

# Subjective Success, Objective Evidence: Combined Insights from Practical Experience and Scientific Research into Homeopathic Practice



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*“Similia similibus curentur”*

## Law of Similars:

Whatever most closely matches the person’s symptoms is what needs to be used



- The **Royal London Hospital for Integrative Medicine** was founded as the **London Homeopathic Hospital** in 1849.
- One of the Largest Homeopathic Hospitals in Europe
- Supported by the British Royal Family
- 1854 a cholera epidemic broke out in Soho. The Hospital’s mortality rate was 16% compared to 53% at nearby Middlesex Hospital.

# Arnica Montana

## (‘Mountain Daisy’)



- ***Sesquiterpene lactones*** (primarily **Helenalin**) are responsible for the plant's:
- **anti-inflammatory, anti-ecchymotic, and analgesic** properties.
- **Flavonoids and Proanthocyanidins**
- ***Pharmacology and Homeopathic Materia Medica.*** D. Demarque, MD, J. Jouanny, MD, B. Poitevin, MD, and Y. Saint-Jean, MD. CEDH

# Characteristics of Homeopathic Sulphur



- **Allergic rhinitis**
- **Skin Eruptions** usually moist and itching tremendously (**Eczema**)
- Sensation of **Itching** & **Burning**; (Aggravated by Heat, warmth of bed, bathing)
- Excretions with an unpleasant odor

# **Gelsemium sempervirens** **(Yellow jasmine)**



- **Anticipatory Anxiety**
- **Courage to Face Your Fears**
- **Test Anxiety**
- **Scan Anxiety**
- **Fear of Flying**
- **Stage Fright**

# Resources

**Center for Education and Development of Clinical Homeopathy (CEDH)** provides continuing education for nurses, medical doctors, and pharmacists interested in homeopathy.

<https://www.cedhusa.org/schedules/>

**National Center for Homeopathy**

[www.homeopathycenter.org](http://www.homeopathycenter.org)

Publish the Journal **Homeopathy Today**

# Homeopathy Today. Fall 2025: 20-22.

HOMEOPATHY IN PRACTICE

## Integrative Support for Breast Cancer Treatment Plans

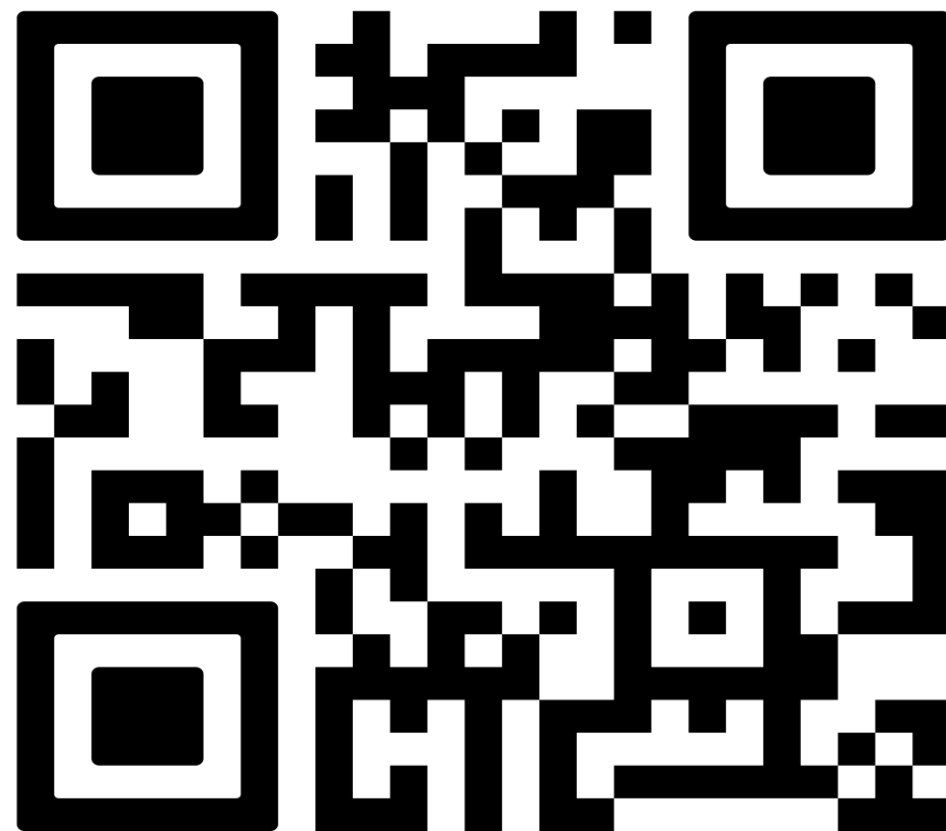
Managing side effects with natural medicine

By Heidi Weinhold, ND

Receiving a breast cancer diagnosis and learning about the necessary, but possibly difficult, proposed conventional treatment is a lot to handle, leaving many women feeling like they have no control over their health or their lives. Yet, research shows a strong link between quality of life and survival in cancer patients.<sup>1</sup> Incorporating homeopathy into conventional cancer care to manage side effects of treatment approaches can enhance the quality of life for the patient and their partners, family, and support groups.

stress related to a breast cancer diagnosis. I have since incorporated their invaluable suggestions with the following homeopathic medicines:

- *Ignatia* 30c – useful for women and their partners with grief, heartache, and sadness about the diagnosis; it can calm the patient, facilitating a better homeopathic case intake
- *Gelsemium* 30c – historically used during the Civil War to give soldiers courage; it helps women overcome an-



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# Is homeopathy evidence-based?

High quality studies show benefits in clinically relevant areas e.g.

- Primary care – including stress, anxiety and depression
- Integrative oncology – supporting patients through cancer treatment



# Real world evidence – Homeopathy in primary care (France)

‘EPI3’ nationwide prospective observational study  
Institut Pasteur Paris; Univ of Bordeaux; McGill University Montreal

## Patients

- 8559 patients treated by 825 general practitioners
- 3 cohorts (different patient samples per indication):
  - Musculoskeletal disorders
  - Sleep, anxiety & depressive disorders (SADD)
  - Upper respiratory tract infections (URTIs)

## Intervention

- Conventional medicine only (GP-CM)
- Homeopathically-qualified physicians primarily using homeopathy (GP-Ho)
- Mixed practice – no homeopathy training but use some remedies (GP-mixed)



# Real world evidence – Homeopathy in primary care (France)

## Results

Patients treated by GPs qualified in homeopathy had,

- Similar clinical outcomes as patients using conventional medicine alone
- Reduced use of conventional drugs with potential side-effects
  - 57% fewer antibiotics for respiratory infections
  - 71% fewer psychotropic drugs for anxiety/depression
  - 46% fewer NSAIDs for musculoskeletal conditions



## Safety

- No loss of therapeutic opportunity noted
- No formal adverse event monitoring or reporting, consistent with observational design  
Authors explicitly flag inability to draw safety conclusions as a limitation of the study

# Efficacy – Add-on homeopathy for post-mastectomy healing (Israel)

Non-individualised homeopathy for seroma prevention – double-blind randomised clinical trial

Seroma (fluid build up) after breast surgery causes pain and slows healing → drain fitted

## Patients

- n=55 patients (78 breasts) undergoing combined mastectomy + breast reconstruction
- n=29 (42 breasts) in homeopathy group; n=26 (36 breasts) in placebo group

## Intervention

- Days 1-4: *Arnica montana 30* & *Bellis perennis 30* or placebo
- Day 5 until drain removal: *Bellis perennis 30* or placebo

## Primary endpoint

- Time to surgical drain removal (drainage falling below 30 ml/24 hrs)



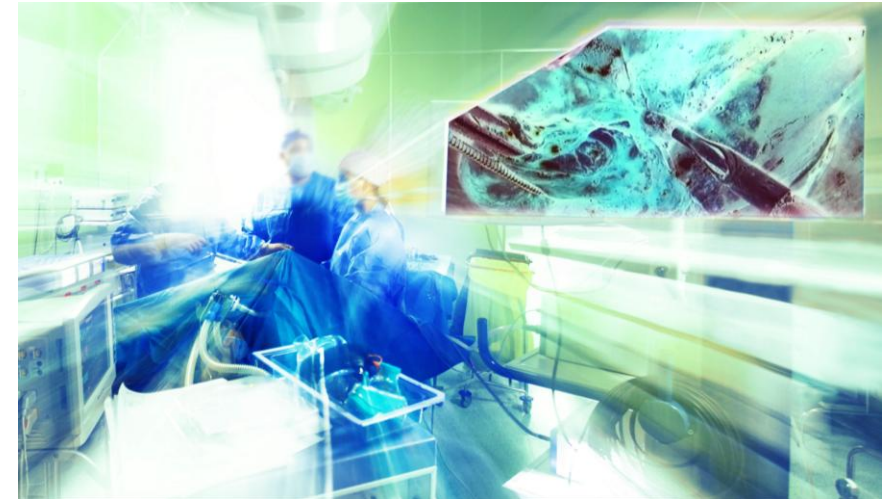
# Efficacy – Add-on homeopathy for post-mastectomy healing (Israel)

## Results

- Homeopathic treatment reduced seroma formation  
Drains removed 2.4 days earlier in homeopathy group ( $p < 0.05$ )
- Opioid use after surgery lower in homeopathy group but not statistically significant ( $p = 0.057$ )

## Safety

- No side effects associated with *Arnica* or *Bellis*
- No statistical difference in complication rate (16.7%) between groups; all minor and treated conservatively
- Six patients stopped treatment before drain removal  
(1 in homeopathy group vs 5 in placebo group;  $p = 0.09$ )



# Efficacy – Individualised homeopathy for depression (Brazil)

N-of-1 randomised double-blind placebo-controlled crossover study for Major Depressive Disorder

## Patients

- Single 45-year-old woman serving as own control

## Intervention

- Individualised prescription of *Sulphur* LM4-7 versus placebo
- Run-in period of open label *Sulphur* treatment
- 3 crossover treatment blocks = 2 weeks, 4 weeks + 8 weeks  
Each block = randomised treatment sequence (AB or BA)

## Primary endpoint

- Depression symptoms self-assessed using Beck Depression Inventory-II (BDI-II)
- Measured at 9 time points over 28 weeks (baseline plus 4 for *Sulphur* and 4 for placebo)

Adler U, et al. 2025 *Brain Behav Immun Integr*, **11**: 100133



# Efficacy – Individualised homeopathy for depression (Brazil)

## Results

- Depression symptoms increased significantly during placebo phases ( $p=0.017$ ) compared to no significant change in BDI-II scores during *Sulphur* phases ( $p=0.243$ )
- Overall symptom improvement in homeopathy group compared to placebo = 78% ( $p<0.05$ )

## Safety data

- Transient, mild rosacea aggravation during first follow-up of run-in period attributed to *Sulphur* resolved spontaneously
- No other adverse events reported
- No clinically substantial worsening observed during trial (defined as a  $\geq 30\%$  increase in BDI-II score)



**Prof Ubiratan Adler**

[www.HRIGreece2025.org/presentations](http://www.HRIGreece2025.org/presentations)

Adler U, et al. 2025 *Brain Behav Immun Integr*, **11**: 100133

# Biological experiments – in vivo & in vitro effects of *Gelsemium*

*Gelsemium sempervirens* traditionally used for anxiety and neurological disorders

Multiple cell-based studies demonstrate biological effects

- *Gelsemium* 5C to 30C reduced anxiety in mice, achieving results comparable to diazepam without sedative effects<sup>1</sup>
- *Gelsemium* 3C and 5C shown to enhance energy metabolism in human nerve cells – increases in ATP production ( $p < 0.01$ ), mitochondrial respiration ( $p = 0.0031$ ) and glycolysis ( $p = 0.0001$ )<sup>2</sup>
- *Gelsemium* increased number and length of immature nerve cells ( $p < 0.0001$ ) suggesting ability to enhance neural connectivity and stimulate regeneration
- *Gelsemium* may have protective effects against cellular stress<sup>3</sup> i.e. changes in cell structure or function linked to increased susceptibility to cancer and aging-related diseases



1. Bellavite et al. *Evid-Based*

*Compl Altern Med.* 2012

2. Lejri et al. *Am. J. Biosci*, 2022

3. Lejri et al. *J. Ethnopharmacol* 2025

*Note: These data presented cannot be extrapolated for clinical use in humans*

# Status of clinical evidence base for homeopathy in 2026



There is good quality scientific evidence showing benefits of homeopathy across all study types  
– systematic reviews & meta-analyses, RCTs, observational studies, n-of-1 studies

~300 randomised controlled trials published in peer-reviewed journals covering 158 medical conditions

High-quality placebo-controlled RCTs show benefits of homeopathy in common conditions  
e.g. otitis media, tonsillitis, hay fever, PMS, menopause

Existing data is not consistent with homeopathy being a placebo effect  
– biological experiments show results in cell, plant and animal models

More high-quality research is needed to explore the full potential  
homeopathy could play in integrated healthcare





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## HRI Research

HRI funds and supports research projects in the UK and overseas

## HRI Evidence Summary

## Homeopathy FAQs



# Homeopathy Research Institute

The Homeopathy Research Institute (HRI) is a UK-registered charity dedicated to advancing scientific research in homeopathy at an international level.

## News

### HRI Malta 2027 | Save the Date

11 May 2026

## HRI Malta 2027

18-20 June



## HRI Films





# CUTTING EDGE RESEARCH IN HOMEOPATHY

6<sup>th</sup> HRI International Homeopathy  
Research Conference

## HRI Greece 2025 – Key facts

- 200 delegates from 25 countries
- **60 presenters from 17 countries**
- 38 oral presentations
- 29 posters
- Diverse programme: clinical, basic and veterinary research; provings; agrohomeopathy



[www.HRIGreece2025.org](http://www.HRIGreece2025.org)

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## Homeopathy FAQs



What scientific evidence is there that homeopathy works?



What do the highest quality studies in homeopathy show?



What can we learn from 'real world' results?

## 12 languages

- English
- Brazilian Portuguese
- Bulgarian
- Dutch
- French
- German
- Italian
- Russian
- Simplified Chinese
- Spanish
- Swedish
- Traditional Chinese

## Status of Homeopathy Research: from Experimental Research to Clinical Evidence

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### HRI Evidence Summary



[www.HRI-Research.org](http://www.HRI-Research.org)

### Introduction

Homeopathy is a form of Traditional Complementary and Integrative Medicine (TCIM) based on the core principle of 'like treats like', whereby a substance which causes symptoms when given to a healthy person, can be used in small doses to treat a patient with similar symptoms. **Worldwide over 200 million people use homeopathy on a regular basis**<sup>1</sup>, including 100 million EU citizens (29% of the EU population) who use homeopathic medicines in their day-to-day healthcare<sup>2</sup>. Although India leads in terms of population use of homeopathy (83%)<sup>2</sup> homeopathy originated in Germany and is defined in EU law as, 'Any medicinal product prepared from products, substances or compositions called homeopathic stocks in accordance with a homeopathic manufacturing procedure described by the European Pharmacopoeia or [..], by the pharmacopoeias currently used officially in the Member States.'<sup>3</sup>

Homeopathy research is conducted at universities, expert institutes and in clinical settings around the world (Fig. 1), using the same methodological approaches used to assess conventional medical treatments and applying the latest laboratory techniques. The field has advanced significantly in recent decades: reviews show that **72% of physicochemical experiments demonstrate specific properties of homeopathic medicines**<sup>4</sup>; and multiple conceptual frameworks have been proposed to explain homeopathy's mechanism of action<sup>5</sup> and **77% of biological experiments demonstrate measurable activity of homeopathic preparations in controlled experimental models**<sup>5</sup>.

The clinical evidence, when viewed in its entirety, is similarly compelling: a 2023 overview synthesising 182 randomised clinical trials concluded that **homeopathy has a significant effect beyond placebo**<sup>7</sup>. This included a meta-analysis of individualised homeopathic treatment, which found that **homeopathy was 1.5- to 2-times more likely to have a beneficial effect than placebo, with the largest clinical effects seen in the highest-quality trials**<sup>8</sup>.

The clinical research evidence comprises **297 randomised studies, of which 172 are double-blind trials** providing insights into homeopathy's efficacy in specific conditions<sup>9</sup>. In addition, **large-scale observational studies across Europe provide data on homeopathy's impact in real-world settings**<sup>10-16</sup>. This includes significant reductions in conventional medication use while maintaining similar patient outcomes (e.g. -57% antibiotics for respiratory infections<sup>10</sup>; -71% psychotropic drugs for anxiety/depression<sup>11</sup> and -46% NSAIDs for musculoskeletal conditions<sup>12</sup>); reduced healthcare costs (-35%) and negligible adverse events (<0.0001%)<sup>17</sup>.

Notably, use of homeopathic preparations in agriculture and aquaculture is a new focus of research activity, with results showing beneficial effects of homeopathy in multiple plant and aquatic species<sup>18-22</sup>.

This scientific advancement of homeopathy coincides with growing public interest in complementary therapies, demonstrated by ~27.7% of Europeans utilising Complementary and Alternative Medicine<sup>23</sup> and reflected in the the WHO Global Traditional Medicine Strategy in 2025-2034 which sets out a global commitment to strengthen evidence-based integration of traditional complementary and integrative medicine into



**HOMEOPATHY**  
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Thank you for your attention!

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