



Homeopathic Medicine: What the Research Shows

Literally thousands of research studies have been published on the subject of homeopathy. Some of the most recent studies, conducted in twelve independent laboratories in the U.S., Russia, France, Italy and India, show that homeopathy is in fact the first form of natural nanomedicine ever discovered.

Here is a very brief beginner's list of published research studies on the topic. Enjoy!

- Adler UC, Paiva AT, et al. [Homeopathic Individualized Q-Potencies versus Fluoxetine for Moderate to Severe Depression: Double-Blind, Randomized Non-Inferiority Trial](#) *Calil Evid Based Complement Alternat Med.* 2011; 2011: 520182. This study indicates that individualized homeopathic treatment is as effective as Prozac in acute treatment of outpatients with moderate to severe depression.
- Bell IR. [Nanoparticles, Adaptation and Network Medicine: An Integrative Theoretical Framework for Homeopathy](#) *HRI Research Article Issue 17 Autumn 2012.* For those interested in a discussion of homeopathy as a natural form of nanomedicine – this paper is a good one..
- Bell IR, Boyer NN. [Homeopathic Medications as Clinical Alternatives for Symptomatic Care of Acute Otitis Media and Upper Respiratory Infections in Children](#) *Glob Adv Health Med.* 2013 January; 2(1): 32–43. This paper looks at homeopathy as a safe and effective alternative treatment for upper respiratory infections and ear infections.
- Bell IR, Lewis DA, 2nd, Brooks AJ et al. [Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo.](#) *Rheumatology* 2004b; 43 (5):577-82. This study demonstrates that individualized homeopathy is significantly better than placebo in lessening tender point pain and improving the quality of life and global health of persons with fibromyalgia.
- Frass, M., et al. (2005). "[Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit.](#)" *Homeopathy : the journal of the Faculty of Homeopathy* 94(2): 75-80. This study looked at the use of homeopathic medicine for those in intensive care suffering with severe sepsis. Survival rates were statistically significantly higher with homeopathy than with placebo.

- Frei H, Everts R, von Ammon K, et al. [Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomised, double blind, placebo controlled crossover trial.](#) *Eur J Pediatr.* 2005 Dec, 164, 12, 758-67. This study demonstrated the effectiveness of homeopathy in the treatment of attention deficit hyperactivity disorder, particularly in the areas of behavioral and cognitive functions.
- Jacobs J, Jonas WB, Jimenez-Perez M et al. [Homeopathy for childhood diarrhea: combined results and metaanalysis from three randomized, controlled clinical trials.](#) *Pediatric Infectious Disease Journal* 2003; 22 (3):229-34. This study confirmed that individualized homeopathic treatment decreases the duration of acute childhood diarrhea.
- Witt, C. M., et al. (2005). ["Homeopathic medical practice: long-term results of a cohort study with 3981 patients."](#) *BMC Public Health* 5: 115. This study followed 3,981 patients over time. Disease severity and quality of life demonstrated marked and sustained improvements following the homeopathic treatment period indicating that homeopathic medical therapy can play a beneficial role in the long-term care of patients with chronic diseases.
- Witt C, Ludtke R, Willich SN. [Homeopathic treatment of patients with chronic sinusitis: A prospective observational study with 8 years follow-up](#) *BMC Ear Nose Throat Disord.* 2009; 9: 7. This observational study demonstrated relevant improvements that persisted for 8 years in patients seeking homeopathic treatment because of sinusitis.
- Witt CM, Ludtke R, et al. [Homeopathic treatment of patients with dysmenorrhea: a prospective observational study with 2 years follow-up.](#) *Arch Gynecol Obstet,* 2009, 280, 4, 603-11. This study found that Patients with dysmenorrhea (painful periods) improved under homeopathic treatment.
- Witt CM, Ludtke R, et al. [Homeopathic treatment of patients with chronic low back pain: A prospective observational study with 2 years' follow-up.](#) *Clin J Pain,* 2009, 25, 4, 334-9. This study demonstrated that classic homeopathic treatment represents an effective treatment for low back pain and other diagnoses. It improves health-related quality of life and reduces the use of other healthcare services.

If you would like to dig a bit further into the research literature, the Canadian Academy of Homeopathy has available a list of thousands of studies – and that list is updated often. You may find it here: http://www.homeopathy.ca/pdf/HomeopathyResearchEvidenceBase_10-29-15.pdf