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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 homoeopathy 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

5. Vickers A, Smith C. *Homoeopathic Oscillocochinum 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.

Hay fever

23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. Wiesenauer M, Häussler S, Gaus W. Treatment of pollinosis with *Galphimia glauca*. *Fortschritte der Medizin* 1983; **101**: 811–814.
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HIV infection

31. 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

32. 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)

33. 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

34. 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.
35. Papp R, Schuback G, Beck E, et al. Oscillococcinum in patients with influenza-like syndromes: a placebo-controlled double-blind evaluation. *British Homeopathic Journal* 1998; **87**: 69–76.
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Irritable bowel syndrome

38. 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

39. 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

40. 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

41. 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

42. 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

43. 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

44. 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.
45. 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

46. 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

47. 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

48. 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

49. Brinkhaus B, Wilkens JM, Lüdtker 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.
50. Robertson A, Suryanarayanan R, Banerjee A. Homeopathic *Arnica montana* for post-tonsillectomy analgesia: a randomised placebo control trial. *Homeopathy* 2007; **96**: 17-21.
51. 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

52. 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

53. 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

54. Yakir M, Kreitler S, Brzezinski A, Vithoulkas 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

55. 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

56. 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

57. 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

58. 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

59. 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

60. Friese K-H, Zabolotnyi 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.
61. 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.
62. 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

63. 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

64. 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

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

Vertigo

66. 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.
67. Weiser M, Strösner 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

68. 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

69. 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

70. 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.

Gastrointestinal cramps

71. 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.

Headache

72. 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.

Otitis media

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

Respiratory tract infection

74. 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.
75. 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.

Tendinopathy

76. 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

77. 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

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