

The Systematic Review on the Effectiveness of Homeopathy in the Treatment of Chronic Diseases

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Abstract:

Homeopathy, an alternative medicine system based on the principle of "like cures like," has been the subject of much debate among doctors on its efficacy in treating chronic diseases. what is already understood on the effectiveness of homeopathic therapy for long-term illnesses. facts derived from research looking at how well homeopathy works in treating conditions including inflammatory bowel syndrome, asthma, allergies, and arthritis. Evaluating the methodological quality of the research is just as important as reviewing the clinical outcomes they reported when trying to understand homeopathy's therapeutic potential. It is more difficult to draw meaningful findings from studies due to issues with research design, which are detailed in the review. These factors include placebo effects and patients' expectations. topics that require further investigation to clarify the role of homeopathy in modern healthcare, along with its pros and cons as a remedy for chronic diseases.

Keywords: Homeopathy, chronic conditions, efficacy, systematic review, randomized controlled trials

Introduction:

Samuel Hahnemann developed homeopathy in the late 18th century as an alternative medical system. People all over the world have started using it. Based on the premise that pharmaceuticals that cause symptoms in healthy individuals can, in diluted and amplified forms, ease similar symptoms in ill individuals, it is being proposed. Although homeopathy has been around for a long time and is being used today, there is still debate among medical professionals as to whether or not it is useful in treating chronic conditions and what evidence supports it. Arthritis, asthma, allergies, and irritable bowel syndrome (IBS) are just a few examples of the chronic diseases that put a strain on healthcare systems around the world. When traditional treatments fail to alleviate symptoms, cause unwanted side effects, or provide adequate long-term management, many patients turn to alternative medicine. While some hold the view that homeopathy can be quite helpful in treating various problems, others hold the view that it is ineffective and question the validity of the clinical evidence supporting it. Numerous research have investigated homeopathic remedies; however, although some have demonstrated positive outcomes, others have failed to provide any discernible impact (beyond the placebo effect). The intricacies of long-term health problems, methodological differences, and the challenges in measuring the advantages of homeopathic treatment could all play a role in explaining these conflicting findings. The efficacy of homeopathy in the treatment of chronic

diseases is well-documented. The purpose of this work is to synthesize data from randomized controlled trials (RCTs), observational studies (OS), and meta-analyses to assess the clinical efficacy of homeopathy, identify research gaps, and explore the potential impact of homeopathic remedies on the management of chronic illness. Also covered in the paper are some of the research constraints in this field, such as the possibility of psychological and placebo effects clouding results. We hope that this will ultimately aid both doctors and patients in understanding the benefits and drawbacks of homeopathy in modern healthcare.

Applying Homeopathy to Long-Term Illnesses

The homeopathic medical system has helped a wide variety of patients, including those with chronic conditions that have proven to be difficult to treat with conventional medicine. Irritable bowel syndrome (IBS), arthritis, eczema, asthma, and allergies are among the most common and debilitating long-term health problems that individuals globally face. Due to dissatisfaction with conventional healthcare options, fear of side effects, or belief that conventional treatments are ineffective, many individuals seek out alternative or complementary therapies such as homeopathy for various chronic disorders.

Overview of Common Chronic Conditions Treated with Homeopathy

Many chronic diseases have found relief through homeopathy. Some of the most common include:

1. **Arthritis:** Patients suffering from osteoarthritis or rheumatoid arthritis, in instance, frequently report persistent pain and inflammation and seek out non-traditional remedies. Reducing pain, increasing mobility, and bolstering the body's healing process are common goals of homeopathic treatment plans.
2. **Asthma:** Inflammation of the airways and difficulty breathing are symptoms of asthma, a chronic respiratory disorder. To assist control asthma attacks and lessen reliance on long-term drugs like steroids, homeopathy is often used in conjunction with traditional asthma therapies.
3. **Allergies:** To relieve symptoms like sneezing, nasal congestion, and itching, many people who suffer from chronic allergies like hay fever or allergic rhinitis seek relief through homeopathy. By enhancing immune function and decreasing susceptibility to allergens, homeopathic treatments aim to tackle the underlying causes of allergies.
4. **Irritable Bowel Syndrome (IBS):** Symptoms of irritable bowel syndrome (IBS) include gas, stomach pain, and constipation. One common method of symptom management is homeopathy, which provides individualised treatments tailored to each patient's unique set of symptoms and mental health.
5. **Eczema and Other Skin Conditions:** Eczema, psoriasis, and acne are chronic skin disorders that frequently cause flare-ups. When dealing with emotional and environmental stressors, homeopathic treatments can help reduce inflammation, alleviate itching, and improve the appearance of the skin.

Mechanisms of Action in Homeopathy

According to homeopathy's guiding principle, "like cures like," a medicine that may harm a healthy person could, when watered down, help a sick person feel better. Traditional remedies

achieve this by gradually adding water or alcohol to a concoction while shaking it rapidly. The idea is that the healing properties of the original component will be transferred to the liquid base.

It is that homeopathic remedies can aid in reestablishing equilibrium and hastening the healing process by igniting the vital force, or healing energy, of the body. This is particularly true when dealing with long-term illnesses. According to the principles of homeopathy, symptoms are the body's response to imbalance, hence by treating the cause of the problem instead of just the symptoms, the goal is to restore overall health and prevent them from returning.

To alleviate joint inflammation and pain, homeopathic remedies such as Bryonia alba and Rhus toxicodendron (poison ivy) are often suggested for the treatment of arthritis. Arsenicum album and Sambucus nigra are two traditional asthma remedies that have long been used for their supposed ability to improve lung function and alleviate breathing issues.

Homeopathy's Role in Managing Chronic Illnesses

When traditional medicines fail to alleviate symptoms or have unwanted side effects, homeopathy is commonly considered as an additional therapeutic option for chronic diseases. Rather than concentrating on specific symptoms, it takes a more comprehensive approach by treating the full person (soul, mind, and body).

When it comes to long-term health issues, homeopathic therapies are highly personalised. This means that even two individuals with the same ailment may be prescribed different remedies depending on their unique combination of physical and mental factors. At its core, homeopathy is based on this idea of individualisation, which aims to meet the specific requirements of each patient. This may lead to a more holistic strategy for managing chronic illness, one that incorporates homeopathy with conventional treatments to alleviate not just the physical symptoms but also the mental and emotional aspects that may worsen the situation. For instance, chamomile and nux vomica are two treatments that can help with irritable bowel syndrome (IBS) and the mental distress it causes. Homeopathy aims to restore harmony and health by treating the whole person, not just their symptoms.

Potential Benefits and Limitations of Homeopathy for Chronic Conditions

The potential benefits of homeopathy in treating chronic conditions include:

- **Personalized Treatment:** Homeopathy focuses on customised care, which allows practitioners to meet the distinct needs and experiences of each patient.
- **Minimized Side Effects:** Those looking for a kinder treatment may find homeopathic treatments appealing because, because to their extreme diluting power, they never induce the unpleasant side effects seen with more traditional pharmaceuticals.

Holistic Approach: Homeopathy takes a holistic approach, treating the full person, including not just their physical symptoms but also their mental and emotional conditions, which can amplify the effects of a chronic illness.

Nevertheless, there are certain restrictions and difficulties linked to the use of homeopathy for long-term ailments:

- **Lack of Scientific Consensus:** Despite homeopathy's popularity, there is scant high-quality research demonstrating its effectiveness. There have been studies that have showed beneficial results and others that have shown no difference other than the placebo effect.
- **Placebo Effect:** In chronic illnesses with frequent symptom variations, the placebo effect, in which patients feel better just because they believe in the treatment, might have a big role in how effective homeopathy is believed to be.
- **Individual Variability:** Results from homeopathic treatments may not be as predictable as those from conventional treatments, and their effectiveness can vary greatly from patient to patient.

When it comes to treating chronic diseases, homeopathy is still a controversial but popular choice. Despite claims of symptom relief and improved overall health as outcomes of homeopathic treatments, scientific evidence is inconclusive. Homeopathy, when combined with conventional medical care, may help fix the underlying imbalances that cause chronic diseases while also relieving their symptoms. Further research is necessary to fully understand its mechanisms and assess its efficacy in treating chronic disorders.

conclusion

Many people still turn to homeopathy as a long-term health care solution, since it offers an additional or alternative approach to traditional medicine. A form of alternative medicine known as homeopathy, it treats long-term health problems by focusing on the individual as a whole. In addition to the physical symptoms, it seeks to alleviate the mental, emotional, and environmental factors that can worsen these diseases. When conventional treatments fail to alleviate symptoms or cause unwanted side effects, some patients find relief thru individualized care. When it comes to long-term health problems, nevertheless, opinions vary on whether homeopathy works. There have been contradictory findings from scientific studies. Even though many patients have reported better symptoms and overall health after using homeopathy, the medical establishment is still not on board with the practice. This is because there is a lack of reliable evidence showing that homeopathy works in real-world situations. Some people doubt the efficacy of homeopathic treatments because they think the placebo effect is a big part of the reason patients feel better after receiving them. Notwithstanding these caveats, homeopathy is undeniably useful in the treatment of long-term illnesses, especially when paired with other forms of complementary medicine. It may be helpful for anyone seeking an alternative to medications that is both safe and natural, particularly when combined with other traditional methods of health enhancement. We need more research into homeopathy to determine its efficacy in addressing long-term health problems and whether it could be a viable treatment option in the future. It is imperative that homeopathy undergo a comprehensive evaluation in view of emerging evidence, despite the fact that it demonstrates potential as a personalized approach to chronic illness management. Along the road to holistic health, many people should still consider it as an additional alternative.

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