. The combination of these effects can result in significant savings along with improved outcomes. Homeopathy is the prototype therapy of individualized medicine, frequently mirrored, but never fully matched even by recent trends frequently referred to as “personalized” or “designer” medicines.

Cardiovascular disease is considered the leading cause of mortality in the U.S. and acute myocardial infarction is estimated to be responsible for 31% of deaths globally.<sup>1</sup> Numerous investigations demonstrate the importance of addressing lifestyle interventions including diet, smoking cessation and regular exercise, but emerging research in the field of homeotherapeutics demonstrates the importance of incorporating a homeopathic approach.

The existing worldwide database of homeopathic research is extremely limited, but the few studies that have been performed demonstrate overwhelmingly positive results reflecting a need for further investigation. Homeopathic practitioners throughout the world have successfully utilized homeopathy to treat a wide range of common cardiac ailments, including angina, palpitations, cardiac syncope, hypertension, congestive heart failure, and many other vascular conditions<sup>2,3,4,5</sup> in the ambulatory setting, the hospital and the intensive care unit (ICU).<sup>6</sup>

### Hypertension

In America 74.5 million people, or one adult in three, has high blood pressure, which can be linked to increased risk of cardiovascular disease.<sup>7</sup> Several studies show the benefits of homeopathic medicines in lowering blood pressure. A number of clinical studies, case controlled reports and trials have evaluated the effects of homeopathic treatment in essential hypertension.<sup>8,9,10,11</sup>

<sup>1</sup> Yeh, RW, Sidney, S, Chandra, M. Population trends in the incidence and outcomes of acute myocardial infarction. *N Engl J Med* 2010; 362(23): 2155–2165. <https://www.ncbi.nlm.nih.gov/pubmed/20558366>

<sup>2</sup> Poirer J: Homeopathic Treatment of the Diseases of Heart. Translated by Dr. Rajkumar Mukerji, Reprint, B Jain Publishers (P) Ltd., 1998, pp 83-87

<sup>3</sup> Bernoville F: Remedies of the Circulatory and Respiratory system. 2nd ed. Reprint, B Jain Publishers (P) Ltd., 1999: 4,13,33-34

<sup>4</sup> Merrell WC, Rothenberg A. Homeopathy and Cardiovascular Disease. Chap 14 in. Stein RA, Oz MC, eds. *Complementary and Alternative Cardiovascular Medicine: The Clinical Handbook*. Humana Press, 2004. [https://link.springer.com/chapter/10.1007/978-1-59259-728-4\\_2](https://link.springer.com/chapter/10.1007/978-1-59259-728-4_2)

<sup>5</sup> Mantani R, Whitmont RD *Homeopathy With a Special Focus on Treatment of Cardiovascular Disease* Chapter 13 in Frishman M, Weintraub M, Micozzi M, eds *Complementary and Integrative Therapies for Cardiovascular Disease*, Elsevier, St. Louis, 2005:232-247.

<sup>6</sup> Frass M, Bundner M (ed). *Homeopathy in Intensive Care and Emergency Medicine*. Narayana Verlag Germany, Kandern. 2015: Ch 3, 10.

<sup>7</sup> <https://www.hypertension-bloodpressure-center.com/hypertension-statistics.html> accessed 1/21/2019.

<sup>8</sup> Gutman W: Hypertension Physiology and Homoeopathic Treatment *The Homoeopathic Recorder* 1952; Vol. LXVII. No.2 Accessed from Encyclopaedia Homoeopathica, V1.3, by Archibel, Belgium <https://journals.hpathy.com/2018/07/13/hypertension-physiology-and-homoeopathic-treatment/>

<sup>9</sup> Palsule SG: *Homoeopathic Treatment for Asthma and Blood Pressure* 3rd ed. Reprint, B Jain Publishers (P) Ltd., 1999, pp7-1

<sup>10</sup> Banerjee NK: *Blood Pressure – Its Aetiology and Treatment* Revised ed., Reprint, B Jain Publishers (P) Ltd., 1998, pp 119-120

<sup>11</sup> Cartier F: *Arterial hypertension*. Translated by Williams CA *The Homoeopathic Herald* 1947; Vol VII, No. 10. Accessed from Encyclopaedia Homoeopathica, V1.3, by Archibel, Belgium

A prospective, double-blind, randomized, placebo-controlled, parallel-arm clinical trial of six months duration evaluated the effects of homeopathic treatment on 132 patients with essential hypertension. The results demonstrated a statistically significant reduction in both systolic and diastolic blood pressure as a result of homeopathic treatment ( $p=0.0001$ ). The authors concluded that “individualized homeopathy produced a significantly different hypotensive effect than placebo.”<sup>12</sup>

A study of 32 patients with essential hypertension were compared with 10 placebo controls over 9 months of treatment. Results demonstrated that 75% of those treated homeopathically normalized their blood pressures compared with only 40% in the placebo group.<sup>13</sup>

A retrospective cohort study study of 41 hypertensive patients comparing homeopathy as a single therapy compared with and homeopathy plus conventional medicine demonstrated that homeopathy by itself is as efficacious as homeopathy plus conventional pharmacotherapy in the treatment of hypertension.<sup>14</sup>

A double-blind randomized placebo controlled clinical trial evaluated individualized homeopathic therapy in the treatment of 68 subjects with mild to moderate hypertension. Eighty two percent of those receiving homeopathy improve compared with a 57% of those receiving placebo<sup>15</sup>

A randomized double-blind study of 32 immobilized hypertensive nursing home patients failed to show improvement from randomly assigned homeopathic treatment, but retrospectively demonstrated “strikingly positive results” in those subjects whose treatment corresponded to individualized, or constitution-based treatment.<sup>16</sup>

While most of the published research focuses on hypertension, a few studies address other serious cardiovascular conditions:

### Cardiac insufficiency

A study of 212 patients with mild cardiac insufficiency (NYHA II) compared homeopathic treatment with both ACE inhibitors and diuretics over 8 weeks. The authors found that single agent homeopathic treatment was equivalent to conventional therapy with two agents across, 14 out of 15 endpoints. The only area where the homeopathic treatment did not excel was with respect to blood pressure reduction.<sup>17</sup>

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<sup>12</sup> Saha S, et al., Individualized homeopathy versus placebo in essential hypertension: A double-blind randomized controlled trial. *Indian Journal of Research in Homeopathy*, 2013, 7, 2, 62-71 accessed at [https://www.researchgate.net/publication/273363059\\_Individualized\\_homeopathy\\_versus\\_placebo\\_in\\_essential\\_hypertension\\_A\\_double-blind\\_randomized\\_controlled\\_trial](https://www.researchgate.net/publication/273363059_Individualized_homeopathy_versus_placebo_in_essential_hypertension_A_double-blind_randomized_controlled_trial)

<sup>13</sup> Master FJ. A Study of Homeopathic Drugs in Essential Hypertension. *Brit Hom J* 1987; 76(3): 120-121.

<sup>14</sup> Phing TC. A Retrospective Cohort Study on the Efficacy of Homeopathy Compared to Homeopathy Plus Conventional Medicine in the Treatment of Hypertension. *Homeopathy* 2016; 105(11) accessed at: <https://hpathy.com/scientific-research/an-update-on-research-in-homeopathy>

<sup>15</sup> Campistrano- Lavout J.L., et al, Hypertension Trial. *Boletin Mexicano*, 1999, 32, 42- 47. <https://pdfs.semanticscholar.org/46ef/60a700fd85d3bf14855a33baca6646b64dbb.pdf>

<sup>16</sup> Bignamini M, Bertoli A et al: Controlled double-blind trial with Baryta carbonica 15CH versus placebo in a group of hypertensive subjects confined to bed in two old people's homes. *BHJ* 1987; 76: 114-119

<sup>17</sup> Schröder D, Weiser M, Klein P Efficacy of a homeopathic Crataegus preparation compared with usual therapy for mild (NYHA II) cardiac insufficiency: results of an observational cohort study. *Eur J Heart Fail*. 2003; 5(3):319-26. Accessed at <https://www.ncbi.nlm.nih.gov/pubmed/12798830>

## Arrhythmia

A retrospective study of the effectiveness of homeopathic treatment in 28 patients with one of five cardiac rhythm disorders, including atrial fibrillation, paroxysmal super ventricular tachycardia (PSVT) and extrasystole demonstrated favorable results. All patients with PSVT patients and 50 percent of those with other patients were able to completely discontinue their conventional medications. The author concluded that homoeopathy certainly has a place in the treatment arrhythmias.<sup>18</sup>

Two case reports of atrial paroxysmal tachycardia in dogs were successfully resolved after 7 days of homeopathic treatment. Heart rates stabilized and synchronized while normal atrial and ventricular electrical activity was restored.<sup>19</sup>

## Acute Myocardial infarction (AMI)

A series of three case controlled studies of AMI in different pathological stages were treated with individualized homeopathic medicines along with conventional therapies. Cases, which were evaluated with single-photon emission computed tomography, electrocardiograph, echocardiography and ejection fraction, all demonstrated positive outcomes consistent with benefit from homeopathic treatment.<sup>20</sup>

## Platelet Aggregation

A placebo controlled rat model demonstrated normalization of deficiencies in platelet aggregation following homeopathic treatment.<sup>21</sup>

## Conclusion

Homeopathy is a useful and relatively unexplored modality that promises lower cost, safety and improved clinical outcomes. The available research suggests that homeopathy stands poised to offer significant benefit and advantages in the treatment of cardiovascular diseases.

### ***About the Author***

*Tina Quirk, RN, MS, CCH, RSHom (NA) is a board-certified classical homeopath with a background as an advanced practice nurse. She is an experienced practitioner, teacher, writer and researcher in homeopathy. She is a regular volunteer in outreach clinics in Tanzania for Homeopathy for Health in Africa. Currently she serves as President-Elect at the National Center*

<sup>18</sup> Van Wassenhoven M. A retrospective study of cardiac rhythm disorders in a private homoeopathic medical practice. *Br Homeopathic J* 1998; 87(2):77-85 DOI: 10.1054/homp.1999.0205 Accessed at [https://www.journals.elsevierhealth.com/article/S1475-4916\(99\)90205-9/pdf](https://www.journals.elsevierhealth.com/article/S1475-4916(99)90205-9/pdf)

<sup>19</sup> Varshney JP, Chaudhuri S. Atrial paroxysmal tachycardia in dogs and its management with homeopathic Digitalis--two case reports. *Homeopathy* 2007; 96(4):270-2. DOI 10.1016/j.homp.2007.08.017 accessed at <https://www.ncbi.nlm.nih.gov/pubmed/17954385>

<sup>20</sup> Tenzera L, Djindjic B, Mihajlovic-Elez O, Pulparampil BJ, Mahesh S, Vithoukias G. Improvements in long standing cardiac pathologies by individualized homeopathic remedies: A case series. *SAGE Open Med Case Rep*. 2018 Aug 9;6 accessed at <https://journals.sagepub.com/doi/10.1177/2050313X18792813>

<sup>21</sup> Eizayaga FX, Agejouf 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

*for Homeopathy (NCH) and will become its President in June 2019. She is the NCH representative to the Integrative Health Policy Consortium Board of Directors and a strong advocate for access to Homeopathy as a choice for consumers in their health care.*

## Homeopathy and Allergies

While all contributing factors are not fully understood, people in industrialized societies, particularly in the United States, are developing more allergies, at a younger age, that are more severe than ever before.<sup>1</sup> Homeopathic medicine has demonstrated remarkable potential to lessen a person's susceptibility to developing allergies, and to lower the severity and frequency of these conditions. Conventional allergy medications, used in a growing number of long-term daily users and children, pose significant health risks. Antihistamine use is associated with increased risk of developing dementia,<sup>2</sup> decongestants increase blood pressure,<sup>3</sup> corticosteroids (in metered dose inhalers) weaken vocal chords,<sup>4</sup> and orally administered corticosteroids are associated with increased risk of developing diabetes, osteoporosis, cataracts and growth disturbances.<sup>5,6</sup> Leukotriene modifiers are associated with increased risk of developing different psychological disturbances.<sup>7</sup>

None of these side effects have ever been associated with homeopathic treatment, since homeopathy does not cause harmful side effects. On the contrary, homeopathy has been found to increase overall health, in a holistic manner, without inducing long term complications or adverse drug reactions. Homeopathy is usually more cost effective over a person's lifetime, including those with allergies.

Conventional allergen immunotherapy or desensitization is a relatively new approach to allergy treatment and shares some commonality with the homeopathic principle of using a small amount of a substance capable of causing symptoms to treat those same symptoms. In homeopathy, this principle is known as the Law of Similars (or "like cures like.") However, there is a difference between homeopathy and conventional desensitization: homeopathic medicines are prepared differently. Not only are they more highly diluted, but they are also mechanically agitated (succussed) following precise guidelines established more than two centuries ago.

Ongoing research indicates that nanostructures, including nanoparticles from the original source material are generated by these mechanical stress forces and that they persist in all homeopathic medicinal dilutions. Data analysis suggests that these nanoparticles are biologically active via an adaptive network nanomedicine form of hormesis.<sup>8</sup> It appears that these ultra-high dilution levels of homeopathic medicines eliminate the risk of developing anaphylaxis (potentially fatal collapse) and a myriad of other common side effects seen in conventional allergy immunotherapy treatment.

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<sup>1</sup> Silverberg, JI, Simpson EL, Durkin HG, et als. [Prevalence of Allergic Disease in Foreign-Born American Children](#). *JAMA Pediatrics* 2013; 167(6): 554-60.

<sup>2</sup> Wein, AJ. [Cumulative Use of Strong Anticholinergics and Incident Dementia: a Prospective Cohort Study](#). *J Urology* 2015; 193(6):401-407.

<sup>3</sup> Salerno, SM, Jackson JL, Berbano EP. [Effect of Oral Pseudoephedrine on Blood Pressure and Heart Rate: a Meta-Analysis](#). *Arch Int Med New Series* 2005; 165(15):1686-1697.

<sup>4</sup> Galván CA., Guarderas JC. [Practical Considerations for Dysphonia Caused by Inhaled Corticosteroids](#). *Mayo Clin Proceed* 2012; 87(9):901-904.

<sup>5</sup> Tamez-Perez HE, Quintanilla-Flores DL, Rodriguez-Gutierrez R, et al. [Steroid Hyperglycemia: Prevalence, Early Detection and Therapeutic Recommendations: a Narrative Review](#). *World J Diabetes* 2015; 6(8):1073-1081.

<sup>6</sup> Canalis E. [Mechanisms of Glucocorticoid Induced Osteoporosis](#). *Arthritis Res Ther* 2004;6 (Suppl 3):37.

<sup>7</sup> Haarman MG, van Hunsel F, de Vries TW. [Adverse Drug Reactions of Montelukast in Children and Adults](#). *Pharm Res Perspect* 2017; 5(5).

<sup>8</sup> Bell IR. [Adaptive Network Nanomedicine an Integrated Model for Homeopathic Medicine](#). *Frontier Bioscience* 2013; 5(2):685-708.

Both clinical and laboratory research demonstrate that homeopathic preparations (resulting from the combined techniques of dilution and succussion- as opposed to simple dilution alone) yield biologically active medicines capable of producing significant impact in the treatment of allergies.<sup>9</sup>

### Scientific Evidence

The classical homeopathic methodology demands that the selection of medicines be based on the totality of symptoms expressed by the individual patient, rather than on the particular allergen itself (which is the method used in modern desensitization treatment methods.) The latter method, known as “isopathy” (in Greek, *homeo* means “similar” and *iso* means “same”) shares some common ground with, but is significantly different from the homeopathic approach.

Different people exposed to the same allergen react differently and express a wide range of allergic symptoms. The homeopathic process matches (individualizes) medicines to each individual. This selection process makes the scientific study of homeopathy more challenging, when compared to the conventional medical research process of pre-selecting the same substance that will be administered randomly to a large groups of people with matched placebo controls. To simplify the study process, many homeopathic studies have utilized isopathic mixtures of common allergens as interventions, rather than going through the process unique to homeopathy, which includes individualization.

One of the most important studies conducted on the homeopathic treatment of allergies was a double-blind placebo-controlled trial using a combination of flower pollens in the treatment of hay fever. After treatment, the placebo group had six times more symptoms than the homeopathic treatment group. The homeopathic treatment group in this study needed half as many antihistamines due to the reduction of their allergy symptoms.<sup>10</sup>

Another double-blind placebo controlled study evaluated the use of homeopathic medicines prepared specifically from an isopathic formulation of the substance that individuals were most allergic to. Those receiving the homeopathic preparation demonstrated superior breathing (demonstrated by nasal inspiratory peak flow) compared with placebo. Improvements were equivalent to measurements that were typically observed in those using oral steroids. Homeopathic subjects demonstrated improvement that was 7 times better than the placebo group.<sup>11</sup>

A month-long randomized placebo controlled double-blind clinical trial utilized homeopathic preparations of common allergens during allergy season in the Southwest U.S. The study demonstrated significant improvement in the homeopathic group compared to placebo ( $p < 0.05$ ). There were no reported adverse events, indicating the potential benefits of homeopathic intervention in reducing symptoms and improving quality of life in patients with seasonal allergic rhinitis.<sup>12</sup>

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<sup>9</sup> Wiesenauer ML, Ludtke R. "[A Meta-Analysis of the Homeopathic Treatment of Pollinosis with Galphimia Glauca.](#)" *Br Homoeopathic J* 2000; 89(S 01): S52.

<sup>10</sup> Reilly DT, Taylor MA, McSharry C, et al. "[Is Homoeopathy a Placebo Response? Controlled Trial of Homoeopathic Potency, with Pollen in Hayfever As Model.](#)" *Lancet* 1986; 18;2(8512):881-6.

<sup>11</sup> Taylor M, Reilly D, Llewellyn-Jones R, et al. "[Randomised Controlled Trial of Homoeopathy Versus Placebo in Perennial Allergic Rhinitis with Overview of Four Trial Series.](#)" *BMJ* 2000; 321: 471-476.

<sup>12</sup> Kim LS, Riedlinger JE, Baldwin CM, et al. "[Research Reports - Allergy - Treatment of Seasonal Allergic Rhinitis Using Homeopathic Preparation of Common Allergens in the Southwest Region of the Us: a Randomized, Controlled Clinical Trial.](#)" *Annal Pharmacother* 2005; 39(4): 61

A systematic review of randomized controlled trials of allergic rhinitis through 2015 found that homeopathic medicines reduce both ocular and nasal allergy symptoms.<sup>13</sup>

### **In Vitro Use of Homeopathy**

High quality, controlled trials of homeopathic medicines *in vitro* demonstrate consistent and reproducible effects on basophil degranulation (responsible for histamine release, immune activation and allergy symptoms). Homeopathic preparations, at high dilutions, inhibit the up-regulation in anti-IgE stimulated human basophils, demonstrating a molecular model of how homeopathic medicines work at the cellular level.<sup>14</sup>

### **Reduced Need for Conventional Medicines**

Fifty-six percent of patients in an Israeli study reduced their use of conventional medications following homeopathic intervention for their allergies. Patients who used conventional medications for their allergic disorders reduced medication expenses by an average of 60%, with an average savings of \$24 per person in the 3-month trial period following the homeopathic intervention.<sup>15</sup>

In Switzerland, a government conducted review of clinical trials of homeopathic medicines found that homeopathy was efficacious in 29 studies of upper respiratory tract infections (URTI) and allergic reactions. In 6 out of 7 controlled trials, homeopathy was equivalent to (or better than) conventional treatment.<sup>16</sup>

### **Homeopathy and Pediatric Allergies**

An observational longitudinal study of more than 850 children over 16 years demonstrated major overall improvement in more than 75% of participants. Complete remission was noted in 70% of those with atopy, 84% with dermatitis, 48% with allergic rhinitis, and 71% with asthma. Forty percent of children with two or three atopic diseases at the first visit had complete remission.<sup>17</sup>

A prospective multicenter observational study of 40 children with allergic conjunctivitis, allergic rhinitis, bronchial asthma and neurodermatitis demonstrated substantial improvement ( $p < 0.001$ ) after homeopathic treatment. Most patients (68%) utilizing conventional medicines at the outset of the study were able to discontinue at least one conventional drug, while the remainder (32%) were able to significantly reduce dosages after using homeopathy. No side effects were reported during treatment.<sup>18</sup>

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<sup>13</sup> Banerjee K, Kushal, Costelloe C, Mathie RT, et al. "[Homeopathy for Allergic Rhinitis: Protocol for a Systematic Review.](#)" *Systematic Rev* 2014; 3(1):59.

<sup>14</sup> Chirumbolo S, Brizzi M, Ortolani R, et al. "[Inhibition of Cd203c Membrane Up-Regulation in Human Basophils by High Dilutions of Histamine: a Controlled Replication Study.](#)" *Inflamm Res* 2009; 58(11):755-764.

<sup>15</sup> Mathie RT. "[Effects of Homeopathic Intervention on Medication Consumption in Atopic and Allergic Disorders.](#)" *Homeopathy* 2002; 91(4): 264.

<sup>16</sup> Bornhöft G, Matthiessen PF. [Homeopathy in Healthcare -- Effectiveness, Appropriateness, Safety, Costs: An Hta Report on Homeopathy As Part of the Swiss Complementary Medicine Evaluation Programme.](#) Berlin: Springer, 2011.

<sup>17</sup> Rossi E, Picchi M, Bartoli P, et al. "[Homeopathic Therapy in Pediatric Atopic Diseases: Short and Long-Term Results.](#)" *Homeopathy* 2016; 105(3):217-224.

<sup>18</sup> Gründling C, Schimetta W, Frass M. "[Real-life Effect of Classical Homeopathy in the Treatment of Allergies: a Multicenter Prospective Observational Study.](#)" *Wiener Klinische Wochenschrift* 2012; 124: 1-2.

A multi-centric open clinical trial of more than 630 children suffering from acute rhinitis were treated with individually selected homeopathic medicines. All subjects noted a significant change in their symptom score from the baseline ( $p < 0.05$ ) over one week of treatment. No complications were observed during the treatment, and adverse events included hyperpyrexia in 2 children only. The authors concluded that homeopathic medicines are both safe and useful in the management of acute rhinitis of children.<sup>19</sup>

## **Conclusion**

The U.S. population is demanding less harmful and more effective treatment interventions for non-emergency chronic health conditions, particularly for children and those suffering from allergies. Clinical trials of homeopathic treatment demonstrate impressive “real world” efficacy in many types of allergies, without the common side effects or other long-term negative health outcomes associated with conventional medicines. Laboratory evaluations confirm that homeopathic medicines differ from placebo, while research demonstrates that biologically active material is present in high dilutions of these medicines. Further research, funding of education and infrastructure and utilization of homeopathy at all levels of public health should be encouraged for this two-century-old form of safe, natural, and effective medicine for allergy reduction.

## ***About the Author***

*Kathleen Scheible, Certified Classical Homeopath (CCH), has a homeopathy general practice in San Francisco, California. Kathleen got interested in homeopathy because of how much it benefited her kids, and transitioned to practicing homeopathy after an engineering career in Silicon Valley. Kathleen is the founder of the Bay Area Homeopathy Association and is the current president of the California Homeopathic Medical Society.*

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<sup>19</sup> Nayak C, Singh V, Singh K, et al. [A multi-centric open clinical trial to evaluate the usefulness of 13 predefined homeopathic medicines in the management of acute rhinitis in children](#). Int J High Dilution Res 2010; 9(30): 30-42.



## **Homeopathic Certification for Health Care Practitioners in the USA** ***A Brief Overview provided by Americans for Homeopathy Choice***

Homeopathy is a federally recognized form of medicine in the United States, according to the Food Drug and Cosmetic Act. Several different organizations offer specialty certification to practitioners, including board certification for medical doctors, osteopaths, naturopathic physicians, as well as those who are not medically trained professionals.

Several examples are attached:

- CCH - *Certified Classical Homeopath*. This certification is provided by the Council for Homeopathic Certification (CHC), a member of the National Commission for Certifying Agencies and the Institute for Credentialing Excellence (ICE), to qualified individuals.
- DHANP- *Diplomate Homeopathic Academy of Naturopathic Physicians*. This certification is available to qualified Naturopathic Physicians, through the Homeopathic Academy of Naturopathic Physicians (HANP) an affiliate of the American Association of Naturopathic Physicians (AANP), who meet the prerequisites and successfully demonstrate competency through case submission and an oral interview.
- ABHt- *Diplomate American Board of Homeotherapeutics*. This certification, through the American Board of Homeotherapeutics an affiliate of the American Institute of Homeopathy (AIH), grants advanced specialty status to qualified medical and osteopathic physicians who meet the prerequisites and successfully pass a written and an oral examination.



## **National Commission for Certifying Agencies**

*The Accreditation Body of the Institute for Credentialing Excellence*

2025 M Street, N.W., Suite 800, Washington, DC 20036-3309  
PH. (202) 367-1165 FAX (202) 367-2165

### **NCCA Accredits the Certified Classical Homeopath Credential (CCH)**

On July 21, 2017, the National Commission for Certifying Agencies (NCCA) granted accreditation to the **Council for Homeopathic Certification (CHC), for its Certified Classical Homeopath (CCH) credential**, for demonstrating compliance with the *NCCA Standards for the Accreditation of Certification Programs*. NCCA is the accrediting body of the Institute for Credentialing Excellence and was founded in 1977 as a commission whose mission is to help ensure the health, welfare, and safety of the public through the accreditation of a variety of certification programs that assess professional competence. NCCA uses a peer review process to: establish accreditation standards; evaluate compliance with these standards; recognize programs which demonstrate compliance; and serve as a resource on quality certification.

The CHC joins an elite group of organizations representing over 300 programs that have received NCCA accreditation.

#### **About the CHC**

The CHC is a member of the Institute for Credentialing Excellence (ICE) and as such follows the distinction of professional certification as a voluntary process by which individuals are evaluated against predetermined standards for knowledge, skills, or competencies. Formed in 1991 and incorporated in 1992, the CHC is a 501(c)(6) non-profit organization that certifies individuals who meet and maintain recognized professional standards and ethical competence in classical homeopathy. Assisting the general public in choosing appropriately qualified homeopaths, the CHC envisions healthcare systems that include access to certified classical homeopathic practitioners.

Acting as an autonomous governing board, the CHC maintains oversight and responsibility for all certification and recertification policy decisions, including governance, eligibility standards, appeals and disciplinary actions, and the development, administration, scoring, and reporting of assessment instruments.



HOMEOPATHIC ACADEMY OF NATUROPATHIC PHYSICIANS

The Homeopathic Academy of Naturopathic Physicians (HANP) is a specialty organization within the naturopathic medical profession. We are affiliated with the American Association of Naturopathic Physicians (AANP). The HANP is a nonprofit organization with no owners or stockholders. It relies on the volunteer work of the HANP Board, student representatives, and focus group volunteers.

*Our mission is to promote excellence in the practice of homeopathy among naturopathic physicians. We establish and uphold specialist standards, provide education and mentorship, and are committed to protect and preserve homeopathy as a core therapeutic modality within the naturopathic profession.*

**HANP Activities Include:**

- Encouraging the development and improvement of homeopathic curriculum at naturopathic colleges.
- Distributing our published *Simillimum* ~ a peer-reviewed annual journal of homeopathic practice.
- Offering homeopathic continuing education.
- Providing board certification in classical homeopathy to naturopathic physicians.
- Working with other homeopathic organizations towards the advancement of the homeopathic profession.

**What Is Naturopathic Medicine?**

Naturopathic medicine is a system of primary healthcare that blends modern scientific knowledge with traditional and natural forms of medicine. It emphasizes the use of natural modalities—such as nutrition, homeopathy, lifestyle counseling and botanical medicine—to promote wellness and treat illness. Naturopathic doctors (NDs) work according to a set of basic principles—the Principles of Naturopathic Medicine—that include such things as stimulating the healing power of the body and addressing the underlying causes of disease, rather than focusing on alleviating symptoms. The practice of naturopathic medicine requires understanding illness within the context of a person’s whole life.

The naturopathic approach to healthcare also emphasizes patient education and self-care. Naturopathic medicine can be used in conjunction with conventional medical therapies to support the body’s healing processes—an approach referred to as “integrative medicine.” In some clinics and hospitals, NDs work in collaboration with MDs, DCs, DOs, acupuncturists, and other healthcare practitioners, and they refer patients for emergency and other situations when necessary.

While NDs primarily use natural healing approaches, they are also trained to perform minor surgeries, such as removing cysts or suturing superficial wounds, as well as to utilize prescription drugs under certain circumstances.

**Overview of Naturopathic Medical Education**

Doctoral programs in naturopathic medicine (ND programs) in the U.S. and Canada are offered by multipurpose universities as well as naturopathic doctor colleges that focus solely on providing naturopathic medical education. These programs emphasize the use of natural modalities—such as nutrition, homeopathy, lifestyle counseling and botanical medicine—in maintaining wellness and treating illness. The comprehensive program of study also includes coursework in the biomedical and clinical sciences similar to what is studied in DO, DC and MD programs, as well as hands-on clinical training. All Council on Naturopathic Medical Education-accredited (<https://cnme.org/>) naturopathic doctor schools/programs (ND programs) are primarily campus-based and typically take four years to complete. CNME-accredited ND programs qualify graduates for licensure in the U.S. and Canada. The Council on Naturopathic Medical Education does not accredit online or distance education programs.

To be eligible for accreditation, a naturopathic doctor school/program must meet CNME’s rigorous accreditation standards. These standards cover program length and content, clinical training requirements, faculty qualifications, student services, student and program assessment, facilities, and library resources—among other areas. CNME accreditation ensures that students receive a high-quality medical education that prepares them for licensed practice.



HOMEOPATHIC ACADEMY OF NATUROPATHIC PHYSICIANS

For information on Council on Naturopathic Medical Education's accreditation standards, see Part Four of the CNME *Handbook of Accreditation for Naturopathic Medical Programs: Accreditation Standards for Naturopathic Medicine Programs*.

### **Naturopathic Licensing**

NABNE (the North American Board of Naturopathic Examiners - <https://www.nabne.org>) is an independent, nonprofit organization formed as a service to the naturopathic profession and the agencies that license/register naturopathic physicians. NABNE serves regulating bodies by qualifying applicants to take the NPLEX (Naturopathic Physicians Licensing Examinations), administering the examinations, and sending exam results and transcripts to regulatory authorities.

### **NPLEX Examination Overview**

NPLEX Examinations are case-based. This means that the examinations are comprised of clinical summaries followed by several questions pertaining to the patient's case. On the Part I – Biomedical Science Examination, the clinical summary is very brief. On the Part II – Clinical Science Examinations, the clinical summary is more extensive. Items on the Part I – Biomedical Science Examination do not require clinical training, as all relate to the biomedical basis for the patient's condition, not diagnosis or treatment. Items on the examinations are all in a multiple-choice, single-answer format (i.e., the "stem" asks a question and there are four response alternatives, only one of which is keyed as the correct answer).

### **NPLEX Part I – Biomedical Science Examination**

The Part I – Biomedical Science Examination (BSE) is an integrated examination that consists of 200 items which cover the topics of anatomy, physiology, biochemistry & genetics, microbiology & immunology, and pathology. The examination is administered in 2 sessions (morning and afternoon) of 2½ hours each.

### **NPLEX Part II – Core Clinical Science Examination**

The Part II – Core Clinical Science Examination (CCSE) is an integrated, case-based examination that consists of approximately 80 case clusters (400 items) which cover the topics of diagnosis (physical, clinical, and lab diagnosis, and diagnostic imaging), materia medica (botanical medicine and homeopathy), other treatment modalities (nutrition, physical medicine, health psychology, and research), and medical interventions (emergency medicine, medical procedures, public health, and pharmacology). The examination is comprised of a series of clinical summaries followed by several questions pertaining to each patient's case. For example, in a single case you might be asked to provide a differential diagnosis, to select appropriate lab tests, to prescribe therapies which safely address the patient's condition, and to respond to acute care emergencies. This examination is administered in three sections over the course of 3 days (3½ hours each day).

### **Diplomate Specialty Certification: DHANP**

The Homeopathic Academy of Naturopathic Physicians (HANP) was founded and incorporated in in 1981 (Oregon) for the purpose of promoting excellence in the practice of homeopathy among already licensed naturopathic physicians. The HANP grants Diplomate (advanced specialty) status (DHANP) to naturopathic physician applicants who meet the prerequisites and successfully demonstrate competency through case submission and an oral interview. Diplomates of the profession establish and uphold specialist standards, provide education and mentorship, and are committed to protect and preserve homeopathy as a core therapeutic modality within the naturopathic profession.

### **Requirements for Candidates for the DHANP status by the HANP:**

- A naturopathic doctor currently licensed in the USA or Canada. A photocopy of the naturopathic medical license is required.
- Applicants must have practiced homeopathy for a minimum of 3 years post-graduation and treated a minimum of 100 new patients.



## **Diplomate Specialty Certification**

The ABHt was founded in 1959 and incorporated in 1960 (New York) for the purpose of promoting the science of homeopathy, and demonstrating its effectiveness to the medical profession, and insuring homeopathy's growth as a viable medical specialty in the U.S. The ABHt grants Diplomate (advanced specialty) status (D.Ht.) to those medical and osteopathic physician applicants who meet the prerequisites and successfully pass a written and an oral examination.

Meetings: Annually

### **Prerequisites for Candidates for Diplomate Examination by the American Board of Homeotherapeutics**

1. Applicants must be eligible for American Institute of Homeopathy membership (currently licensed medical or osteopathic physicians in the USA).
2. Applicants must hold a Medical Doctor (M.D.) or Doctor of Osteopathy (D.O.) degree and be licensed to practice medicine in the state or province in which they reside in the U.S. or Canada. (A photocopy of the medical license is to accompany the application).
3. Applicants must have practiced homeopathy for a minimum of 3 years.
4. Applicants must have accumulated a minimum of 350 hours of approved homeopathic education credits; e.g., NCH Postgraduate Summer Course, IFH Postgraduate Course, etc., and provide documentation of such with the application.
5. Applicants must function under unquestionable moral and professional standards to which two members of the ABHt have attested.
6. Applicants must present, at least two months prior to the scheduled examination, 10 chronic, treated cases. Each case must have been treated for a minimum of 1 year. It is preferable to have a follow-up of three years on at least 5 of the submitted cases. Please submit each case typed and double spaced, including the initial history, examination, repertorial analysis, materia medica differential and follow up, with any necessary subsequent repertorizations.



7. Applicants must apply to Dr. Irene Sebastian, American Board of Homeotherapeutics, 401 Veterans Memorial Blvd, suite 203, Metairie LA 70005, for the examination with a check made out to the ABHt in the amount of \$500.00 at least two months prior to the examination.

**Prerequisites for Maintaining Diplomate Status in the American Board of Homeotherapeutics**

1. Diplomates must accumulate a minimum of 30 hours of continuing homeopathic education credit every three years
  - a. Approved course: 1hr = 1 credit
  - b. Preceptor time: 1hr = 1 credit
  - c. Teaching time: 1hr = 5 credits
2. Diplomates must submit an article to the American Journal of Homeopathic Medicine for consideration for publication every three years.
  - a. Submit one article 5 credits
  - b. Submit clinical case:
    - Grand rounds 5 credits
    - 3 short cases 1 credit
3. Diplomates pay annual dues of \$50.00.

## Homeopathy and Dentistry

According to the Centers for Disease Control (CDC), the US population is currently plagued by at least two major dental health related challenges: periodontal (or gum) disease,<sup>1</sup> and the over prescription of opioids for alleviating dental and oro-facial pain.<sup>2</sup> The dental profession has been struggling to find better and safer alternatives in the management of these and other dental challenges for many years, yet the incidence of these problems has not decreased. Any safe and effective alternatives to their management could save thousands of lives in this country annually.

### Periodontal disease

According to the American Academy of Periodontology (AAP), periodontal disease is a chronic inflammatory disease that affects the gum tissue and bone supporting the teeth. If left untreated, periodontal disease can lead to bone and tooth loss. Research has also shown that periodontal disease is associated with other chronic inflammatory diseases, such as diabetes<sup>3</sup> and cardiovascular disease.<sup>4</sup>

According to recent findings from the Centers for Disease Control and Prevention (CDC), one out of every two American adults over age 30 has periodontal disease. According to a study published by the International and American Associations for Dental Research, 47.2%, or 64.7 million American adults, have mild, moderate or severe periodontitis, the most advanced form of periodontal disease. In adults 65 and older, prevalence rates increase to 70.1%.<sup>5</sup>

For decades, physicians and dentists have paid close attention to their own respective fields, specializing in medicine pertaining to the body and the oral cavity, respectively. However, recent findings have strongly suggested that oral health may be indicative of systemic health. Currently, this gap between allopathic medicine and dental medicine is quickly narrowing, due to significant findings supporting the association between periodontal disease and other systemic conditions such as osteoporosis.<sup>6</sup> Significant effort has led to numerous advances revealing the etiological and pathological links between chronic inflammatory dental disease and systemic conditions. There is reason to hope that the strong evidence from these studies will guide researchers towards greatly improved treatment of periodontal infection that will also ameliorate these systemic illnesses. Hence, researchers must continue, not only to uncover more information about the correlations between periodontal and systemic diseases, but also to focus

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<sup>1</sup> [https://www.cdc.gov/oralhealth/periodontal\\_disease/index.htm](https://www.cdc.gov/oralhealth/periodontal_disease/index.htm)

<sup>2</sup> Wong WJ, Keenan J, Hudson K, et al. Opioid, NSAID, and OTC Analgesic Medications for Dental Procedures: PEARL Network Findings. Europe PMC. (PMID:27875056) <https://europepmc.org/abstract/med/27875056>

<sup>3</sup> Grossi SG, Genco RJ. Periodontal Disease and Diabetes Mellitus: A Two-Way Relationship. *Ann Periodontology* 1998;3(1):51-61. <https://doi.org/10.1902/annals.1998.3.1.51>

<sup>4</sup> Beck J, Garcia R, Heiss G, et al. Periodontal Disease and Cardiovascular Disease. *J Periodontology* 1996;67(10S):1123-1137. <https://doi.org/10.1902/jop.1996.67.10s.1123>

<sup>5</sup> Eke PI, Dye BA, Wei L, et al. Prevalence of Periodontitis in Adults in the United States: 2009 and 2010, *J Dental Res* 2012;91(10):914-20. [doi:10.1177/0022034512457373](https://doi.org/10.1177/0022034512457373)

<sup>6</sup> Geurs N, Lewis CE, Jeffcoat MK. Osteoporosis and periodontal disease progression. *Periodontology* 2000 2003;32(1):105-110. <https://doi.org/10.1046/j.0906-6713.2003.03208.x>

on positive associations that may result from treating periodontal disease as a means of ameliorating systemic diseases.<sup>7</sup>

Published research studies using homeopathic medicines to treat patients with periodontal disease have shown positive results.

A 2006 report demonstrated that homeopathic treatment had maximal anti-inflammatory effects and are clearly indicated for comprehensive treatment of inflammatory periodontal diseases in patients with burdened allergic status.<sup>8</sup>

A 2012 study of a topical homeopathic medicine, “rich in quercetin, carotenoids, lutein, lycopene, rutin, ubiquinone, xanthophylls, and other anti-oxidants... has anti-inflammatory properties... [and] has been shown to inhibit recombinant human matrix metalloproteinase (MMP) activity and decrease the expression of tumor necrosis factor- $\alpha$ , Interleukin-1B (IL), IL-6 and IL-8 in phorbol 12 myristate 13-acetate and calcium ionophore-stimulated human mast cells,” examined its effects on human gingival fibroblast mediated collagen degradation and MMP activity. The authors concluded that homeopathic treatment effectively inhibited Human Growth Factor-mediated collagen degradation and MMP activity more than the corresponding concentration of quercetin alone would have allowed. This study attributed additional properties to the homeopathic medicine beyond what its chemical components would have accounted for.<sup>9</sup>

A single-blind randomized controlled clinical trial with 60 subjects aged between 35 and 70 years old, compared 40 subjects with chronic periodontitis (CP) against 20 healthy volunteers (HG). Patients were treated with either conventional periodontal treatment alone, or conventional periodontal treatment plus homeopathy. Assessments were determined at baseline and after 90 days of treatment. The local and systemic responses to the treatments were evaluated by clinical and laboratory parameters, respectively. After treatment, patients receiving conventional periodontal treatment with homeopathic treatment experienced some reduction in LDL cholesterol, while those who received only conventional periodontal treatment without homeopathy did not demonstrate these health benefits. The authors concluded that homeopathy, as an adjunctive to conventional periodontal treatment, has significant additional benefits compared with conventional treatment alone.<sup>10</sup>

A randomized double-blinded controlled trial was performed one-year after the above trial, and included 50 patients with chronic periodontitis (CP) who were assigned to one of two treatment groups: scaling and root planning alone, or scaling, root planning plus homeopathic treatment. Assessments were made at baseline and after 3 and 12 months of treatment. The local and systemic responses to these treatments were evaluated by clinical and serologic parameters, respectively. Both groups displayed significant improvement, but the homeopathically treated group demonstrated statistically significantly greater clinical improvement in HDL, LDL, Total

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<sup>7</sup> Kim J, Amar S. Periodontal disease and systemic conditions: a bidirectional relationship, *Odontology* 2006; 94(1):10-21. [doi: 10:1007/s10266-006-0060-6](https://doi.org/10.1007/s10266-006-0060-6)

<sup>8</sup> GudianovAI, Bezrukova IV, Aleksandrovskaia IU. Comprehensive study of homeopathic remedies clinical efficacy in comprehensive treatment of inflammatory periodontal diseases in patients with burdened allergic status (Article in Russian), *Stomatologiya* (Mosk)2006; 85(2):25-8. <https://www.ncbi.nlm.nih.gov/pubmed/16710274>

<sup>9</sup> Saini P, Al-Shibani N, Sun J, et al. Effects of *Calendula officinalis* on human gingival fibroblasts, *Homeopathy* 2012;101(2): 92-8. <https://www.ncbi.nlm.nih.gov/pubmed/22487368>

<sup>10</sup> Mourao LC, Moutinho H, Canabarro A. Additional benefits of homeopathy in the treatment of chronic periodontitis: A randomized clinical trial. *Complement Ther Clin Pract* 2013;19(4) 246-50.

[Doi: 10.1016/j.ctcp.2013.05.002.](https://doi.org/10.1016/j.ctcp.2013.05.002)



Cholesterol, Triglycerides, Glucose and Uric acid, from baseline to 1 year. Both the homeopathic and conventional groups experienced reduced periodontal pockets, suggesting that conventional periodontal care is effective locally. The findings of this 1-year follow-up randomized clinical trial suggest that homeopathic medicines, as an adjunctive to conventional scaling and root planing, provides significant local and systemic improvement for chronic periodontitis patients.<sup>11</sup>

A clinical study of a homeopathic medicine evaluated bleeding and plaque index as a means of investigating its effect on gingivitis. Gingival inflammation and plaque formation are major health problems worldwide.<sup>12</sup> The objective of this study was to determine the effects of homeopathic treatment on bleeding and plaque index in gingivitis. Thirty gingivitis patients were randomly assigned to homeopathic treatment or control groups. All subjects were instructed to use toothpaste twice daily for 6 months. Clinical data, which included an analysis of plaque, gingivitis and bleeding upon probing were assessed at baseline, 3 and 6 months. Results demonstrated a significant improvement in all the clinical parameters in the homeopathic treatment group ( $p=0.001$ ) compared with the control group. Repeated-measures also demonstrated significant differences ( $P=0.0001$ ). The authors concluded that homeopathic treatment led to significant mean reductions in all measured indices of gingivitis during and after homeopathic treatment.<sup>13</sup>

### **Oro-facial pain and Opioid abuse**

According to a study from the Stanford University School of Medicine, teenagers and young adults who receive initial opioid prescriptions from their dentists or oral surgeons have a 15 fold higher risk of developing an opioid addiction over the next year than those who aren't prescribed this class of drug. The lead researcher of this study, which reviewed records of 15,000 young adults, asked: "Why are we prescribing such a high quantity of opioids so frequently?"<sup>14</sup>

Trigeminal neuralgia (also known as *Tic Douloureux*) is a neuropathic disorder of the trigeminal nerve that causes episodes of intense pain in the eyes, lips, nose, scalp, forehead, and jaw. This ailment tends to develop after the age of 40, though there have been cases with patients who are much younger. Trigeminal neuralgia is considered to be among the most painful conditions, and is therefore labeled "the suicide disease," due to the significant number of people who have taken their own lives as a result of being unable to control their pain with either medications or surgery.<sup>15</sup>

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<sup>11</sup> Murao LC, Cataldo DM, Moutinho H, et al. Additional effects of homeopathy on chronic periodontitis: A 1-year follow-up randomized clinical trial. *Complement Ther Clin Pract* 2014;20(3):141-6. **DOI: [10.1016/j.ctcp.2014.03.003](https://doi.org/10.1016/j.ctcp.2014.03.003)**

<sup>12</sup> Tonetti MS, Jepsen S, Jin L. Impact of the global burden of periodontal diseases on health, nutrition and wellbeing of mankind: A call for global action. *J Clin Periodontology* 2017;44(5):456-462. **DOI: [10.1111/jcpe.12732](https://doi.org/10.1111/jcpe.12732)**

<sup>13</sup> Reddy ES, Sharma PK, Raj P. A clinical study on effect of Plantago in gingivitis by assessing bleeding and plaque index. *Indian J Res Homeopathy* 2018; 12:132-8. <http://www.ijrh.org/article.asp?issn=0974-7168;year=2018;volume=12;issue=3;spage=132;epage=138;aulast=Reddy>

<sup>14</sup> Schroeder AR, Dehghan M, Newman TB, et al. [Association of Opioid Prescriptions From Dental Clinicians for US Adolescents and Young Adults With Subsequent Opioid Use and Abuse](https://doi.org/10.1001/jamainternmed.2018.5419). *JAMA Intern Med* 2019; 179(2):145-152. **doi: [10.1001/jamainternmed.2018.5419](https://doi.org/10.1001/jamainternmed.2018.5419)**

<sup>15</sup> Wu N, Lee J, Zakrzewska, et al. Trigeminal neuralgia: pharmacotherapy and surgical treatment patterns in the United States. *J Pain* 2017;18(4)(suppl):69S. **doi: <https://doi.org/10.1016/j.jpain.2017.02.352>**

Using visual analogue scales and descriptive criteria, a group of 15 patients with physician-confirmed trigeminal neuralgia were found to exhibit statistically significant reductions in pain intensity and attack frequency ( $P < 0.001$ ) during and after four months of individualized homeopathic treatment. The researchers observed overall reductions in pain intensity by more than 60% using homeopathic treatment and concluded that homeopathic treatment is an effective and safe method for the treatment of this condition.<sup>16</sup>

A placebo controlled study on dental neuralgia (a stabbing, burning, and often severe pain), carried out at the Faculty of Medicine in Marseilles, France, determined that homeopathic treatment was effective for people suffering from this condition. The study, which included 60 subjects, found that twice as many (76%) responded favorably to homeopathy compared to only 40% who responded to placebo.<sup>17</sup>

Paresthesia is an abnormal sensation (e.g., a tingling, pricking, chilling, burning, or numb sensation) and paralysis is a loss of muscle (motor) function in one or more muscles, which can be accompanied by a loss of sensation if sensory nerves are damaged. Both conditions can originate from injuries to the trigeminal nerve and its terminal branches, which sometimes occur as a result of dental implants and other surgical procedures. A report published in 2013 concluded that homeopathy is an effective adjunct therapy in treating postoperative paresthesia in the dental setting. Homeopathic treatment appears to act locally at the site of damaged nerves, but was also found to contribute to overall health improvement, which was cited in reports as increased confidence and reduced stress. The authors of this study concluded that homeopathic treatment is effective as an adjuvant therapy in cases of post-surgical paresthesia, contributing to the reversal of local oral symptoms as well as improving overall health.<sup>18</sup>

In addition to success in treating periodontal disease and oro-facial pain, homeopathy demonstrates promise in managing xerostomia (dry mouth), aphthous ulcers and other oral conditions.

Twenty-eight patients with xerostomia were included in a double-blind, placebo-controlled randomized longitudinal study with crossover, utilizing individually chosen homeopathic medicines. Most patients in this study had concomitant systemic illnesses, including rheumatoid arthritis and/or Sjogren's syndrome, and took daily medications. Eighty-six percent of the homeopathic treatment group experienced a significant reduction of xerostomia, while no benefit was seen in the placebo group. In an unblinded, open follow-up crossover period, those subjects who had received placebo in the first phase (and failed to improve) were treated with individually prescribed homeopathic medicines and demonstrated improvement of xerostomia.

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<sup>16</sup> Mojaver YN, Mosavi F, Mazaherinezhad A, et al. Individualized homeopathic treatment of trigeminal neuralgia: an observational study. *Homeopathy* 2007;96(2):82-86. DOI:[10.1016/j.homp.2007.02.006](https://doi.org/10.1016/j.homp.2007.02.006)

<sup>17</sup> Albertini H, Goldberg W, Sanguy B, et al. Homeopathic treatment of dental neuralgia by Arnica and Hypericum. *J American Institute Homeopathy* 1985; 3:126-129.

[https://www.researchgate.net/publication/269103523\\_Homeopathic\\_Medicine\\_An\\_Adjuvant\\_For\\_Dentistry-A\\_Review](https://www.researchgate.net/publication/269103523_Homeopathic_Medicine_An_Adjuvant_For_Dentistry-A_Review)

<sup>18</sup> Mourao LC, Moutinho HM, Canabarro A. Role of homeopathy in post-surgical dental implants paresthesia – a case report, *J Case Studies Homeopathy* 2013;1(1):6-10.

The authors concluded that individually prescribed homeopathic medicine is a valuable adjunct to the treatment of oral discomfort and xerostomia.<sup>19</sup>

A randomized, single blind, placebo-controlled clinical trial of individualized homeopathy was performed in 2009 to clinically investigate the efficacy of homeopathy in the treatment of minor recurrent aphthous ulceration. One hundred subjects with minor aphthous ulceration were treated with individualized homeopathic medicines and evaluated for pain intensity and ulcer size. Results conclusively demonstrated a statistically significant difference between homeopathic treatment and placebo at day 4 and day 6 (P<0.05). No adverse effects were reported. The authors concluded that homeopathic treatment is an effective and safe method in the treatment of aphthous ulcers.<sup>20</sup>

It is clear from this brief review of some of the available science, that the use of homeopathy is associated with significant benefit in the field of dentistry. At the same time, it is remarkable that many investigators also noted that homeopathic treatment contributes toward improvements in overall global health. The use of homeopathy holds promise since it is safe, inexpensive and easily applied. Much more research is needed in this field.

#### ***About the author***

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<sup>19</sup> 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; 94(3): 175-181.  
<https://www.ncbi.nlm.nih.gov/pubmed/16060203>

<sup>20</sup> Mousavi F, Mojaver YN, Asadzadeh M, et al. Homeopathic treatment of minor aphthous ulcer: a randomized, placebo-controlled clinical trial. *Homeopathy* 2009; 98(3): 137-41.  
<https://www.ncbi.nlm.nih.gov/pubmed/19647206>

## Homeopathy, Chronic Illness, and Rheumatology

Homeopathy is a 200 year-old medical subspecialty that has gained significant popularity worldwide, especially in integrative health practices. It is currently utilized by more than 500 million people and over 100,000 physicians and health care providers on nearly every continent on earth. Homeopathy is a method of treatment that was developed and defined based on empirically gathered data and evidence refined through meticulous observation and repeated experimentation. Homeopathy has repeatedly foreshadowed many of the discoveries made in conventional medicine, including the phenomena of homeostasis, the immune system and the microbiome. Many homeopathic principles have been substantiated by contemporary research.<sup>1</sup>

Homeopathy represents an important medical health care system that offers significant advantages in terms of safety and efficacy. Even as modern research is converging on plausible explanations for how it works,<sup>2</sup> a growing body of evidence suggests that there are many applications in primary care medicine for widespread disease conditions.

Homeopathy has been frequently compared with and tested against conventional methodologies in the management of a broad range of disease conditions. Many meta-analyses of randomized controlled clinical trials indicate that homeopathy is not only more effective than placebo,<sup>3</sup> but at least as effective as standard conventional treatments.<sup>4</sup> Meta analyses of *in vitro* experiments demonstrate that homeopathic medicines are bioactive at extremely high potencies (high dilutions).<sup>5</sup>

Clinical research in chronic illness and rheumatology demonstrates that homeopathy has an important role to play as a form of primary care medicine in the treatment of many different conditions.<sup>6</sup> Homeopathy is an effective modality in the treatment of acute and chronic inflammatory conditions and some studies demonstrate that it could be used as a first line intervention.

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<sup>1</sup> Adler UC. Low-grade inflammation in chronic diseases: An integrative pathophysiology anticipated by homeopathy? *Medical Hypoth* 2011;76(5):622-626.

<sup>2</sup> Yun AJ, Lee PY, Bazar KA. Paradoxical strategy for treating chronic diseases where the therapeutic effect is derived from compensatory response rather than drug effect. *Med Hypotheses* 2005;64(5):1050-9.

<sup>3</sup> Witt C, Keil T, Selim D, et al. Outcome and costs of homeopathic and conventional treatment strategies: a comparative cohort study in patients with chronic disorders. *Complement Ther Med* 2005;13(2):79-86.

<sup>4</sup> Linde K, Clausius N, Ramirez G, et al. Are the clinical effects of homeopathy placebo effects? A meta-analysis of placebo-controlled trials. *Lancet* 1997;350:834-43.

<sup>5</sup> Witt CM, Bluth M, Albrecht H, et al. The in vitro evidence for an effect of high homeopathic potencies – a systematic review of the literature. *Complement Ther Med* 2007;15:128-138.

<sup>6</sup> Koithan M, Embrey M, Bell IR. Qualitative evaluation of successful homeopathic treatment of individuals with chronic diseases: descriptive phenomenology of patients' experiences *J Med Pers* 2015;13:23-35. DOI 10.1007/s12682-014-0185-2

## Comparative Effectiveness

In an international multicenter, prospective, observational study, 30 investigators at 6 clinical sites in 4 countries enrolled 500 consecutive patients with upper respiratory tract infections, lower respiratory tract infections, allergies and ear infections comparing the effectiveness of homeopathy with conventional medicine. Response to treatment in patients receiving homeopathy was 82%, (compared to 68% for conventional medicine). Improvement in less than 1 day and in 1 to 3 days was 67% in the homeopathic group (compared with 56% in the conventional group). Adverse events for those treated with homeopathy was 7% (compared with 22% in the conventionally treated group). Seventy-nine percent (79%) of those treated with homeopathy were “very satisfied” compared with 65% of those treated conventionally. In both treatment groups 60% of cases had consultations lasting between 5 and 15 minutes. The authors concluded that homeopathy is “at least as effective as conventional medical care” in the treatment of these conditions.<sup>7</sup>

## Chronic Illness

In a 6 year observational study of 6544 consecutive follow-up patients with chronic illnesses treated with homeopathy in a hospital outpatient unit, 70% reported positive health changes, while more than 50% reported improvement as “better” or “much better.” The authors concluded that homeopathic intervention is associated with positive health changes in a substantial proportion of patients with a wide range of chronic illnesses.<sup>8</sup>

In a multicenter observational study of 628 patients with x-ray-confirmed chronic sinusitis over a 6-month period, there were statistically significant clinical and radiologic improvements after 3 and 6 months of homeopathic treatment. No complications were observed during treatment. The authors concluded that homeopathic treatment may be effective for the treatment of chronic sinusitis.<sup>9</sup>

In an observational study, 134 adults with chronic sinusitis who had been previously treated with conventional medicine were tracked over 8 years following homeopathic intervention. The results demonstrated that relevant improvements were strong and persistent.<sup>10</sup>

In a prospective, multicenter cohort study of 103 homeopathic primary care practices in Germany and Switzerland, data from a total of 3,709 patients with chronic illnesses were

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<sup>7</sup> Riley D, Fischer M, Singh B, et al. Homeopathy and conventional medicine: an outcomes study comparing effectiveness in a primary care setting. *J Altern Complement Med* 2001; 7(2):149-59.

<sup>8</sup> Spence DS, Thompson EA, Barron SJ. Homeopathic Treatment for Chronic Disease: A 6-Year, University-Hospital Outpatient Observational Study. *J Alternat Complemen Med* 2005;11(5). [doi.org/10.1089/acm.2005.11.793](https://doi.org/10.1089/acm.2005.11.793)

<sup>9</sup> Nayak C, Singh V, Singh VP, et al. Homeopathy in chronic sinusitis: a prospective multi-centric observational study. *Homeopathy* 2012;101(2):84-91. doi: 10.1016/j.homp.2012.02.002.

<sup>10</sup> Witt C, Ludtke R, Willich SN. Homeopathic treatment of patients with chronic sinusitis: A prospective observational study with 8 years follow-up. *BMC Ear Nose Throat Disord* 2009; 9:7. <https://doi.org/10.1186/1472-6815-9-7>

studied. The most frequent diagnoses were allergic rhinitis and headache in adults, and atopic dermatitis and multiple recurrent infections in children. Disease severity decreased significantly ( $p < 0.001$ ) between baseline, 2 and 8 years. Physical and mental quality of life scores also increased considerably. Younger age, female gender and *more severe disease at baseline* were factors predictive of better therapeutic success.<sup>11</sup>

Individuals with incurable chronic skin diseases frequently choose to use complementary and alternative medicines (CAM) including homeopathy. The effects of individualized homeopathic treatment on 60 patients with chronic skin disease, including atopic dermatitis, eczema, severe acne, chronic urticaria, psoriasis vulgaris and alopecia universalis was evaluated for a period of 3 months to 2 years 7 months. Eighty-eight percent (88%) reported improvement (6 patients had complete resolution, 23 had major improvement, 24 were 50% improved, and 7 were 25% improved). Half reported greater satisfaction in daily life, greater fulfillment at work and greater satisfaction in human relations. The authors concluded that individualized homeopathic treatment can provoke a good response in patients with chronic skin disease.<sup>12</sup>

## Rheumatoid Arthritis

Several authors have suggested that homeopathic consultations, which usually last longer than consultations with conventional physicians, might provide significant benefit in the disease management process. After being interviewed, patients suffering from rheumatoid arthritis noted that homeopathic consultations helped them “cope better,” and thereby improve their physical health, wellbeing and/or illness management.<sup>13</sup>

A placebo-controlled trial consisting of 46 patients with rheumatoid arthritis utilizing conventional anti-inflammatory treatment demonstrated that homeopathy provided significant improvement in subjective pain, articular index, stiffness and grip strength when compared to patients receiving placebo. No side effects were observed with the homeopathic treatment.<sup>14</sup>

A pilot study testing the hypothesis that high dilution of substances can have an opposite effect (i.e., the Law of Similars), used a homeopathic preparation of Tumor Necrosis Factor alpha (TNF-alpha) to treat 10 patients with psoriasis and rheumatoid arthritis. After three months of treatment, the total surface area and thickness of psoriatic plaques as well as pain intensity and stiffness (in rheumatoid arthritis patients) improved in every subject. In addition, 33% experienced complete resolution of their symptoms. No adverse reactions were reported. The authors concluded that even though the sample size

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<sup>11</sup> Witt CM, Ludtke R, Mengler N, et al. 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. <https://doi.org/10.1186/1471-2458-8-413>

<sup>12</sup> Itamura R. Effect of homeopathic treatment of 60 Japanese patients with chronic skin disease. *Complement Ther Med* 2007;15(2):115-120.

<sup>13</sup> Brien SB, Leydon GM, Lewith G. Homeopathy enables rheumatoid arthritis patients to cope with their chronic ill health: A qualitative study of patient's perceptions of the homeopathic consultation. *Patient Ed Counsel* 2012;89(3):507-516.

<sup>14</sup> Gibson RG, Gibson SL, MacNeill AD, et al. Homeopathic therapy in rheumatoid arthritis: evaluation by double-blind clinical therapeutic trial. *Br J Clin Pharm* 1980; 9(5): 453–459.

was small, and not appropriate for statistical analysis, the observation of a 100% clinical response rate, with the absence of any adverse reactions, suggests that further research should be completed.<sup>15</sup>

The anti-rheumatic and anti-oxidant effects of homeopathic preparations on male albino rats with experimentally induced rheumatoid arthritis were tested in a protocol of six experimental groups receiving either placebo, conventional treatment or different potencies of homeopathic medicine. Anti-rheumatic activity was evaluated via physical, urinary, and serum parameters. Results indicated that body weight, ankle and knee diameter, urinary and serum parameters (including interleukins) were all significantly affected with homeopathy. Treatment was associated with normalization of these parameters compared with the control group. The authors concluded that homeopathic treatment affects anti-rheumatic and anti-oxidant activity in experimental animals and that these activities are significantly stronger when *higher* (more dilute) potencies of homeopathic medicines are utilized.<sup>16</sup>

Another study examined the anti-inflammatory effects of homeopathic medicines to counteract Complete Freund's Adjuvant (CFA) induced arthritis in rats. The study determined that homeopathy protected rats from CFA-induced inflammatory lesions, body weight changes, hematological alterations and radiological joint alterations due to arthritis. Arthritic pain scores were also favorably affected. The authors concluded that homeopathy in ultra-dilutions is effective in the treatment of chemically induced arthritis and associated pain in rats.<sup>17</sup>

## Osteoarthritis

Osteoarthritis is a common rheumatic condition with limited safe and effective conventional treatment options. The clinical evidence for and against the effectiveness of homeopathy in this condition was evaluated in a systematic review of randomized controlled clinical trials. The authors concluded that the clinical evidence was promising and favored the use of homeopathy in osteoarthritis, but suggested that more research is warranted.<sup>18</sup>

In a study of 81 patients with osteoarthritis compared with controls, homeopathy was found to reduce oxidative stress as determined by changes in serum parameters that were measured before and after treatment. Investigators determined that homeopathic treatment does reduce oxidative stress and can be measured by changes in erythrocyte

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<sup>15</sup> Alecu A, Gafitanu D, Alecu M, et al. Homeopathic dilutions of TNF-alfa in psoriasis and rheumatoid arthritis. *Int J High Dilution Res* 2012; 11(40): 204-205.

<sup>16</sup> Sarkar A, Datta P, Das AK, et al. Anti-rheumatoid and anti-oxidant activity of homeopathic *Guaiacum officinale* in an animal model. *Homeopathy* 2014; 103(2):133-8. doi: 10.1016/j.homp.2013.08.006.

<sup>17</sup> Patil CR, Rambhade AD, Jadhav RB, et al. Modulation of arthritis in rats by *Toxicodendron pubescens* and its homeopathic dilutions. *Homeopathy* 2011;100(3):131-137.

<sup>18</sup> Long L, Ernst E. Homeopathic remedies for the treatment of osteoarthritis: a systematic review. *Br Hom J* 2001; 90(1): 37-43.

lipid peroxidation, susceptibility to peroxidation, superoxide dismutase, and plasma vitamin C levels.<sup>19</sup>

A pragmatic, randomized, double-blind controlled trial compared a homeopathic topical gel with conventional topical NSAID therapy in 184 patients with radiographically-confirmed symptomatic osteoarthritis of the knee. After four weeks of treatment, the main outcome measures of pain on walking visual analogue scores (VAS) and a single-joint Ritchie index were evaluated. Pain reduction was more than twice as great in the homeopathic group compared with the piroxicam group (16.5 VAS vs. 8.1, 95% CI). There was no significant difference between treatment groups in the single-joint Ritchie index ( $P = 0.78$ ) and adverse events occurred in 28 patients (12 in the homeopathy group and 16 in the piroxicam group). The authors concluded that homeopathic gel was at least as effective, and as well tolerated, as the NSAID gel.<sup>20</sup>

A second randomized, double-blind study of 204 patients compared a topical homeopathic gel preparation with NSAID therapy for symptomatic relief of patients with radiologically-confirmed and symptomatically active osteoarthritis of interphalangeal joints of the hands over 21 days. Primary endpoints of pain intensity and hand function determined that the homeopathic treatment was equivalent to the conventional treatment groups in all indices of pain and in hand functional improvements, as well as in all secondary end points that were evaluated. Adverse events were reported by six patients (6%) treated conventionally and by five patients (4%) treated with homeopathy. The authors concluded that homeopathy is not inferior to conventional treatment of osteoarthritis of the hands.<sup>21</sup> Similar results were seen in other studies.<sup>22</sup>

A double-blind IRB-approved protocol compared homeopathy with acetaminophen in the treatment of 65 patients with osteoarthritis. The results demonstrated that homeopathy was superior, but the results were not statistically significant. The authors concluded that homeopathic treatment is safe and “at least as effective” as acetaminophen, without the potential adverse effects.<sup>23</sup>

## **Fibromyalgia and Chronic Fatigue**

There is currently no universally effective conventional management regime for chronic fatigue syndrome or fibromyalgia and patients frequently use complementary and alternative medicine (CAM) modalities including homeopathy. A six-month random,

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<sup>19</sup> Pinto S, Rao AV, Rao A. Lipid peroxidation, erythrocyte antioxidants and plasma antioxidants in osteoarthritis before and after homeopathic treatment. *Homeopathy* 2008; 97(04): 185-189. DOI: 10.1016/j.homp.2008.08.004

<sup>20</sup> Van Haselen RA, Fisher PA. A randomized controlled trial comparing topical piroxicam gel with a homeopathic gel in osteoarthritis of the knee. *Rheum (Oxford)* 2000;39(7):714-9.

<sup>21</sup> Widrig R, Suter A, Saller R, et al. Choosing between NSAID and arnica for topical treatment of hand osteoarthritis in a randomised, double-blind study. *Rheumatol Int* 2007;27(6):585-91. Epub 2007 Feb 22.

<sup>22</sup> Kneusel O, Weber M, Suter A. Arnica montana gel in osteoarthritis of the knee: an open, multicenter clinical trial. *Adv Ther* 2002;19(5):209-18.

<sup>23</sup> Shealy CN, Thomlinson RP, Cox RH, et al. Osteoarthritic Pain: A Comparison of Homeopathy and Acetaminophen. *Am J Pain Manag* 1998;8(3):89-91.

[https://www.researchgate.net/publication/308144343\\_Osteoarthritic\\_Pain\\_A\\_Comparison\\_of\\_Homeopathy\\_and\\_Acetaminophen](https://www.researchgate.net/publication/308144343_Osteoarthritic_Pain_A_Comparison_of_Homeopathy_and_Acetaminophen) accessed online 4/26/19.



triple-blind placebo-controlled study evaluated the use of homeopathy in 103 patients meeting the Oxford criteria for CFS. Outcomes measures used the Multidimensional Fatigue Inventory (MFI), the Fatigue Impact Scale (FIS) and the Functional Limitations Profile (FLP). More patients treated with homeopathy demonstrated significant improvement on 2 out of 3 inventory scales and showed clinical improvement on all primary outcomes (relative risk=2.75, P=.09).<sup>24</sup>

In a double-blind, randomized, parallel-group, placebo-controlled trial of homeopathy to assess the efficacy of individualized homeopathy in the treatment of physician-confirmed fibromyalgia, 62 patients were randomized to receive either a homeopathic medicine or an indistinguishable placebo. Evaluation at baseline, two and four months evaluated tender point count and tender point pain by a medical assessor uninvolved in providing care. Self-rating scales relating to quality of life, pain, mood and global health at baseline and three months, were the primary clinical outcome measures. Results demonstrated significantly greater improvements in all indices including tender point count and tender point pain, quality of life, global health and a trend toward less depression compared with those on placebo. The authors concluded that individualized homeopathy is significantly better than placebo in lessening tender point pain and improving the quality of life and global health of persons with fibromyalgia.<sup>25</sup>

Studies reveal that homeopathy has tremendous potential in the treatment of chronic inflammation, and rheumatologic illnesses in particular. Homeopathic medicines have a strong safety profile, and either match, or are superior in efficacy to standard conventional medical regimens. It is arguable that homeopathic methods might provide distinct advantages if they are utilized as primary methodologies in the treatment of these conditions. Evidence suggests that withholding some of the more hazardous (and expensive) conventional treatments until homeopathic interventions are used first, might improve clinical outcomes, lower costs and provide greater safety to the American public. Research priority needs to be directed towards homeopathy, particularly with respect to chronic inflammatory illness and rheumatology.

### ***About the author***

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<sup>24</sup> Weatherley-Jones E, Nicholl JP, Thomas KJ, et al. A randomised, controlled triple-blind trial of the efficacy of homeopathic treatment for chronic fatigue syndrome. *J Psychosom Res* 2004; 56(2):189- 97.

<sup>25</sup> Bell IR, Lewis DA, Brooks AJ, et al. Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo. *Rheum* (Oxford) 2004; 43(5):577-82. Epub 2004 Jan 20.