



Barcelona 2006
I Symposium Homeopathy,
Research and Science

Homeopathy and Evidence

Dr Michel Van Wassenhoven



Barcelona 2006 Homeopathy & Evidence

- I. **Research Concept**
- II. **Ethic and Homeopathy**
- III. **Specific Remedy action**
- IV. **Veterinarian research**
- V. **Meta-analysis**
- VI. **ECHO studies**
- VII. **Internal Evidence**
- VIII. **Conclusions**



Barcelona 2006 Homeopathy & Evidence

Evidence standards:

- I = existence of meta-analyses and/or of systematic positive reviews of literature**
- IIa = several controlled randomised positive clinical trials**
- IIb = one controlled randomised positive clinical trials**
- IIIa = multiple positive cohortes studies**
- IIIb = unique positive cohortes study**
- IV = experts opinion (clinical cases and daily practise)**



Barcelona 2006 Homeopathy & Evidence

- I. **Research Concept**
- II. Ethic and Homeopathy
- III. Specific Remedy action
- IV. Veterinarian research
- V. Meta-analysis
- VI. ECHO studies
- VII. Internal Evidence
- VIII. Conclusions



Barcelona 2006 Homeopathy & Evidence

+ Relevant Experimental Project:

Observed phenomenon **ISOLATED** from all external effects.

Distinction between **SPECIFIC** and non-specific effects.

IDIOSYNCRASIC symptom (specific for each patient) >< Pathognomonic symptom (specific for the disease)



Barcelona 2006 Homeopathy & Evidence

« When an observed fact does not correspond to an official theory, it must be accepted and the theory rejected. »;
« Theory must be changed to be adapted to nature and it is not nature which must be adapted to theory. »

Claude Bernard (Introduction à la Médecine Expérimentale).

Barcelona 2006 Homeopathy & Evidence

Definition of the symptoms

Pathognomonic Symptoms :

Specific of the illness,

Are used to **diagnose the pathology** .

When the diagnosis of the pathology is performed, the treatment is chosen accordingly; classical therapy may be also targeted against symptoms.

ALLOPATHY

Idiosyncrasic symptoms

Specific of the patient


They are the **personal expression** of the sickness by the patient .

They are used to **choose the specific remedy according to the similarity of the symptoms** observed by proving in a healthy subject.

HOMEOPATHY



Barcelona 2006 Homeopathy & Evidence

 This paradigm of « **Body information** » is necessary to explain the experiences and to understand the failure of non appropriated research patterns.



Barcelona 2006 Homeopathy & Evidence

- I. Research Concept
- II. **Ethic and Homeopathy**
- III. Specific Remedy action
- IV. Veterinarian research
- V. Meta-analysis
- VI. ECHO studies
- VII. Internal Evidence
- VIII. Conclusions

Barcelona 2006 Homeopathy & Evidence

✍ Bioethics 21^s Century



✍ Positivism versus Metaphysics



Barcelona 2006 Homeopathy & Evidence

- ✍ Conventional medicine is based on positivism and scientism.
- ✍ Metaphysics allows to distinguish the limits of positivism (each human being is unique and sensitive).
- ✍ Positive science is only an instrument for humanity, humanity would not be enslave to it.

Barcelona 2006 Homeopathy & Evidence

- ✍ Skepticism is based on positivism and scientism.
- ✍ Medicine concern human live, including respect, individuality, freedom of choices, it is more than a recipe.
- ✍ Homeopathy includes positivism and metaphysics (individualization).
- ✍ Respect of scientific perspectives must consider also respect of human nature.



Barcelona 2006 Homeopathy & Evidence

- I. Research Concept
- II. Ethic and Homeopathy
- III. **Specific Remedy action**
- IV. Veterinarian research
- V. Meta-analysis
- VI. ECHO studies
- VII. Internal Evidence
- VIII. Conclusions

Barcelona 2006 Homeopathy & Evidence



Basic research :

(Review of literature autumn 2004 – the best models)

Cells protection

Plants detoxication

Animals endogenous
molecules

Physical science M.N.R. -
Thermoluminescence



Barcelona 2006 Homeopathy & Evidence



Basic research :

(Review of literature autumn 2004 – the best models)

All these experiences are well conducted, in controlled conditions, with enough cells, plants or animals and a valuable statistical treatment.

The facts are **INDISPUTABLE, statistically significant and reproducible, even if they cannot be explained by molecular paradigm.**

Barcelona 2006 Homeopathy & Evidence



Basic research :

(Review of literature autumn 2004 – the best models)

The activity of homeopathic high diluted remedies has already reached a level of Evidence **IIa and almost level **I** for some models.**

Such level of Evidence cannot be ignored.



Barcelona 2006 Homeopathy & Evidence

- I. Research Concept
- II. Ethic and Homeopathy
- III. Specific Remedy action
- IV. Veterinarian research**
- V. Meta-analysis
- VI. ECHO studies
- VII. Internal Evidence
- VIII. Conclusions

Barcelona 2006 Homeopathy & Evidence



Veterinaries studies :

Observed phenomenon easier to be **ISOLATED** from all external effects.

Easier distinction between **SPECIFIC** and non-specific effects (Worthless placebo effect).

IDIOSYNCRASIC symptom (specific for each diseased animal) easier to be considered.

No **residues in the food chain** if applied in biologic farming.

Barcelona 2006 Homeopathy & Evidence



Veterinaries studies :

Veterinary studies minimize placebo effects and confirm the efficacy of homeopathic treatments.

Experiments in laboratory animals help improving research design in homeopathy.

Barcelona 2006 Homeopathy & Evidence



Veterinaries studies :

Level of Evidence **IIb is already
obtained for several indications.**

More studies will allow a level **I for
different indications in a near
future.**



Barcelona 2006 Homeopathy & Evidence

- I. Research Concept
- II. Ethic and Homeopathy
- III. Specific Remedy action
- IV. Veterinarian research
- V. **Meta-analysis**
- VI. ECHO studies
- VII. Internal Evidence
- VIII. Conclusions

Barcelona 2006 Homeopathy & Evidence

Audit of scientific studies :

In the nineteenth the question was almost focused on « Is Homeopathy a placebo response or not? »

Looking at all available double blind studies the response is clear: “The action of Homeopathy cannot be explained only by a placebo response.”

Barcelona 2006 Homeopathy & Evidence



Audit of scientific studies :

Actually scientists are more interested in the question: “Is Homeopathy more than a placebo response in some specific conditions ?”

Level of Evidence I is obtained for different conditions. Level IIa and IIb for others.

Barcelona 2006 Homeopathy & Evidence

Meta-analyses	At least 2 positive RCTs	1 pos. RCT
Hay fever	Asthma	Anxiety
Post-operative ileus	Fibrositis	ADHD
Rheumatoid arthritis	Influenza	IBS
Childhood diarrhoea	Muscles soreness	Migraine
Toxics protection	Otitis media	Osteoarthritis
	Pain (miscellaneous)	PMS
	Radiotherapy (side effects)	Chemo iatrogenic prevention
	Sprains	Septicaemia
	URTIs	



Barcelona 2006 Homeopathy & Evidence

- I. Research Concept
- II. Ethic and Homeopathy
- III. Specific Remedy action
- IV. Veterinarian research
- V. Meta-analysis
- VI. ECHO studies**
- VII. Internal Evidence
- VIII. Conclusions



Barcelona 2006 Homeopathy & Evidence

Human QoL, Economic studies :

“ECHO” is a reference to the analysis of Economic, Clinical and Humanistic Outcomes.

Quality of Life is analyzed using validated questionnaires.

Barcelona 2006 Homeopathy & Evidence

Human QoL :

(17 publications between 2000 and 2006, **N=19,292**)

70 % of adults and **75 %** of children
presents significant improvement

Reducing **COSTS** – Decreasing lost working
days

Barcelona 2006 Homeopathy & Evidence

Human QoL :

(17 publications between 2000 and 2006, **N=19,292**)

Level of Evidence **IIIa is obtained for several considered diagnoses.**

Barcelona 2006 Homeopathy & Evidence

Control (before and after homeopathy)	Control (Conventional versus homeopathy)	Control (Double Blind studies)
Child asthma	Respiratory problems	Vertigo
Headache	URTIs	
Cancer	Pregnancy problems	
Anxiety & depression after women hormonal suppression	Acute sinusitis	
Allergic conditions		
General condition problem		
Bowel sufferings		
Anxiety		
Depression		
Skin diseases		

Barcelona 2006 Homeopathy & Evidence

Economic studies :

(15 publications between 2000 and 2006, **N=9,797**)

Studies mostly asked by public authorities.

The use of Homeopathy is reducing **COSTS, decreasing lost working days and the global efficacy is at least the same than using a conventional approach.**

Barcelona 2006 Homeopathy & Evidence



Economic studies :

(15 publications between 2000 and 2006, **N=9,797**)

Level of Evidence IIIa is obtained for several considered diagnoses.

Barcelona 2006 Homeopathy & Evidence

Control (before and after homeopathy)	Control (Conventional versus homeopathy)
Acute otitis media	Hay fever (seasonal)
Eczema	Asthma
Allergic conditions	Eczema
Rhumatoid arthritis	Food allergy
Anxiety	Chronic hay fever
	Anxiety
	Acute rhino pharyngitis

Barcelona 2006 Homeopathy & Evidence



General Audit :

Allergic conditions in all their different clinical expressions are problems occurring more and more in modern societies. It is a public major problem.

Costs and lost working days due to allergy are increasing. Looking at all these Evidence, Homeopathy offers without any doubt a efficient alternative.



Barcelona 2006 Homeopathy & Evidence

- I. Research Concept
- II. Ethic and Homeopathy
- III. Specific Remedy action
- IV. Veterinarian research
- V. Meta-analysis
- VI. ECHO studies
- VII. Internal Evidence**
- VIII. Conclusions

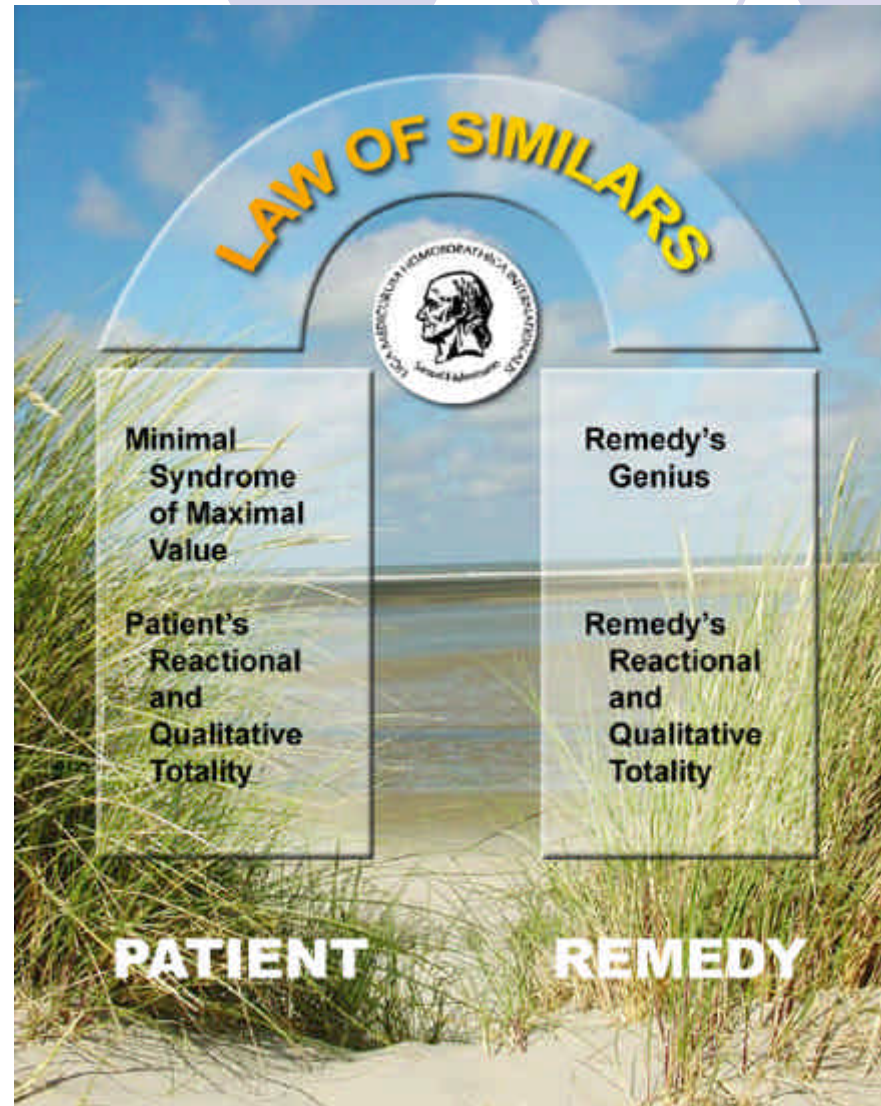
Barcelona 2006 Homeopathy & Evidence

✍ Homeopathy ?

✍ SIMILIA


✍ SIMILIBUS

✍ CURENTUR





Barcelona 2006 Homeopathy & Evidence

 **Dr. Constantin Hering**, gives in “Guiding Symptoms” the five steps in order to obtain a characteristic symptom. The clinical verification of homeopathic symptoms is the fifth step of this strategy.

Barcelona 2006 Homeopathy & Evidence

- ✍ **First step: *The possibility***, one substance provoked some symptoms which sometimes might even be toxic.
- ✍ **Second step: *The probability***, when this substance, diluted and dynamised, has provoked various symptoms on volunteers in good health.
- ✍ **Third step: *The confirmation***, when this same substance, diluted and dynamised, given to volunteers in good health, has **confirmed** some symptoms issued from a previous pathogenesis and provoked probable new symptoms.
- ✍ **Fourth step: *The corroboration***, this means the examination of the place taken by the probable symptom and its confirmation by the notions actually known of physiology and pathology.
- ✍ **Fifth step: *The Clinical Verification***, at the bed of the suffering/sick patient, the correspondence of the probable symptom, confirmed and corroborated is verified by the obtained clinical results.

Barcelona 2006 Homeopathy & Evidence

 **Are “Proving” reaching some level of Evidence ?**

 **Level of Evidence **IIb** has been demonstrated for a placebo controlled proving (2004) and level **I** could be approached looking at results a systematic review in UK (1998).**



Barcelona 2006 Homeopathy & Evidence

 **Symptoms from proving are accurate only if they are clinically verified !**

 **Level of Evidence **IV** is here very usual, it is only the same level than the ideal cholesterol esteemed value (1,9 g/l).**



Barcelona 2006 Homeopathy & Evidence

 **Using new statistical tools, clinical verification can be improved.**

 **Level of Evidence IIIb is already reached and level IIIa (the best possible level of Evidence for this type of research) will be reached very soon.**

Barcelona 2006 Homeopathy & Evidence

Traditional verification

- ✍ Collection of clinical data
- ✍ Selection of a remedy
- ✍ Selection of undoubtful cases (good or bad)
- ✍ Used symptoms for the remedy selection
- ✍ Verification
- ✍ Adaptation of values in the repertory

Statistical approach

- ✍ Collection of clinical data
- ✍ Selection of a remedy
- ✍ All cases are considered
- ✍ Used symptoms for the remedy selection
- ✍ Statistical analysis within the complete databank
- ✍ New repertory based on mathematical probabilities

Barcelona 2006 Homeopathy & Evidence

Evaluation of results after treatment (personal scale):

- 5 = very spectacular changes in the total picture, symptoms are disappearing and the general state of health is completely improved.
- 4 = spectacular disappearance of symptoms with improved general state of health
- 3 = disappearance of symptoms, start of a general improvement
- 2 = good effect during the treatment but we are not convince it will improve the patient completely, other therapies are still needed
- 1 = some effect during the treatment but it could be due to other factors (like placebo)
- 0 = no effect
- 1 = deterioration or aggravation during and/or after the treatment



Retrospective LR study

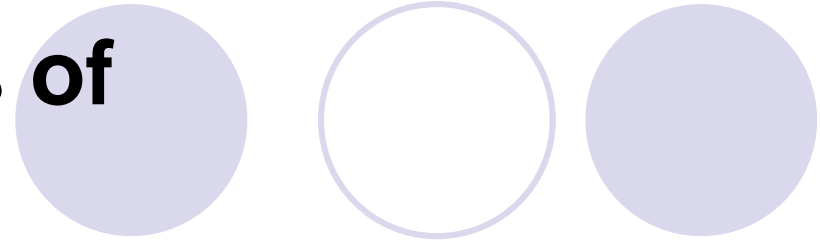
- ✍ Based on data collection in **daily practice**.
- ✍ **LR+** is an indication that a remedy will be effective if the symptom is present, higher is better. LR+ must be >1 .
- ✍ **LR-** is an indication that a remedy will not be effective if the patient does not have the symptom, more so if LR- is closer to zero. LR- must be <1 .
- ✍ Reaching the level of « **evidence** ».



Retrospective LR study

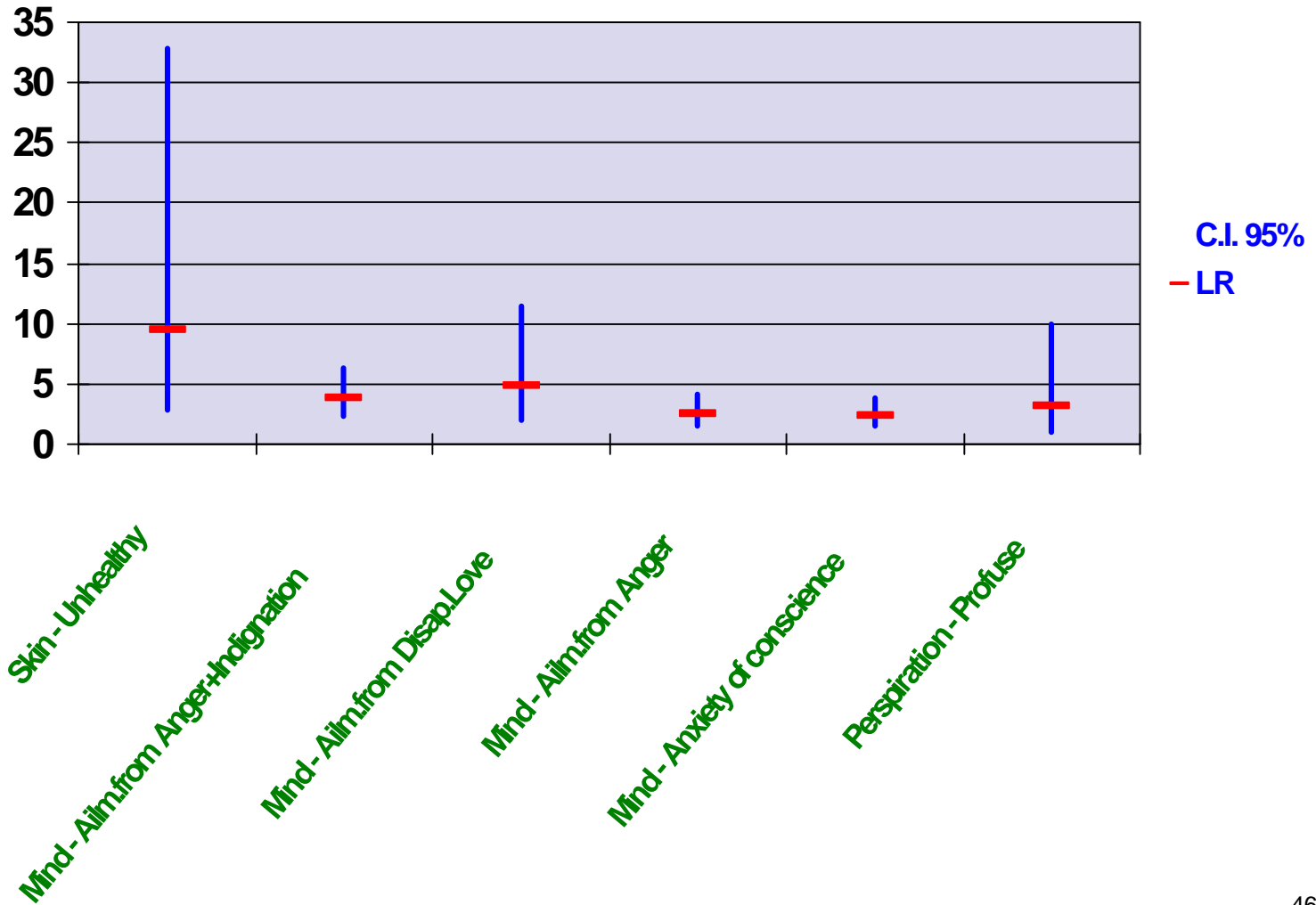
- ✍ Normally LR has to be defined by prospective studies and is considering the **prevalence** of a symptom in the general **population**.
- ✍ This preliminary study is considering retrospectively the **prevalence** of the symptoms in a patient's **atabank**.

Verified symptoms of STAPHYSAGRIA



- ✍ **N** useful patients in databank = **2148**
- ✍ **N** patients remedy = **58**
- ✍ **266** different symptoms from **28** repertory chapters
- ✍ **38** symptoms brings to LR useful results
- ✍ For **6** symptoms the values are significant (**CI95%**)

Verified symptoms of STAPHYSAGRIA





Verified symptoms of STAPHYSAGRIA

✍️ Symptoms occurring from **silent anger** (or grief)

✍️ Certainly Efficient for **SKIN** indications.

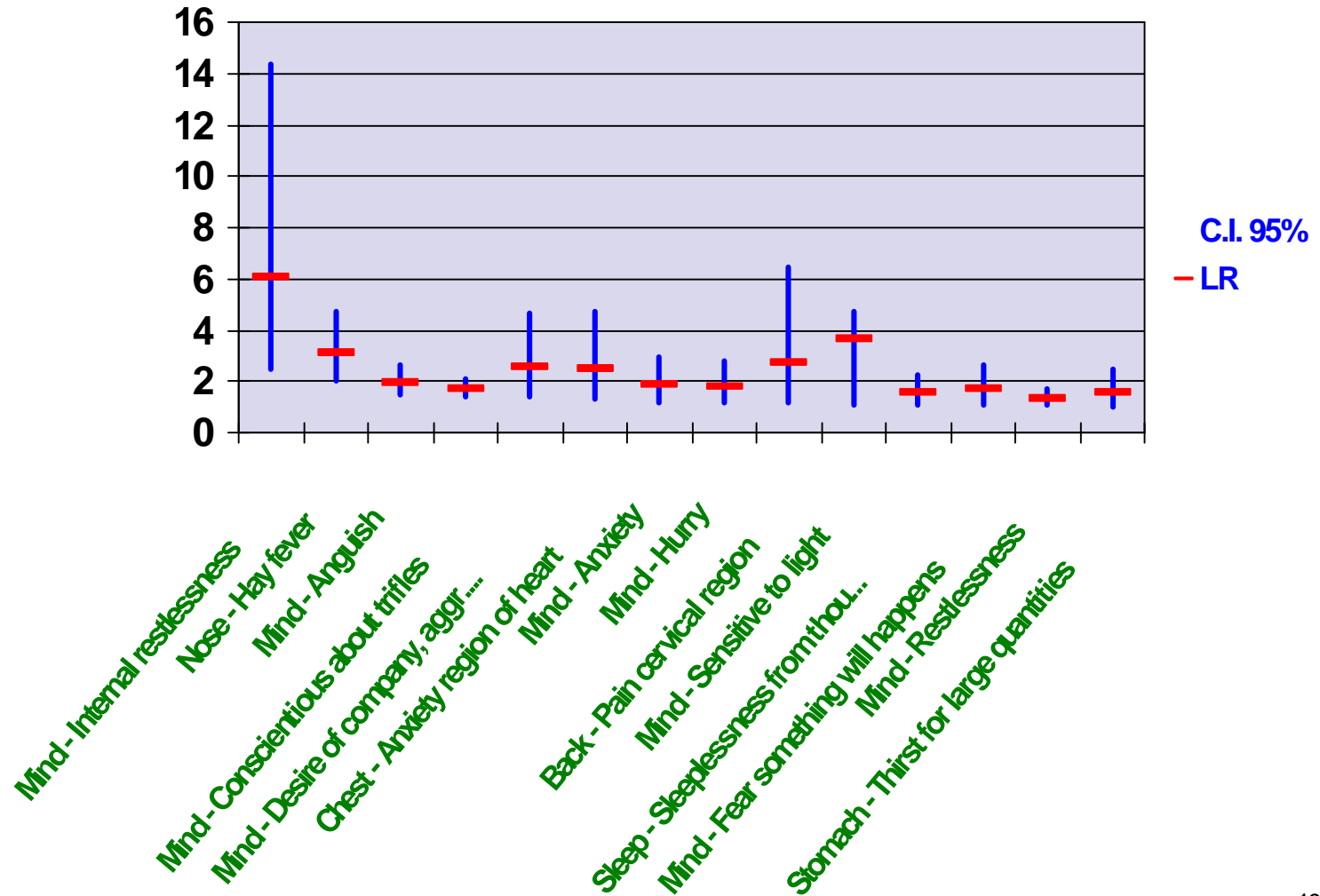
✍️ Verification of our traditional knowledge for this remedy. More input will lead to a more complete clinically verified remedy image.



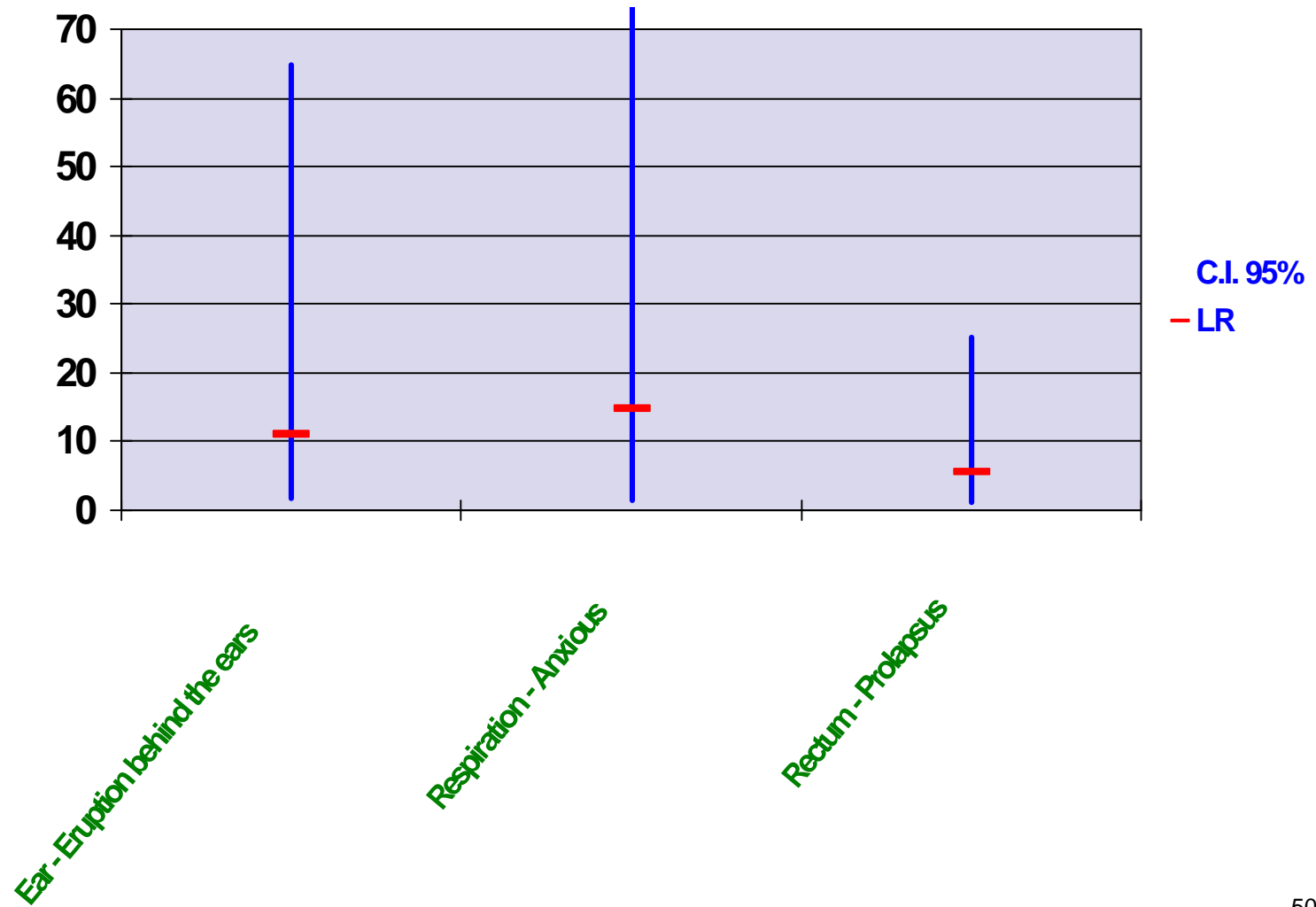
Verified symptoms of ARSENICUM ALBUM

- ✍ **N** useful patients in databank = **2148**
- ✍ **N** patients remedy = **208**
- ✍ **689** different symptoms from **34** repertory chapters
- ✍ **105** symptoms brings to LR useful results
- ✍ For **14** symptoms the values are significant (**CI95%**)

Verified symptoms of ARSENICUM ALBUM



Verified symptoms of ARSENICUM ALBUM





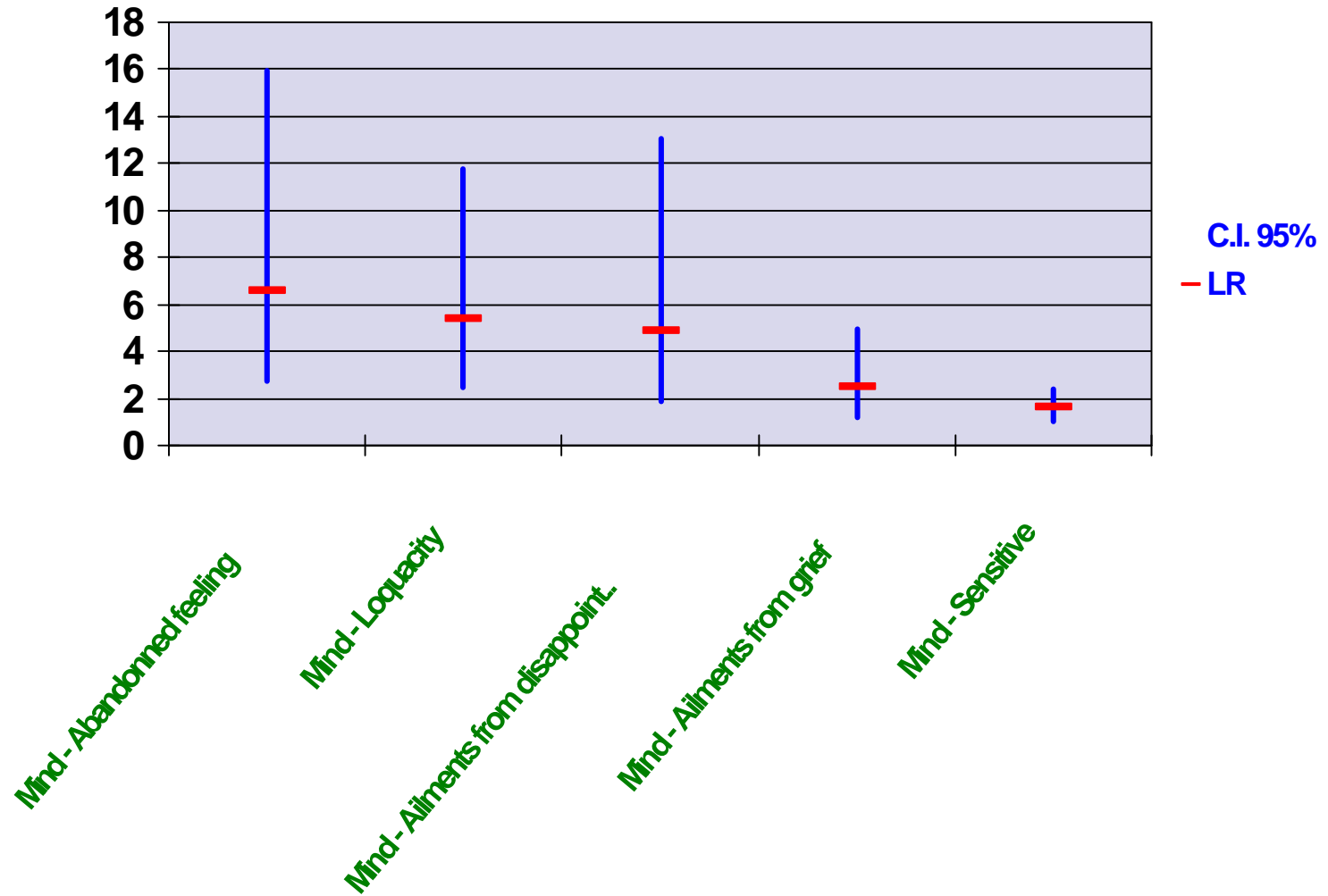
Verified symptoms of ARSENICUM ALBUM

- ✍ **Symptoms certainly linked to internal restlessness & anxiety.**
- ✍ **Efficient for respiratory & allergic indications.**
- ✍ **With the available data, above the similar law, verification of the globality principle will be possible.**

Verified symptoms of LACHESIS

- ✍ **N** useful patients in databank = **2148**
- ✍ **N** patients remedy = **42**
- ✍ **205** different symptoms from **28** repertory chapters
- ✍ **40** symptoms brings to LR useful results
- ✍ For **5** symptoms the values are significant (**CI95%**)

Verified symptoms of LACHESIS





Verified symptoms of LACHESIS

- ✍ **Frame symptoms are verified such as loquacity and ailments from grief.**
- ✍ **More data is needed for verification of clinical symptoms such as flushes of heat or epistaxis.**
- ✍ **These results are more a verification of the KENTIST approach. Ailments from & Mind symptoms are essential.**



Evidence Based Homeopathy – KENT
(preliminary results preparing 63th LMHI congress 2008 BELGIUM)

- ✍ For the traditional verification method (TVM), only unquestionable results can be considered. (5,4,0,-1)
- ✍ I have enough data for TVM evaluation of 267 remedies.
- ✍ 2.087 different rubrics of the repertory (10.189 used rubrics in daily practice).

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM)

VERATRUM ALBUM

- ✍ Considering only **89** rubrics of the repertory (Traditional Verification Method) is easier than the **1.589** rubrics used for Lycopodium.
- ✍ Very spectacular clinical results (5,4,-1).
- ✍ Mostly unverified in the repertory (low remedy value in the concerned rubrics)
- ✍ Linked to 24 patients (47 patient contacts); 8 with result 5, 14 with result 4, 2 with result –1.

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Synthesis 8</i>
MIND	Grief, ailments from	4	4	1 to be upgraded 3
MIND	Anguish	3	5	1 to be upgraded 3
MIND	Anxiety of conscience	3 3 1	5 4 -1	3 ok
MIND	Dictatorial - Domineering	3 1	4 5	1 to be upgraded 3
MIND	Excitement, ailments from emotional	3 1	4 -1	2 to be confirmed
MIND	Restlessness anxious	2 2 1	5 4 -1	2 to be upgraded 3
MIND	Restlessness (nervous)	1 1	4 -1	1 to be confirmed

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Synthesis 8</i>
STOMACH	Vomiting	3	4	3 ok
MIND	Courageous	2 1	5 4	1 to be upgraded 3
MIND	Talk, indisposed to	2	5	3 (Taciturn) Ok
MIND	Conscientious about trifles	2 1 1	5 4 -1	1 to be confirmed
STOMACH	Anxiety (in)	2	5	2 to be upgraded 3
MIND	Mortification, ailments from	2	4	1 to be upgraded 3
GENERAL	Lassitude	2	4	1 to be upgraded 3
MIND	Abandoned – Forsaken feeling	2	4	1 to be upgraded 3

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Synthesis 8</i>
MIND	Mirth - Liveliness	1 1	5 4	2 to be upgraded 3
STOMACH	Thirst, large quantities	1	5	3 ok
STOMACH	Desires, salt things	1	5	4 Ok
COUGH	Spring, in	1	5	1 to be confirmed (only 7 remedies)
FEMALE	Metrorrhagia	1	5	1 to be confirmed
GENERAL	Injuries, ailments from (operation)	1	5	1 to be confirmed
GENERAL	Faintness	1	5	3 ok
MIND	Fear (of) death	1 1	5 4	2 to be upgraded 3

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Synthesis 8</i>
MIND	Anticipation, ailments from	1 1	5 -1	1 to be confirmed
MIND	Brooding	1	5	3 ok
MIND	Irritability	1 1	5 4	2 to be upgraded 3
MIND	Timidity	1	5	1 to be confirmed
MIND	Company, desire of	1 1	5 4	1 to be upgraded 3
MIND	Censorious - critical	1	5	3 ok
MIND	Anger, ailments from	1	4	1 to be confirmed
FEMALE	Desire, increased	1	4	3 ok

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Synthesis 8</i>
FEMALE	Menses, absent	1	4	1 to be confirmed
GENERAL	Cold, wet weather aggr.	1	4	2 to be confirmed
GENERAL	Menses, before aggravated	1	4	3 ok
GENERAL	Warm aggravated	1	4	2 to be confirmed
MIND	Concentration, difficult	1	4	1 to be confirmed
STOMACH	Nausea, Faint-like	1	4	1 to be confirmed
GENERAL	Obesity	1	4	1 to be confirmed
MIND	Discouraged	1	4	3 ok
MIND	Sensitive - Oversensitive	1 2	4 -1	2 to be confirmed

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Synthesis 8</i>
MIND	Stupefaction	1	4	3 ok
SLEEP	Sleeplessness from activity of thoughts	1	4	1 to be confirmed
MIND	Homesickness	1	4	1 to be confirmed
STOMACH	Vomiting food	1	4	3 ok
MIND	Frightened, easily	1	4	1 to be confirmed
PERSPIRATION	Exertion, during slight	1	4	1 to be confirmed
MIND	Malicious - Revengful	1	-1	1 to be confirmed
MIND	Loquacity	1	-1	2 to be confirmed
MIND	Fear (of) in a crowd	1	-1	0 ok

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Synthesis 8</i>
MIND	Fear (of) being alone	1	-1	1 to be confirmed
MIND	Fear (of) impending disease	1	-1	0 ok
MOUTH	Saliva, viscid	1	-1	1 to be confirmed
THROAT	Lump (in), sensation as if	1	-1	0 ok

NB: it is remarkable that this remedy always produced some reaction, never « 0 » result, the positive effects have been confirmed after several years of follow-up for most patients.

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

Verified patient's profile

Mind: Ailments from grief, emotional excitement, anger, mortification and anticipation. Anxiety of conscience, restlessness anxious, dictatorial, conscientious, courageous but taciturn; sometime full of liveliness, desires company but mostly feeling forsaken, homesick, brooding, critical, irritable, discouraged, stupefied, full of anguish, fear of death, timid, easy frightened, oversensitive and difficulty with concentration.

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

Verified patient's profile

Generalities: Lassitude, even faintness, aggravated by cold wet weather or warm, before menses. Ailments after surgical operation (injuries) and tendency to obesity.

Sleep: Sleeplessness from activities of thoughts.

Stomach: Faint-like nausea or vomiting (food), large thirst and anxiety in stomach. Desires salt things.

Cough: in spring.

Perspiration: from slight exertion.

Female: increased sexual desire, metrorrhagia or menses absent.

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

Verified patient's profile

This remedy picture matches some knowledge we have from provings. Of course this **Evidence Based Veratrum Album picture** is only useful in the frame of the KENT methodology.

It must be confirmed by evidence coming from other homeopathic MD's. **Everyone can help** for such verification looking at unquestionable clinical results you had prescribing this remedy.

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

Clinical indications

The exceptional results were obtained for patients suffering from:

Hypertension accompanied with sadness (5 times), hypertension and anxiety (1), hypertension and vertigo (1), bradycardia (1), tachycardia (1), sciatica and gout (1), polyarthrititis (1), arthrosis (1), post-injury (1), allergic coryza (1), chronic coryza (1), allergies (1), gastro-colitis accompanied with vertigo (1), Crohn's disease (1), spastic bowels (1), colitis (1), nervous gastritis (1), obesity and lassitude (1), post infectious lassitude (1), metrorrhagia (1), sleeplessness (1), anger and sadness (1), sleep problems (1), emotional excitement (1), ailments from grief (1).

Aggravation occurred in a case of migraine and a case of endometritis.



Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

Clinical indications

Hypertension and gastro-intestinal problems are dominant in the list of diagnoses but they are certainly not a key to the remedy, only similarity of the complete picture coming from patient's symptoms is relevant and verified.

Based on this data from a daily practice, the essence of the remedy can be summarized in 2 words: « **undigested mortification** ».

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM)

Questioning the Repertory

The value of the remedy **Veratrum album** in 14 rubrics would be upgraded but no addition or question on rubrics has to be considered.

Of course *YOUR* input is needed, nothing can be done with data from only one homeopath MD.



Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

 **Dr Maria Goossens** (39 years old)

Data of only 2 years (from 1-10-2002 to 1-10-2004)

Copying the remedy name, dilution and used
repertory rubrics into the patient's file;

Results scale from 0 to 5;

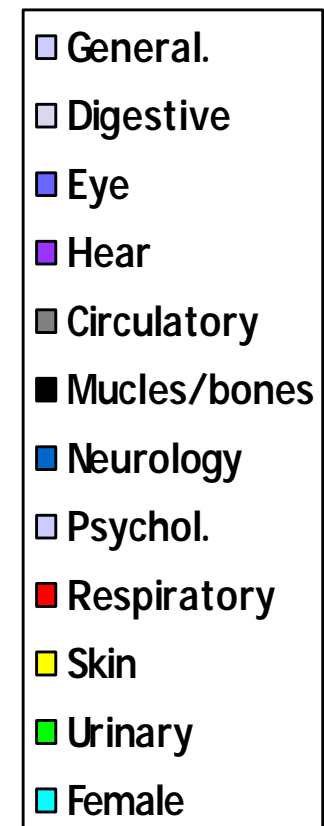
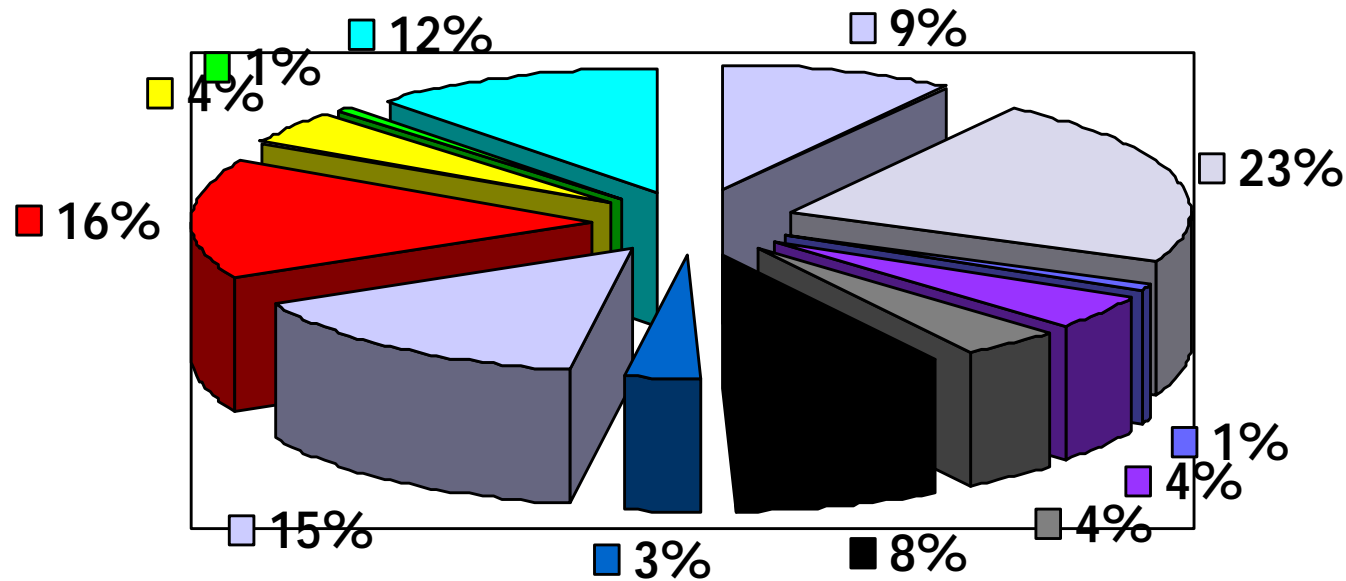
Using only small repertory rubrics.

Same homeopathic concept (KENT) but different
approach of the repertory.

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

Diagnosis for Veratrum album



Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
MIND	Grief, ailments from	1	4	1 to be upgraded
MIND	Anxiety about future	1	4	1 to be upgraded
MIND	Biting during dentition	1	4	1 to be upgraded
MIND	Confusion during menses	1	2	1 ok
MIND	Conscientious about trifles	1	4	1 to be upgraded
MIND	Delusions is pregnant	1	0	2 to be questioned
MIND	Delusions hears noise	1	4	1 to be upgraded
MIND	Despair, recovery in mania	1	3	1 to be upgraded
MIND	Despair, recovery	1 1	4 3	1 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
MIND	Dictatorial, domineering	1	5	1 to be upgraded
MIND	Escape, attempt to; to run away	1	4	2 to be upgraded
MIND	Fear being poisoned	1	0	2 to be questioned
MIND	Fear of involuntary stool	1	4	1 to be upgraded
MIND	Fear stool should escape with flatus or urination	1	4	1 to be upgraded
MIND	Grief from deception	1	3	1 ok
MIND	Injustice, cannot support	1	4	1 to be upgraded
MIND	Insanity, madness; during menses	1	5	1 to be upgraded
MIND	Liar	3	4	3 ok

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
MIND	Nymphomania during menses	1	4	2 to be upgraded
MIND	Reproaches others	1	4	2 to be upgraded
MIND	Singing; cheerful, joyously	1	4	1 to be upgraded
MIND	Singing	1	4	2 ok
MIND	Talk, indisposed to (taciturn); from weakness	1 1	5 4	1 to be upgraded
VERTIGO	Hold to something, must	1	4	1 to be upgraded
VERTIGO	Menses, before	1	5	2 to be upgraded
HEAD	Injuries of the head, after	1	4	1 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
HEAD	Pain; general; from anger	1 1	5 4	1 to be upgraded
HEAD	Pain; general; with constipation	1	4	1 to be upgraded
HEAD	Pain; general; during menses amel.	1	4	2 to be upgraded
HEAD	Pain; general; motion aggr.	1	5	1 to be upgraded
VISION	Sparks; noon	1	2	1 ok
FACE	Discoloration bluish during cough	1	4	2 to be upgraded
FACE	Discoloration red forehead	1	4	1 to be upgraded
FACE	Discoloration red from fright	1	4	1 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
FACE	Discoloration red during perspiration	1	4	2 to be upgraded
FACE	Eruptions; general; chin	1	4	1 to be upgraded
MOUTH	Dryness with thirst	1	4	1 to be upgraded
MOUTH	Saliva acrid	1	4	1 to be upgraded
TASTE	Pepery	1	2	1 ok
STOMACH	Appetite increased with nausea	1	4	1 to be upgraded
STOMACH	Distention from fruit	1	4	1 to be upgraded
STOMACH	Eructations; general; morning on rising	1	4	1 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
STOMACH	Eructations; general, lying aggr.	1	5	1 to be upgraded
STOMACH	Nausea while eating aggr.	1	?	1
STOMACH	Nausea after stool aggr.	1	1	1 ok
STOMACH	Thirst; for small quantities; often	1	4	1 to be upgraded
STOMACH	Vomiting; white mucus	1	4	1 to be upgraded
STOMACH	Vomiting; general; after vexation	1	5	2 to be upgraded
ABDOMEN	Pain; general; extending to back	1	0	1 to be questioned
ABDOMEN	Pain burning	1	4	3 ok
ABDOMEN	Tingling	1	4	1 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
RECTUM	Diarrhea after eating aggr.	1	1	1 ok
RECTUM	Diarhea during menses	1	1	2 ok
RECTUM	Involuntary stool	1	3	3 ok
RECTUM	Involuntary stool on coughing	1	4	1 to be upgraded
RECTUM	Involuntary stool after fright	1	4	2 to be upgraded
BLADDER	Urination frequent with headache	1	0	2 to be questioned
SPEECH	Voice, weak	1	5	3 ok
COUGH	Autumn	1	3	1 to be upgraded
COUGH	Bed, in; on becoming warm aggr. Or excites	1	5	2 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
COUGH	Dry, morning, early	1	4	1 to be upgraded
COUGH	Exertion aggr.	1	4	1 to be upgraded
CHEST	Pain stitching axilla	1	3	1 ok
CHEST	Palpitation heart from anger	1	4	1 to be upgraded
BACK	Pain; general; cervical region extending to arm	1	4	2 to be upgraded
EXTREMI.	Awkwardness lower limbs, stumbling when walking	1	5	1 to be upgraded
EXTREMI.	Awkwardness lower limbs	1	5	1 to be upgraded
EXTREMI.	Coldness upper limbs	1	4	1 to be upgraded
EXTREMI.	Coldness hands, icy	1 1	3 4	3 ok

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
EXTREMI.	Cramps during pregnancy	1	4	2 to be upgraded
EXTREMI.	Cramps; leg; calf; night with sleeplessness	1	3	2 ok
EXTREMI.	Cramps foot	1	4	1 to be upgraded
EXTREMI.	Cramps foot on stretching	1	0	1 to be questioned
EXTREMI.	Discoloration blue, hand	1	?	2 ok
EXTREMI.	Discoloration blue, finger nails	1	4	3 ok
EXTREMI.	Heaviness, tired limbs; during chill	1	4	1 to be upgraded
EXTREMI.	Pain lower limbs, knee; when descending stairs	1	5	1 to be upgraded
FEVER	Paroxysmal fever	1	4	1 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
FEVER	Paroxysmal fever, evening	1	4	1 to be upgraded
PERSPIR.	Coldness of hand, with	1	4	2 to be upgraded
PERSPIR.	Menses, before	1 1	5 4	3 ok
PERSPIR.	Menses, at beginning of	1 1	5 4	1 to be upgraded
SKIN	Eruptions vesicular close to each other	1	5	1 to be upgraded
GENERAL.	Air, seashore amel.	1	5	1 to be upgraded
GENERAL.	Descending aggr.	1	4	2 to be upgraded
GENERAL.	Faintness tendency on exertion	1	5	2 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
GENERAL.	Faintness tendency on slight exertion	1	5	1 to be upgraded
GENERAL.	Food & drinks; honey, desires	1 1	2 4	1 ok
GENERAL.	Food & drinks; meat aggr.	1	4	1 to be upgraded
GENERAL.	Food & drinks; salt or salty food, desires; during pregnancy	1	5	1 to be upgraded
GENERAL.	Pain; general; bones, periosteum	1	4	1 to be upgraded
GENERAL.	Pain sore – bruised; bones	1	4	1 to be upgraded
GENERAL.	Trembling on waking	1	4	1 to be upgraded
GENERAL.	Weakness during headache	1 1	5 2	2 to be upgraded

Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM) VERAT-A

<i>Chapter</i>	<i>Rubric</i>	<i>Used</i>	<i>Result</i>	<i>Value in Mac Repert.</i>
GENERAL.	Weakness before stool	1	3	2 ok

Different rubrics are clinically verified by 2 homeopaths:

MIND: Ailments from grief; anxiety; dictatorial; conscientious. Taciturn or singing.

GENERALITIES: Faintness; injuries, after.

STOMACH: Vomiting; large thirst.

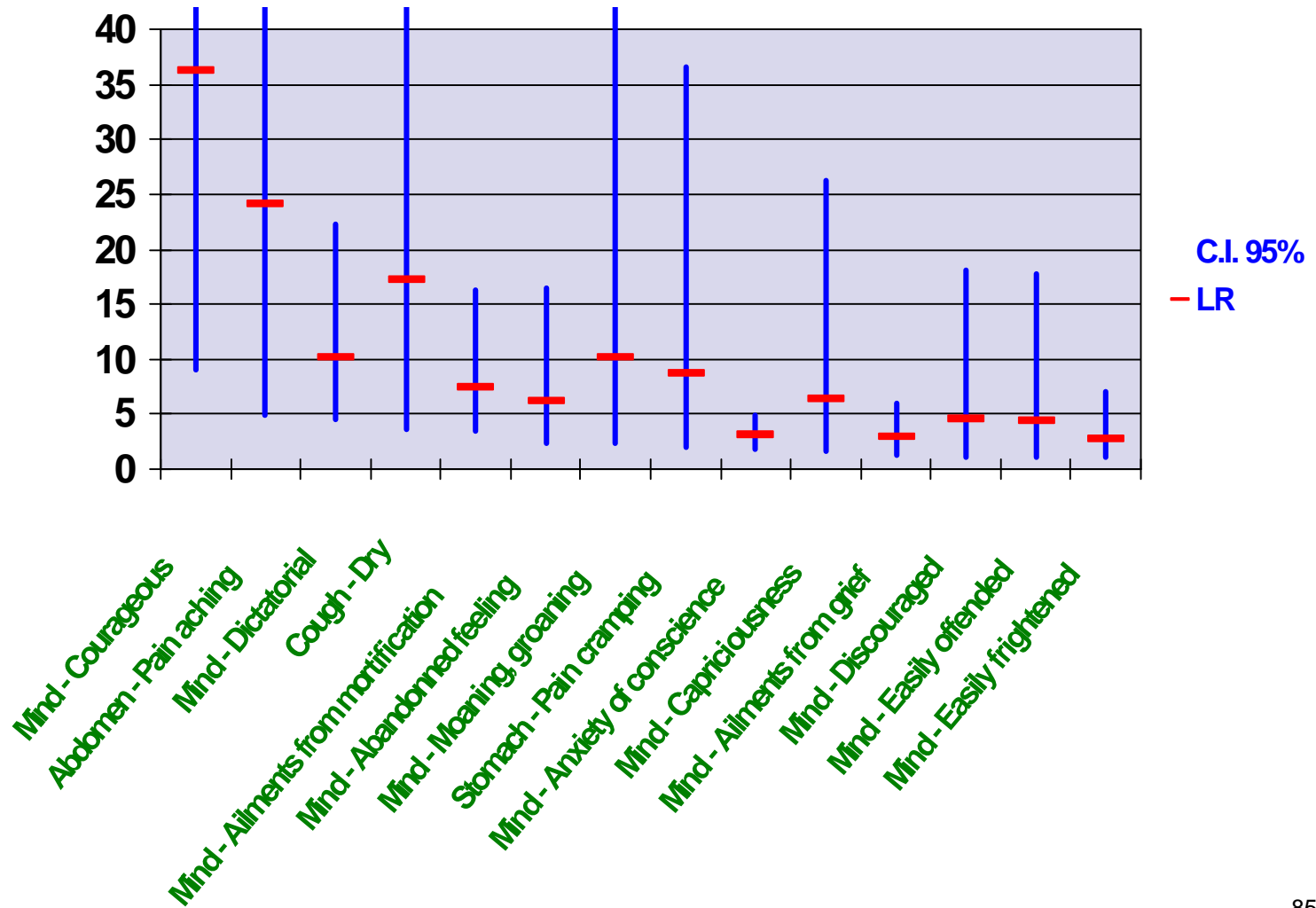
It confirms that the value of the remedy in different rubrics of the repertory is under evaluated. Other rubrics are also considered.

THE INPUT OF EVERYONE IS COMPULSORY

Verified symptoms of VERATRUM ALBUM Using LR method.

- ✍ **N** useful patients in databank = **2148**
- ✍ **N** patients remedy = **55**
- ✍ **180** different symptoms from **24** repertory chapters
- ✍ **47** symptoms brings to LR useful results
- ✍ For **14** symptoms the values are significant (**CI95%**)

Verified symptoms of VERATRUM ALBUM





Verified symptoms of VERATRUM ALBUM

- ✍ **Symptoms certainly linked to mortification & anxiety of conscience.**
- ✍ **Certainly efficient for bowel, stomach & dry cough indications.**
- ✍ **Even if hypertension is a common reality by these patients, it could not verified.**

Barcelona 2006 Homeopathy & Evidence

 **The VERIFICATION of homeopathic symptoms is needed to**

Improve your own practice

Improve repertories

Improve efficacy & homeopathy

Prove the scientific validity of the homeopathic strategy






Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM)

Next steps

More questions have to be answered:

-  What is the influence of the used homeopathic concept on the results?
-  Does each analysed repertory rubric have the same meaning for each MD?
-  For the same patient expression of a symptom are we using the same repertory rubric?



Evidence Based Homeopathy – KENT

(preliminary results preparing 63th LMHI congress 2008 BELGIUM)




 **Call to all:**

Nevertheless, all striking results (positive or negative) **must be published and collected in a systematic way mentioning the homeopathic concept and the scale used for the evaluation of the remedy « effects ». **It is our duty** to collect data and to check them looking at possible **homeopathic symptoms' verification.****



Barcelona 2006 Homeopathy & Evidence

Prospective LR study (Dutch team VHAN)

-  Next step is to perform this analysis prospectively during the consultations.
-  Dr Lex Rutten is the initiator of this work.
-  Don't hesitate to participate also.

Barcelona 2006 Homeopathy & Evidence

Prevalence of symptoms June 2006:

	Sept. 2004	Jan. 2005	April 2005	Sept. 2005	June 2006
N patient =	403	819	1180	1634	2506
N prescriptions		208	522	1049	2266
Diarrhoea anticip 2	4,22%	3,91%	3,73%	3,49%	4,03%
Diarrhoea anticip 1	6,20%	7,08%	8,14%	8,81%	8,86%
Fear death 2	3,72%	3,79%	3,98%	3,86%	4,11%
Fear death 1	4,47%	5,62%	5,00%	5,08%	6,03%
Grinding teeth 2	6,45%	7,20%	5,93%	5,57%	5,51%
Grinding teeth 1	5,71%	7,20%	7,37%	7,22%	7,42%
Herpes lip 2	3,97%	5,49%	4,83%	4,96%	5,15%
Herpes lip 1	13,15%	11,11%	11,02%	11,44%	12,01%
Injustice 2	10,17%	10,50%	9,49%	9,98%	9,98%
Injustice 1	18,36%	17,95%	17,63%	17,26%	16,40%
Loquacity 2	4,71%	5,74%	5,93%	6,55%	6,86%
Loquacity 1	11,41%	13,92%	15,00%	14,14%	15,48%

Barcelona 2006 Homeopathy & Evidence

LR results at two moment of the study for symptom injustice2

	LR+	95% CI	LR+	95% CI
	Sept. 2005		June 2006	
	n=163		n=250	
anac			2,88	
aur	2,89		2,88	
bell	3,37	1,08-10,55	3,37	1,33 - 8,55
calc			0,83	
carc			2,03	0,92 – 4,48
carc-c-c			6,08	2,94 - 12,55
caust	5,97	3,70-9,63	4,64	2,82 - 7,65
chel			6,73	2,30 - 15,11
cocc			4,03	1,37 - 11,88
ign			1,11	
kali-bi	2,02		1,83	
lyc	1,37		1,06	
merc	1,34		1,68	
nux-v			0,95	
ph-ac	3,39	1,33-8,63	2,33	0,86 – 6,33
phos	1,59		1,26	
sep			1,08	
staph	1,11		1,18	

Barcelona 2006 Homeopathy & Evidence

GOLD STANDARDS

		a	c	b	d	LR+	95% CI
herpes2	n=46	Result GHHOS=1+2					
	nat-m	4	42	125	2335	1,71	0,66 -4,43
herpes2	n=59	Result GHHOS=3+4					
	nat-m	8	51	121	2326	2,74	1,41 -5,34
loquacity2	n=12	Result GHHOS=1+2					
	lach	4	8	168	2326	4,95	2,19 -11,61
loquacity2	n=13	Result GHHOS=3+4					
	lach	3	10	169	2324	3,40	1,25 -9,28
injustice2	n=14	Result GHHOS=1+2					
	caust	7	7	165	2327	7,55	4,38 -13,01
injustice2	n=11	Result GHHOS=3+4					
	caust	5	6	167	2328	6,79	3,50 -13,19



To be taken into consideration

- ✍ The validity of these results depends of the amount of available DATA
 - ✍ Clinical data collection must be amplified and systematised.
 - ✍ Homeopathic efficacy and efficiency can be improved through scientific analyses of clinical data.




Prospect

- ✍ **CLI.FI.COL** project is now ready for collection of clinical data.
- ✍ Several teams are working on this topic in different countries.
- ✍ At the LMHI congress May 2008, exchange of results between all teams is expected.



Barcelona 2006 Homeopathy & Evidence

 **Evidence is not coming only from double blind studies !**

 **Internal Evidence is a priority, it cannot be achieved without the participation of all homeopaths in the world.**



Barcelona 2006 Homeopathy & Evidence

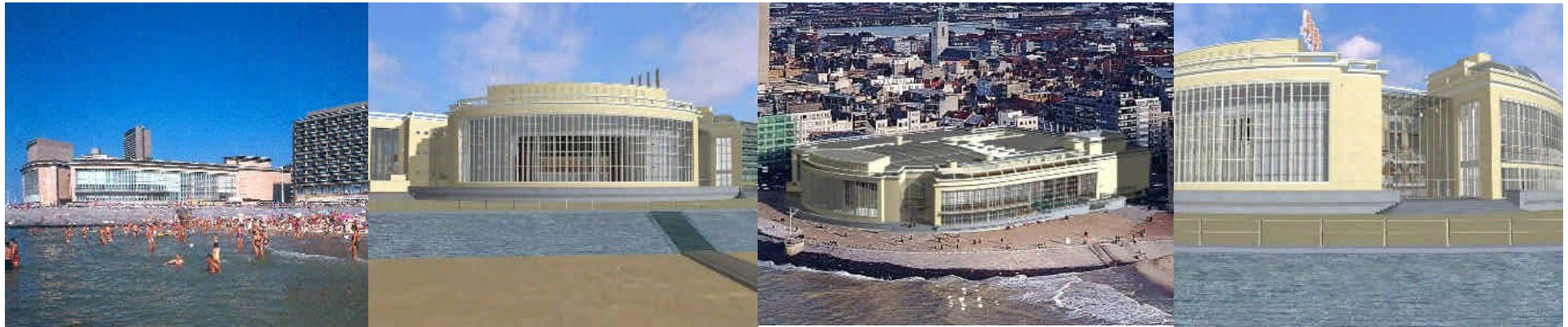
- I. Research Concept
- II. Ethic and Homeopathy
- III. Specific Remedy action
- IV. Veterinarian research
- V. Meta-analysis
- VI. ECHO studies
- VII. Internal Evidence
- VIII. Conclusions**



Barcelona 2006 Homeopathy & Evidence

- I. Homeopathy is Ethical Medicine.
- II. Reached Levels of Evidence are already sufficient enough to allow promotion of Homeopathy for public health.
- III. More research is (always) needed.
- IV. Interne Evidence would be promoted to improve Homeopathy.

63th LMHI congress Belgium



Evidence Based Homeopathy – E.B.H. Verification of homeopathic symptoms

You are welcome **From Tuesday 20th of May 2008
to Sunday 25th of May 2008**