Compendium of Homeopathic Research

Edited by Americans for Homeopathy Choice
Compendium of Homeopathic Research

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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.

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.

HomeopathyChoice.org
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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.\textsuperscript{1} 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\textsuperscript{2}, France\textsuperscript{3}, 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.\textsuperscript{4} 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.\textsuperscript{5} 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.


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. 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. The improvement from homeopathic treatment was 2.4 times faster than in children prescribed a placebo, utilizing data from an earlier meta-analyses 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).

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.

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.

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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.\(^\text{12}\)

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.\(^\text{13}\)

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.\(^\text{14}\)

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.\(^\text{15}\)

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.\(^\text{16}\)


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. 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. In most of the clinical trials conducted, homeopathic medicines show promise in reducing the need for antimicrobial treatment of cow herds.

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

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.
Homeopathy and Pain

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 holistic 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.¹

Opioid Addiction

Homeopathy has tremendous potential to help with one of our nation’s largest healthcare crises – opioid addiction. Not only are there many homeopathic medicines that address pain effectively, but it also helps those who are addicted to drugs and alcohol to successfully and safely detox while remaining sober.²

One formal research study and two observational studies completed in Boston, MA indicated the benefits of the homeopathic medicine *Nux vomica* in the treatment of post-acute withdrawal syndrome.³ 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.

The third study looked at a 28-day inpatient treatment program over the course of one year. The majority (77%) of those clients who used homeopathy completed the program successfully compared with 53% who did not. No adverse events were reported in the homeopathic treatment group, but those who did not use homeopathy were more likely to leave against medical advice, or be involuntarily discharged due to violent and unruly behavior.

The homeopathic medicine *Nux vomica* is an effective treatment option for hangovers and other symptoms associated with drug induced liver toxicity. Its affinity for the neurological as well as hepatic systems have been well documented and animal studies demonstrate that it reduces alcohol cravings.⁴

Homeopathy for Pain Management

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Pain management is considered “the leading edge” of CAM modalities with respect to integration into conventional health care in the US. Several textbooks detail the homeopathic treatment of pain syndromes.

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. Results suggest that homeopathic medicines act faster than conventional pain medications while reducing the need for them, without any of the associated dangers of dependence or withdrawal effects. Homeopathy is superior to placebo in reducing pain in many medical conditions including endometriosis, joint pain and stiffness, and hemorrhoids.

**Homeopathic Medicines for Specific Pain Conditions**

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

The use of Arnica pre- and post-operatively reduces bruising, swelling, soreness and pain. Other homeopathic medicines are useful in the augmentation of wound healing, reduced scarring, prevention of infection and palliation of nerve pain.

Homeopathic treatment is effective in a wide range of clinical scenarios including toothache, burning mouth syndrome and trigeminal neuralgia. The homeopathic medicine Hypericum perforatum demonstrates in particular affinity and benefit with respect to nerve pain.

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Symphytum officinale reduces pain and swelling after placement of dental implants when used alongside conventional pain medications.\(^\text{22}\)

Homeopathic treatment was found to be successful in helping 58% of patients avoid a root canal, tooth extraction or pulp capping procedure in a small study employing the injection of the homeopathic medicine Pulpa dentis.\(^\text{23}\)

**Fractures**

Homeopathy speeds bone healing while reducing the need for analgesics.\(^\text{24}\)

**Labor pain**

The homeopathic medicine Caulophyllum thalictroides reduces labor pain without any side effects in either mother or infant.\(^\text{25,26}\)

**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.\(^\text{27}\)

**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 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.\(^\text{28}\)

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.\(^\text{29}\)


\(^{28}\)Rossignol M op cit.

Studies in Europe demonstrate homeopathy provides superior relief from back pain when compared with placebo, and generates fewer adverse events.\textsuperscript{30,31,32}

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

\textit{About the Author}

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 \textit{Your Natural Medicine Cabinet} educates the public about home care with homeopathy. She has edited several standard reference works in homeopathy including \textit{Yasgur's Dictionary} and \textit{Hahnemann Revisited}, a textbook for professionals.


\textsuperscript{32}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. \textit{Alter Ther Health Med} 2016 Jan-Feb;22(1):48-56.
Homeopathy’s Role in Addressing Healthcare Costs

Unites 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.¹

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

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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. 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.5

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.6

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.7

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

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

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. 

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.

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.

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). 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.

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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.17

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.18

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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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\(^1\) - 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.\(^2\)

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.

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<tr>
<td><strong>German Hospitals Using Homeopathy</strong></td>
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<td>Klinik für Kinder- und Jugendmedizin am Caritas-Krankenhaus Bad Mergentheim</td>
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Austrian Hospitals Using Homeopathy:

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)

Swiss Hospitals Using Homeopathy

Institute for Complementary Medicine - University of Bern (IKOM; Dr. Martin Frei, Dr. Katharina Gaertner)

Clinica Santa Croce, Orselina: http://www.clinica-dr-spinedi.ch/it/trattamento.html
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<td><strong>Regionalspital Emmental AG - Abteilung Komplementärmedizin</strong></td>
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<td><strong>Ospidal Engiadinà Bassa - Abteilung Komplementärmedizin</strong></td>
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<tr>
<td><strong>Kantonsspital St.Gallen, Zentrum für Integrative Medizin, Haus 33, Greithstrasse 20, CH-9007 St. Gallen, Switzerland, <a href="https://www.kssg.ch/integrative">https://www.kssg.ch/integrative</a></strong></td>
</tr>
<tr>
<td><strong>Swiss Mountain Clinic AG, Strada Cantonale 158, CH-6540 Castaneda, GR <a href="https://www.swissmountainclinic.com/de/?utm_source=alronc.ch">https://www.swissmountainclinic.com/de/?utm_source=alronc.ch</a></strong></td>
</tr>
<tr>
<td><strong>Paracelsus Klinik Lustmühle AG, Battenhusstrasse 12, Postfach 162, 9053 Teufen AR, <a href="http://www.paracelsus.ch/">http://www.paracelsus.ch/</a></strong></td>
</tr>
<tr>
<td><strong>Seeklinik Brunnen, Gersauerstrasse 8, 6440 Brunnen, <a href="https://www.seeklinik-brunnen.ch">https://www.seeklinik-brunnen.ch</a></strong></td>
</tr>
<tr>
<td><strong>Klinik Schützen Rheinfelden, Bahnhofstrasse 19, 4310 Rheinfelden, <a href="mailto:info@klinikschuetzen.ch">info@klinikschuetzen.ch</a></strong></td>
</tr>
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**French Hospitals Using Homeopathy**
- Hospital Croix-Rousse, Lyon : [https://www.doc.fr/lyon/hopital-de-la-croix-rousse/dr-lopez-marquez-yecenia.htm](https://www.doc.fr/lyon/hopital-de-la-croix-rousse/dr-lopez-marquez-yecenia.htm)
- Centre Hospitalier de la Pitié-Salpêtrière, Paris : [https://www.aphp.fr/offre-de-soin/consultation-3038](https://www.aphp.fr/offre-de-soin/consultation-3038)
- Centre Hospitalier Tenon, Paris : [https://www.aphp.fr/contenu/ap-hp-inauguration-de-la-maternite-renoee-de-lhopital-tenon](https://www.aphp.fr/contenu/ap-hp-inauguration-de-la-maternite-renoee-de-lhopital-tenon)

**Italian Hospitals Using Homeopathy**

**Spanish Hospitals Using Homeopathy**
- Instituto Homeopático y Hospital de San José, Madrid: [http://www.hospitalhomeopatico.es/terapias](http://www.hospitalhomeopatico.es/terapias)
### UK Hospitals Using Homeopathy

- **National Health Service Centre for Integrative Care, Glasgow:**

- **Portland Centre for Integrative Care, Bristol:**
  [http://portlandcentrehealthcare.co.uk/service/medical-homeopathy-bristol/](http://portlandcentrehealthcare.co.uk/service/medical-homeopathy-bristol/)

- **Royal London Hospital for Integrated Medicine, London:**
  [https://www.uclh.nhs.uk/ourservices/ourhospitals/rlhim/Pages/Home.aspx](https://www.uclh.nhs.uk/ourservices/ourhospitals/rlhim/Pages/Home.aspx)

### Swedish Hospitals Using Homeopathy

- **Vidarkliniken**

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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.¹ 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.² 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.³ 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.⁴ Another problem is accidental drug overdoses, which

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caused 47,000 deaths in the US in 2014—more fatalities than from traffic accidents.\(^5\)

**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. \(^6\) 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. \(^9\) Yet an analysis by a group of international researchers reported that for every seven people treated with antidepressants, only one person would benefit. \(^10\) 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. \(^11\) 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. \(^12\)

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Chronic Pain

Chronic pain is another area in which homeopathy can be beneficial. It is no secret that the overuse 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. Misuse of nonsteroidal anti-inflammatory drugs (NSAIDS), such as aspirin and ibuprofen, leads to more than 100,000 hospitalizations and 16,000 deaths per year. 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. 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.

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. 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.

About the Author:

Jennifer Jacobs, MD, MPH is a retired family practice physician who specialized in homeopathy. She also has published ground-breaking homeopathic research in conventional medical journals. She served on the board of the AIH for many years and as its president from 2000-2003. Her forthcoming book, “Do You Really Need That Pill?” addresses more fully the disturbing epidemic of over-medication. It will be available on Amazon and elsewhere in June, 2018. You can follow her website, www.jenniferjacobsmd.com.
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. 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.

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. Several published articles in peer reviewed journals benefit the use of using homeopathy in the management of these and other chronic eye diseases.

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.

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

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3 Medicare Spending on Anti-Vascular Endothelial Growth Factor Medications
4 Shriji Patel, MD Correspondence information about the author MD Shriji Patel
5 https://www.sciencedirect.com/science/article/abs/pii/S2468653017305869
annually. 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, conjunctivitis, epidemic conjunctivitis, diabetic retinopathy, neonatal ophthalmic infections, hemorrhagic conjunctivitis, myopia, and prevention (homeoprophylaxis) of conjunctivitis.

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
Edward C. Kondrot, MD, DHt has been in private practice of ophthalmology for the past thirty years. He has published three books on the natural treatment of eye disease and the design of residential intensives for multi-modal natural therapies for chronic eye conditions. He is Board Certified by the American Board of Ophthalmology.

12 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/Uso_de_Euphrasia_Arnica_y_Fosforo_en_el_tratamiento_del_hifema_traumático_.html

Results_of_a_prospective_controlled_observational_coohort_study.
**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. There is a paucity of new drug development for perinatal conditions. More than 200,000 women are newly diagnosed with breast cancer each year. 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. 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 ($p < 0.05$).

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.

A case series of female infertility in Greece demonstrated similar results of the effectiveness of homeopathy.

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

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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4. [https://www.cdc.gov/nchs/fastats/infertility.htm](https://www.cdc.gov/nchs/fastats/infertility.htm)

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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.\textsuperscript{9}

A case series of eight consecutive patients with endometriosis all demonstrated significant clinical and laparoscopic improvement while utilizing homeopathic treatment.\textsuperscript{10}

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.\textsuperscript{11}

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.\textsuperscript{12,13}

\textit{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).\textsuperscript{14}

Both false labor and cessation of labor were effectively treated with homeopathic medicine in a double-blind placebo-controlled randomized clinical trial at the University of Limoges. No adverse events were reported.\textsuperscript{15}

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.\textsuperscript{16}


\textsuperscript{15} Deguillaume M. “Etude Experimentale de l’action Du Caulophyllum Dans Le Faux Travail et La Dystocie de Demarrage.” Universite de Limoges, 1981.

An unpublished manuscript of 20 parturients at the Maternité 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.\(^ {17}\)

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 (\(p<0.05\)).\(^ {18}\)

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 (\(p < 0.05\)).\(^ {19}\)

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 (\(p < 0.0001\)).\(^ {20}\)

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.\(^ {21}\)
- General midwifery.\(^ {22}\)
- Prolonged pregnancy.\(^ {23}\)
- Use of a homeopathic childbirth ‘kit’.\(^ {24}\)
- General obstetrics.\(^ {25}\)

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\(^ {25}\) Münstedt K, Brenken A, Kaldor 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.\textsuperscript{26}
• The pre-conceptual period.\textsuperscript{27}
• Women’s health, and the need for a research agenda.\textsuperscript{28}
• The menopause.\textsuperscript{29}

**Lactation**

Seventy-one patients were included in 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).\textsuperscript{30}

**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).\textsuperscript{31}

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).\textsuperscript{32}

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.\textsuperscript{33}

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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\textsuperscript{29} Katz T. “Homoeopathic Treatment during the Menopause” *Complementary Therapies Nursing & Midwifery* 1997;3(2): 46–50.


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homeopathically treated group was significantly better than in the conventional group (p = 0.0028).  

A series of cases of hyper-estrogenic breast disease benefiting from homeopathic treatment were presented and reviewed.

**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.

**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.

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.

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.

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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.\textsuperscript{40}

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.\textsuperscript{41}

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.\textsuperscript{42}

**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.\textsuperscript{43}

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.\textsuperscript{44}

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.\textsuperscript{45}


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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.⁴⁶

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

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).⁴⁸

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.⁴⁹

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).⁵⁰

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.⁵¹

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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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.  

Antitumorigenic 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.  

**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.

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.

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 patients.

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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.56

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.57

**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.58

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.59

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).60

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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.61

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.

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.¹

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.² 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.³

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


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study showed that a homeopathic medicine is effective in reducing the severity of cold symptoms within the first day after beginning treatment.\textsuperscript{4} 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 ($p = 0.006$).\textsuperscript{5}

\textbf{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 ($P < .05$).\textsuperscript{6}

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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homeopathic treatment is safe and appears to be an effective treatment for acute maxillary sinusitis.\(^7\)

**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.\(^8\) 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.\(^9\)

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.\(^10\)

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.\(^11\)

**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 \((4.20 \text{ days vs } 7.68, p < 0.0001)\). This

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study supports the use of homeopathic treatment of COPD patients, particularly in severe exacerbations.\textsuperscript{12}

**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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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.”

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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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.2,3,4,5,6,7,8,9,10,11,12

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,13 and from 42.8% to 7.1% in another.14

References:


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

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

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

The incidence of epidemic canine tracheobronchitis (kennel cough) and canine distemper outbreaks in kennels was reduced 97.9% via homeopathic treatment. 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.

Eighty percent of dogs and horses with Cushing’s disease, previously failing conventional treatment, improved with homeopathic treatment.

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, prevention of azo dye-induced hepatocarcinogenesis in mice, resolution of babesiosis in dogs, hepatoprotection against paracetamol induced liver damage in rats, resolution of subclinical

16 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).

**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.
About the author:

Todd Cooney DVM, was born and raised in Indiana, and received a BS in Wildlife Science, MS in Veterinary Parasitology, and DVM from Purdue University. He worked in private mixed practice, served as a veterinary officer in the US Air Force and Army, and also worked as a USDA veterinarian. After 22 years of conventional practice, he took Dr. Richard Pitcairn’s Professional Course in Veterinary Homeopathy, which changed the way he viewed health and disease. Dr. Cooney began to use homeopathy in his practice right away, and now treats nearly all cases this way. He practices in northern Indiana, serves as an instructor for the Pitcairn Institute of Veterinary Homeopathy (pivh.org), and is the President of the Academy of Veterinary Homeopathy (theAVH.org). He is also a regular contributor to articles in Integrative Veterinary Journal, Dogs Naturally Magazine, and presents seminars and webinars on holistic veterinary topics.
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.”

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.”

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

https://www.sciencedaily.com/releases/2016/02/160218204420.htm

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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….”

**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.”

**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.”

**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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“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.”

**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%.”

**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.”

**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.”

**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 intensity of

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ecchymosis after osteotomies in rhinoplasty surgery, which may dramatically affect patient satisfaction.”

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
Alex Bekker, MD, ABIHM is a General Practice physician, diplomate of Integrative Holistic Medicine, with many years of Emergency Department experience, who regularly uses homeopathy to treat his patients. He resides in Texas.


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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. Throughout Europe, homeopathy is used by up to 76% of patients. Homeopathy has been used successfully in many difficult and “incurable” cancers both in combination with conventional medicine as well as in isolation as a sole therapeutic intervention.

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%. Cancer case studies from this Foundation were submitted to the National Cancer Institute (NCI) “Best Case Series Program” and found to merit prioritization for accelerated research funding.

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

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, liver, gall bladder, stomach and pancreatic both in vitro and in vivo.

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. Additionally homeopathic medicine prophylactically reduces the intensity and severity of topical burns associated with radiation therapy.

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.
Liver and Gallbladder Disease

Diseases of the liver and the biliary tract have been treated effectively with homeopathic medicines, including cases of cirrhosis, viral hepatitis, and fulminant hepatic failure. Homeopathic medicines provide useful prophylactic effects, protecting the liver against medication and toxin induced injuries. Homeopathy provides an excellent resource in pain management thus reducing exposure to more harmful drugs such as acetaminophen, NSAIDs, and opiates. Using homeopathic medicines in this manner avoids iatrogenic induced hepatic injury, 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 whose etiology is not well understood, but frequently develops after alterations in gastrointestinal architecture, motility, pH and gut microbiome constitution. 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. Utilizing homeopathy in the GI tract helps conserve the integrity of the gut microbiome and prevent its development.

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

Homeopathic treatment of IBD and IBS has been demonstrated by numerous case studies and experimental protocols. Homeopathy is beneficial across a wide range of these conditions improving symptoms, quality of life, digestive function, and reducing risks associated with the use of conventional medications.

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.

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.
**Diverticulosis and Diverticulitis**

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

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.

**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. Several studies and many case reports testify to the benefits of homeopathic intervention.

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.

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.

**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).

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.

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
Ronald D. Whitmont, MD is Board Certified by the American Board of Internal Medicine, a Founding Diplomat of the American Board of Holistic Medicine, immediate past president of the American Institute of Homeopathy and Clinical Assistant Professor of Family and Community Medicine at New York Medical College. Dr. Whitmont maintains a private practice of classical homeopathy in New York City and Rhinebeck, New York.

Infection: A Systematic Review

Please visit the following links for detailed information:


Additional resources:


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.1,2

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.3 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.4,5

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 retroreflected text and references are included at the end of the document.
1998, it was 13.2; and in 2011, it had reached 15.7. Pneumonia consistently accounts for the overwhelming majority of these deaths.\textsuperscript{6,7}

Worldwide, an estimated 1.2 million children under the age of five die every year from pneumonia (more than AIDS, malaria and tuberculosis combined)\textsuperscript{6} and in developing nations, 1 in 3 children die every year from or associated with acute respiratory tract infections.\textsuperscript{9}

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%).\textsuperscript{10}

If pneumonia develops as a secondary event in patients already hospitalized for other conditions, the mortality rates can be as high as 50 - 70\%.\textsuperscript{11,12}

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.\textsuperscript{13}

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

\begin{table}
\centering
\begin{tabular}{|c|c|}
\hline
Patient Population & Mortality Rate \\
\hline
Ambulatory & 5.1\% \\
Hospitalized & 13.6\% \\
Elderly & 17.6\% \\
Bacteremia & 19.6\% \\
Nursing Homes & 30.8\% \\
Intensive Care Units & 36.5\% \\
\hline
\end{tabular}
\end{table}

\begin{itemize}
https://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_06.pdf
\item https://www.who.int/pmnch/media/press_materials/fs/fs_mdg4_childmortality/en/
\item https://tinyurl.com/UCDAVISPneumonia
\end{itemize}
with pre-antibiotic allopathy (PAA) there were 36,073 deaths resulting in an average mortality rate of 24.3%. 14,15,16,17,18,19,20,21,22,23,24,25,26,27

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). 28,29,30,31,32,33,34,35,36

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

21 Sturges O, Coupland S. The Natural History and Relations of Pneumonia. 2nd edition. London: Smith, Elder & Co., 1890. https://babel.hathitrust.org/cgi/pt?id=mnc2.ark:/13960/t3q3cn2r;view=1up;seq=7;size=125
26 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/WOslerPrincipPract
30 Bodman CO. Pneumonia in children; illustrated by fifty consecutive cases treated at the New Orphans Hospital, Bristol, without mortality. Journal of the British Homoeopathic Society 1910; 18: 213-244. https://babel.hathitrust.org/cgi/pt?id=mwp.39015076633901;view=1up;seq=261
32 del Mas R. Thirty cases of pneumonia. Homoeopathician 1914; 4: 53-54.

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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%.\textsuperscript{37}

Mortality rates from conventional versus homeopathic treatment:

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Number of patients</th>
<th>Number of recoveries</th>
<th>Survival Rate</th>
<th>Number of deaths</th>
<th>Mortality Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAA</td>
<td>148,345</td>
<td>112,272</td>
<td>75.7</td>
<td>36,073</td>
<td>24.3</td>
</tr>
<tr>
<td>CCC</td>
<td>33,148</td>
<td>28,607</td>
<td>86.3</td>
<td>4,541</td>
<td>13.7</td>
</tr>
<tr>
<td>Homeopathy</td>
<td>25,208</td>
<td>24,343</td>
<td>96.6</td>
<td>865</td>
<td>3.4</td>
</tr>
</tbody>
</table>

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.”\textsuperscript{38}

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.”\textsuperscript{39}


\textsuperscript{38} Hering C. Reports on cases of diphtheria. \textit{Transactions of the American Institute of Homoeopathy} 1860: 159-160.

\textsuperscript{39} Wells PP. Diphtheria and bacteria. \textit{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. The combined mortality from diphtheria, scarlet fever and croup under conventional allopathic care increased annually until reaching 50%.40

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.”42

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.43 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.44

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.”45 Similar observations were made elsewhere in the allopathic literature: “Severe cases often perish in spite of anything that may be done to relieve them.”46

**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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41 Op Cit, Wells PP.
https://tinyurl.com/jacobidiphtheria

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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.47

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.48

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.49 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.”50

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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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.\(^5\)

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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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

By the U.S. Food and Drug Administration’s (FDA) own estimates homeopathic medicines have only “infrequently” been associated with adverse effects. Similarly, reports from Poison Control Centers have not found homeopathic medicines to be a significant cause of reports, except calls regarding accidental ingestions, but uniformly without adverse events being associated.1

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).2 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).3,4

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."  

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.  

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.  

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.”

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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.9

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

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.11

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.12

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.13

**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.14

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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 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 they are a necessary stage in the curative recovery process.15,16,17,18,19

**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.

**About the authors**

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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.1,2

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.3 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 2005.4

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,5 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

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.6

Samuel Hahnemann, the founder of homeopathy, was a pioneer in the treatment of the mentally ill, advocating for a humane approach to those suffering.7 In the United States, the first homeopathic hospital for 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.”8

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.9,10

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.11

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6 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](https://www.bmj.com/content/323/7308/334.1)
8 Menninger C. Some reflections relative to the symptomatology and materia medica of typhoid fever. Transactions of American Institute of Homeopathy, 1897, 430.
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.12

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).13

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.14

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.15

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.16

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,

determining the clinical efficacy of one, or several, homeopathic medicines becomes a more complex task.\textsuperscript{17}

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.\textsuperscript{18}

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.\textsuperscript{19}

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.\textsuperscript{20}

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


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.21

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.22

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.23

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.24 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,25 phobias, neurosis, stroke sequelae, cerebral dysfunction, Menniere’s


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disease,\textsuperscript{26} acute psychosis,\textsuperscript{27} manic-depressive disorder, obsessions,\textsuperscript{28} dissociative disorders, character pathology, posttraumatic stress disorder,\textsuperscript{29} alcoholism,\textsuperscript{30} alcohol withdrawal, delirium tremens (DT), binge drinking,\textsuperscript{31} 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,\textsuperscript{32} autism spectrum disorder (ASD),\textsuperscript{33} 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,\textsuperscript{34} and behavioural problems.\textsuperscript{35}

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\textsuperscript{th} 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.\textsuperscript{36}

Interest in homeopathy is on the ascension 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.\textsuperscript{37}

About the Author:

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\textsuperscript{36} Merizalde B. Fundamentals of Complementary, Alternative, and Integrative Medicine, Marc S. Micozzi MD PhD (Author), Saunders, 6\textsuperscript{th} Edition, 2018.

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Board of Holistic and Integrative Medicine, the American Board of Homeotherapeutics, and Board Certified in Psychiatry. Past president of the American Institute of Homeopathy, and an officer in the Executive Committee for the International Homeopathic Medical League.
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. 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 in the ambulatory setting, the hospital and the intensive care unit (ICU).

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. 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.

References:

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.”

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.

A retrospective cohort 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.

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.

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.

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.

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16 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

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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.\(^{18}\)

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.\(^{19}\)

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.\(^{20}\)

Platelet Aggregation

A placebo controlled rat model demonstrated normalization of deficiencies in platelet aggregation following homeopathic treatment.\(^{21}\)

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


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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. 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, decongestants increase blood pressure, corticosteroids (in metered dose inhalers) weaken vocal chords, and orally administered corticosteroids are associated with increased risk of developing diabetes, osteoporosis, cataracts and growth disturbances. Leukotriene modifiers are associated with increased risk of developing different psychological disturbances.

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. 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.

References

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.

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 group 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.

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.

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.

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A systematic review of randomized controlled trials of allergic rhinitis through 2015 found that homeopathic medicines reduce both ocular and nasal allergy symptoms.  

**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.

**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.

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.

**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.

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.

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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.19

**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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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.
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.
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.
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](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.
- Applicants must have accumulated a minimum of 350 hours of homeopathic education credits and provide documentation with the application.
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, and the over prescription of opioids for alleviating dental and oro-facial pain. 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 and cardiovascular disease.

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%.

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. 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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on positive associations that may result from treating periodontal disease as a means of ameliorating systemic diseases.\textsuperscript{7}

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.\textsuperscript{8}

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-a, 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.\textsuperscript{9}

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.\textsuperscript{10}

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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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.11

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.12 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.13

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?”14

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.15

References:


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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 that 60% using homeopathic treatment and concluded that homeopathic treatment is an effective and safe method for the treatment of this condition.16

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.17

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.18

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.

The authors concluded that individually prescribed homeopathic medicine is a valuable adjunct to the treatment of oral discomfort and xerostomia.\textsuperscript{19}

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.\textsuperscript{20}

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.

\textit{About the author}

Richard Fischer, DDS is a graduate of \textit{Georgetown University School of Dentistry} where he subsequently served as \textit{Clinical Instructor} in the Department of Dental Materials. He is currently on the faculty of \textit{The American College of Integrative Medicine and Dentistry} and has been in private practice in Annandale, Virginia since 1976. He is \textit{Board Certified} by the \textit{American Naturopathic Medical Board, The National Board of Homeopathy in Dentistry}, and was one of only two dentists in Virginia ever to be \textit{Board Certified} by the \textit{American Board of Dental Sleep Medicine}.
