

# SCIENTIFIC RESEARCH IN HOMEOPATHY

- I. Triple Blind studies,
- II. Double-Blind Randomised Placebo-Controlled Trial,
- III. Systematic Reviews & Meta Analysis,
- IV. Evidence-base

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## Abstract:

Upto the end of year 2010, there have been 309 studies published in 120 medical journals including 11 meta-analysis, 8 systematic reviews including 1 cochrane review (out of approximately 20 systematic reviews published) and 90 DBRPCT (out of approximately 225 RCT published) in evidence of homeopathy to produce significant to substantial health benefits in a wide array of conditions.

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1. 309 studies does not include studies on benefits of homeopathy for plants and animals.
2. 309 studies does not include 'positive but statistically non-significant' studies.
3. 120 journals comprises of 95 integrative, 11 homeopathy and 13 CAM journals
4. All journals beyond year 1893 are peer-reviewed.

**URL Links to 287 studies (Journal-wise) including 168 FULL TEXT papers are available as compendium on this webpage in Section-A from B to G.**

(Among those 168, 153 are available as PDF which can be viewed at or downloaded from [Google Drive](#), and 57 are also available at [Scribd](#))

The compendium is prepared by mining 7 online databases:

- [PubMed Central](#) (National Library of medicine, USA),
- [MedWorm](#),
- [British library Direct](#) (type homeopathy in search box),
- [Centre for Reviews and Dissemination](#) (type homeopathy in search box),
- [Scirus](#),
- [Google Scholar](#) and
- [HomBRex](#)

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### A. Genetic Research

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D4. Homeopathy superior to placebo [106 studies]

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E1. Homeopathy improving quality of life

E2. Safety Profile of Homeopathic Medicines

F. [in-vitro evidence of homeopathy](#) [30 studies]

G. [Research Papers on Combination Remedies](#) [61 studies]

# SECTION-A

## B. BASIC FUNDAMENTAL RESEARCH

### 1. Annals of the New York Academy of Sciences

[Thermodynamics of extremely diluted aqueous solutions](#) (1999) FULL TEXT // Successive dilutions and succussions may alter permanently the physical-chemical properties of the solvent water

### 2. Journal of Thermal Analysis and Calorimetry

[New Physico-Chemical Properties of Extremely-Diluted Aqueous Solutions](#) (2004) FULL TEXT // The procedure of dilutions and succussions is capable of modifying in a permanent way the physico-chemical features of water.

### 3. Journal of Solution Chemistry

[New Physico-Chemical Properties of Extremely Dilute Solutions](#). A Conductivity Study at 25 °C (2008) //electrical conductivity increases as potency increases. Succussion may form dissipative structures

### 4. IETE Journal of Research

[Software for measuring physiological variability](#) (2008) FULL TEXT

### 5. Perspective in Public Health

[Is Homeopathy Possible?](#) (2006) FULL TEXT

### 6. Materials Research Innovations

[The structure of liquid water](#) (2005) FULL TEXT

### 7. Human and Experimental Toxicology

[Postconditioning hormesis and the homeopathic Similia principle](#): Molecular aspects (2010) //scientific evidence of ‘principle of similars’

### 8. Water Journal

[Domains of Water Molecules Provide Mechanisms of Potentization](#) (2010) FULL TEXT

### 9. Homeopathy

[Double-blind Placebo-controlled homeopathic patho-genetic trials](#) (2006) FULL TEXT

[Proving and therapeutic experiments in the HomBRex](#) basic homeopathy research database (2007)

[nuclear magnetic resonance spectroscopy on Kalium bichromicum](#) (2008) FULL TEXT // 3c differs from 4c

[Placebo effect size in placebo-controlled clinical trials of individualised homeopathy are same as that of conventional trials](#) (2010) FULL TEXT

[Nux vomica and Calendula have significant effect on gene expression](#) (2010) FULL TEXT

[Solitons](#) (2005) FULL TEXT //duration of memory is 10 minutes

[Dissipative structures in extremely dilute aqueous solutions](#) (2007) FULL TEXT

[Can low-temperature thermoluminescence cast light on the nature of ultra-high dilutions?](#) (2007) FULL TEXT //Low temperature thermo-luminescence involves freezing water to the temperature of liquid nitrogen, bombarding it with x- or  $\gamma$  rays, then warming it, whereupon it emits a characteristic glow.

[Effect of dielectric dispersion on potentised homeopathic medicines](#) (2010) //homeopathic medicines when subjected to variable frequency electric field shows dielectric dispersion

[Complexity science and homeopathy:](#) a synthetic overview (2003) FULL TEXT

[The defining role of structure including epitaxy in the plausability of homeopathy](#) (2007) FULL TEXT

[Distinguishing Natrum Mur 30 from water by High voltage plasma](#) (2008)// electrical impedance of Natrum Mur 30c differ from water

[Delayed luminescence of high homeopathic potencies on sugar globuli](#) (2008) FULL TEXT

[Medicines beyond 12C retains nano-grams of fine nano-particles of original starting material](#) (2010) FULL TEXT

[Rhus Tox 6c, 30c, 200c, 1M stimulates phagocytosis, candidacidal activity and chemotaxis of poly-morpho-nuclear cells](#) (2009) // in vitro

## **10. Evidence-based Complimentary & Alternative Medicine**

[Dynamized Preparations in Cell Culture](#) (2009) FULL TEXT // *Carcinosinum* 200C, *Conium*, *Lycopodium* activates beneficial gene p53 which provides defense against tumour/cancer

## **11. The Journal of Alternative and Complementary Medicine**

[Variation in Fourier transform infrared spectra of homeopathic potencies](#) (2005) FULL TEXT // FTIR spectra of Nux Vomica 30c, Lycopodium 30c, Santonin 30c, Cina 30c distinguishes from solvent, sugar globule soaked in homeopathic medicine retains its specific spectral absorption properties

[Cadmium 15c-20c exhibit a biologic effect on cell cultures of normal primary lymphocytes \(2006\) // in vitro](#)

## **12. Alternative Therapies in Health and Medicine**

[The similia principle as a therapeutic strategy: a research programme on stimulation of self-defense \(1997\) FULL TEXT //scientific evidence of ‘principle of similars’](#)

## **13. Clinical and Developmental Immunology**

[Traummel S activates immunocytes \(2004\) FULL TEXT](#)

## **14. Subtle Energies and Energy Medicine**

[Homeopathic Potencies Identified By A New Magnetic Resonance Method \(2006\)// two methods: modified photomultiplier method, tesla coil method](#)

## **15. Journal of Molecular Liquids**

[High dilutions of histamine distinguishable using NMR \(2009\)](#)

## **16. Interdisciplinary Sciences: Computational Life Sciences**

[Nanostructures in highly diluted biological samples of bacteria and virus DNA sequence produces electro-magnetic signals \(2009\) FULL TEXT](#)

## **17. Physica A**

[Low temperature Thermo-luminescence of ultra-high dilutions of lithium chloride 15c & Natrum Mur 15c using heavy water \(2003\) FULL TEXT // distinguishing one homeopathic medicine from another, \*the emitted light was specific of the original salts dissolved initially\*](#)

## **18. Complementary Therapies in Medicine**

“Potentized homeopathic drugs act through regulation of gene expression: a hypothesis to explain their mechanism and pathways of action in vivo”, Anisur Rahman Khuda-Bukhsh, 1997: 5; 43 //homeopathic substances have the capacity to interact with the genetic blueprint and deliver their benefits by increasing the expression of genes that synthesise health promoting proteins i.e. homeopathic medicines activate genes.

## **19. L’ Homéopathie française**

[The action of Belladonna and Ferrum phosphoricum on the chemiluminescence of polynuclear neutrophils \(1983\)// Belladonna and Ferrum phosphoricum in 5c potency significantly inhibits the release of oxygenated free radicals involved in the initiation and maintenance of inflammatory phenomena.](#)

## **20. British Homoeopathic Journal**

[Belladonna, Hepar sulphur, Pyrogenium, Silicea and Staphylococcin in Mother Tincture modifies the white blood cell movement](#) (1982) // in vitro

[Managanum phosphoricum 6x, Acidum malicum 4x and Acidum fumaricum 4x regulate the oxidative metabolism and adhesion function of human neutrophils](#) (1993) // in vitro

## **21. Arzneimittelforschung**

[Homeopathic medicines in 1X to 30X potencies enhanced the phagocytic activity of granulocytes](#) (1986) // in vitro & in vivo

## **22. Phytotherapy Research**

[Combination of Aconitum and lachesis in 1X potency enhanced the phagocytic activity of granulocytes upto 390%](#) (1994) // combination remedy

## **23. Histology and Histopathology**

[Scanning electron microscopy to investigate the structure of platelets of HIV patients treated with Canova](#) (2009) // combination remedy

## **24. Forschende Komplementärmedizin und Klassische Naturheilkunde**

[Effect of homeopathic plant extract solutions on the cell proliferation of human cutaneous fibroblasts](#) (2003) // in vitro

## **25. Inflammation research**

[Zeel comp. N as well as its individual ingredients \(Arnica montana, Sanguinaria canadensis and Rhus toxicodendron\) inhibits the production of Leukotriene B4; Solanum dulcamara Q inhibits the production of Prostaglandin E2](#) (2004) // anti-inflammatory, combination remedy, in vitro

## **26. Integrative Cancer Therapies**

[Effect of Sabal serrulata on prostate cancer growth](#) (2006) // in vitro

## **27. Environmental Toxicology and Pharmacology**

[Hepeel prevented cadmium chloride-induced cell death in liver cells](#) (2009) // China Q and Nux moschata Q protected against loss of glutathione and lipid peroxidation. Carduus marianus Q demonstrated anti-apoptotic effects. in vitro, combination as well as single

## **28. Immunological Investigations**

[Engystol increased the percentage of interferon-gamma producing lymphocytes significantly thereby improving immunity](#) (2006) // in vitro, combination

### **29. Journal of the American Institute of Homeopathy**

[Modern instrumentation for the evaluation of homeopathic drug structure](#) (1966) //The first NMR spectroscopy in homeopathy

Hahnemann's Contribution

### **30. Zeitschrift für Praktischen Medizin**

*An essay on a new principle for ascertaining the curative powers of drugs & some examinations of the previous principle*, volume 2, parts 3 & 4, pages 391-439 & 465-561, Germany, 1796 // He came up with *Principle of similars: Like cures like*

### **31. Allgemeiner Reichsanzeiger**

*Spirit of the Homoeopathic Doctrine of medicine* , vol. 2, Mar. 1813 // He said Man is a "biological whole". No single part by itself represents the human being nor can manifest itself independently [from the others] [20].

### **32. The British Journal of Homoeopathy**

*Appeal to Thinking Philanthropists Respecting the Mode of Propagation of the Asiatic Cholera*, 20 pages, 1831, republished in *The British Journal of Homoeopathy* , Oct 1849, Translated by R E Dudgeon, M.D. in *The Lesser Writings of Samuel Hahnemann*, 1851 edition, B Jain Publishers, reproduced edition, 2002, p. 758

## **C. SUPER-AVOGADRO DILUTION RESEARCH**

(Serial-agitated ultra-molecular dilutions/Dilutions beyond Avogadro number/High Dilution)

### **1. Complementary Therapies in Medicine**

[The in vitro evidence for an effect of high homeopathic potencies—A systematic review](#) (2007) FULL TEXT // 73% of 67 in-vitro experiments published in 75 publications showed specific effects with high dilutions including 68% of high quality experiments (SAPEH score $\geq$ 6)

[Homeopathy, sensation of well-being and CD4-levels](#) (1998) // homeopathy improves sensation of well-being, provided evidence of ultra-high dilutions and may affect CD4 levels

### **2. Interdisciplinary Sciences: Computational Life Sciences**

[Nanostructures in highly diluted biological samples of bacteria and virus DNA sequence produces electro-magnetic signals](#) (2009) FULL TEXT

### **3. Material Letters**

[Ultra dilute solutions have remarkable biological properties](#) (2008) FULL TEXT //ultra-dilutions, like homeopathic remedies, do indeed contain stable and unique molecular structures with recognizable properties

### **4. Physica A**

[Low temperature Thermo-luminescence of ultra-high dilutions of lithium chloride 15c & Natrum Mur 15c](#) using heavy water (2003) FULL TEXT // distinguishing one homeopathic medicine from another, *the emitted light was specific of the original salts dissolved initially*

### **5. Nonlinear Biomedical Physics**

[Influence of diluted mediators on fungal laccase activity](#) (2009) FULL TEXT // bi-phase action, in vitro & in vivo

### **6. Journal of Molecular Liquids**

[High dilutions of histamine distinguishable using NMR](#) (2009) FULL TEXT

### **7. Homeopathy**

[Medicines beyond 12C retains nano-grams of fine nano-particles of original starting material](#) (2010) FULL TEXT

[Delayed luminescence of high homeopathic potencies on sugar globuli](#) (2008) FULL TEXT

[Distinguishing Natrum Mur 30 from water by High voltage plasma](#) (2008) // electrical impedance of Natrum Mur 30c differ from water

## 8. The Journal of Alternative and Complementary Medicine

[Gas Discharge Visualization Evaluation of Ultramolecular Doses of Homeopathic Medicines](#) (2003) // distinguishing homeopathic medicine from solvent using Bio-Electro-graphy: Dynamic Electrophotonic Capture

## 9. Subtle Energies and Energy Medicine

[Homeopathic Potencies Identified By A New Magnetic Resonance Method](#) (2006) //two methods: modified photomultiplier method, tesla coil method

# Hahemann's Contribution

## 10. Zeitschrift für Praktischen Medizin

*Cure and prevention of scarlet fever*, 1801 // His discovery of the prophylactic properties of Belladonna in scarlet fever. His dose: 1/24,000,000 i.e. 0.0416 nanograms of Belladonna, to repeat the dose every 72 hrs. This is the first recorded nano dose of medicine used in treatment of any disease. Thus Hahnemann can be attributed as **The Father of Nano Medicine**

*On the Power of Small Doses of Medicine in General and of Belladonna in Particular* “, Vol. 13, part 2, p. 153-159, Jan. 1801.

### discussions:

<http://lkm.fri.uni-lj.si/xaigor/slo/znanclanki/instrumental.htm> (1999) FULL TEXT // kali Iodide

<http://www.high-dilutions.net/VersionAn>

<http://www.homeorizon.com/homeopathic-articles/homeopathic-researches/homeopathic-dilution-and-potency>

[nano-phase potencies](#)

## **E. PATHOGENETIC TRIALS/PROVINGS**

### **1. Homeopathy**

[Double-blind Placebo-controlled homeopathic patho-genetic trials](#) (2006) FULL TEXT

[Chelidonium majus 6c produced changes in blood globulin in healthy provers](#) (1989)

[Reproving of Cantharis 30c: blinded randomised placebo-controlled trial](#) (2004) n=11

[Reproving of Plumbum metallicum 30c: DBRPCT](#) (2005)

### **2. Forschende Komplementarmedizin**

[Homeopathic patho-genetic trials produce specific symptoms different from placebo](#) (2009)  
FULL TEXT // homeopathy differs from placebo

### **3. Trials**

[Protocol for a phase 1 homeopathic drug proving trial](#) (2010) FULL TEXT

### **4. Journal of Psychopharmacology**

[Homeopathic pathogenetic trials produce more specific than non-specific symptoms](#) (2008)  
//double-blind placebo-controlled study

### **5. British Homoeopathic Journal**

[Iodum 12x produced changes in blood electrolyte and thyroid hormone in healthy provers](#)  
(1988)

[Effect of Strophantus Hispidus 30c on heart rate variability](#) (1999) // n=10, single-blind

## **F. DRUG STANDARDISATION**

### **1. Ancient Science of Life**

[Pharmacognostic studies of Thuja](#) (1999) FULL TEXT

[Physico-chemical profile of Bixa and Lawsonia](#) (2001) FULL TEXT

### **2. Homeopathy**

[Ethanol concentration in the preparation of mother tinctures of vegetable origin](#) (2002)

## **G. CLINICAL RESEARCH**

### ***G2. TRIPLE-BLIND STUDIES***

#### **1. Journal of Psychosomatic Research**

[Efficacy of homeopathic treatment for chronic fatigue syndrome](#) (2004)

### ***G3.DOUBLE-BLIND RANDOMISED PLACEBO-CONTROLLED TRIAL***

#### **1. Lancet**

[Pollens in 30c potency for hay fever](#) (1986)

[Is evidence for homoeopathy reproducible?](#) (1994) //homeopathic medicine in 30c on 28 allergic asthma patients does more than placebo

#### **2. International Journal of Oncology**

[Ruta 6 induces cell deaths in brain cancer cells: A novel treatment for human brain cancer](#) (2003) FULL TEXT // ruta 6c in combination with calarea phos 3x, in vitro and in vivo

[Cytotoxic effects of ultra-diluted remedies on breast cancer cells](#) (2010) FULL TEXT // in-vitro study: Carcinisin 30c, Phytolacca Decandra 200c, Conium 3c and Thuja 30c caused death of 5000 breast cancer cell lines in the laboratory for periods of between 1 to 4 days (experiment repeated 3 times), similar to the effect of chemotherapy, but without affecting normal cells. Carcinisin and Phytolacca—achieved up to an 80% response indicating that they caused cancer cell death. By comparison, placebo solvent achieved only 30%. The effects of Carcinisin and Phytolacca were as powerful as Paclitaxel (Taxol)

#### **3. Rheumatology**

[Improved Clinical Status in Fibromyalgia patients treated with homeopathic remedies Vs Placebo](#) (2004) FULL TEXT // n=53, t=3months, individualised LM potency, significantly greater improvements in tender point count and tender point pain, quality of life, global health and a trend toward less depression compared with those on placebo.

#### **4. Chest**

[Kali bichromicum 30C for Chronic Obstructive Pulmonary Disease in critically ill patients in ICU](#) (2005) FULL TEXT // n=50, less tracheal secretions and less stay in ICU

#### **5. British Medical Journal**

[Rhus Tox 6c thrice daily for fibrositis](#) (1989) FULL TEXT // fibromyalgia (earlier known as fibrositis) (Pain & Inflammation in muscles, p<0.05 non-individualised study, replicated in above rheumatology journal (2004)

[Potentised Allergan 30c Vs Placebo in allergic rhinitis](#) (2000) FULL TEXT // n=51, significant improvement in nasal airflow compared to placebo

## **6. British Journal of Clinical Pharmacology**

[Oscillococcinum in the treatment of influenza](#) (1989) FULL TEXT // Oscillococcinum 200c twice daily significantly increased the rate of cure within two days, (237 treated and 241 on placebo)

## **7. Phlebology**

“Complementary Treatment of Varicose Veins: A Randomised, Placebo-controlled, Double-blind Trial” E. Ernst, T. Saradeth, K.L. Resch, 1990, 157-163.

Three doses of a popular German combination of eight homeopathic medicines were given to 61 patients daily for 24 days. Measures were venous filling time, leg volume, and subjective symptoms. The study found that venous filling time improved in those given the homeopathic medicines by 44%, while it deteriorated in the placebo group by 18%. Other measures also had significant differences.

## **8. British Journal of Podiatry**

[Ruta Graveolens 30C for the treatment of pain in plantar fasciitis](#) (foot) (2000) // n=14

## **9. European Journal of Paediatrics**

[Lycopodium, Calcarea Carbonica, Sulphur, Belladonna, Causticum and Phosphorous for Attention Deficit Hyperactivity Disorder](#) (2005) FULL TEXT // crossover study, 63 of 83 children (6-16 years) responded to homeopathy, those 63 were then randomised to receive either homeopathic medicine or placebo for 6 weeks, homeopathy found significantly superior to placebo,  $p < 0.0001$

## **10. Ear, Nose and Throat disorders**

[Homeopathic treatment of patients with chronic sinusitis](#) (2009) FULL TEXT

## **11. Archives of Facial Plastic Surgery**

[Effect of Homeopathic Arnica montana on Bruising in Face-lifts](#) (2006) FULL TEXT

## **12. BMC Cancer**

[TRAUMEEL S in the treatment of chemotherapy-induced stomatitis](#) (2001) FULL TEXT // n=15, age=3-25 years,  $p < 0.01$

## **13. Applied Health Economics & Health Policy**

[Sinfrontal \(Cinnabaris 4X, Ferrum Phos 3X, etc\) in the treatment of maxillary sinus \(sinus + tooth pain\)](#) (2009) // ENT and respiratory tract infections

#### **14. Pediatrics**

[Treatment of acute childhood diarrhea with homeopathic medicine](#) (1994) FULL TEXT // n=81

#### **15. American Journal of Pain Management**

[Osteo-arthritic Pain: A Comparison of Homeopathy and Paracetamol](#) (1998) // n=65, 55% achieved pain relief from homeopathy as compared to 38% from acetaminophen

#### **16. Journal of Dermatological Treatment**

[Homoeopathic treatment of leg ulcers](#) (1997) // Sulphur 6, Silicicia 6 and Carbo Veg 6

#### **17. Archives of Otolaryngology- head & Neck Surgery**

[VertigoHeel Vs conventional treatment of vertigo](#) (1998) FULL TEXT

#### **18. The Science of the total Environment**

[Arsenicum Album 30C for arsenic toxicity: Evidence-based findings](#) (2007) FULL TEXT // n=43

#### **19. Annals of Pharmacotherapy**

[Treatment of allergic rhinitis with homeopathy](#) (2005) // n=34, t=4 weeks

#### **20. International Review of Allergology and Clinical Immunology**

[Gripp-Heel for influenza](#) (1999) FULL TEXT

#### **21. Explore: The Journal of Science and Healing**

[Sinifrontal for Acute Maxillary Sinusitis](#) (Sinus + tooth pain) (2007)

#### **22. European Journal of Clinical Pharmacology**

[Homeopathic gel for redness/rash & lump on the skin due to mosquito bite](#) (1995) //68 people were bitten at least 3 times by mosquitoes. One of the bites was treated with an after-bite gel containing homoeopathic ingredients, another of the bites was treated with a placebo gel, and the third bite remained untreated. The active gel provided results that were significantly superior to the placebo or no treatment.

#### **23. Hals, Nasen und Ohrenärzte**

[Homeopathy in acute rhino-sinusitis](#) (2007) FULL TEXT // n=144, homeopathic treatment resulted in freedom from complaints in 90.3% of the patients & improvement in a further 8.3%, whereas in placebo group, the complaints remained unchanged or became worse in 88.9% of the patients, p>0.0001, combination remedy

## **24. Journal de gynécologie, obstétrique et biologie de la reproduction**

[Treatment of pain due to unwanted lactation with Apis 9c and Bryonia 9c given in post-partum period](#) (2001)

## **25. Der Kassenarzt**

[Tonsilotrena for tonsillitis](#) (2006)

## **26. Arzneimittel-Forschung**

“Homoeopathische kombination bel vertigo and nausea”, C.F. Claussen, J. Bergmann. G. Bertora .and E. Claussen, 34 (1984):1791-98. // vertigoheel, combination remedy

## **27. Cahiers de Biotherapie**

“Preparation for Birth by Homeopathy: Experimentation by Double-Blind Versus Placebo”, Pierre Dorfman, Marie Noel Lasserre. and Max Tetau, 94 (April 1987): 77-81 // n=93, combination of Caulophyllum, Actea racemosa, Arnica, Pulsatilla and Gelsemium, all in 5C potency given from the beginning of 9th month of pregnancy. The average labor time of the women given homeopathy was 5.1 Hours, while the Placebo Group was 8.5 Hours. Only 11.3% of women given homeopathy had any abnormal labor, while 40% of Placebo Group had an abnormal labour

Arnica 5c reduces pain and inflammation, improves blood circulation and prevents blood clotting (1988) 98 (Suppl): 77–82.

## **28. Zeitschrift für Allgemein Medizin**

[Bronchiselect for respiratory tract diseases](#) (1997) // n=258, combination remedy

## **29. Fortschritte der Medizin**

[Treatment of pollinosis with Galphimia Glauca 4X](#) (1983)

[Traumeel for Sprains](#) (1988) FULL TEXT

## **30. Allergologie**

[Treatment of pollinosis with the homeopathic preparation Galphimia Glauca](#) (1990)

## **31. Tijdschrift Integrale Geneeskunde**

Rottey EED, Verleye GB, Liagre RLP. The effect of a homeopathic preparation in the prevention of flu symptoms: a randomized double-blind trial in primary care practice. 1995; 11: 54–58

### 32. Pédiatrie

[Aconite in post-operative pain and agitation](#) (1990) // n=50, 95% found significant relief

### 33. Aktuelle Rheumatologie

[‘Rheumaselect’ for Rheumatoid Arthritis](#) (1991) // combination remedy

### 34. Biologische Medizin

[Engystol for treatment of bronchial asthma](#) (1995) FULL TEXT // combination remedy

### 35. Journal of Head Trauma and Rehabilitation

[Homeopathic treatment of mild traumatic brain injury](#) (1999) // n=60, t=4 months

## HOMEOPATHY JOURNALS:

### 1.Homeopathy

[The research evidence base for homeopathy](#) (2003) FULLTEXT // 50 of the 93 studies favours homeopathy in 8 medical conditions: diarrhoea, fibrositis, hayfever, influenza, pain, side-effects of radio- or chemotherapy, sprains and upper respiratory tract infection

[Effects of homeopathic treatment on itching of skin in haemo-dialysis patient](#) (2003) // n=20, itching reduced by 49% in 30 days

[Homeopathic treatment in ICU patients with severe sepsis](#) (2005) FULL TEXT //67 patients given 200c potency every 12 hours for 180 days, survival significantly higher with homeopathy compared to placebo(75.8% vs 50%, p=0.043

[Effects of homeopathic treatment on salivary flow rate in patients with oral dryness](#)of the mouth (2005) // n=28,26 of those people using homeopathic treatment and none using placebo were found to have had significant relief.Following this, those on placebo were switched to homeopathic medicine, after which all experienced relief from dryness of the mouth.

[Homeopathic & antibiotic treatment strategies in recurrent acute rhinopharyngitis](#) (2005) // Inflammation of the mucous membranes of nose & throat.In 499 patients homeopathy yielded significantly better results than antibiotics in terms of effectiveness, number of complications and quality of life

[Arnica montana 30C for post-tonsillectomy analgesia](#) (2007) FULL TEXT // pain after tonsils removal

[Osteo-arthritis before and after homeopathic treatment](#) (2008) FULL TEXT

[Homeopathic treatment of mouth ulcer](#) (2009) FULL TEXT

[Application of 200C potency of bacteria for Leptospirosis epidemic control](#) (2010) FULL TEXT // 2.3 million people in Cuba given two doses each (7-9 days apart) for protection against Leptospirosis (fever+jaundice+ inflammation in kidney+enlargement of spleen) with only 10 reported cases. Dramatic decrease in morbidity within to weeks and zero morbidity of hospitalised patients.

[Chronic Insomnia: Efficacy of homeopathic simillimum](#) (2010) FULL TEXT

[Effect of Arnica 30X on muscle soreness in marathon runners](#) (2003)

[Reproving of Plumbum metallicum 30c: DBRPCT](#)(2005)

## **2. British Homoeopathic Journal**

[Efficacy of China rubra 9C for complications in patients on chronic kidney dialysis](#) (1992) // Statistically significant improvements of weakness, lethargy and headache

[Immunoglobulin Relationship in Patients with Cirrhosis of the Liver Before and After treatment with Zincum metallicum 5C](#) (1994) // 10 people suffering from Zinc deficiency as determined by atomic absorption spectrophotometry showed a substantial improvement in zinc levels

[Oscillococcinum in patients with influenza](#) (1998) // n=372

[Homeopathy for diseases of the lymph nodes in HIV Stage 2 & 3 infected people](#) (1999) FULL TEXT // n=100, homeopathic treatment was successful for symptomatic HIV sufferers, immunity raised

[Betula 30C for hay fever](#) (2000)

[Belladonna 7C and X-Ray 15C for treatment of radio-therapy induced dermatitis and skin darkening in breast cancer](#) (2000)

[Homeopathic treatment of migraine](#) (2000)

[Efficacy and safety of a homeopathic gel Spiroflor SRL in the treatment of acute low back pain](#) (2001) FULL TEXT

[Potent placebo or potency? A model using homeopathically prepared pollens in hayfever](#) (1985)

## **3. Asian Journal of Homeopathy**

[To investigate the effectiveness of homeopathy in medical primary care in upper and lower respiratory tract complaints](#), 01 Feb 2008, pp. 3-19

## **4. The Berlin Journal of Research in Homeopathy**

[Homoeopathic treatment of anal fissures using Nitricum acidum 9C](#) (1991) // n=31

[Homeopathic Treatment of Migraines](#) (1991) // 56 out of 60 (93%) patients got relief (migraine attack frequency reduced from 10 to between 1.8 and 3 per month) in 4 months by homeopathic medicine in 30c potency in 2 weeks compared to only 17% in placebo-treated (frequency reduced from 9.9 to 7.9 attacks per month)

### **5. American Journal of Homoeopathic Medicine**

Acute Diarrhoeal Diseases in Children, 2009, 102 (3): 122-129

Homeopathic treatment of dental neuralgia by Arnica and Hypericum., Albertini H, Goldberg W, Sanguy B, Toulza CL., 1985, 3, pp. 126-129. // 60 people received either 4 pilules of Arnica 7C alternated with 4 pilules of Hypericum 15C every 4 hours or placebo administered in the same way. Pain levels were assessed over 3 days from the beginning of the trial. It was found that 12 of the 30 people who received the placebo had a positive response to this intervention, and 23 of the 30 people (76%) given the homeopathic medicines responded positively to these.

### **6. International Journal of High Dilution Research**

[Usefulness of 13 homeopathic medicines in the management of acute rhinitis](#) (2010)  
FULLTEXT // Nux-Vomica, Merc, Belladonna

**others:** Central Council for Research in Homeopathy, Govt of India

[Clinical research](#) (1979-1992)

[Collaborative Research](#) (1988-2007)

## **CAM JOURNALS**

### **1. Evidence-based Complementary & Alternative Medicine**

[Arsenicum album 30C and 200 C alters antinuclear antibody \(ANA\) titre in people living in high-risk arsenic contaminated areas](#) (2006) FULL TEXT // correction of arsenic-induced haematological changes such as total count of RBC, WBC, PCV, Hb, ESR and blood sugar level

[Homeopathic LM potencies Vs Fluoxetine for Depression](#) (2009) FULL TEXT

### **2. The Journal of Alternative and Complementary Medicine**

[Homeopathic treatment of acute childhood diarrhoea](#) (2000) // n=116, t=5 days, replicated study, Nepal

[Homeopathy for menopausal symptoms in breast cancer patients](#) (2005) // n=55, t= 1 year

[Arnica montana 4X for Healing of Wounds After Hallux Valgus Surgery Compared to Diclofenac 50 mg](#) (2008) // n=88, t= 4, arnica 60 % cost-effective than diclofenac

[VertigoHeel for treatment of Vertigo](#) (2005)

### **3. Complementary Therapies in Medicine**

[Homeopathy, sensation of well-being and CD4-levels](#) (1998) FULL TEXT // homeopathy improves sensation of well-being, provided evidence of ultra-high dilutions and may affect CD4 levels

[Effects of the Arnica 30X on 1995 Oslo marathon runners](#) (1998) FULL TEXT // reduces muscle soreness

[Arnica montana & Bellis perennis on post-partum bleeding](#) (2005) // bleeding after delivery

[Homeopathy for the prevention of upper respiratory tract infections](#) (2005)

[Arnica 30x vs placebo for patients receiving knee ligament reconstruction surgery](#) (2006) // inflammation, n=57, p=0.019

### **4. Alternative Therapies in Health and Medicine**

[Homeopathic treatment of depression and anxiety](#) (1997) // n= 12, t=7 to 80 weeks, 58% of patients responded to homeopathy for anxiety and phobia

[Use of Arnica to relieve pain after carpal-tunnel release surgery](#) (2002) // n=37, t= 2 weeks

### **5. Alternative Medicine Review**

[Kali Bromatum 1X, Natrum Bromatum, Nickel Sulfate 3X, Natrum Mur 6X for dermatitis of scalp and dandruff](#) (2002) FULL TEXT

### **6. Forschende Komplementärmedizin**

[Aconitum 30C differs from placebo](#)(2009)

[Efficacy of antimony 6X on blood coagulation](#) (2009) // pro-coagulatory effect in bleeding disorder

### **7. Forschende Komplementärmedizin und Klassische Naturheilkunde**

[Euphorbium, Pulsatilla & Luffa for viral infection of respiratory tract, Influenza A virus & rhino virus](#) (2001) FULL TEXT //Euphorbium Compositum

[Efficacy of the Euphorbium compositum-S nasal spray in sinusitis](#) (1994)

[Comparing Luffa compositum-Heel nasal spray with cromolyn sodium spray in the treatment of allergic rhinitis](#) (1999) FULL TEXT

[Efficacy of Phyto-Hypophyson L in female for sterility & infrequent menstruation](#) (2000) //A study of 67 women showed 57 percent improvement in fertility. Homeopathic treatment seemed to influence several factors including regulation of the menstrual cycle, regulation of hormones and enhancing ovulation

## **8. Ärztezeitschrift fuer Naturheilverfahren**

[Effect of Arnica montana 6 cH on edema, mouth opening and pain in patients submitted to extraction of impacted third molars](#) (2005) FULL TEXT

## **9. Biological Therapy**

[Euphorbium Compositum nasal spray for sinus](#) (1995) FULL TEXT // n=155, Subjective responses showed a greater improvement in those using

# **G4. DOUBLE-BLIND STUDIES**

## **1. MicroVascular Research**

[Micro-circulatory effects of VertigoHeel on vertigo](#) (2005) FULL TEXT // n=32, t=12 weeks

## **2. British Homoeopathic Journal**

[Mustard Gas 30 as prophylactic and Rhus Tox 30c for treatment of burns and skin lesions](#) due to mustard gas (1943)

[Arnica, Bryonia & Rhus Tox for fibromyalgia](#) (1986) // n=24, t=3 months

[Stramonium and Hyoscyamus for Attention Deficit Hyperactivity Disorder](#) (1997) FULL TEXT // n=43 double-blind controlled study

## **3. Journal of Psychopharmacology**

[Homeopathic pathogenetic trials produce more specific than non-specific symptoms](#) (2008) //double-blind placebo-controlled study

## **4. Homeopathy**

[Treatment of hyperactive children](#) (2006) FULL TEXT

## **5. British Journal of Clinical Pharmacology**

[Homeopathic therapy in rheumatoid arthritis](#) (1980) FULL TEXT // 82% patients got relief in rheumatoid arthritis compared to 21% on placebo, double-blind randomised trial

## **6. Sleep Medicine**

[Effect of homeopathic medicines on polysomnographic sleep of young adults](#) (2010) FULL TEXT // Nux Vomica 30 and Coffea Cruda 30 for insomnia, double-blind placebo-controlled trial

## **G5. PRIMARY HEALTH CARE STUDIES (OBSERVATIONAL/COHORT/PILOT STUDIES)**

### **1. BMC Public Health**

[Homeopathic medical practice](#) (2005) FULL TEXT // (Chronic) Disease severity ( $p < 0.001$ ) and quality of life demonstrated marked and sustained improvements following homeopathic treatment in 3981 patients for 2 years, Conditions treated were allergic rhinitis in men, headache in women, and atopic dermatitis in children.

[How healthy are chronically ill patients after eight years of homeopathic treatment?](#) (2008) FULL TEXT // 73% of 3709 patients followed up for 8 years,  $p < 0.001$ , Disease severity decreases & quality of life increases

### **2. Explore: The Journal of Science and Healing**

[Viburcol \(Chamomilla, Belladonna, Calcarea carbonica, Dulcamara, Plantago major, and Pulsatilla\) for treatment of fever](#) (2005) //  $n = 198$  in 38 Belgian clinics, febrile symptoms such as fever, cramps, disturbed sleep, difficulty eating or drinking, crying, Viburcol as effective as acetaminophen but better tolerable

[Traumeel S ointment for tendon injuries](#) (2005) // traumeel superior to diclofenac gel

[Asclepias vincetoxicum & Sulphur for treatment of upper respiratory infections](#) associated with common cold (2006)

### **3. The European Journal of Heart Failure**

[Efficacy of homeopathic Crataegus & Spigelia for mild cardiac insufficiency](#) (2003) FULL TEXT

### **4. Pediatrics International**

[Spascupreel for treatment of Gastro-intestinal cramps](#) (2007)

### **5. Scientific World Journal**

[Avena Sativa 2X, Passiflora Incarnata 2X, Zincum Valerianicum 4X, Coffea Cruda 12X for treatment of Insomnia](#) (2008) // combination remedy Neurexan

[Avena Sativa 2X, Passiflora Incarnata 2X, Zincum Valerianicum 4X, Coffea Cruda 12X for treatment of nervousness/restlessness](#) (2009) // Neurexan

### **6. International Journal of Clinical Practice**

[Gripp-Heel \(Aconitum napellus 4X, Bryonia alba 4X, Eupatorium perfoliatum 3X, Lachesis, Phosphorous\) for viral infections](#) (2004) FULL TEXT

## **7. Journal of Hellenic Headache Association**

[Homeopathic Treatment in patients with migraine](#) (2006)

## **8. International Journal of Clinical Pharmacology and Therapeutics**

[Homoeopathic treatment of otitis media](#) (1997) FULL TEXT // n=131, duration of pain of 2 days in homeopathy-group (n=103) & 3 days in conventional (antibiotic, antipyretic, secretolytics) group (n=28). 70.7 % & 56.5% of children receiving homeopathy & conventional respectively did not have another ear infection the next year

## **9. Archives of Gynecology and Obstetrics**

[Homeopathic treatment of uterine pain during mensuration](#) (2009) FULL TEXT

## **10. The Clinical Journal of Pain**

[Homeopathic Treatment of chronic low back pain](#) (2009)

## **11. Biologische Medizin**

[Lymphomyosot for nerve pain and sensation in Type-2 Diabetic Neuropathy](#) (2000) FULL TEXT // 75% patient reported improvement, combination remedy

[Vertigoheel for Vertigo](#) (2001) FULL TEXT // 88% patient improved

[Viburcol for infections due to fever](#) (2002) FULL TEXT

## **12. Der Allgemeinarzt**

[Lymphomyosot enhances conventional therapy in diabetic peripheral neuropathy](#) (2003) FULL TEXT

[Zeel \(Rhus Tox, Dulcamara, Sanguinaria, Arnica\) for osteo-arthritis](#) (2003) FULL TEXT

## **13. Oncology Reports**

[Lung \(4 cases\) and oesophageal Cancer patients treated with the Banerji protocols: A Best Case Series Program of the National Cancer Institute USA](#) (2008) FULL TEXT // Concluded that there was sufficient evidence of efficacy to support further research into the Banerji protocol

## **14. Indian Journal of Ophthalmology**

[Role of homoeopathy in ophthalmological conditions](#) (1982) FULL TEXT

## **15. Geriatrics**

[Homeopathic Treatment of Elderly Patients](#) (2010) FULL TEXT //severity of complaints of 83 patients over 2 years time decrease significantly

## **16. Experimental Biology and Medicine**

in vitro studies shows [anti-cancer activity of Gelsimium 2-4c](#) (2008) FULL TEXT

## **17. Canadian Journal of Physiology and Pharmacology**

[Gripp-Heel \(Aconitum 4X, Bryonia 3X, Eupatorium 2X, Lachesis 11X, Phosphorous 4X\) for respiratory viral infections](#) (2007) FULL TEXT // in vitro

## **18. The Pediatric Infectious Disease Journal**

[Homeopathic treatment of otitis media](#) (2001) // n= 75, significant decrease in symptoms at 24 and 64 hrs after treatment in favour of homeopathy (P<0.05), otitis media: inflammation of middle ear

## **19. Journal of the European Academy of Dermatology and Venereology**

[Homeopathic treatment of patients with psoriasis](#) (2009)

## **20. Wiener medizinische Wochenschrift**

[Homeopathy in emergency medicine](#) (2005) FULL TEXT // critically ill patients in ICU

## **21. Ultrastructural Pathology**

[Canova differentiates monocytes in absence of cytokines](#)(2008) FULL TEXT // combination remedy

## **22. Genetics and Molecular Research**

[Canova for cancer treatment](#)(2003) FULL TEXT

## **23. Immunopharmacology and Immunotoxicology**

[Immunomodulatory Effect of the Homoeopathic Drug Engystol-N](#) (2000)

## **24. Zeitschrift für Orthopädie und ihre Grenzgebiete**

[Efficacy of homeopathy in the treatment of chronic low back pain](#) (2002)// RCT, n=43

## **25. Advanced Therapies**

[Arnica montana gel in osteoarthritis of the knee](#) (2002)// n=79,significant reduction in pain and stiffness, and a significant improvement in the functional ability of the knee.

## **26. Arzneimittel-Forschung**

[Antioxidative, antiproliferative and biochemical effects of Hepeel](#) (Carduus marianus, Cinchona, Lycopodium, Nux moschata, Colocynthis D6, Veratrum album D6, Chelidonium, Phosphorus D6) in HepG2 cells (2003) //in vitro, combination, as well as the effects individually

[Comparison of acetylsalicylic acid with Eupatorium perfoliatum 2X in treatment of common cold](#) (1981) //RCT, homeopathy equals conmed

## **27. The Lancet**

[Prophylactic powers of Belladonna against Scarlet Fever](#) (1829)// The proper use of belladonna has, in most cases, prevented infection. Numerous observations have shown that, by the general use of belladonna, epidemics of scarlet fever have actually been arrested. In those few instances where the use of belladonna was insufficient to prevent infection, the disease has been invariably slight.

## **28. STP Pharma Sciences**

[Anti-inflammatory action of combination of Urtica Urens 4c and Apis 4c AND Belladonna 4c and Pulsatilla 4c](#) (1999) // combination remedy

## **29. European Journal of Integrative Medicine**

[Positive influence of Vertigoheel on signalling pathways of smooth muscle cells and vertigo](#) (2009) // combination remedy

## **30. Dermatology**

[Homoeopathic versus conventional therapy for atopic eczema in children](#) (2009)

## **31. Cases Journal**

[Exfoliative cheilitis \(inflammation of lips\) treated with Calendula](#) (2009) FULL TEXT

## **32. Palliative Medicine**

[Homeopathic approach to symptom control in the cancer patient](#) (2002)

# HOMEOPATHY JOURNALS

## 1. Homoeopathic Links

[Usefulness of the Homeopathic Medicines in Furunculosis](#) (2010) // Hepar sulphuris, Antimonium crudum, Sulphur and Calcareo carbonica for boils

Efficacy of homeopathic drugs in dermatitis of atopic diathesis (2003)

Mohan G.R., Anandhi K.S., Winter, 16, 4, 257-260. The authors treated 31 people suffering from atopic skin and respiratory symptoms with individualised homeopathic therapy over a period of 5 years. During a 6 month assessment period following this treatment, the authors determined that 41% of the group with skin and respiratory symptoms achieved not less than a 76% improvement in symptoms.

## 2. The British Homoeopathic Journal

[Potentised Carboneum sulphuratum and Tabacum in Cuban epidemic neuropathy](#) (2001) //

[Homeopathic treatment in women with premenstrual syndrome](#) (2001) FULL TEXT // 90% of patients who had received homeopathic treatment experienced more than 30% improvement (P=0.048). Only 37.5 % of patients who received placebo experienced a similar improvement

[Treatment for hyperactive children: homeopathy and methylphenidate \(ritalin\) compared](#) (2001) // ADHD, LM potency, n=114 (3-17 years), t=3.5 months, 86 (75%) responded to homeopathy, 22% responded to methylphenidate, 3% to none of them

[Quality of life in patients with headache, receiving homeopathic treatment](#) (2001) FULL TEXT // statistically significant results in favour of homeopathy, n=523, >60% improvement in 4 weeks

[Homeopathic treatment of patients with persistent mild traumatic brain injury \(MTBI\)](#) (2000) FULL TEXT // 50 people with persistent MTBI were treated either with their constitutional homeopathic remedy or placebo. The homeopathic treatment provided superior results to those from the placebo control

[Quadruple nosode \(Bacillinum, Influenzinu, Pneumococcus and Streptococcus\) as a preventive for respiratory infections](#) (1964) // combination remedy

[Poliomyelitis and prophylaxis](#) (1950)// In 1950 during an epidemic of poliomyelitis, Dr Taylor Smith of Johannesburg, South Africa protected 82 people with homoeopathic Lathyrus sativus. Of the 82 so immunised, 12 came into direct contact with disease. None were infected.

[Evaluation of 2LHERP in preventing recurrences of genital herpes](#) (2000)// nosode, combination remedy 2LHERP=homeopathic RNA+homeopathic viral DNA

[Calcareo Fluorata for Cervical Spondylitis](#) (1996) // n=154, clinical improvement in 60.38%

[Sulphur for treatment of Alcohol Withdrawal](#) (1993)

[Staphylococcus 12c decreases immune complexes, increases CD4 lymphocytes in HIV patients](#) (2000)

[Homeopathy in acute otitis media](#)(2001) FULL TEXT // Resolution rates were 2.4 times faster than in placebo controls. Compared to conventional treatment the homeopathic approach was 14% cheaper

[Applicability of Caulophyllum 7C during labour](#)(1993) // n=22, reduces duration of labour by 90 minutes

### **3. International Journal of High Dilution Research**

[Effect of homeopathic medication on the cognitive and motor performance of autistic children](#) (2008) FULL TEXT

[Homeopathic treatment of coronary artery disease](#) (2009) FULL TEXT

[Homeopathic treatment of Dengue](#) (2008) FULL TEXT

[Tongue Analysis](#) (2009) FULL TEXT

[Carbon Remedies](#) (2009) FULL TEXT

[Nephrotic Syndrome in adults](#) (2009) FULL TEXT //tuberculinum, apis, arsenicum album, etc

### **4. Homeopathy**

[Homeopathy for treatment of symptoms of oestrogen withdrawal in breast cancer patients](#) (2003) // n=45, Primary symptoms such as hot flushes, Primary symptoms changed from 7.8 to 5.4, and from 7.2 to 4.1 (p<0.001)

[An observational study of patients receiving homeopathic treatment](#) (2004) FULL TEXT //improved physical condition & high satisfaction in 782 patients, t= 9 years 2 months, costs less, individualised treatment, allopathy drug discontinued

[Effectiveness of homeopathic care in Norway](#) (2005) FULL TEXT // 70% reported improvement in 6 months, Patients using conventional medications reduced them from 39% to 16%

[Homeopathy for hyper-sensitivity](#) (2006) FULL TEXT // n=88,24% of 34 treated conventionally experienced an improvement in their condition while 57% of 54 treated with homeopathy experienced similar relief.

[Treating hot flushes in menopausal women with homeopathic treatment](#) (2008) FULL TEXT

[Homeopathic treatment of allergic rhinitis](#) (2009) FULL TEXT

[Cost-benefit evaluation of homeopathic versus conventional therapy in respiratory diseases](#) (2009) FULL TEXT // treatment by homeopathy costs 50% less

[Homeopathic therapy for male infertility](#) (2002) // n=45, Sperm count and sperm motility were improved by homeopathy and the improvement was comparable with conventional treatment.

[Homeopathy as an adjunct to usual care for fibromyalgia](#) (2009)

[Homeopathy in respiratory allergies](#) (2006) FULL TEXT

[Homeopathy for the treatment of menstrual irregularities](#): a case series (2009)

[Homeopathic treatment of radiation-induced itching in breast cancer patients](#) (2004) //21 out of 25 benefitted from individualised homeopathy

[Canova in vitro](#) (2009) FULL TEXT

[Homeopathy for arthritis](#) (2008) // n=47

[Homeopathic treatment of intractable atopic dermatitis](#) (2003) // n=17

## **5. Journal of the American Institute of Homeopathy**

[Poliomyelitis immunization](#) (1961) // In 1956, Dr H.W. Eisfelder immunized over 6,000 children with this *Lathyrus sativus*. There were no side effects and no cases of polio reported in the group

[Arnica montana Applied Topically to Subcutaneous Mechanical Injuries](#) (1996) n=141, double-blind placebo controlled trial, Arnica 1X or Arnica 6C effective at relieving post-exercise muscle soreness

## **Hahnemann's Contribution**

### **6. Zeitschrift für Praktischen Medizin**

*A case of rapidly cured colicodynia*, Vol. 3. Part. 1, p. 138-147, 1797

*Cure and prevention of scarlet fever*, 1801

### **7. Reichs Anzeiger**

*On a proposed remedy for hydrophobia*, No. 7, 49, 71, 1803.

### **8. Allgemeine Reichsanzeiger**

*Treatment of typhus & fever at present prevailing*, No. 6, Jan. 1814 // Bryonia and Rhus tox.

*Treatment of burns*, No. 156, 1816

*Treatment of purpura miliaris*, No. 26, 1821 // blockage of sweat glands

### **9. Archiv für die homöopathische Heilkunst**

*Cure and prevention of Asiatic cholera*, Vol. 11, part 1, 1831

## **10. The British Journal of Homoeopathy**

*Treatment of chronic local disease and of phthisis*. Vol. 11, 1853 // Tuberculosis

## **CAM JOURNALS**

### **1. Complementary Therapies in Medicine**

[Traumeel for trauma and acute musculo-skeletal injuries](#) (2008)

[Homoeopathic versus conventional treatment of children with eczema](#) (2008) // n=118, t=1 year

[Homoeopathic Vs conventional treatment strategies in patients with chronic disorders](#) (2005) FULL TEXT // n=493, t= 1 year, chronic disorders such as headache, lower back pain, insomnia, depression, bronchial asthma, atopic dermatitis and allergic rhinitis

### **2. Forschende Komplementärmedizin und Klassische Naturheilkunde**

[Efficacy of Arnica 12X in varicose vein surgery](#) (2003)

[Treatment of rhinitis & sinus with Euphorbium compositum nasal drops](#) (2005) n=739

### **3. Evidence-based Complementary and Alternative Medicine**

[NervoHeel N for Nervous Disorders](#) (2007) FULL TEXT

[Can Homeopathy Bring Additional Benefits to Thalassemic Patients: Encouraging Results](#) (2007) FULL TEXT // n=38

[Asenicum Album 30c to combat arsenic poisoning](#) (2005) FULL TEXT

### **4. The Journal of Alternative & Complementary Medicine**

[Homeopathy versus conventional treatment in respiratory tract and ear complaints](#) (2001) FULL TEXT // response rate of 82.6% in homeopathy group compared to 67.3% in conventional group

[Homeopathic Treatment for Chronic Disease](#) (2005) FULL TEXT // 70.7% of 6544 patients over 6- year period reported improvement, 50% had major improvement in inflammatory bowel disease, irritable bowel syndrome, menopausal problems and migraines. Children had improvements in eczema and asthma.

[Tumor \(blood cancer\) Therapy with Amanita phalloides](#) (2010) FULL TEXT

[Immune-modulatory effects of Phase 6 and Flu Terminator](#) (2007)// elicits human immune response in-vitro, combination remedies

[Anti-viral Effect of the Homeopathic Drug Engystol \(2005\) // in vitro](#)

## **5. Complementary & Alternative Medicine**

[Patient satisfaction & side effects: comparing homeopathy & conventional medicine \(2008\)](#)  
FULL TEXT // swiss report, higher patient satisfaction & 3 times fewer side-effects in homeopathy, 21% of those treated with homeopathy reported “complete resolution” of the complaint versus 28% of those on conventional therapy and 53% reported “complete satisfaction” with homeopathic treatment versus 40% of those given conventional therapy.

[Homeopathic & conventional treatment for acute respiratory & ear complaints \(2007\)](#) FULL TEXT // n=1577 from 57 clinics in 8 countries, t-14 days. The onset of improvement within the first 7 days after treatment was significantly faster in those with homeopathic treatment, both in children and adults.

## **6. Alternative Therapies in Health and Medicine**

[Cost saving by Homeopathy in atopic and allergic disorders \(2002\) // n=48, 56% of patients reduced their use of conventional medication following the homeopathic intervention, medication expense reduced by an average of 60%, with an average savings of \\$24 per patient in the 3-month period following the homeopathic intervention.](#)

## **7. Complementary Therapies in Clinical Practice**

[Homoeopathic treatment of upper respiratory tract infections in children \(2010\)](#)

## **G6. REVIEW ARTICLES**

### **1. Alternative Medicine Review**

A review of [homeopathic research in treatment of respiratory allergies](#) (2010) FULL TEXT

### **2. International Journal of High Dilution Research**

[Flu pandemics: homeopathic prophylaxis](#) and definition of the epidemic genius (2009) FULL TEXT

[20 years of experience with LM potencies](#) (2009) FULL TEXT

[Homeopathy: a preventive approach to medicine](#) (2009) FULL TEXT

[Repertory based on Baye's theorem](#) (2010) FULL TEXT

[Scientific framework of Homeopathy: Evidence-based Homeopathy](#) (2008) FULL TEXT

### **3. Evidence-based Complimentary & Alternative Medicine**

[Immunology and Homeopathy -1](#) (2005) FULL TEXT

[Immunolgy and Homeopathy-2](#) (2006) FULL TEXT

[Immunolgy and Homeopathy-5](#) (2006) FULL TEXT

[Entanglement Theory](#) (2007) FULL TEXT

### **4. Journal of Clinical Epidemiology**

[Homeopathy had a significant effect beyond placebo](#) (2008) FULL TEXT //(odds ratio= 0.76) with p=0.039 at 95% CI, meta-analysis

### **5. Homeopathy**

[Canova in vitro](#) (2009) FULL TEXT

### **6. Forschende Komplementarmedizin**

[Real-world Effectiveness, Safety and Cost-Effectiveness of Homeopathy in General Practice](#)(2006) FULL TEXT // Swiss govt commissioned Health Technology Assesment Committe comprising of 10 scientists including 3 homeopaths concluded after 7 years of research: 20 out of 22 systematic reviews having a trend in favour of homeopathy, re-evaluated shang study taking into account externa and internal validity and found a truly remarkable result in favour of homeopathy.

## K1. ANIMAL STUDIES

<http://www.carstens-stiftung.de/clinresvet/suche.php> // Database of 304 papers. Click “Retreive long version”

[http://www.homeopathicvet.org/Veterinary\\_Research\\_into\\_Homeopathy/Veterinary\\_Papers\\_by\\_Date\\_of\\_Publication\\_files/Animal%20Studies%20by%20Date%20of%20Publication-1.pdf](http://www.homeopathicvet.org/Veterinary_Research_into_Homeopathy/Veterinary_Papers_by_Date_of_Publication_files/Animal%20Studies%20by%20Date%20of%20Publication-1.pdf)

<http://hpathy.com/scientific-research/research-in-homoeopathy/3>

<http://avilian.co.uk/2008/08/scientific-research-and-homeopathy-animal-studies>

## L1. SIGNIFICANT YEARS OF RESEARCH

1823: World’s first homeopathy Journal (German): Dr. Johann Ernst Stapf’s [\*Archive for the Homoeopathic Medicine\*](#)

1835: World’s first Double-Blind Randomised Placebo Controlled Trial was conducted by a homeopath physician Johann Jacob Reuter, [The Nuremberg salt test](#)

1860: World’s first homeopathy Journal (English): *The North American Journal of Homeopathy*

1988: The Memory of Water

1995: Homeopathy is nanopharmacology (Paolo Bellavite, Andread Signorini)

1997: Homeopathic medicines have the capacity to interact with the genetic blueprint (Anisur Rahman Khuda-Bukhsh)

2010: Homeopathic medicine upto 200c retains nano-grams of fine nano-particles of the original starting material (Indian Institute of Technology, Bombay)

## **L2. RESEARCH BOOKS**

1. [\*The Trials of Homeopathy\*](#). Michael Emmans Dean. KVC Verlag. 2004 // Trials from 1821-1998, 5 prospective trials and 205 controlled trials, conclusion: “homeopathy appears mostly as safe as reputed”, “homeopathy does appear to be capable of influencing global outcomes such as well being and co-morbidity”, “economic benefits are noticeable”

2. [\*The Emerging Science of Homeopathy\*](#). Complexity, Biodynamics and Nanopharmacology. Paolo Bellavite, Andrea Signorini. North Atlantic Books. Berkeley, California. 1995. ISBN 1-55643-384-0. <http://bit.ly/d30TII>

## **M1. POTENCY SELECTION**

[Posology Pro](#)

[Golden ratio/Fibonacci scale of remedies](#)

[Views of different Experts](#)

## **M2. DISCUSSION FORUMS**

[Rational Skepticism-1](#) // TMB

[Rational Skepticism-2](#) // TMB

[Phoenix Rising](#) // Mark

[Peer-review Vs public scrutiny](#)

## SECTION-B

### A. GENETIC RESEARCH

Anisur Rahman Khuda-Bukhsh in his paper “Potentized homeopathic drugs act through regulation of gene expression: a hypothesis to explain their mechanism and pathways of action in vivo” *Com Ther Med.* 1997; 5; 43. proposed that homeopathic substances have the capacity to interact with the genetic blueprint and deliver their benefits by increasing the expression of genes that synthesise health promoting proteins i.e. homeopathic medicines activate genes i.e. genes can be turned on and off by use of homeopathic remedies

[Dynamized Preparations in cell Culture](#) (2009) FULL TEXT // *Carcinosinum*200C,*Conium*,*Lycopodium* activates beneficial gene p53 which provides defense against tumour/cancer

[Nux vomica & Calendula have significant effect on gene expression](#) (2010) FULL TEXT

[Evaluation of 2LHERP in preventing recurrences of genital herpes](#) (2000) //nosodes, combination remedy, 2LHERP=homeopathic RNA+homeopathic viral DNA

overview:<http://www.complementary-medicine.com/NewHomeopathy1.htm>

<http://www.complementary-medicine.com/NewHomeopathy2.htm>

### B1. IDENTIFICATION OF HOMEOPATHIC MEDICINES (4 techniques)

**A. Spectroscopy:** It is the study of interaction between matter and radiated energy i.e. how a substance absorbs, emits or scatters electromagnetic radiation

#### 1. Raman Laser Spectroscopy (1976)

In 1976, Boiron and Vinh used Raman Laser Spectroscopy, showing that for the 1C potency of Kali bichromicum the spectrum of alcohol disappears completely, while that for potassium bichromate appears. In Kali bich 1C the ratio of the number of potassium bichromate molecules is 1 to 500. In such a case the light meets 500 more alcohol molecules as those of bichromate, yet the alcohol spectrum does not appear.

#### 2. New Magnetic Resonance method by K. Lenger (2006)

[Homeopathic Potencies Identified By a New Magnetic Resonance Method](#) published in journal ‘Subtle Energies and Energy Medicine’

[Delayed luminescence of high homeopathic potencies on sugar globuli](#) (2008)

#### 3. Ultra-Violet–Visible spectroscopy (2007)

[The defining role of structure including epitaxy in the plausibility of homeopathy](#) (2007) FULL TEXT // distinguishes Nux vomica and Natrum muriaticum from one another and within a given medicine, the 6c, 12c, and 30c potencies, distinguishes Natrum Mur, Puls and lachesis at 30c potency

#### 4. Nuclear Magnetic Resonance (NMR) spectroscopy (2008)

The first NMR spectroscopy in homeopathy was by Boericke GW, Smith RB. Modern aspects of homeopathic research. *Journal of the American Institute of Homeopathy*, 1965; 58: 158-167; 1966; 59: 263-272.

[NMR spectroscopy on Kalium Bichromium](#) (2008) FULL TEXT // 3C differs from 4C

[High dilutions of histamine distinguishable using NMR](#) (2009)

discussion

<http://hpathy.com/scientific-research/lionel-milgrom>

[http://hpathy.com/homeopathyforums/forum\\_posts.asp?TID=8879](http://hpathy.com/homeopathyforums/forum_posts.asp?TID=8879)

[http://forums.hpathy.com/forum\\_posts.asp?TID=9047](http://forums.hpathy.com/forum_posts.asp?TID=9047)

[http://www.hpathy.com/homeopathyforums/forum\\_posts.asp?TID=6908&PN=4](http://www.hpathy.com/homeopathyforums/forum_posts.asp?TID=6908&PN=4)

#### 5. Electromagnetic Signatures (2009)

[Nanostructures in highly diluted biological samples of bacteria and virus DNA sequence produces electro-magnetic signals](#) (2009) FULL TEXT

**B. Thermo-luminescence** (2003): The amount of light produced by a sample when it is heated (due to the release of stored energy) can be measured.

[Low temperature thermo-luminescence of ultra-high dilutions of lithium chloride & sodium chloride](#) (2003) FULL TEXT

#### C. Dielectric Dispersion (2010)

[Homeopathic medicines when subjected to variable frequency electric field shows dielectric dispersion](#) (2010)

**D. Physiological variability in human body** (G.D. Jindal et. al., 2004): homeopathic medicines produce change in body temperature by its action on hypothalamus

[Software for measuring physiological variability](#) (2008)

discussion

<http://homeoresearch.blogspot.com> // check research work in left pane

[http://h-wave.blogspot.com/2007\\_12\\_01\\_archive.html](http://h-wave.blogspot.com/2007_12_01_archive.html)

<http://www.homeopathyworldcommunity.com/profiles/blogs/bhabha-atomic-research-centre>

**B2. TO DISTINGUISH HOMEOPATHIC MEDICINE FROM THE SOLVENT/CONTROL**  
(5 techniques)

**1. Bio-Electro-graphy: Dynamic Electrophotonic Capture: Gas Discharge Visualisation**  
(2003)

[Gas Discharge Visualization Evaluation of Ultramolecular Doses of Homeopathic Medicines](#)  
(2003)

**2. Fourier Transform Infra Red spectroscopy** (2005)

[Variation in Fourier transform infrared spectra of homeopathic potencies](#) (2005) FULL TEXT

**3. High Voltage Plasma** (2008)

[Distinguishing Natrum Mur 30 from water by High voltage plasma](#) (2008) // electrical impedance of Natrum Mur 30 c differ from water

**4. Transmission Electron Microscopy** (2010)

Presence of nanoparticles in homeopathic medicines as detected by TEM while there won't be any nanoparticles detected in solvent/control bcoz its a placebo

**5. Ultra-Violet Spectroscopy** (2011)

[Cuprum Sulphuricum 11-30c differs from placebo](#) (2011)

## C. APPLIED RESEARCH

### (EVIDENCE-BASED HOMEOPATHY FOR SPECIFIC DISEASE CONDITION)

Homeopathy has helped millions of people since its inception in 1796. **The 22 disease conditions for which RCT have been replicated with statistically significant results are :Fibromyalgia, Influenza, Seasonal allergic rhinitis, Allergic asthma, Arsenic toxicity, Attention-deficit hyperactivity disorder, Blood coagulation, Childhood diarrhoea, Common cold, Depression, Female infertility, Insomnia, Irritable bowel syndrome, Low back pain, Muscle soreness, Osteoarthritis, Otitis media, Post-operative bruising, Post-operative pain, Sinusitis, Upper respiratory tract infection, Vertigo**

#### Respiratory:

[Sinifrontal for ENT & respiratory tract infections](#) (2009)

[Euphorbium, Pulsitilla & Luffa for viral infection of respiratory tract, Influenza A virus & rhino virus](#) (2001) FULL TEXT

[Asclepias vincetoxicum & Sulphur for treatment of upper respiratory infections associated with common cold](#) (2006)

[Homeopathy for the prevention of upper respiratory tract infections](#) (2005)

[Homeopathic therapy in respiratory tract diseases.](#) Evaluation of a clinical study in 258 patients (1997)

[Gripp-Heel \(Aconitum 4X, Bryonia 3X, Eupatorium 2X, Lachesis 11X, Phosphorous 4X\) for respiratory viral infections](#) (2007) FULL TEXT

[Homeopathy in respiratory allergies](#) (2006) FULL TEXT

[Cost-benefit evaluation of homeopathic versus conventional therapy in respiratory diseases](#) (2009) FULL TEXT // treatment by homeopathy costs 50% less

[The effectiveness of homeopathy in medical primary care in upper and lower respiratory tract complaints,](#) Asian Journal of Homeopathy, 01 Feb 2008, pp. 3-19

#### Hay Fever

[Meta-analysis of homeopathic treatment of pollinosis with Galphimia glauca](#) (1997) // hay fever

[Homeopathy for hay fever](#) (1986)

[Treatment of pollinosis with Galphimia Glauca 4X](#) (1983)

[Treatment of pollinosis with the homeopathic preparation Galphimia Glauca](#) (1990)

[Betula 30C for hay fever](#) (2000)

[Potent placebo or potency? A model using homeopathically prepared pollens in hayfever](#) (1985)

### **Upper Respiratory Tract Infections:**

Rhinitis, Sinus, Tonsils, Otitis Media, Pharyngitis, Laryngitis, Cold

### **Rhinitis**

[Homeopathy Vs Placebo in allergic rhinitis](#) (2000) FULL TEXT

[Treatment of allergic rhinitis with homeopathy](#) (2005)

[Usefulness of 13 homeopathic medicines in the management of acute rhinitis](#) (2010)  
FULLTEXT // Nux-Vomica, Merc, Belladonna

[Comparing Luffa compositum-Heel nasal spray with cromolyn sodium spray in the treatment of allergic rhinitis](#) (1999) FULL TEXT

[Homeopathic treatment of allergic rhinitis](#) (2009)

### **Sinus**

[Homoeopathic Sinusitis Medication](#) (1995) FULL TEXT

[Sinifrontal for Acute Maxillary Sinusitis](#) (Sinus + tooth pain) (2007)

[Sinifrontal \(Cinnabaris 4X, Ferrum Phos 3X, etc\) in the treatment of maxillary sinus](#) (sinus + tooth pain) (2009) // ENT & respiratory tract infections

[Homeopathic treatment of patients with chronic sinusitis](#) (2009) FULL TEXT

[Homeopathy in acute rhino-sinusitis](#) (2007)

### **Tonsils**

[Tonsilotrena for tonsillitis](#)(2006)

[Arnica montana 30C for post-tonsillectomy analgesia](#) (2007) FULL TEXT // pain after tonsils removal

### **Otitis Media** (inflammation of middle ear)

[Homeopathic treatment of otitis media](#) (2001) // significant decrease in symptoms at 24 and 64 hrs after treatment in favour of homeopathy

[Homeopathy in acute otitis media](#) (2001) FULL TEXT // Resolution rates were 2.4 times faster than in placebo controls. Compared to conventional treatment the homeopathic approach was 14% cheaper

[Homeopathic treatment of otitis media](#) (1997) FULL TEXT // duration of pain of 2 days in homeopathy-group & 3 days in conventional group. 70.7 % & 56.5% of children receiving homeopathy & conventional respectively did not have another ear infection the next year

### **Fibromyalgia**

(Pain and Inflammation in muscles) (earlier called as fibrositis)

[Arnica, Bryonia and Rhus Tox for fibrositis](#) (1986)

[Rhus Tox 6c for fibrositis](#) (1989) FULL TEXT //non-individualised study, this study got replicated in the study below

[Improved Clinical Status in Fibromyalgia patients treated with homeopathic remedies Vs Placebo](#) (2004) FULL TEXT // individualised LM potency

[Homeopathy as an adjunct to usual care for fibromyalgia](#) (2009)

### **Insomnia**

[Nux Vomica 30 & Coffea Cruda 30 for insomnia](#) (2010)

[Avena Sativa 2X, Passiflora Incarnata 2X, Zincum Valerianicum 4X, Coffea Cruda 12X for treatment of Insomnia](#) (2008)

[Chronic Insomnia: Efficacy of homeopathic simillimum](#) (2010) FULL TEXT

### **Arthritis**

[Osteo-arthritis of the knee](#) (2000)

[Osteo-arthritic Pain: A Comparison of Homeopathy and Paracetamol](#) (1998) // 55% achieved pain relief from homeopathy as compared to 38% from acetaminophen

[Homeopathic therapy in rheumatoid arthritis](#) (1980) FULL TEXT // 82% patients got relief in rheumatoid arthritis compared to 21% on placebo

[‘Rheumaselect’ for Rheumatoid Arthritis](#) (1991)

[Osteo-arthritis before and after homeopathic treatment](#) (2008)

### **Cancer**

[Ruta 6 for brain cancer](#) (2003)

[Carcinosin, Phytolacca, Conium and Thuja for breast cancer](#) (2010)

[Cytotoxic effects of ultra-diluted remedies on breast cancer cells](#) (2010) FULL TEXT

[in vitro studies shows anti-cancer activity of Gelsimium 2-4c\(2008\)](#)

[Dynamized preparation in cell culture](#) (2009) FULL TEXT

[Lung \(4 cases\) and oesophageal Cancer patients treated with the Banerji protocols: A Best Case Series Program of the National Cancer Institute USA](#) (2008) FULL TEXT

[Canova for cancer treatment](#) (2003) FULL TEXT

[Tumor \(blood cancer\) Therapy with Amanita phalloides](#) (2010) FULL TEXT

[Homeopathic approach to symptom control in the cancer patient](#) (2002)

### **Vertigo**

[Homeopathic vs conventional treatment of vertigo](#) (1998)

[VertigoHeel for treatment of Vertigo](#) (2005)

[Micro-circulatory effects of VertigoHeel on vertigo](#) (2005)

### **Influenza**

[Oscillococcinum 200c in the treatment of influenza](#) (1989) FULL TEXT

[Oscillococcinum in patients with influenza](#) (1998)

Brydak LB, Denys A. The evaluation of humoral response and the clinical evaluation of a risk-group patients' state of health after administration of the homeopathic preparation Gripp-Heel during the influenza epidemic season 1993/94. 1999; 5: 223–227

Rottey EED, Verleye GB, Liagre RLP. The effect of a homeopathic preparation in the prevention of flu symptoms: a randomized double-blind trial in primary care practice. 1995; 11: 54–58

### **Fever**

[Viburcol \(Chamomilla, Belladonna, Calcarea carbonica, Dulcamara, Plantago major, and Pulsatilla\) for treatment of fever](#) (2005)

Treatment of typhus & fever at present prevailing, Allgemeine Anzeiger, No. 6, Jan. 1814 // Bryonia and Rhustox

### **Ulcer**

[Sulphur 6, Silicea 6 & Carbo Veg 6 for ulcer](#) (1997)

[Homeopathic treatment of mouth ulcer](#) (2009)

### **Diarrhea**

[Treatment of acute childhood diarrhea](#) with homeopathic medicine (1994) FULL TEXT

[Homeopathic treatment of acute childhood diarrhoea](#) (2000)

[Homeopathy for diarrhea: meta-analysis](#) (2003) FULL TEXT // p=0.008

Acute Diarrhoeal Diseases in Children, 2009, 102 (3): 122-129, American Journal of Homoeopathic Medicines

### **others**

[Traumeel S for stomatitis](#) (2001) FULL TEXT

[Arnica for inflammation after knee surgery](#)(2006)

[Arnica Montana for wounds](#) (2008)

[Arnica for bruising](#) (2006)

[Arnica Montana & Bellis Perennis for bleeding after delivery](#) (2005) FULL TEXT

[Antimony 6X for pro-coagulatory effect in bleeding disorder](#) (2009)

[Hepar sulphuris, Antimonium crudum, Sulphur and Calcarea carbonica for boils](#) (2010)

[Homeopathy for Thalassemia](#) (2007)

[Arsenicum Album 30 for arsenic toxicity](#) (2007)

[Homeopathy for anxiety and phobia](#) (1997) //58% of patients responded

[200C potency for Leptospirosis](#) (2010)

[Kali Bromatum 1X, Natrum Bromatum, Nickel Sulfate 3X, Natrum Mur 6X for dermatitis of scalp and dandruff](#) (2002)

[Homeopathic treatment of uterine pain during menstruation](#) (2009) FULL TEXT

[Spascupreel for treatment of Gastro-intestinal cramps](#) (2007)

[Avena Sativa 2X, Passiflora Incarnata 2X, Zincum Valerianicum 4X, Coffea Cruda 12X for treatment of nervousness/restlessness](#) (2009)

[Homeopathic Treatment of chronic low back pain](#) (2009)

[Aconitum napellus 4X, Bryonia alba 4X, Eupatorium perfoliatum 3X for viral infections](#) (2004)

[Homoeopathy in ophthalmological conditions](#) (1982)

More details at [BHA](#), [FoH](#) and [nutrition matters](#) website

## **D. COMPARISON WITH CONMED AND PLACEBO**

By the end of year 2008, there have been 14 RCT comparing homeopathy to ConMed [[ref](#)]

The distribution of studies in a form of a table comparing homeopathy with Con-Med and placebo is shown at <http://drnancymalik.wordpress.com/article/research-database-in-homeopathy-2/>

### **D1. HOMEOPATHY SUPERIOR TO CONMED**

DBRCT have shown superiority of homeopathy over allopathy in treatment of otitis media, depression, low back pain, upper respiratory tract infection, trauma and musco-skeletal injuries, so can be used as first line of treatment

#### **1.Explere: The Journal of Science and Healing**

[Viburcol \(Chamomilla, Belladonna, Calcarea carbonica, Dulcamara, Plantago major, and Pulsatilla\) for treatment of febrile infctions in children](#)(2005) //febrile symptoms such as fever, cramps, disturbed sleep, difficulty eating or drinking, crying=198 in 38 Belgian Clinics, Viburcol as effective as acetaminophen but better tolerable

[Traumeel S ointment for tendon injuries](#) (2005) // Traumeel superior to diclofenac gel

#### **2. Scientific World Journal**

[Avena Sativa 2X, Passiflora Incarnata 2X, Zincum Valerianicum 4X, Coffea Cruda 12X for treatment of Insomnia](#) (2008) // Neurexan superior to valerian

#### **3. International Journal of Clinical Practice**

[Gripp-Heel \(Aconitum napellus 4X, Bryonia alba 4X, Eupatorium perfoliatum 3X, Lachesis, Phosphorous\) for viral infections](#)-(2004) FULL TEXT //combination remedy, n=485, 78.1% of people found it effective compared to 52.2% of those using conventional medicine

#### **4. American Journal of Pain Management**

[Osteo-arthritic Pain: A Comparison of Homeopathy and Paracetamol](#) (1998) // 55% achieved pain relief from homeopathy as compared to 38% from acetaminophen

#### **5. Homeopathy**

[Homeopathy as an adjunct to usual care for fibromyalgia](#) (2009) FULL TEXT

[An observational study of patients receiving homeopathic treatment](#) (2004) FULL TEXT //improved physical condition & high satisfaction, costs less, allopathy drug discontinued

[Homeopathy for hyper-sensitivity](#) (2006)

[Homeopathic & antibiotic treatment strategies in recurrent acute rhinopharyngitis](#) (2005) // Inflammation of the mucous membranes of nose & throat, homeopathy superior to anti-biotic

## 6. British Homoeopathic Journal

[Efficacy and safety of a homeopathic gel Spiroflor SRL in the treatment of acute low back pain](#) (2001) FULL TEXT // SRL (Symphytum, RhusTox, Ledum Pal) is equally effective as Cremor Capsici Compositus FNA but has better safety profile, Double-blind Randomised Trial with n=21

## 7. Complementary & Alternative Medicine

[Patient satisfaction & side effects: comparing homeopathy & conventional medicine](#) (2008) FULL TEXT // higher patient satisfaction & 3 times fewer side-effects in homeopathy

## 8. International Journal of Clinical Pharmacology and Therapeutics

[Homoeopathic treatment of otitis media](#) (1997) // duration of pain of 2 days in homeopathy-group & 3 days in conventional group. 70.7 % & 56.5% of children receiving homeopathy & conventional respectively did not have another ear infection the next year

## 9. Evidence-based Complementary & Alternative Medicine

[Homeopathic LM potencies Vs Fluoxetine for Depression](#) (2009) FULL TEXT //Homeopathy not inferior to fluoxetine (Prozac) but had a better safety profile, Higher percentage of patients treated with fluoxetine reported troublesome side effects and there was a trend toward greater treatment interruption for adverse effects in the fluoxetine group compared to homeopathy, Double-blind Randomised Trial with n=91

## 10. Complementary Therapies in Medicine

[Homeopathy for the prevention of upper respiratory tract infections](#) (2005) Randomised Controlled Trial with n=69. The difference in the median number of days with URTI symptoms was statistically significant with 8 days in the homeopathic group and 13 days in the control group (p = 0.006)

[Traumeel for trauma and acute musculo-skeletal injuries](#) (2008)

## D2. HOMEOPATHY COST-EFFECTIVE THAN CONMED

Between 2001-2010, 24 economic evaluations including 13 full economic evaluations done, ref: Hermann P, Poindexter B, Witt CM, Eisenberg D. BMJ Open 2012

The cost of homeopathic medicines are much less than conmed because they are generic, non-patented and non-patentable.

[Cost-benefit evaluation of homeopathic versus conventional therapy in respiratory diseases](#) (2009) FULL TEXT // treatment by homeopathy costs 50% less

[Homeopathy in acute otitis media](#) (2001) FULL TEXT // n=230, After 12 hours, 72% of those using homeopathy experienced significant relief of symptoms, which was 2.4 times faster than the response to placebo. Compared to conventional treatment the homeopathic approach was 14% cheaper

[Arnica montana 4X for Healing of Wounds After Hallux Valgus Surgery Compared to Diclofenac 50 mg](#)(2008) // n=88, t= 4, arnica 60 % cost-effective than diclofenac

### **D3. HOMEOPATHY EQUALS CONMED**

#### **1. Archives of Otolaryngology- head & Neck Surgery**

[Homeopathic Vs conventional treatment of vertigo](#) (1998) FULL TEXT //Double Blind Randomised Controlled trial with n=119, Statistical Significant results with homeopathy as well as betahistine

#### **2. The European Journal of Heart Failure**

[Efficacy of homeopathic Crataegus & Spigelia for mild cardiac insufficiency](#) (2003) FULL TEXT // Crataegus & Spigelia Vs ACE inhibitors/Diuretics

#### **3. Explore: The Journal of Science and Healing**

[Asclepias vincetoxicum & Sulphur for treatment of upper respiratory infections](#) associated with common cold (2006) // homeopathy Vs anti-histamine and anti-inflammatory drugs

#### **4. Biologische Medizin**

[Vertigoheel Vs Dimenhydrinate for vertigo](#)(2001) FULL TEXT // 88% patient improved compared to 87 % in conventional group

[Viburcol for infections due to fever](#) (2002) FULL TEXT // equals paracetamol

#### **5. Der Allgemeinarzt**

[Zeel \(Rhus Tox, Dulcamara, Sanguinaria, Arnica\) for osteo-arthritis](#) (2003) FULL TEXT // equals COX 2 inhibitors

#### **6. Homeopathy**

[Placebo effect size same in conventional & homeopathic medicine](#) (2010) FULL TEXT

#### **7. Complementary & Alternative Medicine**

[Homeopathic & conventional treatment for acute respiratory & ear complaints](#) (2007) FULL TEXT // homeopathy Vs anti-biotics & analgesics for respiratory & ear complaints

#### **8. Forschende Komplementärmedizin und Klassische Naturheilkunde**

[Comparing Luffa compositum-Heel nasal spray with cromolyn sodium spray in the treatment of allergic rhinitis](#) (1999) FULL TEXT Double-blind Randomised trial with n=146, Homeopathic Nasal Spray containing Luffa, Galphimia, Histamine and Sulphur is as efficient and well tolerable as conventional therapy as Cromolyn Sodium  
[Treatment of rhinitis & sinus with Euphorbium compositum nasal drops](#) (2005) // Homeopathy Vs xylometazoline

## 9. Evidence-based Complementary and Alternative Medicine

[NervoHeel N for Nervous Disorders](#) (2007) FULL TEXT

## 10. Arzneimittel-Forschung

[Comparison of acetylsalicylic acid with Eupatorium perfoliatum 2X in treatment of common cold](#) (1981) // RCT

## 11. Dermatology

[Homoeopathic versus conventional therapy for atopic eczema in children](#) (2009)

## D4. HOMEOPATHY SUPERIOR TO PLACEBO

### 1. Journal of Clinical Epidemiology

[Conclusions on the effectiveness of homeopathy depend on the set of analyzed trials](#) (2008) // FULL TEXT homeopathy had a significant effect beyond placebo (odds ratio= 0.76) with p=0.039 at 95% CI

### 2. Forschende Komplementarmedizin

[Homeopathic patho-genetic trials produce specific symptoms different from placebo](#) (2009) FULL TEXT // homeopathy differs from placebo, n=25

### 3. Homeopathy

[Double-blind Placebo-controlled homeopathic patho-genetic trials](#) (2006) FULL TEXT

[The 2005 meta-analysis of homeopathy: the importance of post-publication data](#) (2008) FULL TEXT // Quality of homeopathic Trials is better than of conventional trials for all trials (p=0.03) as well as for smaller trials (p=0.003)

### 4. British Homoeopathic Journal

[Homeopathic treatment in women with premenstrual syndrome](#) (2001) FULL TEXT // 90% of patients who had received homeopathic treatment experienced more than 30% improvement (P=0.048). Only 37.5 % of patients who received placebo experienced a similar improvement, n=20

## **5. Complementary Therapies in Medicine**

[Homeopathy, sensation of well-being and CD4-levels](#) (1998) FULL TEXT //homeopathy improves sensation of well-being, provided evidence of ultra-high dilutions and may affect CD4 levels, n=36

[Arnica for inflammation after knee surgery](#) (2006) //Double-Blind Randomised Placebo Controlled trial with n=226

## **6. The Journal of Alternative and Complementary Medicine**

[Variation in Fourier transform infrared spectra of homeopathic potencies](#) (2005) FULL TEXT // FTIR spectra of Nux Vomica 30c, Lycopodium 30c, Santonin 30c, Cina 30c distinguishes from solvent, sugar globule soaked in homeopathic medicine retains its specific spectral absorption properties

[Gas Discharge Visualization Evaluation of Ultramolecular Doses of Homeopathic Medicines](#) (2003) // distinguishing homeopathic medicine from solvent using Bio-Electro-graphy: Dynamic Electrophotonic Capture

## **7. British medical Journal**

[Clinical Trials of Homeopathy](#) (1991) FULL TEXT // 77% of 105 studies show positive result of homeopathy

## **8. Journal of Psychosomatic Research**

[Efficacy of homeopathic treatment for chronic fatigue syndrome](#) (2004) Triple-Blind Study with n=92 Weak but equivocal evidence that the effects of homeopathic medicine are superior to placebo

## **9. Journal of Clinical Gastro-enterology**

[homeopathy for post-operative ileus](#) (1997) // E. Ernst, 6 trials, 776 patients (meta-analysis) Statistically significant ( $p < 0.05$ ) weighted mean difference in favor of homeopathy (compared to placebo)

## **10. Wiener Medizinische Wochenschrift**

[homeopathic Galphimia glauca for hay fever](#) (1997) // meta-analysis of 11 controlled trials: Significant superiority of Galphimia glauca over placebo is demonstrated

## **E. OUTCOME STUDIES**

### **E1. HOMEOPATHY IMPROVING QUALITY OF LIFE**

[Homeopathic medical practice](#) (2005) FULL TEXT // (Chronic) Disease severity and quality of life demonstrated marked and sustained improvements following homeopathic treatment in 3981 patients for 2 years

[Disease severity decreases & QoL of life increases following homeopathy treatment](#) (2008)  
FULL TEXT

<http://www.feg.unesp.br/~ojs/index.php/ijhdr/article/view/286/354> (2008)

[Treatment of allergic rhinitis with homeopathy](#) (2005)

[Homeopathic treatment of allergic rhinitis](#) (2009)

[Homeopathic Treatment of chronic low back pain](#) (2009)

[Scientific framework of evidence-based homeopathy](#) (2008) FULL TEXT // page 4-5

### **E2. SAFETY PROFILE OF HOMEOPATHIC MEDICINES**

#### **1. Forschende Komplementarmedizin**

[Effectiveness, Safety and Cost-Effectiveness of Homeopathy in General Practice](#) (2006)  
FULL TEXT

#### **2. British Homoeopathic Journal**

[Efficacy and safety of a homeopathic gel Spiroflor SRL in the treatment of acute low back pain](#) (2001) FULL TEXT // SRL (Symphytum, RhusTox, Ledum Pal) is equally effective as Cremor Capsici Compositus FNA but has better safety profile, Double-blind Randomised Trial with n=21

#### **3. Evidence-based Complimentary & Alternative Medicine**

[Homeopathic LM potencies Vs Fluoxetine for Depression](#) (2009) FULL TEXT // Homeopathy not inferior to fluoxetine (Prozac) but had a better safety profile. Higher percentage of patients treated with fluoxetine reported troublesome side effects and there was a trend toward greater treatment interruption for adverse effects in the fluoxetine group compared to homeopathy, Double-blind Randomised Trial with n=91

**[IMAGES](#)** (Just click for lead to Google-Images for related images)

## **UPDATE: UPTO THE END OF 2011**

164 peer-reviewed papers published between 1950-2011 (inclusive) on RCT in 89 medical conditions

(1) Out of 164, 137 are placebo-controlled & 27 non-placebo controlled studies

(2) Out of 164, 71 (43%) papers reported +ve findings, 9 (6%) were negative; 80 (49%) were non-conclusive; 4 (2%) contained non-extractable data.

(3) Out of 137 placebo-controlled studies, 41 are on individualised homeopathy and 96 on non-individualised homeopathy

(4) In 32 out of 89 disease conditions, there has been replicated research (2 or more RCT). In 22 out of 32 disease conditions, the results of replicated research were statistically significant.

(5) These 22 disease conditions are: Fibromyalgia, Influenza, Seasonal allergic rhinitis, Allergic asthma, Arsenic toxicity, Attention-deficit hyperactivity disorder, Blood coagulation, Childhood Diarrhoea, Common cold, Depression, Female infertility, Insomnia, Irritable bowel syndrome, Low back pain, Muscle soreness, Osteoarthritis, Otitis media, Post-operative bruising, Post-operative pain, Sinusitis, Upper respiratory tract infection, Vertigo. For more details [go here](#)

Ref: [http://www.homeopathyjournal.net/article/S1475-4916\(12\)00081-1/fulltext](http://www.homeopathyjournal.net/article/S1475-4916(12)00081-1/fulltext)

## **CONCLUSIONS**

Research claims to have confirmed the efficacy of homeopathic medicine. Additional support comes from the fact that animals, plants, infants and comatose patients also benefit from homeopathic treatment and it is unlikely that they will react psychologically to a medicine they often do not know they are being given

## **STILL TO WORK UPON**

[AYUSH](#)

[CAM Quest](#) // 703 studies on homeopathy

[Lilacs](#)

[Indian Journal of Research in Homoeopathy](#)

[HomeoVision](#)