

# **Homeopatian tutkimusnäyttö ja turvallisuus**

**Suomen Homeopaatit ry.  
Pohjoismainen Homeopaattiyhdistys ry.**

ref.

British Homeopathic Association



## The Research Evidence Base for Homeopathy

### Systematic reviews of randomised controlled trials (RCTs) of homeopathy

- Four of five major comprehensive reviews of RCTs in homeopathy have reached broadly positive conclusions.<sup>1,2,3,4</sup> Based on a smaller selection of trials, a fifth review came to a negative conclusion about homeopathy.<sup>5</sup>
- Positive conclusions have been reported in nine of 21 reviews of RCTs in specific categories of medical condition (the other 12 are largely inconclusive):
  - allergies and upper respiratory tract infections<sup>6</sup>
  - childhood diarrhoea<sup>7</sup>
  - influenza treatment<sup>8</sup>
  - post-operative ileus<sup>9</sup>
  - rheumatic diseases<sup>10</sup>
  - seasonal allergic rhinitis<sup>11,12,13</sup>
  - vertigo.<sup>14</sup>

### RCTs of homeopathy – the original peer-reviewed research literature

- Up to the end of 2006, 127 RCTs had been published: 57 positive; 6 negative; 64 not statistically conclusive. In addition to the above seven conditions, there is positive evidence from two or more RCTs in each of the following three areas:
  - fibromyalgia<sup>15,16</sup>
  - osteoarthritis<sup>17,18</sup>
  - sinusitis.<sup>19,20</sup>
- There is evidence from single RCTs (not refuted elsewhere) in favour of homeopathy for a number of other conditions, including: acute otitis media,<sup>21</sup> ankle sprain,<sup>22</sup> bronchitis,<sup>23</sup> chronic fatigue,<sup>24</sup> premenstrual syndrome.<sup>25</sup>

### Cost effectiveness of homeopathy

- Integration of homeopathy with conventional treatment is associated with better clinical outcomes for similar or lower costs.<sup>26,27,28</sup>

### Clinical observational studies

- 70.7% of 6,544 follow-up patients, treated at Bristol Homeopathic Hospital for a wide range of chronic medical complaints, reported positive health changes.<sup>29</sup>
- Many patients attending the Royal London Homoeopathic Hospital were able to reduce or stop conventional medication following homeopathic treatment.<sup>30</sup>

### Basic Science

- Laboratory research has obtained evidence that water may retain information about homeopathically-prepared solutes.<sup>31,32,33</sup>
- Additional laboratory studies have shown that homeopathic dilutions can exert biological effects.<sup>e.g. 34,35,36</sup>

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## **Turvallisuus ja homeopatia**

***FDA:lle (United States - Food And Drug Administration) on raportoitu vain muutamista homeopaattisten lääkkeiden käyttöön liittyvistä ongelmista. Tarkempien selvitysten jälkeen FDA totesi ongelmien johtuneen suurella todennäköisyydellä muista syistä, sillä homeopaattiset lääkkeet ovat voimakkaasti laimennettuja.***

- Stehlin, I. "Homeopathy: Real Medicine or Empty Promises?" FDA Consumer. 1996. 30(10):15–19. Also available at: [www.fda.gov/fdac/features/096\\_home.html](http://www.fda.gov/fdac/features/096_home.html).

***Ammattihomeopaatin määrääminä ja oikein nautittuna voimakkaasti potensoidut eli laimennetut homeopaattiset lääkkeet ovat turvallisia käyttää. On epätodennäköistä, että ne aiheuttaisivat vakavia, epätoivottuja reaktioita.***

- Dantas, F. and Rampes, H. "Do Homeopathic Medicines Provoke Adverse Effects? A Systematic Review." British Homeopathic Journal. 2000. 89 Suppl 1:S35–S38.

***Nestemäiset homeopaattiset lääkkeet voivat sisältää alkoholia suuremmissa määrin kuin aikuisille suunnatut lääketieteen lääkkeet. Tämä voi olla huolenaihe osalle kuluttajia. FDA:n tietoon ei ole tullut ongelmia alkoholia sisältävistä homeopaattisista lääkkeistä. Tieteellisestä kirjallisuudesta ei myöskään löydy mainintaa haittavaikutuksista.***

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***Ei ole näyttöä siitä, että homeopaattiset lääkkeet häiritsisivät lääketieteen lääkkeiden vaikutusta. Yhdistyksemme suosittelevat, että potilaat kertovat lääkärilleen homeopaattisten lääkkeiden käytöstä.***