



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
- Two major reviews of RCTs of *individualised homeopathy* have reached broadly positive conclusions.^{6,7}
- Positive conclusions have been reported in 9 of 35 reviews of RCTs in specific categories of medical condition (the other 26 are largely inconclusive):
 - allergies and upper respiratory tract infections^{8,9}
 - childhood diarrhoea¹⁰
 - post-operative ileus¹¹
 - rheumatic diseases¹²
 - seasonal allergic rhinitis¹³⁻¹⁵
 - vertigo¹⁶

Placebo-controlled RCTs of homeopathy - the original data

- Up to the end of 2014, the peer-reviewed literature included 153 papers reporting placebo-controlled RCTs, of which 104 have data eligible for our analysis: 43 positive; 5 negative; 56 not statistically conclusive. In addition to the medical conditions above, there is a positive balance of evidence in the following, for example:
 - influenza^{17,18}
 - insomnia¹⁹⁻²¹
 - sinusitis^{22,23}
- There is evidence from singleton placebo-controlled RCTs in favour of homeopathy for a number of other conditions including: bronchitis,²⁴ chronic fatigue syndrome,²⁵ fibromyalgia,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.²⁸⁻³⁰

Clinical observational studies

- 70.7% of 6,554 follow-up patients, treated at Bristol Homeopathic Hospital for a wide range of chronic medical complaints, reported positive health changes.³¹
- Many patients who attended the Royal London Homeopathic 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.³³⁻³⁵
- Additional laboratory studies have shown that homeopathic dilutions can exert biological effects^{e.g. 36-38}