

Basic research on homeopathic principles

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The homeopathic basic principles (Similia and dilution/dynamization) can be examined also using experimental animals and cell laboratory models. The cornerstone of homeopathy – that the whole clinical picture of the individual patient be taken into consideration – is not in dispute, but basic research also allow the action of drugs to be investigated in rigorous and reproducible settings. The effects of homeopathic remedies in cellular models are well documented for a wide range of dilutions/dynamizations, albeit not all homeopathic effects can be reduced to the cellular level. Many of these effects have also been explained mechanistically as modifications of receptors, transduction mechanisms and gene expression changes. Recent evidence documents the ability of highly diluted compounds to modulate gene expression in human/animal cells and unicellular organisms. There are many possible mechanisms explaining the inverse effects of drugs, according to the different doses/dilutions and the changes in sensitivity and responsiveness of target systems. Hahnemann was the first to consider a primary and a secondary action of medicines, the latter being the opposite of the former. On the basis of these scientific facts, the logic of homeopathic reasoning is evident: if the body regulates itself in the opposite direction to the stimulus, we can use this property, giving low, sub-toxic, doses of pathogenic substances that trigger a counter-regulation. At a molecular level, pharmacology recognizes the classic distinction between allosteric drugs and orthosteric drugs. Orthosteric drugs bind to the active site of a target enzyme or a receptor and block it; allosteric drugs bind elsewhere on the protein and indirectly alter the conformations at the active site. In this perspective, homeopathic drugs may work by exploiting the characteristic features of allosteric regulation. The increasing credibility and plausibility of homeopathic ideas and experiences allows us to include this pharmacological approach in the mainstream of modern science.

Keywords: Basic research, Laboratory models, Inverse effects

Three Malaria studies in Kenya: a retrospective and prospective open label study and a comparison between homeopathy and coartem

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Background: Malaria still has in Kenya a high mortality and morbidity rate; this is coupled with rising resistance levels to the new standard drug coartem in several South Asian countries according to WHO reports. Homeopathy can be considered a form of individualized immune therapy and as such it deserves a place next to treatments focused at the microorganisms themselves. These factors require scientific evidence that may support its application in endemic diseases. We have developed a research line that comprises both qualitative and quantitative aspects of homeopathic management of malaria patients. The first two studies have been conducted in 2014, the third in 2015.

Aims: The first aim is the assessment of the management of homeopathically treated patients in several rural health care settings. This involved the treatment of malaria in the daily context of homeopathic clinics that also treat patients with other illnesses. We want to document how individualized homeopathy works within homeopathic clinics, not just conduct an isolated study in a context where homeopathy usually not is applied.

Material and methods: In a retrospective design in one clinic, the 2013–2014 rain season group of 54 malaria patients was assessed for classical malaria symptoms, homeopathic case taking, lab tests and prescription strategies. The prospective study in three clinics assessed the 2014 March–June rain season patients for the effect of homeopathic individual treatment. 86 patients were assessed and 69 completed follow up. All but one who returned for follow-up were negative for parasites. A drop-out analysis was made, indicating logistics as the main cause. In 2015 a comparative study is being made between the results of homeopathy and the standard treatment of co-artem. Both homeopathic and government clinic patients are participating.

Results: Results will be published in 2015 in peer-reviewed journals, indexed in Pub Med.

Feasibility and clinical results of a pilot trial of individualized homeopathic treatment of fatigue in children receiving chemotherapy

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