

HOMEOPATHIC MEDICINE FUNDAMENTALS, EVIDENCE AND CONTRIBUTIONS TO HEALTH¹

General elements of homeopathy

Homeopathy is a complex medical model that aims to enhance the response capacity of the human body, with external stimuli produced by mineral, vegetable or animal substances, at very low dilutions constituted as homeopathic medicines, to promote self-regulation and self-healing mechanisms.

It proposes a clinical-therapeutic approach based on the individuality of the patient and on the choice of an ultradilute medication, according to all the symptoms that they present, that is, not all individuals present the same symptoms when suffering from the same disease, therefore that homeopathy takes into account the way in which each person suffers from the disease, considering the set of physical, mental and general signs and symptoms, including how they experience the disease and their social environment, to provide an individualized, comprehensive and effective treatment which improves the patient's quality of life.

The homeopathy proposal focuses on the person as a biological, psychological and social being (which has been emphasized by the World Health Organization in its definition of health), which can adequately respond to the needs and expectations of patients by exploring their ailments, disease and health, recognizing the person as a whole, indivisible and therefore complex, which requires personalized attention. This model is similar to the current proposal of person-centered care², that is trying to overcome the paradigm of care based fundamentally on the disease. It aims to improve the teaching of medicine and medical care³.

The choice of specific homeopathic medicine is based on the law of similars, described by Hippocrates (*Similia similibus curantur*) the father of medicine and refers to the fact that "there are substances of animal, vegetable or mineral origin capable of producing in a healthy person at doses high, symptoms similar to those that manifest in sick individuals", so the symptomatology that each patient presents (known as morbid individuality), is decisive for the choice of medication and to generate an optimal response to treatment⁴. It is important to emphasize that the administration of the homeopathic medicine is in ultra-dilute doses to reduce the effects of some

¹ Prepared by the Directorate of Traditional Medicine and Intercultural Development of the Ministry of Health and the D. in C. Jessica María García Vivas, Professor and Researcher of the School of Medicine and Homeopathy of the National Polytechnic Institute, with the collaboration of Dr. Leandro Machado Rocha, Coordinator of the Homeopathic Pharmacopoeia of Brazil and Dr. Natalia Sofía Aldana Martínez, General Editor of the VHL MTCI/Traditional, Complementary and Alternative Medicine Network of the Americas. BIREME/PAHO/WHO National University of Colombia.

² Cuba-Fuentes M. y col. La medicina centrada en el paciente como método clínico. Rev Med Hered. 2016; 27:50-59

³ Horizonte Médico (Lima), 21(4), e1699. <https://doi.org/10.24265/horizmed.2021.v21n4.01>

⁴ Rosas Landa, 2015 Las bases de la homeopatía médica 1ª edición. Instituto Politécnico Nacional

substances, since they can be toxic at conventional doses or dangerous, such as some poisons, which are used in the preparation of homeopathic medicines, which makes it a gentle treatment that supports another Hippocratic principle "*Primum non nocere*" or "the first thing is to do no harm"⁵, Therefore, when administered correctly, it does not generate sequelae or adverse events.

The preparation process of homeopathic medicines is widely described and standardized, and complies with health regulation standards and the Homeopathic Pharmacopoeia of the United Mexican States. Between each homeopathic dilution, the succussion process is carried out, which consists of shaking the bottle vigorously, vertically, hitting a surface that cushions the blow. This shaking must be such that the dilution must hit the top and bottom. of the bottle, at least 100 times, so it is not a simple dilution of 1:10 or 1:100, but rather this procedure confers certain physicochemical properties to the drug, widely described by studies in which structures or aggregates (clusters) are observed.) with electromagnetic or thermoluminescent properties even when ultra-diluted^{6, 7, 8, 9, 10, 11, 12}. This dilution process with succussion is known as dynamization.

Homeopathic medicines, once dynamized, can be presented as a liquid hydro-alcoholic solution, or in globules of lactose or sucrose impregnated with said solution, commonly called "chochitos" in México. The hydroalcoholic solution and the globules are the vehicle, equivalent to the excipient of allopathic medication tablets.

Regarding the scientific basis of the effects of homeopathy, there are a large number of articles that have reported the biological effect of homeopathic medicine in medium-low dilutions at different levels (cellular, molecular and systemic), because they still contain molecules. They take advantage of the extreme sensitivity of

⁵ Rosas Landa, Op. Cit 2015.

⁶ Bellavite, Almirantis Y, Tsitinidis K. Ultra-High Dilutions and Homeopathy: Can They Be Explained without Non-Local Theory? Homeopathy. 2018 Aug;107(3):189-195. doi: <https://doi.org/10.1055/s-0038-1656513>. Epub 2018 Jun 5. PMID: 29871024

⁷ Montagnier L, Aissa J, Ferris S, Montagnier JL, Lavallée C. Electro- magnetic signals are produced by aqueous nanostructures derived from bacterial DNA sequences. Interdiscip Sci 2009; 1:81-90. <https://doi.org/10.1007/s12539-009-0036-7>

⁸ Anagnostatos GS. Small water clusters (clathrates) in the preparation process of homoeopathy. In: Endler PC, Schulte J, eds. Ultra High Dilution. Springer: Dordrecht; 1994:121-8. https://doi.org/10.1007/978-94-015-8342-8_12

⁹ Rey L. Thermoluminescence of ultra-high dilutions of lithium chloride and sodium chloride. Physica A 2003;323:67-74. [https://doi.org/10.1016/S0378-4371\(03\)00047-5](https://doi.org/10.1016/S0378-4371(03)00047-5)

¹⁰ Cartwright SJ. Solvatochromic dyes detect the presence of homeopathic potencies. Homeopathy 2016;105:55-65. <http://dx.doi.org/http://dx.doi.org/10.1016/j.homp.2015.08.002>

¹¹ Voeikov VL. The possible role of active oxygen in the memory of water. Homeopathy 2007;96:196-201. doi: <https://doi.org/10.1016/j.homp.2007.05.003>

¹² Betti L, Trebbi G, Kokornaczyk MO, Nani D, Peruzzi M, Dinelli G, Bellavite P, Brizzi M. Number of succussion strokes affects effectiveness of ultra-high-diluted arsenic on in vitro wheat germination and polycrystalline structures obtained by droplet evaporation method. Homeopathy. 2017 Feb;106(1):47-54. doi: <https://doi.org/10.1016/j.homp.2016.12.001>. Epub 2017 Jan 3. PMID: 28325224.

biological systems to exogenous and endogenous signals and their effects are interpreted within the framework of theories of hormesis and paradoxical pharmacology. Regarding the mechanisms to explain the effect of ultra-dilute doses (beyond the Avogadro-Loschmidt limit), its explanation is studied: due to the sensitivity to bioelectromagnetic information in the face of atomic and molecular aggregates or clusters, the impact of nanomolecules, therapeutic biological targets, the participation of water chains in signaling and the regulation of bifurcation points of systemic networks, among other explanations. High-dilution pharmacology is emerging as a pioneering topic in the domain of nanomedicine and is bringing greater insight to the claims of homeopathy¹³.

A controversy that occurs with homeopathic medicines is that at ultra-dilute concentrations of the substance with which the homeopathic medicine is made, it is not possible to identify it with conventional laboratory equipment and procedures. The pharmacology of high dilutions or ultra dilutions has allowed different protocols to be carried out for the development of techniques and/or equipment that demonstrate that homeopathic medicines still contain said substance and not just water or alcohol as is normally mentioned¹⁴.

Homeopathic medicine was developed in Germany more than 200 years ago by Dr. Samuel Hahnemann, and has remained in force as a medical system to this day. It is recognized by the World Health Organization (WHO) and is included in the *WHO Strategy 2014-2023 on Traditional and Complementary Medicine*^{15, 16}. Today, it is widely accepted worldwide and is used in many countries; in the cases of Mexico, Switzerland, Brazil, India, among others, it has official recognition, and is even part of its health system, while in other countries such as Colombia, Argentina, Cuba, Germany, France, Russia, Poland, Croatia, Turkey, Canada, among others, is well accepted.

In Mexico, it is recognized by the current legal framework and is regulated by the Federal Commission for the Protection against Sanitary Risks (COFEPRIS). The National Compendium of Health Supplies has a section on homeopathic medicines. The Interinstitutional Commission for the Training of Human Resources in Health

¹³ Bellavite P, Marzotto M, Olioso D, Moratti E, Conforti A, High-dilution effects revisited. 2. Pharmacodynamic mechanisms, Homeopathy, Volume 103, Issue 1, 2014, Pages 22-43, <https://doi.org/10.1016/j.homp.2013.08.002> . <https://www.sciencedirect.com/science/article/pii/S1475491613000660> The document includes references to multiple investigations.

¹⁴ Cortés Martínez EF, "Electromagnetometría cuántica de ruido térmico: TA proposal for the standardization of high dilutions" Homeopathic Therapeutic Specialty Thesis, ENMyH National Polytechnic Institute, in publication process.

¹⁵ The World Health Organization (WHO) conducts the Strategy on Traditional Medicine 2014-2023, in which homeopathy is recognized among other alternative and complementary therapies. Promotes the identification and recognition of the contributions of all of them, their safe use and the professionalization of their practitioners. https://apps.who.int/iris/bitstream/handle/10665/95008/9789243506098_spa.pdf

¹⁶ https://www.who.int/health-topics/traditional-complementary-and-integrative-medicine#tab=tab_1

(CIFRHS), has the guide to evaluate the essential teaching and study plans of the degree in Homeopathic Medicine¹⁷.

Homeopathic medicine meets the criteria of "safety, efficacy, cost-effectiveness, adherence to professional ethical standards and social acceptability", referred to in Article 77 bis I of the General Health Law¹⁸, in the Framework Law on Complementary Medicine approved by the Latin American Parliament¹⁹ and in the WHO Traditional Medicine Strategy 2014-2023²⁰.

Historical records of homeopathy in the face of epidemics

Since the beginning of homeopathy, homeopathic physicians have been actively involved in the care of patients in some epidemics. A historical review shows that one of the main virtues of homeopathy is that it can be used in the treatment of epidemic diseases²¹. In the 19th and 20th centuries there are interesting examples with positive results, found in historical information and recent research, among which attention to diseases such as cholera²², dengue^{23, 24, 25}, chinkunguya²⁶, leptospirosis stand out²⁷. Homeopathic treatment, as mentioned above, is individualized, identifying the

¹⁷ http://www.cifrhs.salud.gob.mx/site/planes-programas/docs/200608_ge_ae_lic_medico_homeopata.pdf

¹⁸ https://www.diputados.gob.mx/LeyesBiblio/pdf_mov/Ley_General_de_Salud.pdf

¹⁹ <https://www.gob.mx/cms/uploads/attachment/file/37974/LeyMarcoMedicinasComplementarias.pdf>

²⁰ https://apps.who.int/iris/bitstream/handle/10665/95008/9789243506098_spa.pdf

²¹ Nicolai Ton, Homeopathy for epidemic diseases in developing countries. Response letter from the European Committee for Homeopathy to the World Health Organization, Revista Médica de Homeopatía, Volume 2, Issue 3, 2009, Pages 119-126, ISSN 1888-8526, [https://doi.org/10.1016/S1888-8526\(09\)70035-9](https://doi.org/10.1016/S1888-8526(09)70035-9).

²² Humphreys Frederich The cholera, and its homoeopathic treatment, by Dr. F. Humphreys. 1894 New York <https://collections.nlm.nih.gov/ext/dw/101212220/PDF/101212220.pdf>
<https://quod.lib.umich.edu/cgi/t/text/text-idx?c=homeop;idno=2188821.0001.001>

²³ A homeopathic medicine was used as a preventive and the incidence of Dengue fell 93% in the first three months of 2008 after treatment, compared to the corresponding period in 2007; while in the untreated areas in the State of Rio de Janeiro, there was an increase of 128%. de Souza Nunes LA. Contribution of homeopathy to the control of an outbreak of dengue in Macaé, Rio de Janeiro. Int J High Dilution Res 2008; 7(25):186-192. <http://dx.doi.org/10.51910/ijhdr.v7i25.315>

²⁴ Manchanda Raj, Dengue epidemic: What can we offer? Indian Journal of Research in Homoeopathy 2015 9(3):137 DOI: [10.4103/0974-7168.166371](https://doi.org/10.4103/0974-7168.166371)

²⁵ Nayak D, Chadha V, Jain S, Nim P, Sachdeva J, Sachdeva G, Vivekanand K, Khurana A, Raheja SM, Manchanda RK. Effect of Adjuvant Homeopathy with Usual Care in Management of Thrombocytopenia Due to Dengue: A Comparative Cohort Study. Homeopathy. 2019 Aug;108(3):150-157. doi: 10.1055/s-0038-1676953. Epub 2019 Mar 5. PMID: 30836407. <https://pubmed.ncbi.nlm.nih.gov/30836407/>

²⁶ Nair KRJ, Gopinadhan S, Kurup TNS, et al. Homoeopathic Genus Epidemicus 'Bryonia alba' as a prophylactic during an outbreak of Chikungunya in India: A cluster-randomised, double-blind, placebo-controlled trial. Indian J Res Homoeopathy 2014; 8:160-165 Aug; 107 (3):157-160. DOI: <https://doi.org/10.4103/0974-7168.141739>

²⁷ It is reported that more than 2.3 million people received the Leptospirosis nosode to prevent epidemic leptospirosis in Cuba: they observed that there was a significant decrease in the incidence of the disease observed in the regions that received preventive treatment, unlike the regions of no intervention, where there was an increased incidence. Bracho G, Varela E, Fernandez R, Ordaz B, Marzoa N, Menendez J, et al. Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control. Homeopathy 2010;99:156-66. doi: <https://doi.org/10.1016/j.homp.2010.05.009>. PMID: 20674839.

symptoms that each patient presents and selecting the most appropriate homeopathic medicine according to those symptoms. During epidemics, a preventive strategy has also been implemented (*homeoprophylaxis*²⁸). The homeopathic method usually distinguishes the rare, peculiar, remarkable and characteristic symptoms of the epidemic, to consider one or a couple of homeopathic medicines, known as Epidemic Genius or "*Genius Epidemicus*", which cover most of the symptoms presented by the sick and that have been used to reduce the risk of contagion and to reduce the severity of the symptoms of the disease. Another strategy used is the use of a drug known as "*Nosode*", which is prepared from the secretions of patients with said disease under the rules for the preparation of homeopathic medicines to obtain an adequate ultradilution.

A case of special mention is in the influenza pandemic of 1918-1919, known as the Spanish flu, due to the amount of historical records of the use of homeopathy. We now know that the Spanish flu virus²⁹ was an avian virus and it has been the worst epidemic on record. In just 18 months, 18% of the world's population contracted the disease and 20 to 40 million individuals died. The epidemic was so devastating that the average life expectancy in the United States fell by 10 years. During the epidemic, homeopathic medicines were widely used, both for treatment and prophylaxis. The

²⁸ Golden, I., Large Scale Homoeoprophylaxis: Results of Brief and Long-Term Interventions. AJHM 112-1 Spring 2019. <http://drsharif.com/wp-content/uploads/2019/06/Large-Scale-Homoeoprophylaxis.pdf>

²⁹ Ton Nicolai. Homeopathy for epidemic diseases in developing countries, Op cit.

average mortality rate with conventional treatment was 10 to 30%, while for treatments with homeopathic medicines, it refers to a little above 1%.^{30, 31, 32, 33, 34, 35}

Efficacy of homeopathy in general

Homeopathy throughout history has remained mainly for the benefits described in the health of many people, including the management of chronic and multifactorial diseases, very prevalent today.

To identify the contributions of homeopathic medicine, analyzes have been carried out on its scientific evidence, finding that there are more than expected³⁶.

³⁰ Hoover, Todd A.. Homeopathic prophylaxis.. The American Homeopath, (October 2006). <https://homeoprophyllaxis.education/2006-hoover-todd-a-epidemic-diseases-and-homeopathic-prophylaxis-2/>

³¹ Eighty-eight physicians who are members of the American Institute of Homeopathy reported treating 26,795 patients with a loss of 273 cases, or a mortality of 1.02%. This report also includes that 24 of these 88 doctors reported zero deaths in 3,519 cases. William A. Pearson. Epidemic influenza treated by homeopathic physicians. Journal of the American Institute of Homeopathy 1919-1920; 12: 11-13.

³² The Journal of the American Institute for Homeopathy, May 1921, published an extensive article on the use of homeopathy in this epidemic. Dr. T.A. McCann, from Dayton, United States, described 24,000 cases of influenza treated with allopathic medicine and whose mortality rate was 28.2%, while in the 26,000 cases of influenza treated with homeopathy, a mortality rate of 1.05 was observed. % Dean W.A. Pearson of Philadelphia (Hahnemann College) collected 26,795 cases of influenza treated by homeopaths with a mortality rate of 1.05%, while the average mortality rate among patients treated by conventional doctors was 30%. Winston J. The Faces of Homeopathy. Wellington, New Zealand: Great Auk Publishing; 1999

³³ In Connecticut, 30 homeopathic physicians responded to the data request. They documented 6,602 cases with 55 deaths, which represents a rate of less than 1%. In the patient transfer service, during the First World War, there were 81 cases on the way to the hospital. They all recovered and ended up in the hospital. All received homeopathic treatment. On a ship (where conventional treatment was used) 31 died on the way". H.A. Roberts, MD, Derby, Connecticut." (Explanation: During World War I, many homeopathic physicians served in the armed forces and used their homeopathic knowledge). Dearborn F.. American Homeopathy in the World War.. 1923, y Dewey WA.. Homeopathy in Influenza- A Chorus of Fifty in Harmony.. Journal of the American Institute of Homeopathy, (1921). En Ton Nicolai. Homeopathy for epidemic diseases in developing countries... Op. Cit.

³⁴ André Saine, a renowned homeopath from the Canadian Academy of Homeopathy, has spent 30 years collecting research on the contributions of homeopathy in past epidemics. He elaborated tables regarding the intervention in the epidemic of 1918 and 1919 and regarding pneumonia. Behavior of mortality from pneumonia derived from the 1918-1919 influenza pandemic, according to conventional treatment and homeopathy. Saine André. Homeopathy in Times of Epidemics: A Brief Overview. Liga Medicorum Homoeopathica Internationalis. June 15, 2017, Leipzig, Germany. http://www.lmhi-congress-2017.de/wp-content/uploads/2017/07/Proceedings_Saine_DF05-01_EN.pdf

³⁵ André Saine. The Weight of Evidence. The Extraordinary Success of Homeopathy in Times of Epidemics. In preparation, see here: http://www.homeopathy.ca/publications_det02.shtml. En: https://homeopathy.ca/debates_2013-03-22_SummaryResponseFromAndreSaine.shtml

³⁶ Ullman D. Evidencia Científica para la Medicina Homeopática. Artículo en revisión. LA HOMEOPATÍA DE MÉXICO. Volumen 86, número 711, noviembre-diciembre 2017, p. 5-18. <https://docs.bvsalud.org/biblioref/2018/03/880085/evidencia-cientifica-para-la-medicina-homeopatica.pdf>

There are various studies and analyzes on the role of homeopathy in the immune system, which explains its self-regulatory functions.^{37, 38, 39, 40.}

In particular, homeopathy has proven to be an efficient treatment for different conditions such as respiratory allergies, common infections of the upper respiratory tract, ear, nose and throat complaints and rheumatic diseases.

In a systematic review study, randomized and non-randomized clinical studies were analyzed, assigning them different weights in the final balance of the test, in a semi-quantitative analysis in which it was observed that from a total of 83 original studies, that homeopathy can have significant effects in some conditions, such as allergic oculorhinitis⁴¹, in flu syndromes,⁴², in otitis, in allergies and in fibromyalgia (with classical individualized homeopathy), and in sinusitis, rhinoconjunctivitis, arthritis using homeopathy in low dilutions. The article includes a table where 36 investigations are considered. The results suggest that in primary care, the impact of homeopathic treatment is not inferior to conventional treatment.⁴³

There is evidence regarding the treatment of irritable bowel syndrome⁴⁴. In addition, there are studies that demonstrate its efficacy against placebo in double-blind studies

³⁷ Bellavite P, Conforti A, Piasere V, Ortolani R. Immunology and Homeopathy. 1. Historical Background. Lecture Series. eCAM 2005;2(4)441–452. doi:10.1093/ecam/neh141 <https://downloads.hindawi.com/journals/ecam/2005/757651.pdf>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1297514/>

³⁸ Bellavite P, Ortolani R, Pontarollo F, Piasere V, Benato G, Conforti A. Immunology and Homeopathy. 4. Clinical Studies—Part 2. Advance Access Publication 31 July 2006. eCAM 2006;3(4)397–409. doi:10.1093/ecam/neh046
<https://downloads.hindawi.com/journals/ecam/2006/754314.pdf>

³⁹ Bellavite P, Conforti A, Pontarollo F, Ortolani R. Immunology and Homeopathy. 2. Cells of the Immune System and Inflammation. Lecture Series. Advance Access Publication 5 February 2006 eCAM 2006;3(1)13–24. doi:10.1093/ecam/neh018
<https://downloads.hindawi.com/journals/ecam/2006/401503.pdf>

Bonamin V L, Sato C, Neto Z R, Morante G, Cardoso T N, Santana R F, Coelho P C, Osugui L, Popi A F, Hurtado P EC, Mariano M. Immunomodulation of Homeopathic Thymulin 5CH in BCG-Induced Granuloma Model. Hindawi Publishing Corporation. Evidence-Based Complementary and Alternative Medicine. Volume 2013. Article ID 686018, 15 pages. <http://dx.doi.org/10.1155/2013/6886018> <https://pubmed.ncbi.nlm.nih.gov/23431344/>
<https://downloads.hindawi.com/journals/ecam/2013/686018.pdf>

⁴⁰ Cesar B, Abud AP R, de Oliveira CC, Cardoso F, Popa DB R, Guimaraes FS F, Juarez G, Freitas B Dorly. Treatment with at Homeopathic Complex Medication Modulates Mononuclear Bone Marrow Cell Differentiation. Original Article. Hindawi Publishing Corporation. Evidence-Based Complementary and Alternative Medicine. Volume 2011, Article ID 212459, 10 pages. doi:10.1093/ecam/nep119 <https://pubmed.ncbi.nlm.nih.gov/19736221/>
https://pdfs.semanticscholar.org/7e58/e0323977b7a3acbea964dc168580913c8d9b.pdf?_ga=2.114990919.1319146284.1647900567-2069877907.1647900567

⁴¹ Con Galphimia glauca en bajas diluciones/dinamizaciones homeopáticas.

⁴² Con Anas barbariae en alta diluciones/dinamización.

⁴³ Bellavite P, Marzotto M, Chirumbolo S, Conforti A. Advances in homeopathy and immunology: a review of clinical research. Front Biosci (Schol Ed). 2011 Jun 1;3(4):1363–89. doi: <https://doi.org/10.2741/230>. PMID: 21622275.

⁴⁴ Peckham E J, Relton C, Raw J, Walters C, Thomas K, Smith C, Kapur K, Said E. Interim results of a randomised controlled trial of homeopathic treatment for irritable bowel syndrome. Homeopathy (2014) -, 1e6 The Faculty of Homeopathy. 2014. <http://dx.doi.org/10.1016/j.homp.2014.05.001>, available online at <https://www.sciencedirect.com/science/article/abs/pii/S1475491614000514?via%3Dihub>

in diseases such as depression, attention deficit in children ⁴⁵, treatment of dry cough ⁴⁶, dysmenorrhea ⁴⁷, and premenstrual syndrome ⁴⁸, insomnia ⁴⁹, bronchial asthma ⁵⁰ and generalized anxiety disorder ⁵¹.

Homeopathic medicine, over the years, has proven to be an effective therapeutic option for many ailments, even resolving them completely. It has been strongly criticized for not being a conventional medical system, however, Western conventional medicine has been transforming and is increasingly approaching the principles on which this model is based, such as person-based care, treatment with nanomolecules (very low doses of drugs to reduce side effects), individualized treatments (precision medicine based on the genetic expression of each individual, pharmacogenomics) there are even reports of the effect of homeopathic drugs that produce changes in gene expression⁵².

⁴⁵ Frei, H., Everts, R., von Ammon, K. et al. Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomised, double blind, placebo controlled crossover trial. *Eur J Pediatr* 164, 758-767 (2005). <https://doi.org/10.1007/s00431-005-1735-7>

⁴⁶ Hans W. Voß, Andreas Michalsen, Rainer Brünjes Efficacy and tolerability of a complex homeopathic drug in children suffering from dry cough-A double-blind, placebo-controlled, clinical trial. *Drug Res (Stuttg)* 2018; 68(08): 444-449. DOI: <https://doi.org/10.1055/s-0043-124179>

⁴⁷ Ghosh, Shubhamoy, Ravindra, Rai Khushboo, Modak, Amila, Maiti, Shukdeb, Nath, Arunava, Koley, Munmun and Saha, Subhranil. "Efficacy of individualized homeopathic medicines in primary dysmenorrhea: a double-blind, randomized, placebo-controlled, clinical trial" *Journal of Complementary and Integrative Medicine*, vol. , no. , 2021, pp. 000010151520200512. <https://doi.org/10.1515/jcim-2020-0512>

⁴⁸ Michal Yakir, Christien T. Klein-Laansma, Shulamith Kreitler, Amnon Brzezinski, Menachem Oberbaum, George Vithoulkas, Zvi Bentwich A Placebo-Controlled Double-Blind Randomized Trial with Individualized Homeopathic Treatment Using a Symptom Cluster Approach in Women with Premenstrual Syndrome. *Homeopathy* 2019; 108(04): 256-269 DOI: <https://doi.org/10.1055/s-0039-1691834>

⁴⁹ James Michael, Subhas Singh, Satarupa Sadhukhan, Arunava Nath, Nivedita Kundu, Nitin Magotra, Susmit Dutta, Maneet Parewa, Munmun Koley, Subhranil Saha, Efficacy of individualized homeopathic treatment of insomnia: Double-blind, randomized, placebo-controlled clinical trial, *Complementary Therapies in Medicine*, Volume 43, 2019, Pages 53-59, ISSN 0965-2299, <https://doi.org/10.1016/j.ctim.2019.01.007>.

⁵⁰ Mohammad Qutubuddin, Shiv Murty Singh, Chaturbhuja Nayak, Munmun Koley, Subhranil Saha. Efficacy of individualized homeopathy in bronchial asthma in adults: Double-blind, randomized, placebo-controlled, clinical trial in the context of usual care, *Advances in Integrative Medicine*, Volume 6, Issue 2, 2019, Pages 58-65, ISSN 2212-9588, <https://doi.org/10.1016/j.aimed.2018.08.005>.

⁵¹ Usando la escala de Hamilton, se observó que la homeopatía individualizada era más eficaz que el placebo y el medicamento más utilizado fue Calcarea carbónica. Parewa M, Burman A, S, Brahma A, Rutten L, Sadhukhan S, Misra P, Gupta B, Saklani N, Michael J, Basu A, Ali S, S, Koley M, Saha S: Individualized Homeopathic Medicines in the Treatment of Generalized Anxiety Disorder: A Double-Blind, Randomized, Placebo-Controlled, Pilot Trial. *Complement Med Res* 2021;28:407-418. <https://doi.org/10.1159/000514524>

⁵² Arruda-Silva, F., Bellavite, P. & Marzotto, M. Low-dose Drosera rotundifolia induces gene expression changes in 16HBE human bronchial epithelial cells. *Sci Rep* 11, 2356 (2021). <https://doi.org/10.1038/s41598-021-81843-y>

Homeopathy in plants and animals

Homeopathy has also been used in animals and in agriculture, proving to be effective in resolving conditions in both animals and plants, which also contradicts the placebo effect argument.^{53, 54} In a review of 17 articles, different homeopathic medicines such as sulphur, phosphorus, silicea terra, are analyzed in the cultivation of 11 medicinal plants, and an increase in the quantity and quality of phytochemical components of the plants and of the essential oils obtained, is observed compared to controls⁵⁵.

With regard to the use of homeopathy in animals, there are investigations such as the one referred to, in which the effect of homeopathic substances in chickens on the mineral content of bones was assessed⁵⁶.

Homeopathic Medicine and COVID-19

COVID-19 is a viral disease caused by SARS-CoV-2 and declared a pandemic by the WHO. The COVID-19 infection emerged in Wuhan, China in late December 2019 and soon became a global health emergency that spread to 216 countries and territories around the world. Scientific advances and conventional treatments have attempted to resolve this crisis.

Homeopathy has been used to solve the symptoms that occur in patients and also as a prophylactic to reduce contagion, in this case giving treatment based on the "epidemic genius". Some of the homeopathic medicines that have been used in this sense with good results are Bryonia alba, Phosphorus, Arsenicum album, Gelsemium sempervirens.

⁵³ Grazia Trebbi, Giovanni Dinelli, Ilaria Marotti, Valeria Bregola, Alessandro Benni and Lucietta Betti. Effects of homeopathic treatments on strawberry plants in field. Homeopathy. 2014 Jan;103(1):92-93. <https://doi.org/10.1016/j.homp.2013.10.064>. (<https://www.sciencedirect.com/science/article/pii/S1475491613001537>)

Strawberries were inoculated with a fungus to infect them, treated with Sulphur 6x, Horn-equisetum 6x, Sulphur 6x + Horn-equisetum 6x, and water as a control, they observed that there was a significant reduction in the level of infection of the strawberries and an increase in production with respect to the control.

⁵⁴ Investigación en la que Hibiscus esculentus fue infestada con un nemátodo y tratada con Cina 30c y Santonin 30c, observándose una reducción significativa en comparación al control (etanol 30c) así como un mayor contenido protéico. N.C.Sukul, S.Ghosh, A.Sukul, P.Sinhababu. Amelioration of root-knot disease of lady's finger plants by potentized Cina and Santonin. Homeopathy 2006 Jul;95(3):144-7 <http://dx.doi.org/10.1016/j.homp.2006.04.001>

⁵⁵ Periera MMA et al :The Potential of Agro-homeopathy Applied to Medicinal Plants —A Review Journal of Agricultural Science; Vol. 11, No. 4; 2019. <https://doi.org/10.5539/JAS.V11N4P500>

⁵⁶ Canello S, Gasparini G, Luisetto P, Di Cerbo A, Pomerri F. Bone computed tomography mineral content evaluation in chickens: effects of substances in homeopathic concentration. Homeopathy (2016) 105, 92e95. Published by Elsevier Ltd on behalf of The Faculty of Homeopathy. This is an open access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>). <http://dx.doi.org/10.1016/j.homp.2015.07.003>

The Ministry of AYUSH, Government of India, has recommended the homeopathic medicine Arsenicum album 30 as an immune booster for its possible role in preventing COVID-19 infection.⁵⁷,

In another study, the use of Bryonia alba 30c and Gelsemium sempervirens 30c is reported in 18 patients with symptoms of COVID-19 in Hong Kong, reporting improvement in all ⁵⁸.

Different countries implemented the use of the "epidemic genius" in some sectors of the population, such as in Brazil, where the use of Arsenicum album 30c is reported, where they observed a significantly lower incidence among the employees who received the treatment, unlike the that they did not receive them⁵⁹.

Due to the crisis and emergency situation to provide care for people with COVID symptoms, it has been difficult to have a control group, treated with a placebo, however, there is a series of investigations that indicate and suggest the contribution of

⁵⁷ Kaushal Kumar Savera, Dr. P Dastagiri and Dr. KC Muraleedharan. Emerging evidence of homoeopathy in treating COVID-19 pandemic: An overview, IJHS 2020; 4(3): 160-166. <https://doi.org/10.33545/26164485.2020.v4.i3c.206>. En esta revisión se mencionan los principales medicamentos homeopáticos que se han reportado para tratar los principales síntomas de COVID-19.

⁵⁸ To, K.L., & Fok, Y.Y. (2020). Homeopathic Clinical Features of 18 Patients in COVID-19 Outbreaks in Hong Kong. Homeopathy : the journal of the Faculty of Homeopathy. <https://doi.org/10.1055/s-0040-1710545>. ISSN 1475-4916.

⁵⁹ Daruiche PSJ, Canoas WS, Figueira KAG, Peres GB. Homeopathy for COVID-19 Prevention: Report of an Intervention at a Brazilian Service Sector Company. Homeopathy. 2021 Oct 19. doi: 10.1055/s-0041-1733972. Epub ahead of print. PMID: 34666409. Análisis de cohortes retrospectivo. The study population was composed of all. The intervention consisted of the administration of Arsenicum album 30cH in a weekly dose to the employees of a company in the service sector in São Paulo, Brazil, and by the company's Occupational Health department. The outcome was the incidence of COVID-19 during the 3-month follow-up (April to July 2020). 1,642 of 1,703 employees without a previous diagnosis of COVID-19 at the beginning of the study period were analyzed: 53.34% of the employees were referred to telework at home and did not receive intervention (Group 1, G1); 24.66% remained working at the location in the state of São Paulo and received the intervention (Group 2, G2); 21.98% remained working in company premises in other states and did not receive intervention (Group 3, G3). The incidence rate of COVID-19 was 13.35%, 0.74% and 67.87%, respectively (p < 0.001). The odds ratio of being infected in (1) G3 vs. G1 was 13.70 (95% confidence interval [CI], 10.21 to 18.39), (2) G3 vs. G2 was 283.02 (95% CI, 88.98 to 900.18) and (3) G1 versus G2 was 20.66 (95% CI, 6.53 to 65.39).

homeopathic medicine against COVID-19 and in some cases against placebo^{60, 61, 62, 63, 64, 65, 66, 67}.

⁶⁰ Jacobs J. Homeopathic Prevention and Management of Epidemic Diseases. *Homeopathy*. 2018 Aug;107(3):157-160. doi: <https://doi.org/10.1055/s-0038-1649487>. Epub 2018 May 12. <https://pubmed.ncbi.nlm.nih.gov/29753299/>

⁶¹ Clapers ML, Velat M, Clapers JM, Vidal-Jové J, Mora J. Analysis of Homeopathic Genus Epidemicus for COVID-19 Patients in Spain. *Homeopathy*. 2021 Nov;110(4):236-243. doi: <https://doi.org/10.1055/s-0041-1727204>. Epub 2021 May 25. PMID: 34034356. Prospective case series study. Intervention: 43 medications prescribed. The drugs that showed the best results were: Sulfur, Pulsatilla, Bryonia alba, Belladonna, Phosphorus, Arsenicum album, Gelsemium and China officinalis. Sample size: 103 people. Conclusion: Homeopathic medicines have been associated with symptom improvement in mild and moderate cases of COVID-19, even in patients with comorbidities.

⁶² Daruiche PSJ, Canoas WS, Figueira KAG, Peres GB. Homeopathy for COVID-19 Prevention: Report of an Intervention at a Brazilian Service Sector Company. *Homeopathy*. 2021 Oct 19. doi: <https://doi.org/10.1055/s-0041-1733972>. Retrospective cohort study. Intervention with Arsenicum album 30CH, weekly. Sample size 1642. The incidence rate in the subgroup of patients who received the intervention and presented symptoms was 0.74% compared to the other comparative subgroups (13.35% and 67.87%).

⁶³ Jethani B, Gupta M, Wadhwani P, Thomas R, Balakrishnan T, Mathew G, Mathur M, Rao BP, Shukla D, Khullar A, Khera M, Sharma H, Kumar R, Kumar S, Jaggi S, Sinha R, Rawal K, Kapoor A, Manchanda RK. Clinical Characteristics and Remedy Profiles of Patients with COVID-19: A Retrospective Cohort Study. *Homeopathy*. 2021 May;110(2):86-93. doi: <https://doi.org/10.1055/s-0040-1718584>. <https://pubmed.ncbi.nlm.nih.gov/33567460/>. Retrospective Cohort Study. Intervention: Bryonia alba is the most indicated (33.3%), Arsenicum album (18.1%), Pulsatilla nigricans (13.8%), Nux vomica (8%), Rhus toxicodendron (7.2%) and Gelsemium sempervirens (5.8%), at a potency of 30C. Sample size: 196 In this study, the data reveals that Arsenicum album, Bryonia alba, Pulsatilla nigricans, Nux vomica, Rhus toxicodendron and Gelsemium are the most indicated drugs and 78% of positive patients had complete recovery. Estudio de Cohorte Retrospectivo. Intervención: Bryonia alba es la más indicada (33,3%), Arsenicum album (18,1%), Pulsatilla nigricans (13,8%), Nux vomica (8%), Rhus toxicodendron (7,2%) y Gelsemium sempervirens (5,8%), a una potencia de 30C. Tamaño de la muestra: 196 En este estudio, los datos revelan que Arsenicum album, Bryonia alba, Pulsatilla nigricans, Nux vomica, Rhus toxicodendron y Gelsemium son los fármacos más indicados y el 78% de los pacientes positivos tuvieron recuperación completa. Retrospective Cohort Study. Intervention: Bryonia alba is the most indicated (33.3%), Arsenicum album (18.1%), Pulsatilla nigricans (13.8%), Nux vomica (8%), Rhus toxicodendron (7.2%) and Gelsemium sempervirens (5.8%), at a potency of 30C. Sample size: 196 In this study, the data reveals that Arsenicum album, Bryonia alba, Pulsatilla nigricans, Nux vomica, Rhus toxicodendron and Gelsemium are the most indicated drugs and 78% of positive patients had complete recovery.

⁶⁴ Takacs M, Frass M, Walder G, Fibert P, Rottensteiner M, Glück W, Lechleitner P, Oberbaum M, Leisser I, Chandak K, Panhofer P, Weiermayer P. Adjunctive homeopathic treatment of hospitalized COVID-19 patients (COVIHOM): A retrospective case series. *Complement Ther Clin Pract*. 2021 Aug;44:101415. doi: <https://doi.org/10.1016/j.ctcp.2021.101415>. <https://pubmed.ncbi.nlm.nih.gov/33989861/> Reporte de caso retrospectivo. Intervención con Bryonia alba, Phosphorus, Lycopodium, Antimonium tartaricum, Arsenicum album, Carbo vegetabilis, Camphora y Nux vomica. Tamaño de la muestra 13 personas. Conclusiones: (92,3%) fueron dados de alta rápidamente sin secuelas relevantes tras una media de 14,4 ± 8,9 días.

⁶⁵ Valeri, A. Symptomatic COVID-19 Positive and Likely Patients Treated by Homeopathic Physicians- an Italian Descriptive study. 2020. Estudio descriptivo. Prescripción monodosis Individualizada de: Bryonia alba, Arsenicum album, Phosphorus flavus, Atropa belladonna, entre otros. Tamaño de la muestra 50. Ningún paciente requirió hospitalización. https://www.researchgate.net/publication/340631586_Symptomatic_COVID-19_positive_and_likely_patients_treated_by_homeopathic_physicians_-_an_Italian_descriptive_study

⁶⁶ Parikh, D. Role of homoeopathy in COVID-19 management -a clinical experience. (2020). *World Journal of Pharmaceutical Research* 9(5):2459-66 May 2020 https://www.researchgate.net/profile/Devang-Parikh/publication/341176530_ROLE_OF_HOMOEOPATHY_IN_COVID-19_MANAGEMENT-A_CLINICAL_EXPERIENCE/links/5eb235d092851cb267781765/ROLE-OF-HOMOEOPATHY-IN-COVID-19-MANAGEMENT-A-CLINICAL-EXPERIENCE.pdf Observational study. Intervention with Arsenicum album 30CH for 6 weeks. Sample size: 420 people, 403 were followed up and did not report symptoms of COVID-19 at the end of 6 weeks.

⁶⁷ Talle et al. Randomized double-blind, placebo-controlled study. Quarantine population. Intervention with Arsenicum album 30CH, Bryonia alba 30CH, Arsenicum album 30CH, Gelsemium sempervirens 30CH and Influenzinum 30CH, a nosode coronavirus (CVN01) 30CH. Camphor 1M as placebo. Sample size 2294. Conclusions: There was a lower incidence of COVID-19 for randomized cases with Bryonia alba and Nosode Coronavirus, with less evidence of hospitalizations.

Articles on homeopathy in the treatment of COVID-19, selected by the *International Journal of High Dilution Research* for publication, stand out ^{68, 69, 70, 71, 72, 73, 74, 75, 76, 77}.

Regarding protocolized studies carried out in Mexico, the research protocol stands out: "*Participation of individualized homeopathy as a complementary treatment in patients with Sars-CoV-2*", approved on February 8, 2021 by the Directorate of Teaching, Research in Health and Quality, of the Health Services of Nuevo León, date from which said investigation has been carried out at the Hospital Metropolitano de Monterrey, NL, carried out by members of the Higher Institute of Homeopathic Medicine, Teaching and Research of said state. At this time they are systematizing the results of 150 patients.

⁶⁸ Holandino C, Kokornaczyk MO. Homeopathy in the treatment of COVID-19. *International Journal of High Dilution Research* 2021; 20(1):01-01. <https://doi.org/10.51910/ijhdr.v20i1.1087>
<https://highdilution.org/index.php/ijhdr/article/view/1087>

⁶⁹ Akaeva T, Mkhitarian K, Vasilkovskaya O. Therapy of coronavirus infection. *International Journal of High Dilution Research* 2021; 20(1):03-04. <https://doi.org/10.51910/ijhdr.v20i1.1078>
<https://highdilution.org/index.php/ijhdr/article/view/1078/1067>

⁷⁰ Chimthanawala A. COVID-19: Cases cured with Homoeopathy. *International Journal of High Dilution Research* 2021;20(1):02-02. <https://doi.org/10.51910/ijhdr.v20i1.1077>
<https://highdilution.org/index.php/ijhdr/article/view/1077/1066>

⁷¹ Devos P, Serneels P, Goyens M, Van Wassenhoven M. Survey COVID-19 first peak 2020-viewpoint of belgian homeopathic medical doctors. *International Journal of High Dilution Research* 2021; 20(1):05-05. <https://doi.org/10.51910/ijhdr.v20i1.1079>
<https://highdilution.org/index.php/ijhdr/article/view/1079/1068>

⁷² Lun K, To A; Ying Y, Fok Y. Updates from China: clinical and research experience of homeopathy in the pandemic. *International Journal of High Dilution Research* 2021; 20(1):08-08. <https://doi.org/10.51910/ijhdr.v20i1.1079>
<https://highdilution.org/index.php/ijhdr/article/view/1081/1070>

⁷³ Holandino C, Passos Oliveira A, et al., Homeopathy and the COVID-19 pandemic: quasi-experimental observational study. *International Journal of High Dilution Research* 2021; 20(1):09-10. <https://doi.org/10.51910/ijhdr.v20i1.1082>
<https://highdilution.org/index.php/ijhdr/article/view/1082/1074>

⁷⁴ Rodrigues Garcia Lino R, et al., Homeopathy and emotional disorders in children during covidian-19 pandemic. *International Journal of High Dilution Research* 2021; 20(1):11-12. <https://doi.org/10.51910/ijhdr.v20i1.1084>
<https://highdilution.org/index.php/ijhdr/article/view/1084/1071>

⁷⁵ Mendes Xavier MF, et al., Clinical study of China officinalis in the view of classical systemic homeopathy during COVID-19 epidemic in São Paulo. *International Journal of High Dilution Research* 2021; 20(1):13-14. <https://doi.org/10.51910/ijhdr.v20i1.1085> <https://highdilution.org/index.php/ijhdr/article/view/1085/1072>

⁷⁶ Passos Oliveira A, Farias Stern MC, et al., Homeopathic medicine as health promotion during COVID-19 pandemic period in Niteroi city. *International Journal of High Dilution Research* 2021; 20(1):15-16. <https://highdilution.org/index.php/ijhdr/article/view/1086/1073> <https://doi.org/10.51910/ijhdr.v20i1.1086>

⁷⁷ Tournier AL, Ying Y, Fok Y. Preliminary analysis of the Clifical COVID-19 support project.. *International Journal of High Dilution Research* 2021; 20(1):06-07. <https://doi.org/10.51910/ijhdr.v20i1.1080>
<https://highdilution.org/index.php/ijhdr/article/view/1080/1069>

Conclusions

This report, without pretending to be a systematic review, is intended to provide understandable information, as well as clarify doubts about the clinical-therapeutic effects of homeopathy and its contributions against diseases such as COVID-19, with updated scientific foundations and evidence, to that they can understand it and that it is available, both for health personnel and for people interested in homeopathy.

In Mexico, as well as in Switzerland and India, homeopathy is an official therapeutic, so we hope that, with this first effort of identification, collection, systematization and presentation of important and significant information, we can contribute to recognizing and supporting the contributions of this therapeutic clinical model, and that allows in the future, to open new treatment opportunities for many diseases in general and in particular against diseases such as COVID-19, for the benefit of the health of our population.