



HOMEOPATHY RESEARCH INSTITUTE

Press release

Overview of the current status of homeopathy research

12 August 2022. On 25 June, the Homeopathy Research Institute (HRI) held a one-day online conference, during which scientists from a range of different research fields gave a unique insight into the current status of homeopathy research. Here we give an overview of the most significant findings in both clinical and basic research.

Clinical research

Drs Anil Khurana and Anupriya Chaudhary from CCRH (India) and Dr Menachem Oberbaum, former director of the Centre for Integrated Complementary Medicine at Shaare Zedek Medical Center (Israel), reported on the results of a joint Indian-Israeli research initiative. 108 healthy newborns were randomly assigned to receive either conventional or homeopathic treatment.

▶ The homeopathically treated children had significantly fewer acute respiratory illnesses, diarrhoea, general fever episodes and skin infections after 2 years.

▶ A total of 187 illnesses occurred in the conventional group compared to 97 in the homeopathic group. In addition, 44 children in the conventional group received antibiotics for 158 different episodes, while only 9 children in the homeopathic group received antibiotics for 14 events.

▶ The study also showed the positive effect of homeopathic treatment in economic terms, as the treatment costs were significantly lower in this group compared to those of the placebo group.

Homeopathy in General Practice

Dr Esther van der Werf, HRI Clinical Research Lead, tackled the question of whether homeopathy, as a complex intervention, can be appropriately assessed using conventional study designs. She also presented the results of a joint retrospective study based on data from the English National Health Service (NHS).

▶ In GP practices with a doctor additionally trained in integrative medicine (including homeopathy), 22 % fewer antibiotics were prescribed for patients with respiratory- and urinary tract infections than in conventional GP practices¹.

Homeopathy in Integrative Oncology

Prof. Michael Frass showed studies that proved the effectiveness of additive individualised homeopathy in cancer patients.

▶ If homeopathic treatment is used concomitantly with conventional treatment, there is a greater improvement in the patient's general and symptomatic condition than in control groups.

▶ Pain, fatigue and appetite improved, and a reduction in the adverse effects of conventional treatments and an improvement in concomitant diseases were observed².

▶ Frass' current study was published in *The Oncologist* in 2020³. In the three-arm RCT involving around 150 patients with advanced non-small cell lung cancer, 2 groups received both standard treatment and homeopathic treatment - one group received an individual homeopathic prescription, the other a placebo. The control group received only the standard treatment. The patients treated with homeopathy survived an average of 435 days, compared to 257 days for the placebo-treated patients and 228 days for the control group. This is a highly relevant clinical impact.

Basic research

Dr Stephan Baumgartner explained that 18 experimental models have been used in basic homeopathic research, 15 of which have produced positive results. He explained his repeated experiments with duckweed and wheat models loaded with arsenic and treated with dilutions of *Arsenicum album*⁴.

▶ Baumgartner stated categorically that, in his opinion, the large body of scientific evidence leaves no doubt that the effect of homeopathic dilutions goes beyond the placebo effect.

Dr Alexander Tournier gave an overview of research in the field of physicochemistry⁵⁻⁷. He reported that out of 203 published experiments, 73% showed positive results. The most widely used and reproducible research techniques were: Nuclear Magnetic Resonance (NMR), spectroscopy, electrical impedance and imaging techniques.

▶ Theories used to explain the mechanisms of action of homeopathic dilutions are: Quantum coherence domains, nanoparticles, weak quantum theory and water clusters.

Conclusion

▶ Homeopathy works beyond the placebo effect.

▶ Homeopathy can be effectively researched using modern conventional research methods.

▶ Increasing progress is being made in the field of fundamental research investigating the mechanism of action of homeopathic medicines

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About HRI

The HRI was founded in London in 2007 by physicist and cancer researcher Dr Alexander Tournier. The Institute promotes new, high-quality scientific research on homeopathy and organises international research conferences.

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