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Medical conditions with positive balance of evidence in homeopathy

SYSTEMATIC REVIEWS and/or RANDOMISED CONTROLLED TRIALS (RCTs)

Brain injury

1. **Chapman EH**, Weintraub RJ, Milburn MA, et al (1999). Homeopathic treatment of mild traumatic brain injury: a randomized, double-blind, placebo-controlled clinical trial. *Journal of Head Trauma Rehabilitation*; 14: 521–542. (RCT)

Bronchitis

2. **Diefenbach M**, Schilken J, Steiner G, Becker HJ (1997). Homöopathische Therapie bei Erkrankungen der Atemwege. Auswertung einer klinischen Studie bei 258 Patienten [Homeopathic therapy in respiratory tract diseases. Evaluation of a clinical study in 258 patients]. *Zeitschrift für Allgemeinmedizin*; 73:308–314. (RCT)

Childhood diarrhoea

3. **Jacobs J**, Jonas WB, Jimenez-Perez M, Crothers D (2003). Homeopathy for childhood diarrhea: combined results and metaanalysis from three randomized, controlled clinical trials. *Pediatric Infectious Disease Journal*; 22: 229–234. (Review)
4. **Jacobs J**, Jiminez LM, Gloyds SS, et al (1993). Homeopathic treatment of acute childhood diarrhoea. A randomized clinical trial in Nicaragua. *British Homoeopathic Journal*; 82:83–86. (RCT)
5. **Jacobs J**, Jimenez LM, Gloyds SS, et al (1994). Treatment of acute childhood diarrhea with homeopathic medicine; a randomized clinical trial in Nicaragua. *Pediatrics*; 93:719–725. (RCT)
6. **Jacobs J**, Jimenez LM, Malthouse S, et al (2000). Homeopathic treatment of acute childhood diarrhoea: results from a clinical trial in Nepal. *Journal of Alternative and Complementary Medicine*; 6:131–139. (RCT)
7. **Jacobs J**, Guthrie BL, Montes GA, et al (2006). Homeopathic combination remedy in the treatment of acute childhood diarrhea in Honduras. *Journal of Alternative and Complementary Medicine*; 12:723–732. (RCT)

Chronic fatigue syndrome

8. **Weatherley-Jones E**, Nicholl JP, Thomas KJ, et al (2004). A randomized, controlled, triple-blind trial of the efficacy of homeopathic treatment for chronic fatigue syndrome. *Journal of Psychosomatic Research*; 56:189–197. (RCT)

Common cold

9. **Maiwald VL**, Weinfurter T, Mau J, Connert WD (1988). Therapie des grippalen Infekts mit einem homöopathischen Kombinationspräparat im Vergleich zu Acetylsalicylsäure. Kontrollierte, randomisierte Einfachblindstudie [Treatment of common cold with a combination homeopathic preparation compared with acetylsalicylic acid. A controlled, randomized single-blind study]. *Arzneimittel Forschung*; 38:578–582. (RCT)

Depression

10. **Adler UC**, Paiva NM, Cesar AT, et al (2009). Homeopathic individualized Q-potencies versus fluoxetine for moderate to severe depression: double-blind, randomized non-inferiority trial. Evidence-based Complementary and Alternative Medicine: eCAM [Epub ahead of print] (RCT)

Extended sports recovery time

11. **Egocheaga Rodriguez J**, Urraca JM, Angeles Montoliu M, et al (2000). Estudio a doble ciego con «Rendi-Max®» en deportistas de élite. Efectos sobre los niveles submáximos y máximos de esfuerzo [Double-cross study with Rendi-Max in elite sportsmen. Submaximal and maximal effort effects]. Archivos de Medicina del Deporte; 17:483-490. (RCT)

Fibromyalgia

12. **Perry R**, Terry R, Ernst E (2010). A systematic review of homoeopathy for the treatment of fibromyalgia. Clinical Rheumatology; 29:457–464. (Review)
13. **Bell I**, Lewis D, Brooks A, et al (2004). Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo. Rheumatology; 43:577–582. (RCT)
14. **Fisher P**, Greenwood A, Huskisson EC, et al (1989). Effect of homoeopathic treatment on fibrositis (primary fibromyalgia). British Medical Journal; 299: 365-366. (RCT)
15. **Relton C**, Smith C, Raw J, et al et al (2009). Healthcare provided by a homeopath as an adjunct to usual care for fibromyalgia (FMS): results of a pilot randomised controlled trial. Homeopathy; 98:77–82. (RCT)

Immune function

16. **Kuzeff RM** (1998). Homeopathy, sensation of well-being and CD4-levels – A placebo-controlled, randomized trial. Complementary Therapies in Medicine; 6:4–9. (RCT)

Influenza

17. **Vickers A**, Smith C (2006). Homoeopathic Oscillococcinum for preventing and treating influenza and influenza-like syndromes (Cochrane review). In: The Cochrane Library. Chichester, UK: John Wiley & Sons, Ltd. CD001957. (Review)
18. **Attena F**, Toscano G, Agozzino E, Del Giudice N (1995). La prévention des syndromes grippaux par un médicament homéopathique: étude contrôlée [A randomized trial in the prevention of influenza-like syndromes by homeopathic management]. Revue d'épidémiologie et de santé publique; 43:380–382. (RCT)
19. **Brydak LB**, Denys A (1999). The evaluation of humoral response and the clinical evaluation of a risk-group patients' state of health after administration of the homeopathic preparation Gripp-Heel during the influenza epidemic season 1993/94. International Review of Allergology and Clinical Immunology; 5:223–227. (RCT)
20. **Ferley JP**, Zmirou D, D'Adhemar D, Balducci F (1989). A controlled evaluation of a homoeopathic preparation in the treatment of influenza like syndromes. British Journal of Clinical Pharmacology; 27:329–335. (RCT)
21. **Papp R**, Schuback G, Beck E, et al (1998). Oscillococcinum® in patients with influenza-like syndromes: a placebo-controlled double-blind evaluation. British Homoeopathic Journal; 87:69–76. (RCT)

Insomnia

22. **Cooper KL**, Relton C (2010). Homeopathy for insomnia: A systematic review of research evidence. Sleep Medicine Reviews; 14:329–337. (Review)
23. **Bell IR**, Howerter A, Jackson N, et al (2010). Effects of homeopathic medicines on polysomnographic sleep of young adults with histories of coffee-related insomnia. Sleep Medicine; 12:505–511. (RCT)
24. **Brooks AJ**, Bell IR, Howerter A, Jackson N, Aickin M (2010). Effects of homeopathic medicines on mood of adults with histories of coffee-related insomnia. Forsch Komplementmed; 17:250-257. (RCT)

25. **Carlini EA**, Braz S, Troncone LRP, et al (1987). Efeito hipnótico de medicação homeopática e do placebo. Avaliação pela técnica de “duplo-cego” e “cruzamento” [Hypnotic effect of homeopathic medication and placebo. Evaluation by “double-blind” and “crossover” techniques]. *Revista da Associação Médica Brasileira*; 33:83–88. (RCT)

26. **Naudé DF**, Couchman IMS, Maharaj A (2010). Chronic primary insomnia: efficacy of homeopathic simillimum. *Homeopathy*; 99:63–68. [Published erratum: *Homeopathy* 2010; 99: 151] (RCT)

Low back pain

27. **Gmünder R**, Kissling R (2002). The efficacy of homeopathy in the treatment of chronic low back pain compared to standardized physiotherapy. *Z Orthop Ihre Grenzgeb*; 140: 503-508. (RCT)

28. **Stam C**, Bonnet MS, van Haselen RA (2001). The efficacy and safety of a homeopathic gel in the treatment of acute low back pain: a multi-centre, randomized, double-blind comparative clinical trial. *British Homeopathic Journal*, 90:21–28. (RCT)

Perennial allergic rhinitis

29. **Taylor MA**, Reilly D, Llewellyn-Jones RH, et al (2000). Randomised controlled trial of homoeopathy versus placebo in perennial allergic rhinitis with overview of four trial series. *British Medical Journal*; 321:471–476. (RCT)

Plantar fasciitis

30. **Clark J**, Percivall A (2000). A preliminary investigation into the effectiveness of the homeopathic remedy, *Ruta graveolens*, in the treatment of pain in plantar fasciitis. *British Journal of Podiatry*; 3:81–85. (RCT)

Post-operative ileus

31. **Barnes J**, Resch K-L, Ernst E (1997). Homeopathy for postoperative ileus? A meta-analysis. *Journal of Clinical Gastroenterology*; 25: 628–633. (Review)

Post-operative oedema

32. **Totonchi A**, Guyuron B (2007). A randomized, controlled comparison between arnica and steroids in the management of postrhinoplasty ecchymosis and edema. *Plastic and Reconstructive Surgery*; 120:271-274. (RCT)

Post-operative wound healing

33. **Karow J-H**, Abt H-P, Fröhling M, Ackermann H (2008). Efficacy of *Arnica montana* D4 for healing of wounds after Hallux valgus surgery compared to diclofenac. *Journal of Alternative and Complementary Medicine*; 14:17–25. (RCT)

Postpartum bleeding

34. **Oberbaum M**, Galoyan N, Lerner-Geva L, et al (2005). The effect of the homeopathic remedies *Arnica* and *Bellis perennis* on mild postpartum bleeding – a randomized, double-blind, placebo-controlled study – preliminary results. *Complementary Therapies in Medicine*; 13:87–90. (RCT)

Postpartum lactation

35. **Berrebi A**, Parant O, Ferval F, et al (2001). Traitement de la douleur de la montée laiteuse non souhaitée par homéopathie dans le postpartum immédiat [Treatment of pain due to unwanted lactation with a homeopathic preparation given in the immediate post-partum period]. *Journal de gynécologie, obstétrique et biologie de la reproduction*; 30:353–357. (RCT)

Premenstrual syndrome

36. **Yakir M**, Kreitler S, Brzezinski A, et al (2001). Effects of homeopathic treatment in women with premenstrual syndrome: a pilot study. *British Homeopathic Journal*; 90:148–153. (RCT)

Psoriasis

37. **Bernstein S**, Donsky H, Gulliver W, et al (2006). Treatment of mild to moderate psoriasis with Reliève, a Mahonia aquifolium extract – a double-blind, placebo-controlled study. *American Journal of Therapeutics*; 13:121-126. (RCT)
38. **Wiesenauer M**, Lüdtke R (1996). Mahonia aquifolium in patients with Psoriasis vulgaris – an intraindividual study. *Phytomedicine*; 3: 231-235. (RCT)

Radiodermatitis

39. **Balzarini A**, Felisi E, Martini A, De Conno F (2000). Efficacy of homeopathic treatment of skin reactions during radiotherapy for breast cancer: a randomized, double-blind clinical trial. *British Homeopathic Journal*; 89:8–12. (RCT)

Renal failure

40. **Saruggia M**, Corghi E (1992). Effects of homoeopathic dilutions of china rubra on intradialytic symptomatology in patients treated with chronic haemodialysis. *British Homoeopathic Journal*; 81:86-88. (RCT)

Rheumatic diseases

41. **Jonas WB**, Linde K, Ramirez G (2000). Homeopathy and rheumatic disease. *Rheumatic Disease Clinics of North America*; 26: 117–123. (Review)

Seasonal allergic rhinitis (hay fever)

42. **Wiesenauer M**, Lüdtke R (1996). A meta-analysis of the homeopathic treatment of pollinosis with Galphimia glauca. *Forschende Komplementärmedizin und Klassische Naturheilkunde*; 3: 230–236. (Review)
43. **Taylor MA**, Reilly D, Llewellyn-Jones RH, et al (2006). Randomised controlled trials of homoeopathy versus placebo in perennial allergic rhinitis with overview of four trial series. *British Medical Journal*, 2000; 321: 471–476. (Review)
44. **Bellavite P**, Ortolani R, Pontarollo F, et al. Immunology and homeopathy. 4. Clinical studies – Part 2. Evidence-based Complementary and Alternative Medicine: eCAM; 3: 397–409. (Review)
45. **Aabel S**, Laerum E, Dølvik S, Djupesland P (2000). Is homeopathic ‘immunotherapy’ effective? A double-blind, placebo-controlled trial with the isopathic remedy Betula 30c for patients with birch pollen allergy. *British Homeopathic Journal*; 89:161–168. (RCT)
46. **Aabel S** (2000). No beneficial effect of isopathic prophylactic treatment for birch pollen allergy during a low-pollen season: a double-blind, placebo-controlled clinical trial of homeopathic Betula 30c. *British Homeopathic Journal*; 89:169–173. (RCT)
47. **Aabel S** (2001). Prophylactic and acute treatment with the homeopathic medicine Betula 30c for birch pollen allergy: a double-blind, randomized, placebo-controlled study of consistency of VAS responses. *British Homeopathic Journal*; 90:73–78. (RCT)
48. **Kim LS**, Riedlinger JE, Baldwin CM, et al (2005). Treatment of seasonal allergic rhinitis using homeopathic preparation of common allergens in the southwest region of the US: a randomized, controlled clinical trial. *Annals of Pharmacotherapy*; 39:617–624. (RCT)
49. **Reilly DT**, Taylor MA, McSharry C, Aitchison T (1986). Is homeopathy a placebo response? Controlled trial of homeopathic potency, with pollen in hayfever as model. *Lancet*; ii:881–885. (RCT)
50. **Weiser M**, Gegenheimer LH, Klein P (1999). A randomized equivalence trial comparing the efficacy and safety of Luffa comp.-Heel nasal spray with cromolyn sodium spray in the treatment of seasonal allergic rhinitis. *Forschende Komplementärmedizin und Klassische Naturheilkunde*, 6:142–148. (RCT)
51. **Wiesenauer M**, Gaus W (1985). Double-blind trial comparing the effectiveness of the homoeopathic preparation Galphimia potentization D6, Galphimia dilution 10⁻⁶ and placebo on pollinosis. *Arzneimittel Forschung*; 35:1745–1747. (RCT)

52. **Wiesenauer M**, Gaus W, Häussler S (1990). Behandlung der Pollinosis mit Galphimia glauca. Eine Doppelblindstudie unter Praxisbedingungen [Treatment of pollinosis with the homeopathic preparation Galphimia glauca. A double-blind trial in clinical practice]. *Allergologie*; 13:359–363. (RCT)
53. **Wiesenauer M**, Lüdtker R (1995). The treatment of pollinosis with Galphimia glauca D4 – a randomized placebo-controlled double-blind clinical trial. *Phytomedicine*; 2: 3-6. (RCT)

Seborrhoeic dermatitis

54. **Smith SA**, Baker AE, Williams JH (2002). Effective treatment of seborrhoeic dermatitis using a low dose, oral homeopathic medication consisting of potassium bromide, sodium bromide, nickel sulfate, and sodium chloride in a double-blind, placebo-controlled study. *Alternative Medicine Review*; 7:59–67. (RCT)

Sepsis

55. **Frass M**, Linkesch M, Banyai S, et al (2005). Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit. *Homeopathy*; 94:75–80. (RCT)

Sinusitis

56. **Friese K-H**, Zabolotnyi DI (2007). Homöopathie bei akuter Rhinosinusitis. Eine doppelblinde, placebokontrollierte Studie belegt die Wirksamkeit und Verträglichkeit eines homöopathischen Kombinations-arzneimittels [Homeopathy in acute rhinosinusitis. A double-blind, placebo controlled study shows the efficiency and tolerability of a homeopathic combination remedy]. *HNO*; 55:271–277. (RCT)
57. **Weiser M**, Clasen B (1994). Randomisierte placebokontrollierte Doppelblindstudie zur Untersuchung der klinische Wirksamkeit der homöopathischen Euphorbium compositum-Nasentropfen S bei chronischer Sinusitis [Randomized, placebo-controlled, double-blind study of the clinical efficacy of the homeopathic Euphorbium compositum-S nasal spray in cases of chronic sinusitis]. *Forschende Komplementärmedizin*; 1:251–259. (RCT)
58. **Wiesenauer M**, Gaus W, Bohnacker U, Häussler S (1989). Wirksamkeitsprüfung von homöopathische Kombinationspräparaten bei Sinusitis. Ergebnisse einer randomisierten Doppelblindstudie unter Praxisbedingungen [Efficiency of homeopathic preparation combinations in sinusitis. Results of a randomized double blind study with general practitioners]. *Arzneimittel Forschung*; 39:620-625. (RCT)
59. **Zabolotnyi DI**, Kneis KC, Richardson A, et al (2007). Efficacy of a complex homeopathic medication (Sinfrontal) in patients with acute maxillary sinusitis: a prospective, randomized, double-blind, placebo-controlled, multicenter clinical trial. *Explore (NY)*; 3:98–109. (RCT)

Snoring

60. **Lipman D**, Sexton G, Schlessler J (1999). A randomized double-blind placebo-controlled evaluation of the safety and efficacy of a natural over-the-counter (OTC) medication in the management of snoring. *Sleep and Breathing*; 3: 53-56. (RCT)

Stomatitis

61. **Oberbaum M**, Yaniv I, Ben-Gal Y, et al (2001). A randomized, controlled clinical trial of the homeopathic medication Traumeel S in the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation. *Cancer*; 92:684–690. (RCT)

Tracheal secretions

62. **Frass M**, Dielacher C, Linkesch M, et al (2005). Influence of potassium dichromate on tracheal secretions in critically ill patients. *Chest*; 127:936–941. (RCT)

Upper respiratory tract infections, including otitis media

63. **Bornhöft G**, Wolf U, Ammon K, et al (2006). Effectiveness, safety and cost-effectiveness of homeopathy in general practice – summarized health technology assessment. *Forschende Komplementärmedizin*; 13 Suppl 2: 19–29. (Review)

64. **Bellavite P**, Ortolani R, Pontarollo F, et al (2006). Immunology and homeopathy. 4. Clinical studies – Part 1. Evidence-based Complementary and Alternative Medicine: eCAM; 3: 293–301. (Review)
65. **Jacobs J**, Springer DA, Crothers D (2001). Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial. Pediatric Infectious Disease Journal; 20:177–183. (RCT)

Uraemic pruritus

66. **Cavalcanti AM**, Rocha LM, Carillo R Jr, et al (2003). Effects of homeopathic treatment on pruritus of haemodialysis patients: a randomized placebo-controlled double-blind trial. Homeopathy; 92:177–181. (RCT)

Varicose veins

67. **Ernst E**, Saradeth T, Resch KL (1990). Complementary therapy of varicose veins – a randomized, placebo-controlled, double-blind trial. Phlebology; 5:157–163. (RCT)

Vertigo

68. **Schneider B**, Klein P, Weiser M (2005). Treatment of vertigo with a homeopathic complex remedy compared with usual treatments: a meta-analysis of clinical trials. Arzneimittelforschung; 55: 23–29. (Review)
69. **Issing W**, Klein P, Weiser M (2005). The homeopathic preparation Vertigoheel versus Ginkgo biloba in the treatment of vertigo in an elderly population: a double-blinded, randomized, controlled clinical trial. Journal of Alternative and Complementary Medicine, 11:155–160. (RCT)
70. **Weiser M**, Strösser W, Klein P (1998). Homeopathic vs. conventional treatment of vertigo: a randomized double-blind controlled clinical study. Archives of Otolaryngology – Head and Neck Surgery, 124:879–885. (RCT)

NON-RANDOMISED CLINICAL STUDIES

Cardiac insufficiency

Schröder D, Weiser M, Klein P (2003). Efficacy of a homeopathic Crataegus preparation compared with usual therapy for mild (NYHA II) cardiac insufficiency: results of an observational cohort study. European Journal of Heart Failure; 5: 319–326.

Childhood fever

Derasse M, Klein P, Weiser M (2005). The effects of a complex homeopathic medicine compared with acetaminophen in the symptomatic treatment of acute febrile infections in children: an observational study. Explore (NY); 1: 33–39.

Common cold

Schmiedel V, Klein P (2006). A complex homeopathic preparation for the symptomatic treatment of upper respiratory infections associated with the common cold: An observational study. Explore (NY); 2: 109–114.

Dysmenorrhoea

Witt CM, Lütke R, Willich SN (2009). Homeopathic treatment of patients with dysmenorrhea: a prospective observational study with 2 years follow-up. Archives of Gynecology and Obstetrics; 280: 603–611.

Gastrointestinal cramps

Müller-Krampe B, Oberbaum M, Dipl-Math PK, Weiser M (2007). Effects of Spascupreel versus hyoscine butylbromide for gastrointestinal cramps in children. Pediatrics International; 49: 328–334.

Seasonal allergic rhinitis (hay fever)

Goossens M, Laekeman G, Aertgeerts B, Buntinx F (2009). Evaluation of the quality of life after individualized homeopathic treatment for seasonal allergic rhinitis. A prospective, open, non-comparative study. *Homeopathy*; 98: 11–16.

Headache

Walach H, Lowes T, Mussbach D, et al (2001). The long term effects of homeopathic treatment of chronic headaches: one year follow-up and single case time series analysis. *British Homeopathic Journal*; 90: 63–72.

Witt CM, Lütke R, Willich SN (2009). Homeopathic treatment of chronic headache (ICD-9: 784.0) – a prospective observational study with 2-year follow-up. *Forschende Komplementärmedizin*; 16: 227–235.

Insomnia

Waldschütz R, Klein P (2009). The homeopathic preparation Neurexan vs. valerian for the treatment of insomnia: an observational study. *Scientific World Journal*; 8: 411–420.

Low back pain

Witt CM, Lütke R, Baur R, Willich SN (2009). Homeopathic treatment of patients with chronic low back pain: a prospective observational study with 2 years' follow-up. *Clinical Journal of Pain*; 25: 334–339.

Migraine

Witt CM, Lütke R, Willich SN (2010). Homeopathic treatment of patients with migraine: a prospective observational study with a 2-year follow-up period. *Journal of Alternative and Complementary Medicine*; 16: 347–355.

Musculo-skeletal injury

Schneider C, Schneider B, Hanisch J, van Haselen R (2008). The role of a homeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study. *Complementary Therapies in Medicine*; 16: 22–27.

Nervousness

Hubner R, van Haselen R, Klein P (2009). Effectiveness of the homeopathic preparation Neurexan compared with that of commonly used valerian-based preparations for the treatment of nervousness/restlessness – an observational study. *Scientific World Journal*; 9: 733–745.

Otitis media

Friese K-H, Kruse S, Lütke R, Moeller H (1997). The homeopathic treatment of otitis media in children – comparisons with conventional therapy. *International Journal of Clinical Pharmacology and Therapeutics*; 35: 296–301.

Psoriasis

Witt CM, Lütke R, Willich SN (2009). Homeopathic treatment of patients with psoriasis – a prospective observational study with 2 years follow-up. *Journal of the European Academy of Dermatology and Venereology*; 23: 538–543.

Respiratory tract infection

Ammerschlager H, Klein P, Weiser M, Oberbaum M (2005). Behandlung von Entzündungen im Bereich der oberen Atemwege – Vergleich eines homöopathischen Komplexpräparates mit Xylometazolin [Treatment of inflammatory diseases of the upper respiratory tract – comparison of a homeopathic complex remedy with xylometazoline]. *Forschende Komplementärmedizin und Klassische Naturheilkunde*; 12: 24–31.

Haidvogel M, Riley DS, Heger M, et al (2007). Homeopathic and conventional treatment for acute respiratory and ear complaints: a comparative study on outcome in the primary care setting. *BMC Complementary and Alternative Medicine*; 7: 7.

Sinusitis

Witt CM, Lütke R, Willich SN (2009). Homeopathic treatment of patients with chronic sinusitis: a prospective observational study with 8 years follow-up. *BMC Ear Nose and Throat Disorders*; 9: 7.

Tendinopathy

Schneider C, Klein P, Stolt P, Oberbaum M (2005). A homeopathic ointment preparation compared with 1% diclofenac gel for acute symptomatic treatment of tendinopathy. *Explore (NY)*; 1: 446–452.

Vertigo

Klopp R, Niemer W, Weiser M (2005). Microcirculatory effects of a homeopathic preparation in patients with mild vertigo: an intravital microscopic study. *Microvascular Research*; 69: 10–16.

Viral infection

Rabe A, Weiser M, Klein P (2004). Effectiveness and tolerability of a homoeopathic remedy compared with conventional therapy for mild viral infections. *International Journal of Clinical Practice*; 58: 827–832