

Research in Homeopathy

Robert Medhurst BNat ND DHom

Robert Medhurst is an Australian naturopath specialising in homeopathy and is the author of *The Concordant Clinical Homeopathic Repertory*, the ultimate guide to clinical prescribing in homeopathy. For more on this, see www.adelaidehillsnaturopath.com.au.

The Australian Federal Government recently announced that in 2019, the healthcare insurance rebates for most complementary medicine consultations provided by non-registered healthcare providers, including rebates for homeopathic treatment, would cease. This measure was taken as a means of reducing healthcare spending in areas where the government was advised that there was insufficient evidence for the treatment modality to justify the rebate. As these rebates cease and the net cost of complementary medicine and homeopathic consultations increases, the number of consultations carried out across Australia is likely to decrease and the people who would have been treated with complementary medicine and homeopathy but can no longer afford to do so, will turn to the public health system for a solution to their disease and public health expenditure will increase. The removal of the rebates will therefore have the opposite effect to the one originally intended by the government. The National Health and Medical Research Council (NHMRC), the Australian Federal Government's peak advisory body on healthcare, was the organisation that assessed the evidence for these modalities and the methods used for that assessment, particularly in regard to homeopathy, have been subject to significant levels of criticism, both from academic experts working in this area and from professional prescribers. Among other things, the NHMRC concluded that there were no health conditions for which there is reliable evidence that homeopathy is effective. It was an interesting outcome given the amount of good quality evidence that's easy to find that confirms the effectiveness of homeopathy. A few years ago I wrote an article containing summaries of most of the research on homeopathy that had been published up to that time. This article, completed in December 2017, is an update to that. It contains 500 abstracts from human, animal, plant and in-vitro scientific studies published in peer-reviewed journals that attest to the reality that there is an abundance of well-constructed objective evidence that confirms a positive effect from interventions using homeopathy.

[FOLLOWS IS 110 PAGES OF STUDIES – HUMAN, ANIMAL, PLANT, and IN VITRO – CONFIRMING THE EFFICACY OF HOMEOPATHY, AS PUBLISHED IN PEER-REVIEWED JOURNALS - SAMPLES FOLLOW]

Human studies

1. Albertini H, et al. Homeopathic treatment of dental neuralgia by Arnica and Hypericum. *Journal of the American Institute of Homeopathy*, 1985, 3, 126-129. Carried out at the Faculty of Medicine of Marseilles, this placebo controlled study was designed to determine the effectiveness of Arnica 7C and Hypericum 15C for people suffering from dental neuralgia. 60 people received either 4 pilules of Arnica alternated with 4 pilules of Hypericum every 4 hours or placebo administered in the same way. Pain levels were assessed over 3 days from the beginning of the trial. From this assessment 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 given the homeopathic medicines responded positively to these.

2. Alibeu JP, Jobert J. Aconite in Post-Operative Pain and Agitation in Children, *Pediatric*, 1990, 45, 7-8, 465-6. In this double blind placebo controlled trial, 50 children suffering from post-operative pain and agitation were given either Aconite or placebo. The effects of Aconite were significantly better than placebo

3. Ammerschlager H, et al. Treatment of inflammatory diseases of the upper respiratory tract - comparison of a homeopathic complex remedy with xylometazoline. *Forsch Komplementarmed Klass Naturheilkd.* 2005, 12, 1, 24-31. In a multi-centre, controlled, cohort study, 739 people suffering from rhinitis or sinusitis were given either xylometazoline (a drug commonly used for nasal congestion, sinusitis and hay fever) or a homeopathic combination. Both forms of therapy provided similarly effective results.

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56. Jacobs J, et al. Treatment of Acute Childhood Diarrhoea with Homoeopathic Medicine. *Paediatrics*, 1994, 93, 5, 719-725. In a randomised, placebo controlled trial with 81 children suffering from acute diarrhoea, individually prescribed homoeopathic medicines were found to be superior to placebo.

57. Jacobs J, et al. Acute Childhood Diarrhoea- A Replication. *Journal of Alternative and Complementary Medicine*, 6, 2000, 131-139. In a replication of a previous trial carried out by Jacobs and others, 116 Nepalese children aged 6 months to 5 years suffering from diarrhoea were given an individualised homoeopathic medicine or placebo over a 5 day period. Results assessed at the end of this period showed homeopathy to be superior to placebo as a means of relieving diarrhoea.

58. Jacobs J, et al. Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial. *Pediatr Infect Dis J*, 2001, 20, 2, 177-83. 75 children suffering from acute otitis media were given homeopathic treatment or were given treatment with placebo. On assessment it was found that homeopathy provided an improved outcome from this condition.

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115. Spence DS, Thompson EA, Barron SJ. Homeopathic treatment for chronic disease: a 6-year, university-hospital outpatient observational study. *J Altern Complement Med.* 2005, 11, 5, 793-8. This study looked at the effectiveness of individualised homeopathic therapy over a 6 year period in a UK homeopathic hospital outpatient department. The results from 6544 consecutive patients were examined, and when compared to baseline observations it was found that of these patients, 70% reported an improvement in their conditions.

116. Stanton HE. Test and Anxiety- A Five Drop Solution. *Education News*, 1981, 17, 6, 12-15. In this trial, 40 students suffering from test-induced anxiety were given either homeopathic *Argentum nitricum* 12X or placebo. The level of test-induced anxiety was significantly reduced from the homeopathic medicine when compared to the placebo and this effect appeared to persist over time.

117. Steinsbekk A, Ludtke R. Patients' assessments of the effectiveness of homeopathic care in Norway: a prospective observational multicentre outcome study. *Homeopathy*, 2005, 94, 1, 10-6. In this prospective uncontrolled observational multi-centre outcome study, 654 people who'd visited 80 Norwegian homeopaths were asked to assess, via a Visual Analogue Scale (VAS) the effectiveness of this form of treatment comparing the VAS score at their first consultation with the VAS score 6 months later. After the results were collated it was found that 70% of those people visiting a Norwegian homeopath reported a meaningful improvement in their main complaint 6 months after the initial consultation.