



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.^{1,2,3,4} Based on a smaller selection of trials, a fifth review came to a negative conclusion about homeopathy.⁵
- Positive conclusions have been reported in 9 of 23 reviews of RCTs in specific categories of medical condition (the other 14 are largely inconclusive):
 - allergies and upper respiratory tract infections⁶
 - childhood diarrhoea⁷
 - influenza treatment⁸
 - post-operative ileus⁹
 - rheumatic diseases¹⁰
 - seasonal allergic rhinitis^{11,12,13}
 - vertigo.¹⁴

RCTs of homeopathy – the original peer-reviewed research literature

- Up to the end of 2009, 142 RCTs had been published: 63 positive; 11 negative; 68 not statistically conclusive. In addition to the above seven conditions, there is positive evidence from two or more RCTs in each of the following three areas:
 - fibromyalgia^{15,16,17}
 - osteoarthritis^{18,19}
 - sinusitis.^{20,21}
- There is evidence from single RCTs (not refuted elsewhere) in favour of homeopathy for a number of other conditions, including: acute otitis media,²² ankle sprain,²³ 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.^{27,28,29}

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.^{32,33,34}
- Additional laboratory studies have shown that homeopathic dilutions can exert biological effects.^{e.g. 35,36,37}

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