Mr Akpan Etukudo
Division of AIDS, Tuberculosis and Malaria (ATM)
WHO Africa

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Re: Homeopathy for Epidemic Diseases in Developing Countries

Dear Mr Etukudo

In a press release dated June 1st, The Voice of Young Science (VoYS) network announced that they had sent a letter to your office under the title: ‘Homeopathy and serious diseases in the developing world: an open letter from early career medics and researchers’.

In their letter the young scientists ask WHO …

“… to condemn the promotion of homeopathy for treating TB, infant diarrhoea, influenza, malaria and HIV. Homeopathy does not protect people from, or treat, these diseases. Those of us working with the most rural and impoverished people of the world already struggle to deliver the medical help that is needed. When homeopathy stands in place of effective treatment, lives are lost.”

We welcome the concerns VoYS expresses regarding the health of people in developing countries. It is because of the same concerns though that we come to the opposite conclusion, namely that we feel WHO cannot afford to ignore the contribution homeopathy has to offer in treating the epidemics of our time. In this letter we would like to explain why we think this to be true, and how we see that a combination of conventional medicine and homeopathy would create a win-win situation in which each can complement the other. From the VoYS letter it is clear that these young scientists express opinions on the use of homeopathy for epidemic diseases without having properly studied the subject, and without acknowledging some serious concerns regarding the current conventional approach. We feel that lasting solutions to our serious world-wide health problems will not be reached by letting one system of health care dominate over the others, but rather by acknowledging the value and strong points of each and by integrating them into a multi-disciplinary system of health care.

Homeopathy - evidence based medicine

Conventional medicine has great difficulty in understanding the basic principles and philosophy of homeopathy as within its Cartesian paradigm only chemical substances in high enough doses are capable of treating a disease. Homeopathy does not treat diseases by suppressing its symptoms, but on the contrary uses potentiised substances to stimulate the immune system and induce a self-healing response. There is sufficient research that demonstrates that homeopathy is an effective system for healing individuals.

The efficacy of homeopathic treatment has been proven in a wide variety of studies: Several observational studies have been conducted and these studies consistently show real-world effectiveness of homeopathic treatment [1-2]. Seven systematic reviews focused on RCTs of homeopathy in specific medical conditions have been positive for homeopathy [3-9], and

1 www.senseaboutscience.org.uk/voys
2 Ian Sample, British scientists ask WHO to condemn homeopathy for diseases such as HIV, www.guardian.co.uk, June 1 2009
Interestingly two of these positive reviews are on childhood diarrhea and influenza, conditions which VoYS claim that homeopaths should be banned from treating. Most meta-analyses of all RCTs of homeopathy have been positive even though meta-analyses are far from appropriate when the trials are extremely heterogeneous (as in homeopathy) not only in results but also in the interventions and health conditions under study and when a therapeutic system works in some but not all indications [10-14].

Basic research has provided evidence for the similia principle, i.e. that a substance that can cause symptoms in a healthy individual can be used to cure the same symptoms in a sick person. The validity of the similia principle as a specific type of regulation is essential to characterise homeopathy as a regulation therapy. The most significant experiments were conducted at the University of Utrecht, the Netherlands, which were able to show that self-recovery on the cellular level is stimulated by small doses of threatening conditions applied according to the similia principle [15-19].

A large proportion of basic research activity is aimed at the demonstration of an effect of serially agitated high dilutions. A considerable number of experiments have demonstrated that these dilutions may possess unique physical properties and can exert physiological effects. A meta-analysis evaluated 67 in-vitro experiments in 75 publications of research on homeopathic dilutions [20]. A majority of papers reported high-potency effects and positive findings were obtained in nearly three-quarters of all replicated studies. The most significant studies in biological models have been conducted on human basophils, using the degranulation test [21-29]. Several significant studies demonstrated the protective effect of serially agitated high dilutions of mercury or arsenic trioxide on the mortality of poisoned mice [30-35], effects of serially agitated high dilutions of acetylsalicylic acid on bleeding time, platelet aggregation and coagulation [36-40], effects of serially agitated high dilutions of thyroxine on the rate of amphibian metamorphosis [41-46], effects of serially agitated high dilutions of arsenic on the toxic effect of material doses of arsenic trioxide on wheat shoot growth and wheat germination [47-50].

In physical research some experiments using thermoluminescence have shown that dissolved substances modified the intensity of signals related to structure, even when they had been homeopathically diluted beyond Avogadro’s number [51-52]. Modifications of physical parameters of homeopathic dilutions have also been observed by gas discharge visualization [53], and by mixing-flow microcalorimetry, electrical conductivity and potentiometry [54-58].

Homeopathy is a dynamic science and there is still a lot to be researched as to effectiveness for specific medical conditions, as is the case with any science. That homeopathy is a reliable method of healing has been clearly established over the last 200 years. It is popular all over the world: for instance the European Commission estimated in 1997 that more than 100 million European citizens had used it. In India there are over 200,000 registered practitioners, 182 colleges and over 300 homeopathic hospitals. In many countries all over the world homeopathy has gained official status.

To answer the question whether homeopathy can and should be used in the treatment of epidemics, and more specifically in developing countries, it is interesting to go back in time to a period when antibiotics and many other chemical drugs had not been discovered yet, and also in the so-called developed world people were dying in large numbers from epidemic diseases.

**History of Homeopathy and epidemic diseases**

Although its efficacy has clearly been demonstrated in the treatment of individuals suffering from acute or chronic diseases, a historical review shows homeopathy’s greatest asset appears to be in the treatment of epidemic diseases. There are impressive examples of such broad applications of homeopathy in the 19th and 20th centuries.

In giving an historical overview of the use of homeopathy in epidemic diseases Bedayn [59] writes that the curative results of homeopathy

"…… were so positive during the epidemics in the ensuing decades that they not only cured the majority of those affected where nothing else had worked, but they also drew international acclaim towards homeopathy, the new, the rational, medicine. There is something intrinsically powerful about the success of homeopathy in curing large populations that is undeniably attractive to anyone gifted with the power of observation, and it was through these early cures with epidemics that Hahnemann was able to quickly and widely spread the word: Homeopathy."

Homeopaths impressed the medical establishment with their results. Here are a few quotes to illustrate this:

• **General:** "In epidemics the mortality per 100 patients is 1/2 to 1/8 in homeopathic hospitals (a century ago there were several homeopathic hospitals in the US) compared to allopathic hospitals." (Bradford, 1900)[60]

• **General:** "Homeopathy had become very popular in North America during its early years due to its amazing successes obtained by the 'old guard' during the epidemics - epidemics of diphtheria, scarlet fever, cholera, malaria, yellow fever." (From its Roots Upwards, Interview with André Saine, N.D., D.H.A.N.P., Vienna January 1994)[61]
• General: "Ever since Samuel Hahnemann homeopathy has time and again been able to successfully treat epidemics/pandemics with a small number of remedies." (Stahl, Hadulla, Richter, 2006)[62]

• Cholera: "In Russia in the years 1830 and 1831 homeopathy was used to treat 1270 cholera patients in the provinces Saratoff, Tamtoff and Twer: 1162 of those were cured, 108 died... similar rates in the results of homeopathic treatment for cholera were observed in Hungary, Mährnen and Vienna." (Gebhardt, 1929)[63]

• Cholera: "When in the year 1854 cholera came to Palermo 1513 soldiers fell ill ... Of these 902 were treated with allopathy of which 386 died, a bit more than 42%; 611 were treated with homeopathy, of which only 25, so almost 4%, died. In the abovementioned years cholera also visited the Caribbean, and on the 'pearl' of these islands, Barbados, 2113 people fell ill. Of the 346 treated with allopathy 154 died, but of the 1767 treated with homeopathy only 370." (Gebhardt, 1929)[63]

• Cholera: "3% of the cholera patients under homeopathic treatment died (Cincinnati USA 1849). Mortality rate of cholera patients under allopathic treatment was 40-70%." (Humphreys 1849)[64]

• Spanish influenza: "Perhaps the most recent use of homeopathy in a major epidemic was during the Influenza Pandemic of 1918. The Journal of the American Institute for Homeopathy, May, 1921, had a long article about the use of homeopathy in the flu epidemic. Dr. T A McCann, from Dayton, Ohio reported that 24,000 cases of flu treated allopathically had a mortality rate of 28.2% while 26,000 cases of flu treated homeopathically had a mortality rate of 1.05%. This last figure was supported by Dean W.A. Pearson of Philadelphia (Hahnemann College) who collected 26,795 cases of flu treated with homeopathy with the above result." (Winston 2006)[65]

• Spanish influenza: "Homeopathy has been used with great degree of success in influenza and other epidemics for 200 years … In 1918 flu pandemic homeopaths reported around 1% mortality in their cases, while conventional doctors were losing 30% of their patients."[66] NB: The Spanish influenza virus we know now was an avian virus. Approximately 40 million people died in just 18 months.

• Spanish influenza: "Dean W.A. Pearson of Philadelphia collected 26,795 cases of influenza treated by homeopathic physicians with a mortality of 1.05%, while the average old school mortality was 30%. Explanation: conventional treatment of folks with flu caused at least 8038 deaths while the homeopaths lost only 281 patients. That is a statistically significant difference."

"Thirty physicians in Connecticut responded to my request for data. They reported 6,602 cases with 55 deaths, which is less than 1%. In the transport service (during WW1) I had 81 cases on the way over. All recovered and were landed. Every man received homeopathic treatment. One ship (using conventional therapy) lost 31 on the way. H.A. Roberts, MD, Derby, Connecticut." [Explanation: a number of homeopathic physicians served in the Armed Forces during WW1 and made use of their homeopathic training. (Dearborn, 1923)[67]; (Dewey, 1921)[68]

• Spanish influenza: "The most severe epidemic of all time was the Great Influenza Pandemic of 1918. Twenty percent of the entire world population was infected and 20-40 million people died. The epidemic was so devastating that the average lifespan in the United States was decreased by ten years. During this epidemic homeopathic medicines were used widely both for treatment and as prophylaxis. The average mortality under standard treatment ran from 2.5-10%, while 1% or fewer patients died under homeopathic treatment." (Hoover, 2006)[69]

• Yellow Fever in USA: "Homeopathy had become very popular in North America during its early years due to its amazing successes obtained by the "old guard" during the epidemics - epidemics of diphtheria, scarlet fever, cholera, malaria, yellow fever - especially yellow fever; the death rate for that was 55% when allopathic treatment was used, but less than 5% in cases with homeopathic treatment; and it was the same for cholera. It is here with the 'old guard' that homeopathy obtained its golden letters." ('From its Roots Upwards', Interview with André Saine, ND, DHANP, Vienna, January 1994.)[61]

These are clearly impressive figures, certainly if we compare them with the results of contemporary regular treatment. Considering the advances made in conventional medicine in the past century the question arises though whether homeopathy should still play a role in treating epidemic diseases.

Homeopathy and Epidemic Diseases Today

Homeopathy and conventional medicine were equally well accepted by the public towards the end of the 1800s. Conventional medical doctors in the US lobbied the government in the early 1900s and legislation was passed giving them the exclusive right to diagnose and treat medical conditions. With the US taking the lead in the world, homeopathy went into a decline.
Homeopathic hospitals were closed. The light of homeopathy was kept alive by smaller number of homeopaths, but many lost track of what is called Hahnemannian homeopathy and as a science little progress was made.

This changed in the last decades of the 20th century. Homeopathy flourished again and especially in the treatment of chronic diseases great advances were made.

If we look at homeopathy today, the use of the homeopathic approach for epidemic diseases is marginal. In part, this is because epidemic diseases like those mentioned above hardly play a role anymore in the West. Homeopaths that went to developing countries to help those for whom often no medical care is available at all were strongly confronted with epidemic diseases. They once again started to treat epidemic diseases and experienced how successful homeopathy still is for these conditions.

Why Homeopathy Should Play a Role in Treating Epidemics

VoYS makes the assumption that homeopaths active in developing countries stand in the way of conventional medicine and prevent patients from receiving effective treatment for their diseases. This is a gross misrepresentation of reality. It ignores the results homeopaths are producing in treating epidemics diseases and ignores some main problems concerning the conventional treatment for epidemic diseases like side-effects and therapy resistance. In order not to make this letter more lengthy than it already is we will only use HIV/AIDS as an example of how homeopathy does not stand in the way of effective treatment for patients but rather complements available conventional treatment.

- It is not the policy of any homeopathic organization in the world to advise patients against the use of conventional medicine and this includes the treatment of epidemic diseases like HIV/AIDS, TB and malaria, and to our knowledge that is also not the policy of homeopathic organizations active in developing countries. As for instance with HIV/AIDS homeopaths respect the health policy of the country they work in and will either provide homeopathic treatment before ARVs are indicated (1), or to complement ARVs (2) once these are used.

Ad 1 - Patients that are not on ARVs yet because their CD4 count has not reached a critical level yet are observed to get improved health and increased immunity, thus postponing the need for ARVs. As ARVs will usually be effective for a limited amount of time and in many cases give severe side-effects, implementing homeopathy in early stages is clearly beneficial for patients.

Ad 2 - ARVs bring the viral load down rapidly whereas homeopathic treatment boosts the immune system so opportunistic infections are cleared much more rapidly. As the observation is also that side-effects from ARVs are reduced significantly if patients also take homeopathic treatment this represents a clear win-win situation.

- Conventional medical care is non-existent or limitedly available in many areas. When for instance homeopaths started treating HIV/AIDS in 2001 they treated patients in countries where ARVs were simply not available or only available to the very rich.

- If patients that are on ARVs become therapy resistant second line ARVs are often not available. In those case homeopaths have regularly observed that these patients do respond to homeopathic treatment, and instead of dying can continue their lives.

- Therapy resistance is an increasing problem making conventional medicine inactive and alternative approaches dearly needed. For the major epidemics in Africa - malaria, TB and HIV - this is a serious problem. The problems surrounding resistance against for example ARVs are finding increasing acknowledgment within the healthcare community. "The threat of large-scale drug resistance is 'real and scary.' " (Marani 2007)[70]

"Resistance develops naturally, in response to the selective pressure from drugs or from the body's own immune system." (World Bank 2003)[71]

The reality is that in the short-term antibiotics and ARVs save lives but that in the long term they may induce more dangerous strains of the infective agent and patients may become therapy resistant. Dual infections like with HIV and TB only increase this problem.

- Vaccination programmes are not available for many diseases that keep undermining the health and development of developing countries. For instance, despite two decades of research spent on developing an effective vaccine against HIV, it has not yet been developed , and the most promising development in this area turned out to increase instead of decrease the chance of attracting HIV/AIDS. ‘Merck developed the vaccine in conjunction with the U.S. National Institutes of Health, and until September's announcement, researchers worldwide considered it the most promising candidate yet in a multibillion-dollar quest for an AIDS vaccine dating back to the 1980s.’ [72]
VoYS advises WHO to condemn the homeopathic treatment of diseases like “TB, infant diarrhoea, influenza, malaria and HIV. Homeopathy does not protect people from, or treat, these diseases.”

We suggest that on the contrary homeopathy could play an important role in the treatment of these diseases and that WHO should make funds available to study this further. The historical data above supports this idea, and current observations confirm that homeopathy is still effective in modern epidemics. We will restrict ourselves to publications on HIV/AIDS.

- HIV/AIDS: The results with a homeopathic remedy called Iquilai in 228 patients were that more than 95% of the patients had a positive response to the remedy, that there was a strong improvement in their health status, that opportunistic infections healed without further intervention, that the CD4 cell values of the tested group showed significant increases and that side effects from regular ART were reduced in those patients that used them. [73]

- HIV/AIDS: patients treated in Botswana with a homeopathic remedy complex – “We can conclude that the quality of life of patients treated only with Canova had increased in a meaningful way by the end of the first month of usage. The patients, all of them bearers of HIV/AIDS, presented positive clinical changes, reflexes of alterations in each one of the evaluated aspects … Furthermore, those changes were sustained after the eighteen months period.” [74]

- HIV/AIDS: Statistical analysis of a data-collection in Malawi (n=54) showed significant results in all but one parameter (Hiwat & van der Zee 2004)[75]

Cooperation

The amount of evidence as to the efficacy of the homeopathic treatment of HIV/AIDS, malaria, TB etc is still limited and clearly much more research is needed. The daily reality for homeopathy is that conventional medicine demands homeopaths to do more research and at the same time refuses to make funds available as the whole concept does not fit the current medical paradigm. Reality is also that world-wide many patients seek the help of homeopaths and other systems of complementary or traditional medicine and that in many countries they have a hard time exerting their right to receive the health care of their choice. Only recently it took a referendum in Switzerland to include this right in the Swiss constitution. 67 percent of the population voted in favour of making complementary and alternative medicine available. On the level of decision making on public health issues conventional medicine dominates the agenda and the vote of the patient is often largely ignored. The World Health Organisation plays an important role in voicing the general publics opinion and desires, and the very existence of a special department for complementary, alternative and traditional medicine is a clear expression of that.

Homeopathy would like to cooperate with WHO to further investigate the results reported by homeopaths who are offering treatment for epidemic diseases in developing countries. At a recent international conference many representatives of projects in Africa, Asia, Southern America and Cuba shared their observations and data-collection. The overall conclusion based on their experience is that homeopathy is not only effective in the treatment of epidemic diseases but also in preventing infection by homeoprophylaxis. A recent study involving some 2,3 million people to prevent the annual outbreak of leptospirosis in Cuba, is a good example to illustrate the potential homeoprophylaxis can have for world health. [75]

The community of homeopathic doctors would like to collaborate with WHO in:

- Studying the results of treating epidemic diseases like Malaria, TB and HIV/AIDS with different homeopathic approaches
- Studying the results of preventing the outbreak of epidemic diseases like malaria but also swine flu and bird flu.

These studies should involve developing countries but could also include the rest of the world for those diseases that are not limited to developing countries. For the homeopathic community to be able to conduct proper trials funds will be needed as well as assistance on political, organisational and scientific levels.

For the benefit of the millions of people that yearly fall ill or die from an epidemic disease, we would welcome the opportunity to discuss a proper strategy for fruitful cooperation with WHO.

There are several reasons why the homeopathic option for epidemic diseases deserves serious consideration:

- Homeopathic remedies create no side-effects
- Homeopathy is safe for pregnant women, babies and elderly people
- Homeopathic remedies are inexpensive (E.g. treating HIV/AIDS costs about 1 dollar per month)
• Production, storage and distribution of homeopathic remedies is simple
• Homeopathy does not induce therapy resistance
• Homeopathic treatment does not create more dangerous strains of viruses and bacteria
• Homeopathic treatment of epidemics can be taught to health professionals in a short amount of time
• Homeopathy has been effective in many epidemics in the past and indications are very strong that it is effective in today’s epidemics as well
• All homeopathic projects in developing countries are working on a voluntary basis, and many are including self sustainable food and educational programs.

Conclusion
Starting with the unfounded assumption by some young scientists gathered in VoYS that it would be irresponsible to allow homeopaths to treat diseases like TB, infant diarrhoea, influenza, malaria and HIV we feel that based on the above, the opposite is true. It would be irresponsible not to seriously investigate the observations made over two centuries by many thousands of homeopaths concerning the homeopathic treatment of a wide variety of epidemic diseases.

"Homoeopathy cures a larger percentage of cases than any other method of treatment and is beyond doubt safer and more economical and the most complete medical science." Mahatma Gandhi

"History will surely judge us harshly if we do not respond with all the energy and resources that we can bring to bear in the fight against HIV/AIDS." Nelson Mandela

Yours sincerely,

[Signature]

Dr Ton Nicolai
ECH, President
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