



The Research Evidence Base for Homeopathy

Systematic reviews of randomised controlled trials (RCTs) of homeopathy

- Four of five major comprehensive reviews of RCTs in homeopathy have reached broadly positive conclusions.¹⁻⁴ Based on a smaller selection of trials, a fifth review came to a negative conclusion about homeopathy.⁵
- Positive conclusions have been reported in 10 of 29 reviews of RCTs in specific categories of medical condition (the other 19 are largely inconclusive):
 - allergies and upper respiratory tract infections^{6,7}
 - childhood diarrhoea⁸
 - influenza treatment⁹
 - post-operative ileus¹⁰
 - rheumatic diseases¹¹
 - seasonal allergic rhinitis¹²⁻¹⁴
 - vertigo.¹⁵

RCTs of homeopathy – the original data

- Up to the end of 2011, the peer-reviewed literature included 164 RCT papers, of which 160 have data that can be used for analysis: 71 positive; 9 negative; 80 not statistically conclusive. In addition to the conditions above, there is a positive balance of evidence in the following, for example:
 - fibromyalgia¹⁶⁻¹⁸
 - insomnia¹⁹⁻²¹
 - sinusitis.^{22,23}
- There is evidence from singleton RCTs in favour of homeopathy for a number of other conditions including: bronchitis,²⁴ chronic fatigue,²⁵ premenstrual syndrome.²⁶

Cost effectiveness of homeopathy

- Integration of homeopathy with conventional treatment is associated with better clinical outcomes for similar or lower costs.²⁷⁻²⁹

Clinical observational studies

- 70.7% of 6,544 follow-up patients, treated at Bristol Homeopathic Hospital for a wide range of chronic medical complaints, reported positive health changes.³⁰
- Many patients attending the Royal London Homoeopathic Hospital were able to reduce or stop conventional medication following homeopathic treatment.³¹

Basic Science

- Laboratory research has obtained evidence that water may retain information about homeopathically-prepared solutes.³²⁻³⁴
- Additional laboratory studies have shown that homeopathic dilutions can exert biological effects.^{e.g. 35-37}

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