

Homeopathy Use in Cardiovascular Conditions

Homeopathy is an effective form of holistic medicine that utilizes many specially prepared natural substances. It is both cost effective and inherently safe, being fully compatible for use in conjunction with, or as a substitute for, conventional medications. Use of homeopathy has been found to (a) reduce the incidence of adverse effects that are frequently associated with most conventional medications and (b) lower treatment costs. The combination of these effects can result in significant savings along with improved outcomes. Homeopathy is the prototype therapy of individualized medicine, frequently mirrored, but never fully matched even by recent trends frequently referred to as “personalized” or “designer” medicines.

Cardiovascular disease is considered the leading cause of mortality in the U.S. and acute myocardial infarction is estimated to be responsible for 31% of deaths globally.¹ Numerous investigations demonstrate the importance of addressing lifestyle interventions including diet, smoking cessation and regular exercise, but emerging research in the field of homeotherapeutics demonstrates the importance of incorporating a homeopathic approach.

The existing worldwide database of homeopathic research is extremely limited, but the few studies that have been performed demonstrate overwhelmingly positive results reflecting a need for further investigation. Homeopathic practitioners throughout the world have successfully utilized homeopathy to treat a wide range of common cardiac ailments, including angina, palpitations, cardiac syncope, hypertension, congestive heart failure, and many other vascular conditions^{2,3,4,5} in the ambulatory setting, the hospital and the intensive care unit (ICU).⁶

Hypertension

In America 74.5 million people, or one adult in three, has high blood pressure, which can be linked to increased risk of cardiovascular disease.⁷ Several studies show the benefits of homeopathic medicines in lowering blood pressure. A number of clinical studies, case controlled reports and trials have evaluated the effects of homeopathic treatment in essential hypertension.^{8,9,10,11}

¹ Yeh, RW, Sidney, S, Chandra, M. Population trends in the incidence and outcomes of acute myocardial infarction. *N Engl J Med* 2010; 362(23): 2155–2165. <https://www.ncbi.nlm.nih.gov/pubmed/20558366>

² Poirer J: Homeopathic Treatment of the Diseases of Heart. Translated by Dr. Rajkumar Mukerji, Reprint, B Jain Publishers (P) Ltd., 1998, pp 83-87

³ Bernoville F: Remedies of the Circulatory and Respiratory system. 2nd ed. Reprint, B Jain Publishers (P) Ltd., 1999: 4,13,33-34

⁴ Merrell WC, Rothenberg A. Homeopathy and Cardiovascular Disease. Chap 14 in. Stein RA, Oz MC, eds. Complementary and Alternative Cardiovascular Medicine: The Clinical Handbook. Humana Press, 2004. https://link.springer.com/chapter/10.1007/978-1-59259-728-4_2

⁵ Mantani R, Whitmont RD *Homeopathy With a Special Focus on Treatment of Cardiovascular Disease* Chapter 13 in Frishman M, Weintraub M, Micozzi M, eds Complementary and Integrative Therapies for Cardiovascular Disease., Elsevier, St. Louis, 2005:232-247.

⁶ Frass M, Bundner M (ed). Homeopathy in Intensive Care and Emergency Medicine. Narayana Verlag Germany, Kandern. 2015: Ch 3, 10.

⁷ <https://www.hypertension-bloodpressure-center.com/hypertension-statistics.html> accessed 1/21/2019.

⁸ Gutman W: Hypertension Physiology and Homoeopathic Treatment *The Homoeopathic Recorder* 1952; Vol. LXVII. No.2 Accessed from Encyclopaedia Homoeopathica, V1.3, by Archibel, Belgium <https://journals.hopathy.com/2018/07/13/hypertension-physiology-and-homoeopathic-treatment/>

⁹ Palsule SG: Homeopathic Treatment for Asthma and Blood Pressure 3rd ed. Reprint, B Jain Publishers (P) Ltd., 1999, pp7-1

¹⁰ Banerjee NK: Blood Pressure – Its Aetiology and Treatment Revised ed., Reprint, B Jain Publishers (P) Ltd., 1998, pp 119-120

¹¹ Cartier F: Arterial hypertension. Translated by Williams CA *The Homoeopathic Herald* 1947; Vol VII, No. 10. Accessed from Encyclopaedia Homoeopathica, V1.3, by Archibel, Belgium

A prospective, double-blind, randomized, placebo-controlled, parallel-arm clinical trial of six months duration evaluated the effects of homeopathic treatment on 132 patients with essential hypertension. The results demonstrated a statistically significant reduction in both systolic and diastolic blood pressure as a result of homeopathic treatment ($p=0.0001$). The authors concluded that “individualized homeopathy produced a significantly different hypotensive effect than placebo.”¹²

A study of 32 patients with essential hypertension were compared with 10 placebo controls over 9 months of treatment. Results demonstrated that 75% of those treated homeopathically normalized their blood pressures compared with only 40% in the placebo group.¹³

A retrospective cohort study study of 41 hypertensive patients comparing homeopathy as a single therapy compared with and homeopathy plus conventional medicine demonstrated that homeopathy by itself is as efficacious as homeopathy plus conventional pharmacotherapy in the treatment of hypertension.¹⁴

A double-blind randomized placebo controlled clinical trial evaluated individualized homeopathic therapy in the treatment of 68 subjects with mild to moderate hypertension. Eighty two percent of those receiving homeopathy improve compared with a 57% of those receiving placebo¹⁵

A randomized double-blind study of 32 immobilized hypertensive nursing home patients failed to show improvement from randomly assigned homeopathic treatment, but retrospectively demonstrated “strikingly positive results” in those subjects whose treatment corresponded to individualized, or constitution-based treatment.¹⁶

While most of the published research focuses on hypertension, a few studies address other serious cardiovascular conditions:

Cardiac insufficiency

A study of 212 patients with mild cardiac insufficiency (NYHA II) compared homeopathic treatment with both ACE inhibitors and diuretics over 8 weeks. The authors found that single agent homeopathic treatment was equivalent to conventional therapy with two agents across, 14 out of 15 endpoints. The only area where the homeopathic treatment did not excel was with respect to blood pressure reduction.¹⁷

¹² Saha S, et al., Individualized homeopathy versus placebo in essential hypertension: A double-blind randomized controlled trial. *Indian Journal of Research in Homeopathy*, 2013, 7, 2, 62-71 accessed at https://www.researchgate.net/publication/273363059_Individualized_homeopathy_versus_placebo_in_essential_hypertension_A_double-blind_randomized_controlled_trial

¹³ Master FJ. A Study of Homeopathic Drugs in Essential Hypertension. *Brit Hom J* 1987; 76(3): 120-121.

¹⁴ Phing TC. A Retrospective Cohort Study on the Efficacy of Homeopathy Compared to Homeopathy Plus Conventional Medicine in the Treatment of Hypertension. *Homeopathy* 2016; 105(11) accessed at: <https://hpathy.com/scientific-research/an-update-on-research-in-homeopathy>

¹⁵ Campistranous- Lavout J.L., et al, Hypertension Trial. *Boletin Mexicano*, 1999, 32, 42- 47. <https://pdfs.semanticscholar.org/46ef/60a700fd85d3bf14855a33baca6646b64dbb.pdf>

¹⁶ Bignamini M, Bertoli A et al: Controlled double-blind trial with Baryta carbonica 15CH versus placebo in a group of hypertensive subjects confined to bed in two old people’s homes. *BHJ* 1987; 76: 114-119

¹⁷ Schröder D, Weiser M, Klein P Efficacy of a homeopathic Crataegus preparation compared with usual therapy for mild (NYHA II) cardiac insufficiency: results of an observational cohort study. *Eur J Heart Fail*. 2003; 5(3):319-26. Accessed at <https://www.ncbi.nlm.nih.gov/pubmed/12798830>

Arrhythmia

A retrospective study of the effectiveness of homeopathic treatment in 28 patients with one of five cardiac rhythm disorders, including atrial fibrillation, paroxysmal super ventricular tachycardia (PSVT) and extrasystole demonstrated favorable results. All patients with PSVT patients and 50 percent of those with other patients were able to completely discontinue their conventional medications. The author concluded that homoeopathy certainly has a place in the treatment arrhythmias.¹⁸

Two case reports of atrial paroxysmal tachycardia in dogs were successfully resolved after 7 days of homeopathic treatment. Heart rates stabilized and synchronized while normal atrial and ventricular electrical activity was restored.¹⁹

Acute Myocardial infarction (AMI)

A series of three case controlled studies of AMI in different pathological stages were treated with individualized homeopathic medicines along with conventional therapies. Cases, which were evaluated with single-photon emission computed tomography, electrocardiograph, echocardiography and ejection fraction, all demonstrated positive outcomes consistent with benefit from homeopathic treatment.²⁰

Platelet Aggregation

A placebo controlled rat model demonstrated normalization of deficiencies in platelet aggregation following homeopathic treatment.²¹

Conclusion

Homeopathy is a useful and relatively unexplored modality that promises lower cost, safety and improved clinical outcomes. The available research suggests that homeopathy stands poised to offer significant benefit and advantages in the treatment of cardiovascular diseases.

About the Author

Tina Quirk, RN, MS, CCH, RSHom (NA) is a board-certified classical homeopath with a background as an advanced practice nurse. She is an experienced practitioner, teacher, writer and researcher in homeopathy. She is a regular volunteer in outreach clinics in Tanzania for Homeopathy for Health in Africa. Currently she serves as President-Elect at the National Center

¹⁸ Van Wassenhoven M. A retrospective study of cardiac rhythm disorders in a private homoeopathic medical practice. *Br Homeopathic J* 1998; 87(2):77-85 DOI: 10.1054/homp.1999.0205 Accessed at [https://www.journals.elsevierhealth.com/article/S1475-4916\(99\)90205-9/pdf](https://www.journals.elsevierhealth.com/article/S1475-4916(99)90205-9/pdf)

¹⁹ Varshney JP, Chaudhuri S. Atrial paroxysmal tachycardia in dogs and its management with homeopathic Digitalis--two case reports. *Homeopathy* 2007; 96(4):270-2. DOI 10.1016/j.homp.2007.08.017 accessed at <https://www.ncbi.nlm.nih.gov/pubmed/17954385>

²⁰ Tenzera L, Djindjic B, Mihajlovic-Elez O, Pulparampil BJ, Mahesh S, Vithoulkas G. Improvements in long standing cardiac pathologies by individualized homeopathic remedies: A case series. *SAGE Open Med Case Rep*. 2018 Aug 9;6 accessed at <https://journals.sagepub.com/doi/10.1177/2050313X18792813>

²¹ Eizayaga FX, Agejouf O, Belon P, et al. Platelet aggregation in portal hypertension and its modification by ultra-low doses of aspirin. *Pathophysiol Haemost Thromb* 2005;34(1):29-34

for Homeopathy (NCH) and will become its President in June 2019. She is the NCH representative to the Integrative Health Policy Consortium Board of Directors and a strong advocate for access to Homeopathy as a choice for consumers in their health care.



Conclusion from Americans for Homeopathy Choice

When properly manufactured and applied, homeopathic medicine plays an important role in the treatment of patients with major health problems across the globe. Homeopathy is inexpensive, effective, and inherently safe. When properly utilized, homeopathy makes it possible to make what already exists currently in the conventional health care system, more effective. For example, homeopathy makes it possible to avoid overuse of antibiotics, reserving antibiotics for when they are actually needed. Homeopathy also reduces the need to rely on dangerous and addictive painkillers in various situations including postoperatively, and after injury. Among many other benefits, homeopathy also helps reduce the incidence of polypharmacy. Positive results such as these are achieved because homeopathy is a well-developed system of individualized medicine. Those who use homeopathy consider it a “designer” medicine, customized to their specific needs.

We are concerned that the proposed Draft Guidance on homeopathy will undermine the right of individuals to choose homeopathy, and also undermine the very important role homeopathy has to play in addressing these health problems. This paper gives an example of how homeopathy can address serious problems in our current healthcare system - specifically the issues involving **cardiovascular conditions**. It is important that FDA actions strengthen rather than undermine homeopathy so that it can meaningfully contribute to and support the American healthcare system.