



Research studies for reference

[1] Homeopathic medical treatment may play a beneficial role in the long-term care of patients with chronic diseases

A 2005 prospective, multicentre cohort study which reviewed the use of homeopathy found the severity of patients' symptoms decreased significantly in the first two years of the trial. The most significant improvements were seen in the young and those with more severe symptoms. 3,981 patients consulting the doctor for the first time in 103 German and Swiss primary care practices were observed. Of these, 97% had chronic ailments lasting on average around 8 years. The most frequent ailments were allergic rhinitis in men, headache in women, and allergic skin conditions in children.

Witt CM, Lüdtke R, Baur R, Willich SN. Homeopathic medical practice: long-term results of a cohort study with 3981 patients. *BMC Public Health* [Internet]. 2005 Jul 1;5. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/16266440>

In a large-scale Italian study of over 2,592 patients between 1998 and 2010, 47% of patients reported major improvements or even resolution of their clinical picture, while only 10% saw no improvement. The most common presenting symptoms were respiratory (29.4%), digestive tract (17%) and skin complaints (14.7%).

Rossi E, Marco P, Paola B, Marialessandra P, Mariella DS, Monia P, et al. Homoeopathy in the public health system: Outcome data from the homoeopathic clinic of the Campo di Marte Hospital, Lucca, Italy (1998-2010). *Eur J Integr Med*. 2014;6(1):39-47. Available at: <https://www.infona.pl/resource/bwmeta1.element.elsevier-37ba20c9-ec28-3a5c-88a4-1bf9c76ed8e22>.

[2] Homeopathy can successfully treat a wide range of conditions

[3] Homeopathy is clinically effective, cost-effective and safe

This was the conclusion of a Health Technology Assessment report on homeopathy commissioned by the Swiss government. The report exhaustively reviewed the scientific literature and its unambiguous, positive conclusions have resulted in homeopathy being included on the list of medical treatments which are reimbursed through Switzerland's national health insurance scheme.

Bornhöft G, Matthiessen PF. Homeopathy in Healthcare – Effectiveness, Appropriateness, Safety, Costs. An HTA report on homeopathy as part of the Swiss Complementary Medicine Evaluation Programme. Berlin Heidelberg: Springer-Verlag; 2011. Available at: <http://www.homeovet.cl/Libros/Homeopathy%20in%20Healthcare%20Effectiveness,%20Appropriateness,%20Safety,%20Costs.pdf>

MVooo2



Research studies for reference

[4]
The use of homeopathy could help to reduce the use of antibiotics and antipyretic/-anti-inflammatory drugs for upper respiratory tract infections (URTIs).

Patients with URTIs given homeopathy in a four-year population-based study (EPI3 survey) of 825 GPs and their patients in France showed significantly lower consumption of antibiotics and antipyretic/anti-inflammatory drugs, yet their symptoms improved at a similar rate. Data was used to compare the effectiveness of antibiotic and antipyretic/anti-inflammatory drugs with additional or alternative use of homeopathy in 518 adults and children with URTIs. The difference between the homeopathy GP group and the conventional medicine GP group may be due to specific attributes of either physicians or patients or interactions between the two.

Grimaldi-Bensouda L, Begaud B, Rossignol M, Avouac B, Lert F, Rouillon F. Management of upper respiratory tract infections by different medical practices, including homeopathy, and consumption of antibiotics in primary care: the EPI3 cohort study in France 2007-2008. *PLoS One* [Internet]. 2014;9. Available at: <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0089990>

[5]
Patient satisfaction can be higher in primary homeopathic care than in conventional care

Patient satisfaction was significantly higher in the homeopathic care group in an observational study which investigated patient satisfaction and perception of side effects using homeopathy compared with conventional care. This Swiss study, conducted in 2002–2003, used data from two large, cross-sectional studies of over 6,000 primary care patients. There were significant differences in the initial health status of the groups, with a higher percentage of chronic and severe conditions found in the homeopathic group. The authors concluded that homeopathic treatment was perceived as a low risk therapy by patients with two to three times fewer side effects than conventional care.

Marian F, Joost K, Saini KD, von Ammon K, Thurneysen A, Busato A, et al. Patient satisfaction and side effects in primary care: An observational study comparing homeopathy and conventional medicine. *BMC Complement Altern Med* [Internet]. 2008;8(1):52. Available at: <http://bmccomplementalternmed.biomedcentral.com/articles/10.1186/1472-6882-8-52>

A recent randomised controlled trial in Mexico concluded that homeopathic treatment compares favourably with that of fluoxetine in the treatment of depression during menopause. The study compared individualised homeopathy with Fluoxetine in the treatment of major depression in 133 peri- and post-menopausal women. After six weeks of treatment, those in the homeopathy group but not the fluoxetine group had improved more than the placebo group on two out of three inventory scales. The menopause symptoms of those in the homeopathy, but not the fluoxetine arms, also improved.

Del Carmen Macías-Cortés E, Llanes-González L, Aguilar-Faisal L, Asbun-Bojalil J. Individualised homeopathic treatment and fluoxetine for moderate to severe depression in peri- and postmenopausal women (HOMDEP-MENOP study): A randomised, double-dummy, double-blind, placebo-controlled trial. *PLoS One*. 2015;10(3). Available at: <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0118440>

[6]
Homeopathic treatment compares well with some antidepressants in the treatment of depression in menopause



Research studies for reference

[7] Homeopathic treatment could play a role in blood sugar control in patients with Type 2 diabetes

In a Hong Kong study, 27 patients with Type 2 diabetes mellitus given individualised homeopathic treatment plus conventional treatment showed significantly better changes in FPG levels after 12 months than the control group. This is despite the fact that the homeopathic group came to the study with more established and severe symptoms. While the study sample was too small to reach conclusions, given the global health and cost implications of type 2 diabetes, results indicate that follow up studies in this area should be seriously considered.

Lun K, To A, Ying Y, Fok Y, Chun K, Chong M, et al. Individualised homeopathic treatment in addition to conventional treatment in type 2 diabetic patients in Hong Kong: a retrospective cohort study. *Homeopathy* [Internet]. 2017;106(2):79-86. Abstract available at: <https://www.ncbi.nlm.nih.gov/pubmed/28552177>

Evidence from a recent RCT suggests that patients with self-reported depression find homeopathy to be an effective and acceptable treatment. The study (a cohort multiple randomised control trial) tested the effectiveness of add-on treatment from homeopaths compared to usual care alone, over a period of 12 months. Results showed a moderate treatment effect size in favour of those treated with homeopathy, which was still present at 12 months.

Viksveen P, Relton C, Nicholl J. Depressed patients treated by homeopaths: a randomised controlled trial using the 'cohort multiple randomised controlled trial' (cmRCT) design. *Trials* [Internet]. 2017;18(1):299. Available at: <http://trialsjournal.biomedcentral.com/articles/10.1186/s13063-017-2040-2>

[8] Homeopathy could be an effective and acceptable treatment for depression

[9] Homeopathy may play a role in the treatment of patients with two or more conditions

The results of this pragmatic RCT suggest that the global health status and subjective wellbeing of cancer patients improve significantly when adjunct classical homeopathic treatment is administered in addition to conventional therapy. 410 patients being treated by standard anti-neoplastic therapy were randomised to receive or not receive classical homeopathic therapy in addition.

Frass M, Friehs H, Thallinger C, Sohal NK, Marosi C, Muchitsch I, et al. Influence of adjunctive classical homeopathy on global health status and subjective wellbeing in cancer patients – A pragmatic randomised controlled trial. *Complement Ther Med.* 2015;23(3):309-17. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/26051564>

Homeopathy may play a role in the treatment of multi-morbid patients, with lower cost implications than conventional treatments. Frei et al treated 50 patients with multiple conditions using polarity analysis - a system based on grading found in Boenninghausen's Therapeutic Pocket Book. 43 patients stayed for the study period. The cost of homeopathic treatment was less than half the projected equivalent of conventional treatment.

Frei H. Homeopathic treatment of multimorbid patients: A prospective outcome study with polarity analysis. *Homeopathy* [Internet]. 2015;104(1):57-65. Available at: [http://www.homeopathyjournal.net/article/S1475-4916\(14\)00084-8/fulltext](http://www.homeopathyjournal.net/article/S1475-4916(14)00084-8/fulltext)

[10] Homeopathy can help to improve the overall health and wellbeing of cancer patients when provided in addition to conventional therapy