

Double Blind Clinical Trials

- 1) **Meta-analysis of Clinical Trials**
- 2) **Effect of homeopathy on blood cells during induced allergy response.**
- 3) **Homeopathic treatment for Hay fever**
- 4) **Comparing homeopathic versus conventional treatment in respiratory tract infections and allergies**
- 5) **Effectively of homeopathic treatment for hay fever, asthma and perennial rhinitis**
- 6) **Comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children.**
- 7) **Definitions of medical terminology**

1) Meta-analysis of Clinical Trials

In 1991, 3 professors of medicine from the Netherlands, none of them homeopaths, performed a meta-analysis of 25 years of clinical studies using homeopathic medicines & published their results in the British Medical Journal.⁴

This meta-analysis covered 107 controlled trials, of which 81 showed that homeopathic medicines were effective, 24 showed they were ineffective, & 2 were inconclusive.

The professors concluded, "The amount of positive results came as a surprise to us." Specifically, they found that:

- 13 of 19 trials showed successful treatment of respiratory infections,
- 6 of 7 trials showed positive results in treating other infections,
- 5 of 7 trials showed improvement in diseases of the digestive system,
- 5 of 5 showed successful treatment of hay fever,
- 5 of 7 showed faster recovery after abdominal surgery,
- 4 of 6 promoted healing in treating rheumatological disease,
- 18 of 20 showed benefit in addressing pain or trauma,

--8 of 10 showed positive results in relieving mental or psychological problems, &
--13 of 15 showed benefit from miscellaneous diagnoses.

2) Effect of homeopathy on blood cells during induced allergy response.

Homeopathic ingredients Apis and Histamine have shown to have a significant effect on reducing the release of certain allergy-causing chemicals from Basophils, which demonstrates one reason for Homeopathy's positive effects on allergies.

3) Homeopathy Proves Effective In Double-Blind, Placebo-Controlled Study in treating hay fever.

Results from a series of trials suggest that homeopathy is more effective than placebo in treating perennial **hay fever**. Researchers studied 51 patients with perennial hay fever. Twenty-four of the study subjects received daily homeopathy and 27 received a daily placebo treatment during the 4-week study period. The study was performed to the highest standards of scientific research, being double-blinded, randomized, and placebo-controlled. Subjects recorded twice daily their nasal air flow measurements and symptoms such as sneezing, runny nose, and eye and chest symptoms.

Patients who received homeopathy had a 28% improvement in their nasal air flow whereas those in the placebo group had only a 3% improvement.

Tim Lancaster of the Oxford Institute of Health Sciences and Andrew Vickers of Memorial Sloan-Kettering Cancer Center in New York City, acknowledge that the methods employed by Dr. Reilly and his colleagues "were rigorous and it is unlikely that their results arose from methodological bias." **British Medical Journal** August 19, 2000; 321:471-476.

4) Comparing homeopathic versus conventional treatment in respiratory tract infections.

In a study of 500 consecutive patients with at least 1 of 3 complaints: upper respiratory tract complaints including allergies; lower respiratory tract complaints including allergies; or ear

complaints. Of 456 patients, 281 received homeopathy and 175 conventional treatment. **Results showed a response rate of 82.6% in the homeopathy group compared to 67.3% in the group receiving conventional medicine.**

5) Effectivity of homeopathic treatment for hay fever, asthma and perennial rhinitis.

The results show a significant difference between the placebo & homeopathic groups which is reproducible. *Randomized controlled trial of homeopathy versus placebo in perennial allergic rhinitis with overview of 4 trial series British Medical Journal 2000; 321: 471-476.*

6) Comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children.

Trichard M, Chauferin G, Nicoloyannis N. *Pharmacoeconomic. Homeopathy.* 2005 Jan;94(1):3-9

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OBJECTIVES: A pharmacoeconomic study to compare, in terms of: medical effectiveness, quality of life and costs two treatment strategies ('homeopathic strategy' vs 'antibiotic strategy') used in routine medical practice by allopathic and homeopathic GPs in the treatment of recurrent acute rhinopharyngitis in 18-month to 4-year-old children. **METHODS:** Statistical analysis of data obtained from a population of 499 patients included in a previous 6-month prospective, pragmatic study. The patients were regrouped according to type of drug prescribed. Medical effectiveness was assessed in terms of (i) episodes of acute rhinopharyngitis, (ii) complications, (iii) adverse effects. Quality of life was assessed using the Par-Ent-QoL scale. Direct medical costs (medical consultations, drug prescriptions, prescriptions for further tests) and indirect medical costs (sick-leave) were evaluated from three viewpoints (society, patient, Social Security) using public prices and French Social Security tariffs. **RESULTS:** The 'homeopathic strategy' yielded significantly better results than the 'antibiotic strategy' in terms of medical effectiveness (number of episodes of rhinopharyngitis: 2.71 vs 3.97, $P < 0.001$; number of complications: 1.25 vs 1.95, $P < 0.001$), and quality of life (global score: 21.38 vs 30.43, $P < 0.001$), with lower direct medical costs covered by Social Security (88 Euros vs 99 Euros, $P < 0.05$) and significantly less sick-leave (9.5% of parents vs 31.6% of parents, $P < 0.001$). **CONCLUSIONS:** Homeopathy may be a cost-effective alternative to antibiotics in the treatment of recurrent infantile rhinopharyngitis.

7) Definition of medical terminology

Meta-analysis: combines the results of several studies that address a set of related research hypotheses. i.e An overview of similar research studies.

Rhinitis: runny nose, nasal discharge, coryza

Perennial: occurs all year round

Rheumatological: referring to the joints, may be indicative of rheumatism/arthritis.

Basophils: a type of white blood cell involved in inflammation and the immune responses.