

Numerous homeopathic research studies have led to publications. These involve clinical trials, fundamental studies, and pharmacoepidemiological studies. Enclosed, we provide you with a non-exhaustive selection.

These studies do not specifically focus on Boiron homeopathic medicines and are not meant to support their indications. However, they constitute a scientific basis for healthcare professionals that use, prescribe or recommend homeopathy to rely on.

« Homeopathy, contrary to popular belief, stemmed from science. Indeed, homeopathy was present at the start of experimental pharmacology and it represents an important step in the history of medicine and medications. »

Christian Boiron.
(2016) *Research in Homeopathy*. France : Boiron.



L'Homéopathie, un combat scientifique

(available in English)

Written by C. Boiron,
published in 2018

Available free of charge,
this book documents the
existence of homeopathic
research in the world and
presents the most significant
published results.

More than 70 international
publications are cited, divided
between the different axes of
research: fundamental research,
clinical research, and pharma-
coepidemiological research.



RESEARCH IN HOMEOPATHY

📄 **Thermoluminescence of ultra-high dilutions of lithium chloride and sodium chloride.**

Rey L. (2003) Physica A 323 67-74. doi:10.1016/S0378-4371(03)00047-5

Abstract: Ultra-high dilutions of LiCl and NaCl (10-30 g. cm-3) have been irradiated by X- and Y-rays at 77 K, then progressively rewarmed to room temperature. During that phase, their thermoluminescence has been studied and it was found that, despite their dilution beyond the Avogadro number, the emitted light was specific of the original salts dissolved initially.



FUNDAMENTAL RESEARCH

This area of research aims to demonstrate the pharmacological or physical activity of highly diluted substances and explain their mechanism of action.

It uses biology and physics to directly address the question of high dilutions, central to research in homeopathy.

📄 **Arnica montana effects on gene expression in a human macrophage cell line. Evaluation by quantitative Real-Time PCR.**

Oliosio D, Marzotto M, Bonafini C, Brizzi M, Bellavite P (2016) Homeopathy. May;105(2):131-47. doi: 10.1016/j.homp.2016.02.001

Conclusion: This exploratory study provides new insights into the cellular and molecular mechanisms of action of A. montana as a promoter of healing, since some of the genes it modifies are key regulators of tissue remodelling, inflammation and chemotaxis.

📄 **Comparative Analysis of Gelsemine and Gelsemium sempervirens Activity on Neurosteroid Allopregnanolone Formation in the Spinal Cord and Limbic System.**

Venard C, Boujedaini N, Mensah-Nyagan AG, Pattie-Mensah C. (2011) Evid Based Complement Alternat Med. 2011;407617. doi: 10.1093/ecam/nep083.

Conclusion: In conclusion, the results provided herein may constitute key basic knowledge on cellular and pharmacological effects of G. sempervirens and gelsemine preparations. The data may also open new possibilities for the improvement of current therapeutical utilization of G. sempervirens which refers only to empirical knowledge but not to fundamental evidence supplied by basic research.

📄 **Nanosized solvent superstructures in ultramolecular aqueous dilutions: twenty years research using water proton NMR relaxation.**

Demangeat JL. (2013) Homeopathy. Apr;102(2):87-105. doi: 10.1016/j.homp.2013.01.001

Conclusion: Proton NMR relaxation demonstrated modifications of the solvent throughout the low to ultramolecular range of dilution. The findings suggested the existence of superstructures that originate stereospecifically around the solute after an initial destructuring of the solvent, developing more upon dilution and persisting beyond 12c.

📄 **Histamine dilutions modulate basophil activation.**

Belon P, Cumps J, Ennis M, Mannaioni PF, Roberfroid M, Sainte-Laudy J, Wiegant FA. (2004) Inflamm Res. 53 (2004) 181-188. doi: 10.1007/s00011-003-1242-0

Conclusion: In 3 different types of experiment, it has been shown that high dilutions of histamine may indeed exert an effect on basophil activity. This activity observed by staining basophils with alcian blue was confirmed by flow cytometry. Inhibition by histamine was reversed by anti-H2 and was not observed with histidine these results being in favour of the specificity of this effect. We are however unable to explain our findings and are reporting them to encourage others to investigate this phenomenon.

📄 **Thrombogenic properties of ultra-low-dose of acetylsalicylic acid in a vessel model of laser-induced thrombus formation.**

Doutremepuich C, Aguejouf O, Pintigny D, Sertillanges MN, De Seze O. (1994) Thromb Res. Oct 15;76(2):225-9.

Conclusion: In conclusion, this performed study demonstrates the prothrombotic effect of ULD-ASA in our in vivo thrombosis model in rat arterioles.

📄 **Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo.**

📄 **Individualized homeopathic treatment and fluoxetine for moderate to severe depression in peri- and postmenopausal women (HOMDEP-MENOP study): a randomized, double-dummy, double-blind, placebo-controlled trial.**

Macías-Cortés Edel C, Llanes-González L, Aguilar-Faisal L, Asbun-Bojalil J. (2015) PLoS One. Mar 13;10(3):e0118440. doi: 10.1371/journal.pone.0118440

Conclusion: Homeopathy and fluoxetine are effective and safe antidepressants for climacteric women. Homeopathy and fluoxetine were significantly different from placebo in response definition only. Homeopathy, but not fluoxetine, improves menopausal symptoms scored by Greene Climacteric Scale.



CLINICAL RESEARCH

Clinical research in homeopathy aims to highlight the effectiveness of homeopathic medicines and the prescription method. In doing so, it indicates the effectiveness of infinitesimal dilutions but does not provide insight about the mechanisms of action.

📄 **Treatment of acute childhood diarrhea with homeopathic medicine: a randomized clinical trial in Nicaragua.**

Jacobs J, Jiménez LM, Gloyd SS, Gale JL, Crothers D. (1994) Pediatrics. May; 93(5):719-25

Conclusion: The statistically significant decrease in the duration of diarrhea in the treatment group suggests that homeopathic treatment might be useful in acute childhood diarrhea.

📄 **Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo.**

Bell JR, Lewis DA 2nd, Brooks AJ, Schwartz GE, Lewis SE, Walsh BT, Baldwin CM. (2004) Rheumatology. May; 43:577-582. doi: 10.1093/rheumatology/keh111

Conclusion: The present study demonstrated that individualized homeopathy is significantly better than placebo in lessening tender point pain and improving the quality of life and global health of persons with fibromyalgia.

📄 **Potentized estrogen in homeopathic treatment of endometriosis-associated pelvic pain: A 24-week, randomized, double-blind, placebo-controlled study.**

Teixeira MZ, Podgaec S, Baracat EC. (2017) Eur J Obstet Gynecol Reprod Biol. Apr; 211:48-55. doi: 10.1016/j.ejogrb.2017.01.052

Conclusion: Potentized estrogen (12cH, 18cH and 24cH) at a dose of 3 drops twice daily for 24 weeks was significantly more effective than placebo for reducing endometriosis-associated pelvic pain.

📄 **Is homoeopathy a placebo response? Controlled trial of homoeopathic potency, with pollen in hayfever as model.**

Reilly D.T., Taylor M.A., McSharry C., Aitchison T. (1986) Lancet. Oct 18;2(8512):881-6

Abstract: The hypothesis that homoeopathic potencies are placebos was tested in a randomised, double-blind, placebo-controlled trial. The study model chosen compared the effects of a homoeopathic preparation of mixed grass pollens with placebo in 144 patients with active hayfever. The homoeopathically treated patients showed a significant reduction in patient and doctor assessed symptom scores. (.) No evidence emerged to support the idea that placebo action fully explains the clinical responses to homoeopathic drugs.

📄 **Influence of potassium dichromate on tracheal secretions in critically ill patients.**

Frass M, Dielacher C, Linkesch M, Endler C, Muchitsch I, Schuster E, Kaye A. (2005) Chest. Mar, 127(3): 936-41

Results and Conclusion: The amount of tracheal secretions was reduced significantly in group 1 (p < 0.0001). Extubation could be performed significantly earlier in group 1 (p < 0.0001). Similarly, length of stay was significantly shorter in group 1 (4.20 +/- 1.61 days vs 7.68 +/- 3.60 days, p < 0.0001 [mean +/- SD]). These data suggest that potentized (diluted and vigorously shaken) potassium dichromate may help to decrease the amount of stringy tracheal secretions in COPD patients.

📄 **Homeopathic medicine for acute cough in upper respiratory tract infections and acute bronchitis: a randomized, double-blind, placebo-controlled trial.**

Zanasi A, Mazzolini M, Tursi F, Morselli-Labate AM, Paccapelo A, Lecchi M (2014) Pulm Pharmacol Ther. Feb; 27(1):102-8. doi:10.1016/j.pupt.2013.05.007

Conclusion: We concluded that the homeopathic syrup employed in the study was able to effectively reduce cough severity and sputum viscosity, thereby representing a valid remedy for the management of acute cough induced by URTIs.

📄 **Impact of physician preferences for homeopathic or conventional medicines on patients with musculoskeletal disorders. Results from the EPI3-MSD cohort.**

Rossignol M, Bégaud B, Engel P, Avouac B, Lert F, Rouillon F, ..., Abenheim L, EPI3-LA-SER group. (2012) Pharmacoepidemiology and Drug Safety. 21(10): 1093-1101. doi: 10.1002/pds.3316

Conclusion: MSD patients seen by homeopathic physicians showed a similar clinical progression when less exposed to NSAID in comparison to patients seen in CM practice, with fewer NSAID-related adverse events and no loss of therapeutic opportunity.



PHARMACO-EPIDEMIOLOGICAL RESEARCH

It is now possible to assess the effects of a pharmaceutical treatment over time, in all of its aspects: its prescription, its actual use by patients, its effectiveness and its toxicity.

Boiron invested in this type of research program comparing "allopathic" and "homeopathic" medical practices.

📄 **Physician practicing preferences for conventional or homeopathic medicines in elderly subjects with musculoskeletal disorders in the EPI3-MSD cohort.**

Danno K, Joubert C, Duru G, Vetel JM (2014) Clinical Epidemiology. Sep 26; 6:333-41. doi: 10.2147/CLEP.S64049

Conclusion: NSAID use was significantly higher in elderly MSD patients consulting a conventional practice general practitioner. In contrast, analgesic use and MSD evolution were similar in the three groups. Consulting a homeopathic physician for MSD management does not appear to represent a loss of therapeutic opportunity, and decreases the use of NSAIDs.

📄 **Management of Anxiety and Depressive Disorders in Patients ≥ 65 Years of Age by Homeopath General Practitioners versus Conventional General Practitioners, with Overview of the EPI3-LASER Study Results.**

Danno K, Duru G, Vetel JM (2018) Homeopathy. May;107(2):81-89. doi: 10.1055/s-0038-1636536

Conclusion: Management of ADD patients aged ≥ 65 years by GP-Ho appears to have a real public health interest in terms of effectiveness and lower psychotropic drug use.

📄 **Utilization of psychotropic drugs by patients consulting for sleeping disorders in homeopathic and conventional primary care settings: the EPI3 cohort study.**

Grimaldi-Bensouda L, Abenheim L, Massol J, Guillemot D, Avouac B, Duru G, ..., Bégaud B; EPI3-LA-SER Group.(2015) Homeopathy. Jul; 104(3):170 doi:10.1016/j.homp.2015.05.002

Conclusion: Patients with SD who chose to consult GPs certified in homeopathy consumed less psychotropic drugs and had a similar evolution of their condition to patients treated with conventional medical management. This result may translate in a net advantage with reduction of adverse events related to psychotropic drugs.

📄 **Management of upper respiratory tract infections by different medical practices, including homeopathy, and consumption of antibiotics in primary care: the EPI3 cohort study in France 2007-2008.**

Grimaldi-Bensouda L, Bégaud B, Rossignol M, Avouac B, Lert F, Rouillon F, ..., Guillemot D (2014) PLoS One. Mar 19;9(3):e89990. doi: 10.1371/journal.pone.0089990

Conclusion: Patients who chose to consult GPs certified in homeopathy used less antibiotics and antipyretic/anti-inflammatory drugs for URTI than those seen by GPs prescribing conventional medications. No difference was observed in patients consulting GPs within mixed-practice. A non-statistical significant excess was estimated through modelling for associated infections in the GP-Ho group and needs to be further studied.

📄 **Homeopathic medical practice for anxiety and depression in primary care: the EPI3 cohort study.**

Grimaldi-Bensouda L, Abenheim L, Massol J, Guillemot D, Avouac B, Duru G, ..., Bégaud B; EPI3-LA-SER group (2016) BMC Complement Altern Med. May 4;16(1):125. doi:10.1186/s12906-016-1104-2

Conclusion: Patients with ADD, who chose to consult GPs prescribing homeopathy reported less use of psychotropic drugs, and were marginally more likely to experience clinical improvement, than patients managed with conventional care. Results may reflect differences in physicians' management and patients' preferences as well as statistical regression to the mean.



The Homeopathy Research Institute is an organization based in the United Kingdom. Visit their website to find out more about research in homeopathy.

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