



The Research Evidence Base for Homeopathy

Systematic reviews of randomised controlled (RCTs) of homeopathy

- Four of five comprehensive reviews of RCTs in homeopathy have reached positive conclusions.^{1,2,3,4} Based on a smaller selection of trials, a fifth review came to a negative conclusion.⁵
- Positive conclusions have been reported in six of 14 reviews of RCTs in specific medical conditions (the other eight are largely inconclusive):
 - childhood diarrhoea⁶
 - influenza treatment⁷
 - post-operative ileus⁸
 - rheumatic diseases⁹
 - seasonal allergic rhinitis.^{10,11}

RCTs of homeopathy – the original peer-reviewed research literature

- Up to the end of 2005, 119 RCTs have been published: 57 positive; 6 negative; 56 not statistically conclusive. In addition to the above five conditions, there is positive evidence from two or more RCTs in each of the following five:
 - fibromyalgia^{12,13}
 - migraine^{14,15}
 - osteoarthritis^{16,17}
 - otitis media in children^{18,19}
 - vertigo.^{20,21}
- There is evidence from single RCTs (not refuted by others) in favour of homeopathy for a number of other conditions: allergic asthma,²² ankle sprain,²³ attention deficit hyperactivity disorder,²⁴ bronchitis,²⁵ chronic fatigue syndrome,²⁶ premenstrual syndrome.²⁷

Cost effectiveness of homeopathy

Integration of homeopathy with conventional treatment is associated with better clinical outcomes for similar or lower costs.^{28,29,30}

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.³¹
- Many patients attending the Royal London Homoeopathic Hospital were able to reduce or stop conventional medication following homeopathic treatment.³²

Basic Science

- Laboratory research has obtained evidence that water may retain information about homeopathically-prepared solutes.^{33,34,35}
- Further laboratory studies have shown that homeopathic dilutions can exert biological effects.^{36,37,38}

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