

Clinical research evidence in favour of homeopathy

SYSTEMATIC REVIEWS

Childhood diarrhoea

1. Jacobs J, Jonas WB, Jimenez-Perez M, Crothers D. Homeopathy for childhood diarrhoea: combined results and meta-analysis from three randomized, controlled clinical trials. *Pediatric Infectious Disease Journal* 2003; **22**: 229–234.

Hay fever

2. Bellavite P, Ortolani R, Pontarollo F, et al. Immunology and homeopathy. 4. Clinical studies – Part 2. *Evidence-based Complementary and Alternative Medicine* 2006; **3**: 397–409.
3. Taylor MA, Reilly D, Llewellyn-Jones RH, et al. Randomised controlled trials of homeopathy versus placebo in perennial allergic rhinitis with overview of four trial series. *British Medical Journal* 2000; **321**: 471–476.
4. Wiesenauer M, Lütke R. A meta-analysis of the homeopathic treatment of pollinosis with Galphimia glauca. *Forschende Komplementärmedizin und Klassische Naturheilkunde* 1996; **3**: 230–236.

Influenza treatment

5. Vickers A, Smith C. *Homeopathic Oscilloccinum for preventing and treating influenza and influenza-like syndromes (Cochrane Review)*. In: The Cochrane Library. Chichester, UK: John Wiley & Sons, Ltd. 2006; CD001957.

Post-operative ileus

6. Barnes J, Resch K-L, Ernst E. Homeopathy for postoperative ileus? A meta-analysis. *Journal of Clinical Gastroenterology* 1997; **25**: 628–633.

Respiratory tract infection

7. Bornhöft G, Wolf U, Ammon K, et al. Effectiveness, safety and cost-effectiveness of homeopathy in general practice – summarized health technology assessment. *Forschende Komplementärmedizin* 2006; **13** Suppl 2: 19–29.

Vertigo

8. Schneider B, Klein P, Weiser M. Treatment of vertigo with a homeopathic complex remedy compared with usual treatments: a meta-analysis of clinical trials. *Arzneimittelforschung* 2005; **55**: 23–29.

RANDOMISED CONTROLLED TRIALS (RCTs)

Allergic asthma

9. Reilly D, Taylor MA, Beattie NGM, et al. Is evidence for homeopathy reproducible? *Lancet* 1994; **344**: 1601–1606.

Anal fissure

10. Bignamini M, Saruggia M, Sansonetti G. Homeopathic treatment of anal fissures using *Nitricum acidum*. *Berlin Journal on Research in Homeopathy* 1991; **1**: 286–287.

Ankle sprain

11. Zell J, Connert WD, Mau J, Feuerstake G. Treatment of acute sprains of the ankle. Controlled double-blind trial to test the effectiveness of a homeopathic ointment. *Fortschritte der Medizin* 1988; **106**: 96–100.

Attention deficit hyperactivity disorder

12. Frei H, Everts R, von Ammon K, et al. Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomized, double blind, placebo controlled crossover trial. *European Journal of Pediatrics* 2005; **164**: 758–767.

Brain injury

13. Chapman EH, Weintraub RJ, Milburn MA, et al. Homeopathic treatment of mild traumatic brain injury: a randomized, double-blind, placebo-controlled clinical trial. *Journal of Head Trauma Rehabilitation* 1999; **14**: 521–542.

Bronchitis

14. Diefenbach M, Schilken J, Steiner G, Becker HJ. Homeopathic therapy in respiratory tract diseases. Evaluation of a clinical study in 258 patients. *Zeitschrift für Allgemeinmedizin* 1997; **73**: 308–314.

Childhood diarrhoea

15. Jacobs J, Jimenez LM, Gloyds SS, et al. Treatment of acute childhood diarrhea with homeopathic medicine; a randomized clinical trial in Nicaragua. *Pediatrics* 1994; **93**: 719–725.
16. Jacobs J, Jimenez LM, Malthouse S, et al. Homeopathic treatment of acute childhood diarrhoea: results from a clinical trial in Nepal. *Journal of Alternative and Complementary Medicine* 2000; **6**: 131–139.

Chronic fatigue syndrome

17. Weatherley-Jones E, Nicholl JP, Thomas KJ, et al. A randomized, controlled, triple-blind trial of the efficacy of homeopathic treatment for chronic fatigue syndrome. *Journal of Psychosomatic Research* 2004; **56**: 189–197.

Common cold

18. Maiwald VL, Weinfurter T, Mau J, Connert WD. Treatment of common cold with a combination homeopathic preparation compared with acetylsalicylic acid. A controlled, randomized single-blind study. *Arzneimittelforschung* 1988; **38**: 578–582.

Cough

19. Bordes LR, Dorfman P. Evaluation of the antitussive effect of Drosetux syrup: double-blind study versus placebo. *Cahiers d'ORL* 1986; **21**: 731–734.

Dry mouth

20. 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**: 175–181.

Fibromyalgia

21. Bell I, Lewis D, Brooks A, et al. Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo. *Rheumatology* 2004; **43**: 577–582.
22. Fisher P. An experimental double-blind clinical trial method in homeopathy. Use of a limited range of remedies to treat fibrositis. *British Homeopathic Journal* 1986; **75**: 142–147.
23. 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**: 77–82.

Hay fever

24. Aabel S, Laerum E, Dølvik S, Djupesland P. Is homeopathic 'immunotherapy' effective? A double-blind, placebo-controlled trial with the isopathic remedy *Betula 30c* for patients with birch pollen allergy. *British Homeopathic Journal* 2000; **89**: 161–168.
25. Kim LS, Riedlinger JE, Baldwin CM, et al. Treatment of seasonal allergic rhinitis using homeopathic preparation of common allergens in the southwest region of the US: a randomized, controlled clinical trial. *Annals of Pharmacotherapy* 2005; **39**: 617–624.
26. Reilly DT, Taylor MA. Potent placebo or potency? A proposed study model with initial findings using homeopathically prepared pollens in hayfever. *British Homeopathic Journal* 1985; **74**: 65–75.
27. Reilly DT, Taylor MA, McSharry C, Aitchison T. Is homeopathy a placebo response? Controlled trial of homeopathic potency, with pollen in hayfever as model. *Lancet* 1986; **ii**: 881–885.
28. Taylor MA, Reilly D, Llewellyn-Jones RH, McSharry C, Aitchison TC. Randomised controlled trial of homeopathy versus placebo in perennial allergic rhinitis with overview of four trial series. *British Medical Journal* 2000; **321**: 471–476.
29. Weiser M, Gegenheimer LH, Klein P. A randomized equivalence trial comparing the efficacy and safety of *Luffa comp.-Heel* nasal spray with cromolyn sodium spray in the treatment of seasonal allergic rhinitis. *Forschende Komplementärmedizin und Klassische Naturheilkunde* 1999; **6**: 142–148.
30. Wiesenauer M, Häussler S, Gaus W. Treatment of pollinosis with *Galphimia glauca*. *Fortschritte der Medizin* 1983; **101**: 811–814.
31. Wiesenauer M, Gaus W, Häussler S. Treatment of pollinosis with the homeopathic preparation *Galphimia glauca*. A double-blind trial in clinical practice. *Allergologie* 1990; **13**: 359–363.

HIV infection

32. Rastogi DP, Singh VP, Singh V, et al. Homeopathy in HIV infection: a trial report of double-blind placebo controlled study. *British Homeopathic Journal* 1999; **88**: 49–57.

Immune function

33. Kuzeff RM. Homeopathy, sensation of well-being and CD4-levels – A placebo-controlled, randomized trial. *Complementary Therapies in Medicine* 1998; **6**: 4–9.

Infertility (female)

34. Bergmann J, Luft B, Boehmann S, et al. The efficacy of the complex medication *Phyto-Hypophyson L* in female, hormone-related sterility. A randomized, placebo-controlled clinical double-blind study. *Forschende Komplementärmedizin und Klassische Naturheilkunde* 2000; **7**: 190–199.

Influenza

35. Ferley JP, Zmirou D, D'Adhemar D, Balducci F. A controlled evaluation of a homeopathic preparation in the treatment of influenza like syndromes. *British Journal of Clinical Pharmacology* 1989; **27**: 329–335.
36. Papp R, Schuback G, Beck E, et al. *Oscillococtinum* in patients with influenza-like syndromes: a placebo-controlled double-blind evaluation. *British Homeopathic Journal* 1998; **87**: 69–76.
37. Brydak LB, Denys A. The evaluation of humoral response and the clinical evaluation of a risk-group patients' state of health after administration of the homeopathic preparation *Gripp-Heel* during the influenza epidemic season 1993/94. *International Review of Allergology and Clinical Immunology* 1999; **5**: 223–227.
38. Rottey EED, Verleye GB, Liagre RLP. The effect of a homeopathic preparation in the prevention of flu symptoms: a randomized double-blind trial in primary care practice. *Tijdschrift Integratie Geneeskunde* 1995; **11**: 54–58.

Irritable bowel syndrome

39. Rahlfs VW, Mössinger P. *Asa foetida* in the treatment of the irritable colon – a double-blind trial. *Deutsche medizinische Wochenschrift* 1978; **104**: 140–143.

Kidney failure

40. Saruggia M, Corghi E. Effects of homeopathic dilutions of china rubra on intradialytic symptomatology in patients treated with chronic haemodialysis. *British Homeopathic Journal* 1992; **81**: 86-88.

Low back pain

41. 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. *British Homeopathic Journal* 2001; **90**: 21-28.

Migraine

42. Brigo B, Serpelloni G. Homeopathic treatment of migraines: a randomized double-blind study of sixty cases (homeopathic remedy versus placebo). *Berlin Journal on Research in Homeopathy* 1991; **1**: 98-106.

Muscle soreness

43. Tveiten D, Bruseth S, Borchgrevink CF, Norseth J. Effects of the homeopathic remedy Arnica D30 on marathon runners: a randomized, double-blind study during the 1995 Oslo Marathon. *Complementary Therapies in Medicine* 1998; **6**: 71-74.

Obesity

44. Werk W, Lehmann M, Galland F. Comparative controlled trial on the effect of the homeopathic botanical medicinal product Helianthus tuberosus D1 as an adjuvant in the treatment of obesity. *Therapiewoche* 1994; **44**: 34-39.

Osteoarthritis

45. Shealy CN, Thomlinson RP, Cox RH, Borgmeyer RN. Osteoarthritic pain: a comparison of homeopathy and acetaminophen. *American Journal of Pain Management* 1998; **8**: 89-91.
46. van Haselen RA, Fisher PAG. A randomized controlled trial comparing topical piroxicam gel with a homeopathic gel in osteoarthritis of the knee. *Rheumatology* 2000; **39**: 714-719.

Otitis media

47. Jacobs J, Springer DA, Crothers D. Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial. *Pediatric Infectious Disease Journal* 2001; **20**: 177-183.

Plantar fasciitis

48. Clark J, Percivall A. A preliminary investigation into the effectiveness of the homeopathic remedy, Ruta graveolens, in the treatment of pain in plantar fasciitis. *British Journal of Podiatry* 2000; **3**: 81-85.

Post-operative agitation

49. Alibeu JP, Jobert J. Homeopathic therapy with Aconite for post-operative pain-agitation syndrome. *Pédiatrie* 1990; **45**: 465-466.

Post-operative bruising, pain or swelling

50. Brinkhaus B, Wilkens JM, Lüdtkke R, et al. Homeopathic arnica therapy in patients receiving knee surgery: results of three randomised double-blind trials. *Complementary Therapies in Medicine* 2006; **14**: 237-246.
51. Robertson A, Suryanarayanan R, Banerjee A. Homeopathic Arnica montana for post-tonsillectomy analgesia: a randomised placebo control trial. *Homeopathy* 2007; **96**: 17-21.
52. Seeley BM, Denton AB, Ahn MS, Maas CS. Effect of homeopathic Arnica montana on bruising in face-lifts: results of a randomized, double-blind, placebo-controlled clinical trial. *Archives of Facial Plastic Surgery* 2006; **8**: 54-59.

Post-partum bleeding

53. Oberbaum M, Galoyan N, Lerner-Geva L, et al. The effect of the homeopathic remedies Arnica and Bellis perennis on mild postpartum bleeding – a randomized, double-blind, placebo-controlled study – preliminary results. *Complementary Therapies in Medicine* 2005; **13**: 87-90.

Post-partum lactation problems

54. 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 gynécologie, obstétrique et biologie de la reproduction* 2001; **30**: 353–357.

Premenstrual syndrome

55. Yakir M, Kreittler S, Brzezinski A, Vithoukias G, Oberbaum M, Bentwich Z. Effects of homeopathic treatment in women with premenstrual syndrome: a pilot study. *British Homeopathic Journal* 2001; **90**: 148–153.

Pruritus

56. Cavalcanti AM, Rocha LM, Carillo R Jr, et al. Effects of homeopathic treatment on pruritus of haemodialysis patients: a randomized placebo-controlled double-blind trial. *Homeopathy* 2003; **92**: 177–181.

Radiotherapy-induced dermatitis

57. Balzarini A, Felisi E, Martini A, De Conno F. Efficacy of homeopathic treatment of skin reactions during radiotherapy for breast cancer: a randomized, double-blind clinical trial. *British Homeopathic Journal* 2000; **89**: 8–12.

Respiratory tract infection

58. Steinsbekk A, Fønnebø V, Lewith G, Bentzen N. Homeopathic care for the prevention of upper respiratory tract infections in children: a pragmatic, randomized, controlled trial comparing randomized homeopathic care and waiting-list controls. *Complementary Therapies in Medicine* 2005; **13**: 231–238.

Seborrhoeic dermatitis

59. Smith SA, Baker AE, Williams JH. Effective treatment of seborrhoeic dermatitis using a low dose, oral homeopathic medication consisting of potassium bromide, sodium bromide, nickel sulfate, and sodium chloride in a double-blind, placebo-controlled study. *Alternative Medicine Review* 2002; **7**: 59–67.

Sepsis

60. Frass M, Linkesch M, Banyai S, et al. Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit. *Homeopathy* 2005; **94**: 75–80.

Sinusitis

61. Friese K-H, Zabalotnyi DI. Homeopathy in acute rhinosinusitis. A double-blind, placebo controlled study shows the efficiency and tolerability of a homeopathic combination remedy. *HNO* 2007; **55**: 271–277.
62. Weiser M, Clasen B. Randomized, placebo-controlled, double-blind study of the clinical efficacy of the homeopathic Euphorbium compositum-S nasal spray in cases of chronic sinusitis. *Forschende Komplementärmedizin* 1994; **1**: 251–259.
63. Zabolotnyi DI, Kneis KC, Richardson A, 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 (NY)* 2007; **3**: 98–109.

Stomatitis

64. Oberbaum M, Yaniv I, Ben-Gal Y, et al. A randomized, controlled clinical trial of the homeopathic medication Traumeel S in the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation. *Cancer* 2001; **92**: 684–690.

Tracheal secretions

65. Frass M, Dielacher C, Linkesch M, et al. Influence of potassium dichromate on tracheal secretions in critically ill patients. *Chest* 2005; **127**: 936–941.

Varicose veins

66. Ernst E, Saradeth T, Resch KL. Complementary therapy of varicose veins – a randomized, placebo-controlled, double-blind trial. *Phlebology* 1990; **5**: 157–163.

Vertigo

67. Issing W, Klein P, Weiser M. The homeopathic preparation Vertigoheel versus Ginkgo biloba in the treatment of vertigo in an elderly population: a double-blinded, randomized, controlled clinical trial. *Journal of Alternative and Complementary Medicine* 2005; **11**: 155–160.
68. Weiser M, Strösser W, Klein P. Homeopathic vs. conventional treatment of vertigo: a randomized double-blind controlled clinical study. *Archives of Otolaryngology – Head and Neck Surgery* 1998; **124**: 879–885.

NON-RANDOMISED STUDIES

Cardiac insufficiency

69. Schroder 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. *European Journal of Heart Failure* 2003; **5**: 319–326.

Childhood fever

70. Derasse M, Klein P, Weiser M. The effects of a complex homeopathic medicine compared with acetaminophen in the symptomatic treatment of acute febrile infections in children: an observational study. *Explore (NY)* 2005; **1**: 33–39.

Common cold

71. Schmiedel V, Klein P. A complex homeopathic preparation for the symptomatic treatment of upper respiratory infections associated with the common cold: An observational study. *Explore (NY)* 2006; **2**: 109–114.

Dysmenorrhoea

72. 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**: 603–611.

Gastrointestinal cramps

73. Müller-Krampe B, Oberbaum M, Dipl-Math PK, Weiser M. Effects of Spascupreel versus hyoscine butylbromide for gastrointestinal cramps in children. *Pediatrics International* 2007; **49**: 328–334.

Hay fever

74. Goossens M, Laekeman G, Aertgeerts B, Buntinx F. Evaluation of the quality of life after individualized homeopathic treatment for seasonal allergic rhinitis. A prospective, open, non-comparative study. *Homeopathy* 2009; **98**: 11–16.

Headache

75. Walach H, Lowes T, Mussbach D, et al. The long term effects of homeopathic treatment of chronic headaches: one year follow-up and single case time series analysis. *British Homeopathic Journal* 2001; **90**: 63–72.
76. Witt CM, Lüdtke R, Willich SN. Homeopathic treatment of chronic headache (ICD-9: 784.0) - a prospective observational study with 2-year follow-up. *Forschende Komplementärmedizin* 2009; **16**: 227–235.

Insomnia

77. Waldschütz R, Klein P. The homeopathic preparation Neurexan vs. valerian for the treatment of insomnia: an observational study. *Scientific World Journal* 2009; **8**: 411–420.

Low back pain

78. Witt CM, Lüdtke R, Baur R, Willich SN. Homeopathic treatment of patients with chronic low back pain: a prospective observational study with 2 years' follow-up. *Clinical Journal of Pain* 2009; **25**: 334–339.

Musculo-skeletal injury

79. Schneider C, Schneider B, Hanisch J, van Haselen R. The role of a homeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study. *Complementary Therapies in Medicine* 2008; **16**: 22–27.

Nervousness

80. Hubner R, van Haselen R, Klein P. Effectiveness of the homeopathic preparation Neurexan compared with that of commonly used valerian-based preparations for the treatment of nervousness/restlessness – an observational study. *Scientific World Journal* 2009; **9**: 733–745.

Otitis media

81. Friese K-H, Kruse S, Lüdtkke R, Moeller H. The homoeopathic treatment of otitis media in children – comparisons with conventional therapy. *International Journal of Clinical Pharmacology and Therapeutics* 1997; **35**: 296–301.

Psoriasis

82. Witt CM, Lüdtkke R, Willich SN. Homeopathic treatment of patients with psoriasis - a prospective observational study with 2 years follow-up. *Journal of the European Academy of Dermatology and Venereology* 2009; **23**: 538–543.

Respiratory tract infection

83. Ammerschlager H, Klein P, Weiser M, Oberbaum M. Behandlung von Entzündungen im Bereich der oberen Atemwege – Vergleich eines homöopathischen Komplexpräparates mit Xylometazolin [Treatment of inflammatory diseases of the upper respiratory tract – comparison of a homeopathic complex remedy with xylometazoline]. *Forschende Komplementärmedizin und Klassische Naturheilkunde* 2005; **12**: 24–31.

84. 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.

Sinusitis

85. Witt CM, Lüdtkke R, Willich SN. Homeopathic treatment of patients with chronic sinusitis: a prospective observational study with 8 years follow-up. *BMC Ear Nose and Throat Disorders* 2009; **9**: 7.

Tendinopathy

86. Schneider C, Klein P, Stolt P, Oberbaum M. A homeopathic ointment preparation compared with 1% diclofenac gel for acute symptomatic treatment of tendinopathy. *Explore (NY)* 2005; **1**: 446–452.

Vertigo

87. Klopp R, Niemer W, Weiser M. Microcirculatory effects of a homeopathic preparation in patients with mild vertigo: an intravital microscopic study. *Microvascular Research* 2005; **69**: 10–16.

Viral infection

88. Rabe A, Weiser M, Klein P. Effectiveness and tolerability of a homoeopathic remedy compared with conventional therapy for mild viral infections. *International Journal of Clinical Practice* 2004; **58**: 827–832.