

Natural Therapies Review 2019-2020

Tranche 2

Aromatherapy RCTs

Therapy	Author/s	Publication year	Title of article	Name of journal or other source	Volume and issue number	Page numbers	Digital Object Identifier	Abstract (or brief article description)	Rationale for reconsideration (only applicable for citations considered in 2014-15 review)
Aromatherapy	Abbaszadeh R, Tabari F, Asadpour A	2020	The Effect of Lavender Aroma on Anxiety of Patients having Bone Marrow Biopsy	Asian Pacific Journal of Cancer Prevention: APJCP	21 (3)	771-775	doi: 10.31557/APJCP.2020.21.3.771	The purpose of the study was to examine the effect of Lavender aroma on anxiety of patients having bone marrow biopsy. Conclusion: Smelling lavender aroma is effective in reducing anxiety in patients undergoing bone marrow biopsy. This treatment can be used by treatment teams in <u>hematology and oncology clinics to</u>	
Aromatherapy	Adachi et al	2014	Effects of Aromatherapy Massage on Face-Down Posture-Related Pain after Vitrectomy: A Randomised Controlled Trial	Pain Management Nursing	15 (2)	482-9	doi: 10.1016/pmn.2012.12.004	The study investigates the effects of aromatherapy on Face-Down Posture (FDP) related physical pain. Conclusion: this study suggests that simple oil massage is an effective strategy for immediate pain reduction in patients undergoing FDP, while aromatherapy may have a long-term effect on pain reduction.	
Aromatherapy	Adib-Hajbaghery M, Hosseini F S	2015	Investigating the Effects of Inhaling Ginger Essence on Post-Nephrectomy Nausea and Vomiting	Complementary Therapies in Medicine	23 (6)	827-31	doi: 10.1016/j.ctim.2015.10.002	This study aimed to evaluate the effect of ginger essence on post-nephrectomy nausea and vomiting. Conclusion: Inhaling ginger essence has positive effect on postoperative nausea and vomiting. The use of ginger is recommended.	
Aromatherapy	Ahmady S, Rezaei M., Khatony A	2019	Comparing Effects of Aromatherapy with Lavender Essential Oil and Orange Essential Oil on Fatigue of Hemodialysis Patients: A Randomised Trial.	Complementary Therapies in Clinical Practice	36	64-68	doi: 10.1016/j.ctcp.2019.05.005	The study aimed to compare the effects of aromatherapy with essential oils of lavender and orange on the fatigue of hemodialysis patients. Conclusion: Aromatherapy with lavender essential oil and orange essential oil might reduce the fatigue in hemodialysis patients.	

Aromatherapy	Ayan et al	2013	Investigating the Effect of Aromatherapy in Patients with Renal Colic	Journal of Alternative and Complementary Medicine (New York)	19 (4)	329-33	doi: 10.1089/acm.2011.0941	The aim of the study was to investigate the usefulness of rose essential oil as a supplementary and adjunctive therapy for the relief of renal colic due to its soothing and muscle relaxant properties. Conclusion: This study demonstrated that rose essential oil therapy in addition to conventional therapy effectively reduces renal colic pain.	
Aromatherapy	Ayik C, Ozden D	2018	The Effects of Preoperative Aromatherapy Massage on Anxiety and Sleep Quality of Colorectal Surgery Patients: A Randomised Controlled Study	Complementary Therapies in Medicine	36	93-99	doi: 10.1016/j.ctim.2017.12.002	To examine the effects of aromatherapy massage on anxiety and sleep quality in patients undergoing colorectal surgery in the preoperative period. Conclusion: Aromatherapy massage with lavender oil increased sleep quality and reduced the level of anxiety in patients with the colorectal surgery in the preoperative period.	
Aromatherapy	Bagheri-Nesami et al	2014	The Effects of Lavender Aromatherapy on Pain Following Needle Insertion Into a Fistula in Hemodialysis Patients	Complementary Therapies in Clinical Practice	20 (1)	1-4	doi: 10.1016/j.ctcp.2013.11.005	The study sought to determine the effects of Lavender aromatherapy on pain following needle insertion into a fistula in patients undergoing hemodialysis. Conclusion: Lavender aromatherapy may be an effective technique to reduce pain following needle insertion into a fistula in hemodialysis patients.	
Aromatherapy	Bagheri-Nasami et al	2016	The Effects of Aromatherapy with Lavender Essential Oil on Fatigue Levels in Hemodialysis Patients: A Randomised Clinical Trial	Complementary Therapies in Clinical Practice	22	33-7	doi: 10.1016/j.ctcp.2015.12.002	This study was intended to examine the efficacy of lavender essential oil for the alleviation of fatigue in hemodialysis patients. Conclusion: Our result does not support other studies suggesting that lavender essential oil is effective on fatigue in hemodialysis patients. This conflicting result can be ascribed to a variety of factors, including duration of aromatherapy and differences in concentrations of lavender essential oil.	

Aromatherapy	Bahrami et al	2017	Effect of Aromatherapy Massage on Anxiety, Depression and Physiologic Parameters in Older Patients with the Acute Coronary Syndrome: A Randomised Clinical Trial	International Journal of Nursing Practice	23 (6)	n/a	doi: 10.1111/ijm.12601	The study aimed to investigate the effect of aromatherapy massage on anxiety, depression and physiologic parameters in older patients with acute coronary syndrome. Conclusion: Aromatherapy massage can be considered by clinical nurses an efficient therapy for alleviating psychological and physiological responses among older women suffering acute coronary syndrome.	
Aromatherapy	Bahrami et al	2018	Aromatherapy versus Reflexology on Female Elderly with Acute Coronary Syndrome	Nursing in Critical Care	23 (5)	229-236	doi: 10.1111/nicc.12302	The study compared the effects of aromatherapy massage and reflexology on fatigue and cardiovascular parameters in older female patients with acute coronary syndrome. Conclusion: Both aromatherapy massage and reflexology has positive effects on the fatigue and cardiovascular parameters of patients with acute coronary syndrome. However, aromatherapy massage can be more beneficial to use as a supportive approach to coronary diseases.	
Aromatherapy	Bakhtiari et al	2019	Effect of Lavender Aromatherapy Through Inhalation on Quality of Life Among Postmenopausal Women Covered by Government Health Centre in Isfhan, Iran: A Single-Blind Clinical Trial	Complementary Therapies in Clinical Practice	34	46-50	doi: 10.1016/j.ctcp.2018.11.001	The study was conducted with the aim to determine the effect of lavender aromatherapy on the quality of life (QOL) of postmenopausal women. Conclusion: Inhalation aromatherapy using lavender essential oil can improve QOL of postmenopausal women with reduction in the severity of complications and physical-psychological symptoms.	
Aromatherapy	Beyliklioglu A, Arslan S	2019	Effect of Lavender Oil on the Anxiety of Patients Before Breast Surgery	Journal of Perianesthesia Nursing	34 (3)	587-593	doi: 10.1016/j.jopan.2018.10.002	The study aimed to investigate the effects of inhaling lavender oil on anxiety levels in patients before breast surgery. Conclusion: Inhalation of lavender oil before breast surgery decreased anxiety levels of patients and has positive effects in reducing anxiety levels.	

Aromatherapy	Bikmoradi et al	2015	Effect of Inhalation Aromatherapy with Lavender Essential Oil on Stress and Vital Signs in Patients Undergoing Coronary Artery Bypass Surgery: A Single-Blinded Randomised Clinical Trial	Complementary Therapies in Medicine	23 (3)	331-8	doi: 10.1016/j.ctim.2014.12.001	The aim of the study was to investigate the effects of inhalation aromatherapy using lavender essential oil to reduce mental stress and improve the vital signs in patients after coronary artery bypass surgery (CABG). Conclusion: Inhalation aromatherapy with lavender essential oil had no significant effects on mental stress and vital signs in patients following CABG, except systolic blood pressure.	
Aromatherapy	Burns et al	2011	A Double-Blind Placebo-Controlled Randomized Trial of Melissa officinalis oil and Donepezil for the Treatment of Agitation in Alzheimer's Disease	Dementia and Geriatric Cognitive Disorders	31 (2)	158-64	doi: 10.1159/000324438	The aim of the study was to assess the efficacy of Melissa aromatherapy in the treatment of agitation in people with Alzheimer's disease comparing it to Donepezil. Conclusion: Melissa aromatherapy is not superior to placebo or Donepezil in the treatment of agitation in people with Alzheimer's disease.	
Aromatherapy	Cetinkaya B, Basbakkal Z	2012	The Effectiveness of Aromatherapy Massage Using Lavender Essential Oil as a Treatment for Infantile Colic	International Journal of Nursing Practice	18 (2)	164-9	doi: 10.1111/j.1440-172X.2012.02015.x	The aim of the study was to investigate the effect of aromatherapy massage using lavender oil as a possible treatment for infantile colic. Conclusion: The use of aromatherapy massage using lavender oil was found to be effective in reducing the symptoms of colic.	
Aromatherapy	Chamine I, Oken B S	2016	Aroma Effects on Physiologic and Cognitive Function Following Acute Stress: A Mechanism Investigation	Journal of Alternative and Complementary Medicine (New York)	22 (9)	713-21	doi: 10.1089/acm.2015.0349	This study evaluated the effects of Lavender aroma, which is commonly used for stress reduction, on physiologic and cognitive function. The contribution of pharmacologic, hedonic, and expectancy-related mechanisms of the aromatherapy was evaluated. Conclusion: The observable aroma effects were produced by a combination of mechanisms involving aroma-specific pharmacologic properties, aroma hedonic properties and participant expectations. In future each of these mechanisms could be manipulated to produce optimal functioning.	

Aromatherapy	Chen et al	2012	The Effectiveness of Valerian Acupressure on the Sleep of ICU Patients: A Randomised Clinical Trial	International Journal of Nursing Studies	49 (8)	913-20	doi: 10.1016/j.ijnurstu.2012.02.012	The purpose of the study was to explore the effectiveness of valerian acupressure on the sleep of patients in the intensive care unit (ICU). Conclusion: This study supports the hypothesis that valerian acupressure could improve sleeping time and quality of ICU patients.	
Aromatherapy	Chen et al	2017	Effects of Aromatherapy Massage on Pregnant Women's Stress and Immune Function: A Longitudinal, Prospective, Randomised Controlled Trial.	Journal of Alternative and Complementary Medicine (New York)	23 (10)	778-786	doi: 10.1089/acm.2016.0426	To examine the effects of aromatherapy massage on women's stress and immune function during pregnancy. Conclusion: The pregnant women had significantly higher IgA and lower salivary cortisol levels after aromatherapy massage than those in the control group. Aromatherapy massage could significantly decrease stress and enhance immune function in pregnant women.	
Aromatherapy	Cheraghbeigi et al	2019	Comparing the Effects of Massage and Aromatherapy Massage with Lavender Oil on Sleep Quality of Cardiac Patients: A Randomised Controlled Trial	Complementary Therapies in Clinical Practice	35	253-258	doi: 10.1016/j.ctcp.2019.03.005	The study aims to investigate the effect of massage and aromatherapy massage on sleep quality of cardiac patients. Conclusion: Massage and Aromatherapy Massage can improve sleep quality in cardiac patients.	
Aromatherapy	Cino K	2014	Aromatherapy Hand Massage for Older Adults with Chronic Pain Living in Long-Term Care	Journal of Holistic Nursing	32 (4)	304-13	doi: 10.1177/0898010114528378	The purpose of the study was to examine a nursing intervention for older adults with chronic pain. Conclusion: M technique hand massage with or without aromatherapy significantly decreased chronic pain intensity compared to nurse presence visits.	

Aromatherapy	Daneshpajooh L, Ghezeljeh TN, Haghani H	2019	Comparison of the Effects of Inhalation Aromatherapy using Damask Rose Aroma and the Benson Relaxation Technique in Burns Patients: A Ransomised Clinical Trial.	Burns	45 (5)	1205-1214	doi: 10.1016/j.burns.2019.03.001	To compare the effects of inhalation aromatherapy using damask rose aroma and the Benson relaxation technique on pain anxiety in burn patients. Conclusion: The combination of rose aroma and Benson relaxation has a synergistic effect and has more effects in the reduction of pain anxiety in burns patients than a single intervention. Healthcare providers can use these interventions simultaneously and help reduce pain anxiety in burn patients before conducting painful interventions.	
Aromatherapy	Darsareh et al	2012	Effect of Aromatherapy Massage on Menopausal Symptoms: A Randomised Placebo-Controlled, Clinical Trial	Menopause	19 (9)	995-9	doi: 10.1097/gme.0b013e31824ea16	The purpose of the study was to determine the effect of aromatherapy massage on menopausal symptoms. Conclusion: The results of the study demonstrate that both massage and aromatherapy massage were effective in reducing menopausal symptoms. However, aromatherapy massage was more effective than massage alone.	
Aromatherapy	Dehkordi Z R, Baharanchi F S H, Bekhradi R	2014	Effect of Lavender Inhalation on the Symptoms of Primary Dysmenorrhea and the Amount of Menstrual Bleeding: A Randomised Clinical Trial	Complementary Therapies in Medicine	22 (2)	212-9	doi: 10.1016/j.ctim.2013.12.011	The purpose of the study was to explore the effect of Lavender inhalation on the symptoms of dysmenorrhea and the amount of menstrual bleeding in female students with primary dysmenorrhea. Conclusion: The study showed that lavender inhalation was affective in alleviating dysmenorrhea symptoms and could be applied by midwives in a safe manner with no side effects.	
Aromatherapy	de Jong et al	2012	Does Postoperative 'M' Technique Massage with or without Mandarin Oil Reduce Infants' Distress After Craniofacial Surgery?	Journal of Advanced Nursing	68 (8)	1748-57	doi: 10.1111/j.1365-2648.2011.05861.x	Explores the effects of the 'M' technique massage with or without mandarin oil compared to standard postoperative care on infants' levels of pain and distress after major craniofacial surgery. Conclusion: Results do not support the benefits of 'M' technique massage with or without mandarin oil in these patients.	

Aromatherapy	Dyer et al	2013	Is Reflexology as Effective as Aromatherapy Massage for Symptom Relief in an Adult Outpatient Oncology Population?	Complementary Therapies in Clinical Practice	19 (3)	139-46	doi: 10.1016/j.ctcp.2013.03.002	To test whether reflexology was inferior to aromatherapy massage for ameliorating self-selected problems and concerns. Conclusion: Reflexology was found to be no less effective than aromatherapy massage for first concerns and no statistical differences for second concerns.	
Aromatherapy	Evans et al	2018	The Use of Aromatherapy to Reduce Chemotherapy-Induced Nausea in Children with Cancer: A Randomised, Double-Blind, Placebo-Controlled Trial	Journal of Pediatric Oncology Nursing	35 (6)	392-398	doi: 10.1177/10434542187782133	The aim of the study was to investigate the use of ginger aromatherapy in relieving chemotherapy-induced nausea in children with cancer. Conclusion: Ginger aromatherapy was non-toxic and well received but did not significantly decrease nausea in the enrolled patients.	
Aromatherapy	Fazlollahpour-Rokni et al	2019	The Effect of Inhalation Aromatherapy with Rose Essential Oil on the Anxiety of Patients Undergoing Coronary Artery Bypass Graft Surgery	Complementary Therapies in Clinical Practice	34	201-207	doi: 10.1016/j.ctcp.2018.11.014	The study intended to examine the effect of inhalation aromatherapy with rose essential oil on the anxiety of patients undergoing coronary artery bypass graft (CABG) surgery. Conclusion: Aromatherapy with rose essential oil could not significantly reduce anxiety in CABG patients. Further research with larger sample sizes and using different concentrations of the rose essential oil are needed to achieve a more definitive conclusion.	
Aromatherapy	Fu CY, Moyle W, Cooke M	2013	A Randomised Controlled Trial of the Use of Aromatherapy and Hand Massage to Reduce Disruptive Behaviour in People with Dementia	BMC Complementary and Alternative Medicine	13	165	doi: 10.1186/1472-6882-13-165	The aim of the study is to investigate the effect of aromatherapy (3% lavender oil spray) with and without hand massage on disruptive behaviour in people with dementia living in long-term care. Conclusion: There was a downward trend in behaviours but the disruptive behaviour was not significantly reduced. Further large-scale placebo-controlled studies are required where antipsychotic medication is controlled and a comparison of the methods of application of aromatherapy is investigated.	

Aromatherapy	Fukui H, Toyoshima K, Komaki R	2011	Psychological and Neuroendocrinological Effects of Odor of Saffron (<i>Crocus sativus</i>)	Phytomedicine	18 (8-9)	726-30	doi: 10.1016/j.phymed.2010.11.013	The purpose of the study was to clarify the effects of saffron odor on symptoms unique to women, such as premenstrual syndrome (PMS), dysmenorrhea and irregular menstruation. Conclusion: Study findings support the existence of physiological and psychological effects of saffron odor in women. Saffron odor exerts some effects in the treatment of PMS. Dysmenorrhea and irregular menstruation. This is the first report to suggest saffron odor may be effective in treating menstrual distress.	
Aromatherapy	Fung J, Tsang H	2017	Management of Behavioural and Psychological Symptoms of Dementia by an Aroma-Massage with Acupressure Treatment Protocol: A Randomised Clinical Trial	Journal of Clinical Nursing	27 (9-10)	1812-1825	doi: 10.1111/jocn.14101	The study evaluates the clinical effectiveness of a multicomponent aromatherapy massage with an acupressure treatment protocol and compared training for the management behavioural and psychological symptoms of dementia. Conclusion: The study suggests that aroma-massage with acupressure is as effective as cognitive training and can enhance cognitive training in reducing the severity and distress of behavioural and psychological symptoms of dementia.	
Aromatherapy	Goepfert et al	2017	Aroma Oil Therapy in Palliative Care: A Pilot Study with Physiological Parameters in Conscious as well as Unconscious Patients	Journal of Cancer Research and Clinical Oncology	143 (10)	2123-2129	doi: 10.1007/s00432-017-2460-0	The aim of this pilot study is to analyse the reactions of healthy test persons and conscious as well as unconscious palliative patients to aroma stimuli. Conclusion: Significant physiological reactions were measured after stimulation with aroma oils in all three groups in this study. Healthy probands showed different reactions than palliative patients irrespective to their conscious state.	

Aromatherapy	Goes et al	2012	Effect of Sweet Orange Aroma on Experimental Anxiety in Humans	Journal of Alternative and Complementary Medicine (New York)	18 (8)	798-804	doi: 10.1089/acm.2011.0551	The objective of the study was to evaluate the potential anxiolytic effect of sweet orange aroma in healthy volunteers submitted to an anxiogenic situation. Conclusion: The present study indicates an acute anxiolytic activity of sweet orange aroma giving scientific support for its use as a tranquiliser by aromatherapists. More studies are needed to find out the clinical relevance of aromatherapy for anxiety disorders.	
Aromatherapy	Gok Metin et al	2017	Aromatherapy Massage for Neuropathic Pain and Quality of Life in Diabetic Patients	Journal of Nursing Scholarship	49 (4)	379-388	doi: 10.1111/jnu.12300	The study aimed to examine the effects of aromatherapy massage on neuropathic pain severity and quality of life (QoL) in patients suffering from painful diabetic neuropathy. Conclusion: Neuropathic pain scores reduced significantly in the aromatherapy massage group compared to controls. Aromatherapy massage is a simple, effective nonpharmacological nursing intervention that can be used to manage neuropathic pain and improve QoL in patients with painful neuropathy.	
Aromatherapy	Gok Metin Zehra, Ozdemir L	2016	The Effects of Aromatherapy Massage and Reflexology on Pain and Fatigue in Patients with Rheumatoid Arthritis: A Randomised Controlled Trial	Pain Management Nursing	17 (2)	140-9	doi: 10.1016/j.pmn.2016.01.004	The aim of the study was to examine and compare the effects of aromatherapy massage and reflexology on pain and fatigue in patients with rheumatoid arthritis. Conclusion: Aromatherapy Massage and reflexology are simple and effective nonpharmacologic nursing interventions that can be used to help manage pain and fatigue in patients with rheumatoid arthritis.	

Aromatherapy	Grunebaum et al	2011	Effects of Lavender Olfactory Input on Cosmetic Procedures	Journal of Cosmetic Dermatology	10 (2)	89-93	doi: 10.1111/j.1473-2165.2011.00554.x	To evaluate the effects of aroma of essential oil of lavender against placebo on subjects' pain perceptions and levels of anxiety when undergoing elective cosmetic facial injections of botulinum toxin type A (Botox). Conclusion: Lavender did not have an effect on the patients perception of pain during facial injections. However, subjects showed significant increases in parasympathetic activity when exposed to lavender aroma. Lavender has the potential to ease anxiety in these patients.	
Aromatherapy	Hadi N, Hanid A A	2011	Lavender Essence for Post-Cesarean Pain	Pakistan Journal of Biological Sciences: PJBS	14 (11)	664-7	doi: 10.3923/pjbs.2011.664.667	The study aimed to evaluate the effect of lavender essence on post caesarean (CS) pain. Conclusion: Aromatherapy by using lavender essence is successful and safe complementary therapy in reducing pain after CS.	
Aromatherapy	Hajibagheri et al	2014	Effect of <i>Rosa damascene</i> Aromatherapy on Sleep Quality in Cardiac Patients: A Randomised Controlled Trial	Complementary Therapies in Clinical Practice	20 (3)	159-63	doi: 10.1016/j.ctcp.2014.05.001	The study aimed to investigate the effect of <i>Rosa damascene</i> aromatherapy on sleep quality of patients hospitalised in CCU. Conclusion: Rosa damascene aromatherapy can significantly improve the sleep quality of patients hospitalised in CCUs.	
Aromatherapy	Hamdamin et al	2018	Effects of Aromatherapy with <i>Rosa Damascena</i> on Nulliparous Women's Pain and Anxiety of Labor during First Stage Labor	Journal of Integrative Medicine	16 (2)	120-125	doi: 10.1016/j.joim.2018.02.005	The study aimed to assess the effects of aromatherapy with <i>Rosa damascena</i> on pain and anxiety in the first stage of labor among nulliparous women. Conclusion: Aromatherapy with R. damascena reduced the severity of pain and anxiety in the first stage of labor. Concluding this is a convenient and effective method for pain and anxiety reduction during the first stage of labor.	

Aromatherapy	Hassanzadeh et al	2018	Comparing the Effects of Relaxation Technique and Inhalation Aromatherapy on Fatigue in Patients Undergoing Hemodialysis	Complementary Therapies in Clinical Practice	31	210-214	doi: 10.1016/j.ctcp.2018.02.019	The study aimed to compare the effects of relaxation techniques and aromatherapy on fatigue in hemodialysis patients. Conclusion: Aromatherapy with lavender essential oil can decrease the levels of fatigue in patients undergoing hemodialysis compared to the Benson relaxation techniques.	
Aromatherapy	Hu et al	2010	Aromatherapy for Reducing Colonoscopy Related Procedural Anxiety and Physiological Parameters: A Randomised Controlled Clinical Trial	Hepato-gastroenterology	57 (102-103)	1082-6	n/a	In this study the aim was to perform a randomised controlled study to investigate the effect of aromatherapy on the relief of anxiety, stress and physiological parameters of colonoscopy. Conclusion: aromatic care for colonoscopy, although with no significant effect on procedural anxiety, is an inexpensive, effective and safe pre-procedural technique that could decrease systolic blood pressure.	
Aromatherapy	Hawkins et al	2019	Aromatherapy Reduces Fatigue Among Women with Hypothyroidism: A Randomised Controlled Clinical Trial	Journal of Complementary and Integrative Medicine	17 (1)	n/a	doi: 10.1515/jcim-2018-0229	The purpose of the randomised controlled clinical trial was to identify the effect of aromatherapy blend essential oil on fatigue in women with hypothyroidism. Conclusion: At the end of the study the aromatherapy group had improved fatigue scores compared to the control group. These findings provided evidence that regular inhalation of an aromatherapy blend may reduce fatigue among women with hypothyroidism.	
Aromatherapy	Hawkins et al	2019	Bergamot Aromatherapy for Medical Office-Induced Anxiety Among Children with an Autism Spectrum Disorder: A Randomised, Controlled, Blinded Clinical Trial.	Holistic Nursing Practice	33 (5)	285-294	doi: 10.1097/HNP.0000000000000341	This clinical trial evaluated the effects of aromatherapy on medical office-induced anxiety in children with autism spectrum disorder. Conclusion: after adjusting for baseline scores, there was no significant difference between the aromatherapy and control groups.	

Aromatherapy	Heidari-Fard S, Mohammadi M, Fallah S	2018	The Effect of Chamomile Odor on Contractions of the First Stage of Delivery in Primipara Women: A Clinical Trial	Complementary Therapies in Clinical Practice	32	61-64	doi: 10.1016/j.ctcp.2018.04.009	In this study, the effect of chamomile odor on some parameters of pregnancy was examined. Conclusion: Aromatherapy using chamomile essence has no effect on the duration and number of contractions. It decreases the intensity of contractions in dilatation of 5-7cm. Results also show greater satisfaction in women who received chamomile intervention.	
Aromatherapy	Heuberger E, Ilmberger J	2010	The Influence of Essential Oils on Human Vigilance	Natural Product Communications	5 (9)	1441-6	n/a	The study evaluates the effects of 1,8-cineol, jasmine absolute ether, linalyl acetate and peppermint essential oil on human vigilance performance. Conclusion: The results emphasize the high impact of subjective factors on the modulation of attentional functions by olfactory stimuli in humans.	
Aromatherapy	Heydari et al	2018	Evaluation of Aromatherapy with Essential Oils of <i>Rosa damascena</i> for the management of Premenstrual Syndrome.	International Journal of Gynaecology and Obstetrics.	142 (2)	156-161	doi: 10.1002/ijgo.12534	To investigate the efficacy of <i>Rosa damascena</i> for the management of premenstrual syndrome (PMS). Conclusion: <i>R.damascena</i> improved psychological, physical and total PMS symptoms compared to baseline. Aromatherapy with <i>Rosa damascena</i> improved multiple symptoms of PMS.	
Aromatherapy	Heydari et al	2018	Investigation of the Effect of Aromatherapy with Citrus Aurantium Blossom Essential Oil on Premenstrual Syndrome in University Students: A Clinical Trial Study	Complementary Therapies in Clinical Practice	32	1-May	doi: 10.1016/j.ctcp.2018.04.006	The aim of the study was to investigate the effect of aromatherapy using Citrus aurantium blossom essential oil on premenstrual syndrome in university students. Conclusion: The aromatherapy with Citrus aurantium blossom improved the symptoms of premenstrual syndrome.	
Aromatherapy	Hirokawa K, Nishimoto T, Taniguchi T	2010	Effects of Lavender Aroma on Sleep Quality in Healthy Japanese Students	Perceptual Motor Skills	114 (1)	111-22	doi: 10.2466/13.15.PMS.114.1.111.122	The study investigated the effectiveness of lavender aroma on quality of sleep in healthy Japanese students. Conclusion: The findings suggest that night time exposure to lavender aroma relieves sleepiness at awakening.	

Aromatherapy	Hodge N S, McCarthy M S, Pierce R M	2014	A Prospective Randomised Study of the Effectiveness of Aromatherapy for Relief of Postoperative Nausea and Vomiting	Journal of Perianesthesia Nursing	29 (1)	5-Nov	doi: 10.1016/j.jopan.2102.12.004	The objective of the study was to compare the effectiveness of aromatherapy versus an unscented inhalant in relieving postoperative nausea and vomiting (PONV). Conclusion: Aromatherapy was favourably received by most patients and represents an effective treatment option for postoperative nausea.	
Aromatherapy	Hozumi et al	2017	Aromatherapies Using Osmanthus fragrans oil and Grapefruit oil are Effective Complementary Treatments for Anxious Patients Undergoing Colonoscopy: A Randomised Controlled Trial	Complementary Therapies in Medicine	34	165-169	doi: 10.1016/j.ctim.2017.08.012	To investigate the effects of aromatherapy on anxiety and abdominal discomfort during colonoscopy. Conclusion: Aromatherapies using Osmanthus and grapefruit oils are effective complementary treatments for anxious patients undergoing colonoscopy.	
Aromatherapy	Huang L, Capdevila L	2017	Aromatherapy Improves Work Performance Through Balancing the Autonomic Nervous System.	Journal of Alternative and Complementary Medicine (New York)	23 (3)	214-221	doi: 10.1089/acm.2016.0061	The study analysed the efficacy of aromatherapy (inhaled petitgrain oil) in improving work performance and reducing workplace stress. Conclusion: Aromatherapy can improve performance in the workplace. This can be explained by an autonomic balance on the sympathetic/parasympathetic nervous system. The final effect could be improved mental and emotional condition by reducing stress level and increasing the arousal level of the participants in terms of alertness and attentiveness.	

Aromatherapy	Igarashi T	2013	Physical and Psychologic Effects of Aromatherapy Inhalation on Pregnant Women: A Randomised Controlled Trial	Journal of Alternative and Complementary Medicine (New York)	19 (10)	805-10	doi: 10.1089/acm.2012.0103	The aim of the study was to clarify the physical and physiologic effects of inhalation aromatherapy on pregnant women. Essential oils with high linalool and linalyl acetate content were chosen as they can be used during pregnancy and the one preferred by the participant was used. Conclusion: Aromatherapy inhalation using essential oils containing linalool and linalyl acetate was found to be effective for the Profile of Mood States and parasympathetic nerve activity base on an intragroup comparison. However, based on a comparison between groups, no substantial difference was noted and further studies are needed.	
Aromatherapy	Kao et al	2017	Comparisons for Effectiveness of Aromatherapy and Acupressure Massage on Quality of Life in Career Women: A Randomised Controlled Trial	Journal of Alternative and Complementary Medicine (New York)	23 (6)	451-460	doi: 10.1089/acm.2016.0403	The study aimed to compare the effectiveness of aromatherapy and acupressure massage intervention strategies on the sleep quality and quality of life (QOL) in career women. Conclusion: The blended essential oil exhibited greater dual benefits on improving both QOL and sleep quality compared with the interventions of lavender essential oil and acupressure massage in career women. The results show both aromatherapy and acupressure massage improve the sleep and QOL and may serve as the optimal means for career women to improve sleep and QOL.	
Aromatherapy	Karadag et al	2017	Effects of Aromatherapy on Sleep Quality and Anxiety in Patients	Nursing in Critical Care	22 (2)	105-112	doi: 10.1111/nicc.12198	The study aimed to investigate the effect of lavender essential oil on the sleep quality and anxiety levels of patients in coronary intensive care units. Conclusion: There were statistically significant differences in favour of the treatment group. Lavender essential oil increased sleep quality and reduced level of anxiety in patients with coronary artery disease.	

Aromatherapy	Karadag E., Baglama S S	2019	The Effect of Aromatherapy on Fatigue and Anxiety in Patients Undergoing Hemodialysis Treatment: A Randomised Controlled Study.	Holistic Nursing Practice	33 (4)	222-229	doi: 10.1097/HNP.0000000000000334	The study aimed to examine the effect of the application of lavender oil on fatigue and anxiety levels in patients undergoing hemodialysis treatment. Conclusion: Mean scores of fatigue and anxiety decreased significantly following aromatherapy and also fatigue and anxiety levels declined. Lavender aromatherapy can be applied as an effective nursing intervention to reduce fatigue and anxiety of patients with chronic renal failure and undergoing hemodialysis treatment.	
Aromatherapy	Karaman et al	2019	A Randomised Placebo-Controlled Study of Aromatherapy for the treatment of Postoperative Nausea and Vomiting	Complementary Therapies in Medicine	42	417-421	doi: 0.1016/j.ctim.2018.12.019	The purpose of the study was to compare the aromatherapy treatment on postoperative nausea and vomiting (PONV) patients using ginger, lavender, rose oils and a placebo. Conclusion: aromatherapy can be used as an alternative or complementary method for managing PONV. Ginger and Lavender were superior to the rose oil and pure water. Further studies with larger sample sizes are necessary to confirm the results.	
Aromatherapy	Karaman et al	2016	Evaluating the Efficacy of Lavender Aromatherapy on Peripheral Venous Cannulation Pain and Anxiety: A Prospective Randomised Study	Complementary Therapies in Clinical Practice	23	64-8	doi: 10.1016/j.ctcp.2016.03.008	The study was designed to evaluate the effectiveness of lavender aromatherapy on pain, anxiety and level of satisfaction associated with the peripheral venous cannulation (PVC) in patients undergoing surgery. Conclusion: Lavender aromatherapy had beneficial effects on PVC pain, anxiety and satisfaction levels of patients undergoing surgery.	
Aromatherapy	Kasar et al	2020	Effect of Inhalation Aromatherapy on Pain, Anxiety, Comfort, and Cortisol Levels during Trigger Point Injection	Holistic Nurse Practice	34 (1)	57-64	doi: 10.1097/HPN0000000000000350	The study aimed to examine the effects of inhaler aromatherapy on the level of pain, comfort, anxiety and cortisol during trigger point injection in individuals with myofascial pain syndrome. Conclusion: Lavender oil inhalation was found to reduce pain and anxiety during trigger point injection and to improve patient comfort but did not affect salivary cortisol levels.	

Aromatherapy	Kazemzadeh et al	2016	Effect of Lavender Aromatherapy on Menopause Hot Flushing: A Crossover Randomised Clinical Trial	Journal of the Chinese Medical Association	79 (9)	489-92	doi: 10.1016/j.jcma.2016.01.020	The purpose of the study was to determine the effect of lavender aromatherapy on menopause flushing. Conclusion: The study indicated the use of lavender aromatherapy reduced menopause flushing.	
Aromatherapy	Khiewkhern et al	2013	Effectiveness of Aromatherapy with Light Thai Massage for Cellular Immunity Improvement in Colorectal Cancer Patients Receiving Chemotherapy	Asian Pacific Journal of Cancer Prevention: APJCP	14 (6)	3903-7	doi: 10.7314/apjcp.2013.14.6.3903	The aim of the study was to determine whether the use of aromatherapy with light Thai massage in patients with colorectal cancer, who have received chemotherapy, can result in improvement of the cellular immunity and reduce the severity of the common symptoms of side effects. Conclusion: Aromatherapy with light Thai massage can be beneficial for the immune system of cancer patients who are undergoing chemotherapy by increasing the number of lymphocytes and can help reduce the severity of common symptoms.	
Aromatherapy	Kim et al	2011	The Effect of Lavender Oil on Stress, Bispectral Index Values and Needle Insertion Pain in Volunteers	Journal of Alternative and Complementary Medicine (New York)	17 (9)	823-6	doi: 10.1089/acm.2010.0644	The purpose of the study was to investigate whether lavender oil aromatherapy can reduce bispectral index (BIS) values and stress and decrease the pain of needle insertion in volunteers. Lavender aromatherapy in volunteers provided significant decrease in stress levels and in the BIS values. It significantly reduced the pain of needle insertion.	
Aromatherapy	Lai et al	2011	Effectiveness of Aroma Massage on Advanced Cancer Patients with Constipation: A Pilot Study	Complementary Therapies in Clinical Practice	17 (1)	37-43	doi: 10.1016/j.ctcp.2010.02.004	The purpose of the study was to verify the effect of aroma massage on constipation in advanced cancer patients. Conclusion: The findings suggest aroma massage can help to relieve constipation in patients with advanced cancer.	

Aromatherapy	Lane et al	2012	Examination of the Effectiveness of Peppermint Aromatherapy on Nausea in Women Post C-Section	Journal of Holistic Nursing	30 (2)	90-104	doi: 10.1177/0898010111423419	This study examined the effect of peppermint spirits on postoperative nausea in women following a scheduled C-section. Conclusion: Peppermint spirits may be a useful adjunct in the treatment of postoperative nausea.	
Aromatherapy	Lillehei et al	2015	Effect of Inhaled Lavender and Sleep Hygiene on Self-Reported Sleep Issues: A Randomised Controlled Trial.	Journal of Alternative and Complementary Medicine (New York)	21 (7)	430-8	doi: 10.1089/acm.2014.0327	To compare the effects of Lavender and sleep hygiene versus sleep hygiene alone on sleep quality and to determine sustained effect at two-week follow-up. Conclusion: Lavender and sleep hygiene together, and sleep hygiene alone to a lesser degree, improved sleep quality for college students with self-reported sleep issues, with an effect remaining at follow-up.	
Aromatherapy	Lua L, P.Salihah N., Mazlan N	2015	Effects of Inhaled Ginger Aromatherapy on Chemotherapy-Induced Nausea and Vomiting and Health-Related Quality of Life in Women with Breast Cancer	Complementary Therapies in Medicine	23 (3)	396-404	doi: 10.1016/j.ctim.2015.03.009	To assess the efficacy of inhaled ginger aromatherapy on nausea, vomiting and health-related quality of life in chemotherapy breast cancer patients. Conclusion: The evidence derived from this study is not sufficiently convincing that inhaled ginger aromatherapy is an effective complementary therapy for these patients. Quality of life scores were encouraging with significant improvement in several domains. Quality of life scores were encouraging with significant improvement in several domains.	
Aromatherapy	Lytle J, Mwatha C, Davis K K	2014	Effect of Lavender Aromatherapy on Vital Signs and Perceived Quality of Sleep in the Intermediate Care Unit: A Pilot Study	American Journal of Critical Care	23 (1)	24-Sep	doi: 10.4037/ajcc2014958	To determine the effect of inhalation of 100% lavender oil on patients' vital signs and perceived quality of sleep in an intermediate care unit. Conclusion: Lavender aromatherapy may be an effective way to improve sleep in an intermediate care unit. Conclusion: Topical aromatherapy using lavender-thymol was highly effective suitable and safe for episiotomy wound care with little or no expected side effects compared with that using placebo.	

Aromatherapy	Marzouk et al	2015	Lavender-Thymol as a New Topical Aromatherapy Preparation for Episiotomy: A Randomised Clinical Trial	Journal of Obstetrics and Gynaecology	35 (5)	472-5	doi: 10.3109/01443615.2014.970522	The study aimed to evaluate the effectiveness of topical lavender-thymol in promoting episiotomy healing. Conclusion: Topical aromatherapy using lavender-thymol was highly effective suitable and safe for episiotomy wound care with little or no expected side effects compared with that using placebo.	
Aromatherapy	Matsumoto T, Asakura H, Hayashi T	2014	Effects of Olfactory Stimulation from the Fragrance of the Japanese Citrus Fruit Yuzu on Mood States and Salivary Chromogranin A as an Endocrinological Stress Marker	Journal of Alternative and Complementary Medicine (New York)	20 (6)	500-6	doi: 10.1089/acm.2013.0425	The study investigated the effects of olfactory stimulation from the fragrance of the Japanese citrus fruit Yuzu on mood states and salivary Chromogranin A as an endocrinological stress marker reflecting sympathetic nervous system activity. Conclusion: Yuzu's aromatic effects may alleviate negative emotional stress which would, in part, contribute to suppression of the sympathetic nervous system.	
Aromatherapy	Matsumoto T, Kimura T, Hayashi T	2017	Does Japanese Citrus Fruit Yuzu Fragrance have Lavender-Like Therapeutic Effects that Alleviate Premenstrual Emotional Symptoms? A Single-Blind Randomised Crossover Study	Journal of Alternative and Complementary Medicine (New York)	23 (6)	461-470	doi: 10.1089/acm.2016.0328	The study investigated therapeutic effects on premenstrual symptoms using fragrance from yuzu, a Japanese citrus fruit, and aromatherapy, from the perspective of autonomic nervous system function. Conclusion: The present study indicated short-term inhalation with yuzu fragrance could alleviate premenstrual emotional symptoms, which at least in part is attributable to the improvement of parasympathetic nervous system activity. Yuzu may serve as an anti-PMS modality given its comparable effects to those of lavender.	

Aromatherapy	McDonnell B, Newcomb P	2019	Trial of Essential Oils to Improve Sleep for Patients in Cardiac Rehabilitation	Journal of Alternative and Complementary Medicine (New York)	25 (12)	1193-1199	doi: 10.1089/acm.2019.0222	The objective of the study was to determine if there was a significant difference between sleep quality of patients who inhaled placebo and those who inhaled an aroma comprising of Lavender, Bergamot, and Ylang Ylang. Conclusion: Sleep quality of participants receiving intervention oils was significantly better than the sleep quality of participants receiving the placebo oil. Aromatherapy is potentially effective for improving sleep quality among cardiac rehabilitation patients.	
Aromatherapy	Moslemi et al	2019	<i>Citrus aurantium</i> Aroma for Anxiety in Patients with Acute Coronary Syndrome: A Double-Blind Placebo-Controlled Trial	Journal of Alternative and Complementary Medicine (New York)	25 (8)	833-839	doi: 10.1089/acm.2019.0061	The study evaluated the antianxiety effect of <i>Citrus aurantium</i> (neroli oil) inhalation on patients with acute coronary syndrome (ACS). Conclusion: Aromatherapy with neroli oil may be a safe and efficient intervention and can be considered an easy and applicable method to reduce anxiety in patients with ACS.	
Aromatherapy	Moss et al	2010	Differential Effects of the Aromas of Salvia Species on Memory and Mood	Human Psychopharmacology	25 (5)	388-96	doi: 10.1002/hup.1129	The study investigated the potential for the aromas of the essential oils of Salvia species to affect mood and cognition in healthy adults. Conclusion: Aromas of essential oils of Salvia species reproduce some but not all of the effects found following herbal administration, and that interesting dissociations occur between subjective and objective responses.	
Aromatherapy	Nakayama M, Okizaki A, Takahashi K	2016	A Randomised Controlled Trial for the Effectiveness of Aromatherapy in Decreasing Salivary Gland Damage Following Radioactive Iodine Therapy for Differentiated Thyroid Cancer	BioMed Research International	n/a	n/a	doi: 10.1155/2016/9509810	The aim of the study was to investigate effects of aromatherapy in decreasing salivary gland damage for patients undergoing radioactive iodine (RAI) therapy with differentiated thyroid cancer (DTC). Conclusion: An amelioration of salivary gland function was observed in the present study, our results suggest the efficacy of aromatherapy in the prevention of treatment-related salivary gland disorder.	

Aromatherapy	Nasiri A, Mahmodi M A, Nobakt Z	2016	Effect of Aromatherapy Massage with Lavender Essential Oil on Pain in Patients with Osteoarthritis of the Knee: A Randomised Controlled Clinical Trial.	Complementary Therapies in Clinical Practice	n/a	n/a	doi: 10.1016/j.ctcp.2016.08.002	The purpose of the study was to investigate the effect of aromatherapy massage with lavender oil on pain in patients with osteoarthritis on the knee. Conclusion: Aromatherapy massage with lavender essential oil was found effective in relieving pain in patients with knee osteoarthritis. Further studies are needed to confirm these results.	
Aromatherapy	Ndao et al	2012	Inhalation Aromatherapy in Children and Adolescents Undergoing Stem Cell Infusion: Results of a Placebo-Controlled Double-Blind Trial	Psychooncology	21 (3)	247-54	doi: 10.1002/pon.1898	Evaluates the effect of inhalation aromatherapy with bergamot essential oil on anxiety, nausea and pain of pediatric patients with malignant and non-malignant disorders undergoing stem cell infusion and their parents. Conclusion: The trial did not report a benefit of inhalation aromatherapy on reducing anxiety, nausea and pain. Future research could explore aromatherapy application through massage .	
Aromatherapy	Nikjou et al	2018	The Effect of Lavender Aromatherapy on the Symptoms of Menopause.	Journal of the National Medical Association	110 (3)	265-269	doi: 10.1016/j.jnma.2017.06.010	The aim of the research is to evaluate the effect of lavender aromatherapy on the menopause symptoms. Conclusion: Lavender aromatherapy decreases menopause symptoms. This intervention may be instructed by midwives in the treatment care centres as a health activity to reduce the undesirable effect of menopause symptoms.	
Aromatherapy	O'Connor et al	2013	A Randomised, Controlled Cross-Over Trial of Dermal Applied Lavender Oil as a Treatment of Agitated Behaviour in Dementia	BMC Complementary and Alternative Medicine	13 (13)	315	doi: 10.1186/1472-6882-13-315	To help remedy previous methodological shortcomings we delivered high grade lavender oil in specified amounts to nursing home residents whose agitated behaviours were recorded objectively. Conclusion: Topically delivered, high strength, pure lavender oil had no discernible effect on behaviour in a well-defined clinical sample.	

Aromatherapy	Ou et al	2012	Pain Relief Assessment by Aromatic Essential Oil Massage on Outpatients with Primary Dysmenorrhea: A Randomized, Double-Blind Clinical Trial	Journal of Obstetrics and Gynaecology Research	38 (5)	817-22	doi: 10.1111/j.1447-0756.2011.01802.x	This study assessed the effectiveness of blended essential oils on menstrual cramps for outpatients with primary dysmenorrhea and explored the analgesic ingredients in essential oils. Conclusion: Aromatic oil massage provided relief for outpatients with primary dysmenorrhea and reduced the duration of menstrual pain in the essential oil group. The blended essential oils contain four key analgesic components.	
Aromatherapy	Ozkaraman et al	2018	Aromatherapy: The Effect of Lavender on Anxiety and Sleep Quality in Patients Treated with Chemotherapy	Clinical Journal of Oncology Nursing	22 (2)	203-210	doi: 10.1188/18.CJON.203-210	This randomised controlled trial examined the effects of lavender oil aromatherapy on anxiety and sleep quality in patients undergoing chemotherapy. Conclusion: Trait anxiety values before and after chemo found a significant difference in the lavender group. There was also a significant change to the PSQI before and after chemo.	
Aromatherapy	Pehlivan S, Karadakovan A	2019	Effects of Aromatherapy Massage on Pain, Functional State, and Quality of Life in an Elderly Individual with Knee Osteoarthritis.	Japan Journal of Nursing Science	16 (4)	450-458	doi: 10.1111/jjns.12254	To investigate the effects of aromatherapy massage on pain, functional state and life quality of elderly individuals with knee osteoarthritis. Conclusion: Aromatherapy massage performed in elderly patients with knee osteoarthritis reduced pain and improved functional status and quality of life. The week 8 finding was that aromatherapy has more favourable and longer sustained effects than massage alone.	
Aromatherapy	Sadeghi Aval Shahr,H, Saadat M, Kheirkah M, Saadat E	2015	The Effect of Self-Aromatherapy Massage of the Abdomen on the Primary Dysmenorrhoea	Journal of Obstetrics and Gynaecology	35 (4)	382-5	doi: 10.3109/01443615.2014.958449	To determine the effect of self-aromatherapy massage of the abdomen on the primary dysmenorrhoea. Conclusion: Massage with aromatherapy reduces the severity of primary dysmenorrhoea, in comparison to massage therapy alone.	

Aromatherapy	Schellhammer et al	2013	Good Scent in MRI: Can Scent Management Optimize Patient Tolerance?	Acta Radiologica	54 (7)	795-9	doi: 10.1177/0284185113482606	Aim of the study was to evaluate the influence of inhalation aromatherapy in the reduction of artifacts in patients undergoing MRI. Conclusion: Aromatherapy was not effective in enhancing patient's mood or wellbeing during MRI.	
Aromatherapy	Seol et al	2013	Randomised Controlled Trial for Clary Sage or Lavender: Differential Effects on Blood Pressure in Female Patients with Urinary incontinence Undergoing Urodynamic Examination	Journal of Alternative and Complementary Medicine (New York)	19 (7)	664-70	doi: 10.1089/acm.2012.0148	The aim of the study was to investigate the effects of inhalation of lavender or clary sage essential oils on autonomic nervous system activity in female patients with urinary incontinence undergoing urodynamic assessment. Conclusion: Lavender oil inhalation may be inappropriate in lowering stress during urodynamic examination, despite its antistress effects. Clary sage inhalation may be useful in inducing relaxation in female urinary incontinence patients undergoing urodynamic assessments.	
Aromatherapy	Senturk A, Kartin PT	2018	The Effect of Lavender Oil Application via Inhalation Pathway on Hemodialysis Patients' Anxiety Level and Sleep Quality.	Holistic Nursing Practice	32 (6)	324-335	doi: 10.1097/HNP.0000000000000292	The purpose of the study was to determine the effect of lavender essential oil application via inhalation pathway on Hemodialysis patients' anxiety level and sleep quality. Conclusion: There was a significant difference between the aromatherapy group and the control group on the Hamilton Anxiety Assessment Scale and the study results provide new promising information about the effects of lavender inhalation on sleep problems and anxiety and these make a significant contribution to nursing for dialysis nurses.	

Aromatherapy	Seyyed-Rasooli et al	2016	Comparing the Effects of Aromatherapy Massage and Inhalation Aromatherapy on Anxiety and Pain in Burns Patients: A Single-Blind Randomised Clinical Trial.	Burns	42 (8)	1774-1780	doi: 10.1016/j.burns.2016.06.014	The study aim is to compare the effect of aromatherapy massage with inhalation aromatherapy for anxiety and pain in burns patients. Conclusion: The study showed a positive effect of aromatherapy massage and inhalation aromatherapy compared with control group in reducing both anxiety and pain of burns patients. Both interventions can be recommended for alleviating anxiety and pain of burn patients.	
Aromatherapy	Shirzadegan et al	2017	Effects of Geranium aroma on Anxiety Among Patients with Acute Myocardial Infarction: A Triple-Blinded Randomised Clinical Trial	Complementary Therapies in Clinical Practice	29	201-206	doi: 10.1016/j.ctcp.2017.10.005	This study examined the effects of geranium aroma on anxiety among patients with AMI. Conclusion: Inhalation aromatherapy with geranium essential oil is recommended as an easy-to-use intervention to reduce anxiety among patients with AMI.	
Aromatherapy	Sites et al	2014	Controlled Breathing with our without Peppermint Aromatherapy for Postoperative Nausea and/or Vomiting Symptom Relief: A Randomised Controlled Trial	Journal of Perianesthesia Nursing	29 (1)	9-Dec	doi: 10.1016/j.jopan.2013.09.008	This study evaluated controlled breathing with peppermint aromatherapy and controlled breathing alone for postoperative nausea and vomiting (PONV) relief. Conclusion: controlled breathing can be initiated without delay as an alternative to prescribed anti-emetics. Controlled breathing was more efficacious than aromatherapy but not significantly.	
Aromatherapy	Soltani et al	2013	Evaluation of the Effect of Aromatherapy with Lavender Essential oil on Post-Tonsillectomy Pain in Pediatric Patients: A Randomised Controlled Trials	International Journal of Pediatric Otorhinolaryngology	77 (9)	1579-81	doi: 10.1016/ijporl.2013.07.014	To evaluate the effect of aromatherapy with Lavender essential oil on post-tonsillectomy pain in pediatric patients. Conclusion: Aromatherapy with lavender essential oil decreases the number of required analgesics following tonsillectomy in pediatric patients.	

Aromatherapy	Taavoni et al	2013	The Effect of Aromatherapy Massage on the Psychological Symptoms of Postmenopausal Iranian Women	Complementary Therapies in Medicine	21 (3)	158-63	doi: 10.1016/j.ctim.2013.03.007	A randomised clinical trial was conducted to determine the effect of aromatherapy massage on psychological symptoms during menopause. Conclusion: Both aromatherapy massage and massage were effective in reducing psychological symptoms but the effect of aromatherapy massage was higher than massage alone.	
Aromatherapy	Tamaki et al	2017	Randomised Trial of Aromatherapy versus Conventional Care for Breast Cancer Patients During Perioperative Periods.	Breast Cancer Research and Treatment	162 (3)	523-531	doi: 10.1007/s10549-017-4134-7	The aim is to compare QoL, vital signs, and sleep quality between aromatherapy and conventional therapy during perioperative periods of the breast cancer patients in the study. Conclusion: The results showed no effect of aromatherapy on QoL, sleep quality and vital signs. Self-reporting was positive with the aromatherapy treatment group feeling relaxed, comfortable.	
Aromatherapy	Tanvisut et al	2018	Efficacy of Aromatherapy for Reducing Pain During Labor: A Randomised Controlled Trial	Archives of Gynecology and Obstetrics	297 (5)	1145-1150	doi: 10.1007/s00404-018-4700-1	The study was conducted to determine the effectiveness of aromatherapy for reducing pain during labor. Conclusion: Aromatherapy reduced pain scores both in latent and early active phase of labor. Aromatherapy is helpful in reducing pain in latent and early active phase and can be used as an adjunctive method for labor pain control without serious side effects.	
Aromatherapy	Tasan E, Ovayolu O, Ovayolu N	2019	The Effect of Diluted Lavender Oil Inhalation on Pain Development During Vascular Access Among Patients Undergoing Haemodialysis	Complementary Therapies in Clinical Practice	35	177-182	doi: 10.1016/j.ctcp.2019.02.010	The study was designed to evaluate the effect of lavender oil inhalation on pain development during vascular access among patients undergoing haemodialysis. Conclusion: Lavender oil inhalation did decrease pain level experienced by patients during vascular access and caused no negative effects.	

Aromatherapy	Trambert et al	2017	A Randomised Controlled Trial Provides Evidence to Support Aromatherapy to Minimise Anxiety in Women Undergoing Breast Biopsy.	Worldviews on Evidence -Based Nursing	14 (5)	394-402	doi: 10.1111/wvn.12229	The study was conducted to explore the use of two different aromatherapy scents, compared to placebo, on women undergoing breast biopsy aimed at reducing anxiety with the intent of generating new knowledge. Conclusion: The use of aromatherapy tabs offers an evidence-based nursing intervention to improve adaptation and reduce anxiety for women undergoing breast biopsy.	
Aromatherapy	Uysal et al	2016	Investigating the Effect of Rose Essential Oil in Patients with Primary Dysmenorrhoea	Complementary Therapies in Clinical Practice	24	45-9	doi: 10.1016/j.ctcp.2016.05.002	The study aimed to evaluate the effect of rose essential oil on primary dysmenorrhea. Conclusion: The study suggests that aromatherapy with rose essential oil as an adjunct to conventional treatment may be beneficial pain relief in individuals with primary dysmenorrhea.	
Aromatherapy	Uzuncakmak T, Alkaya S A	2018	Effect of Aromatherapy on Coping with Premenstrual Syndrome: A Randomised Controlled Trial	Complementary Therapies in Medicine	36	63-67	doi: 10.1016/j.ctim.2017.11.022	This study aimed to determine the effects of aromatherapy on coping with premenstrual syndrome (PMS) in university students. Conclusion: It was concluded that inhalation aromatherapy can be used for coping with PMS. And students suffering PMS should be informed on the inhalation therapy by lavender oil.	
Aromatherapy	Vakilian et al	2011	Healing Advantages of Lavender Essential Oil During Episiotomy: A Clinical Trial	Complementary Therapies in Clinical Practice	17 (1)	50-3	doi: 10.1016/j.ctcp.2010.05.006	To assess the effect of lavender oil in wound healing. Conclusion: This study suggests application of lavender essential oil instead of povidone-iodine for episiotomy wound care.	
Aromatherapy	van Dijk et al	2018	Massage has No Observable Effect on Distress in Children with Burns: A Randomised, Observer, Blinded Trial	Burns	44 (1)	99-107	doi: 10.1016/j.burns.2017.10.002	In a previous observational study massage therapy reduced anxiety and stress in paediatric burns patients. We aimed to test this effect in a randomised controlled trial. Conclusion: Massage therapy, with or without essential oils, was not effective in reducing distress behaviour or heart rate in hospitalised children with burns.	

Aromatherapy	Watson K, Hatcher D, Good A	2019	A Randomised-Controlled Trial of Lavender (<i>Lavendula officinalis</i>) and Lemon Balm (<i>Melissa officinalis</i>) Essential Oils for the Treatment of Agitated Behaviour in Older People with or without Dementia	Complementary Therapies in Medicine	42	366-373	doi: 10.1016/j.ctim.2018.12.016	The study aimed to evaluate and compare the effectiveness of Lavender and Lemon Balm essential oils on the agitated behaviour of older people with or without dementia living in residential aged care facilities (RACFs). Conclusion: The findings support an opposing effect of Lemon Balm and Lavender in reducing agitated behaviour between participant cognitive groups. There was no reduction in agitation with treatments when compared to placebo independent of cognitive groups.	
Aromatherapy	Yang YP, Wang CJ., Wang JJ	2016	Effect of Aromatherapy Massage on Agitation and Depressive Mood in Individuals with Dementia	Journal of Gerontological Nursing	42 (9)	38-46	doi: 10.3928/00989134-20160615-03	The study examined the effects of aromatherapy massage on alleviating agitation and depressive mood in individuals with dementia. Conclusion: Aromatherapy massage can be an effective and safe intervention to alleviate specific agitated behaviours and depressive mood in individuals with dementia.	
Aromatherapy	Yayla EM, Ozdemir L	2019	Effect of Inhalation Aromatherapy on Procedural Pain and Anxiety after Needle Insertion into an Implantable Central Venous Port Catheter: A Quasi-Randomised Controlled Pilot Study	Cancer Nursing	42 (1)	35-41	doi: 10.1097/NCC.0000000000000551	The aim of the study was to determine the effects of inhalation aromatherapy on procedural pain and anxiety after needle insertion into an implantable central venous port catheter. Conclusion: Inhalation aromatherapy with lavender oil may be an effective technique to relieve pain related to needle insertion into an implantable central venous port catheter. Further randomised controlled trials are needed to validate this study.	
Aromatherapy	YazdkhastiM., Pirak A	2016	The Effect of Aromatherapy with Lavender Essence on Severity of Labor Pain and Duration of Labor in Primiparous Women.	Complementary Therapies in Clinical Practice	25	81-86	doi: 10.1016/j.ctcp.2016.08.008	The aim of the study was to investigate the effect of Lavender essence inhaled on severity of labor pain and duration of labor. Conclusion: Lavender essence therapy may be an effective therapeutic option for pain management for women in labor.	

Aromatherapy	Xiong et al	2018	Effectiveness of Aromatherapy Massage and Inhalation on Symptoms of Depression in Chinese Community-Dwelling Older Adults.	Journal of Alternative and Complementary Medicine (New York)	24 (7)	717-724	doi: 10.1089/acm.2017.0320	The aim of the study was to compare the intervention and follow-up effects of aromatherapy massage and inhalation on symptoms of depression in community-dwelling older adults after an 8- week intervention. Conclusion: The inhalation and aromatherapy massage group demonstrated significantly lower depressive symptoms than the controls and increased 5HT levels. Both aromatherapy inhalation and aromatherapy massage have important implications for intervening depression in older adults.	
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Natural Therapies Review 2019-2020

Tranche 2

Aromatherapy - Systematic Reviews and Meta-analysis

Therapy	Author/s	Publication year	Title of article	Name of journal or other source	Volume and issue number	Page numbers	Digital Object Identifier	Abstract (or brief article description)	Rationale for reconsideration (only applicable for citations considered in 2014-15 review)
Aromatherapy	Abdelhakim et al	2020	The effect of inhalation aromatherapy in patients undergoing cardiac surgery: A Systematic Review and Meta-analysis of randomised controlled trials.	Complementary Therapies in Medicine	48	n/a	doi: 10.1016/j.ctim.2019.102256	The goal of the study was to synthesise evidence regarding the efficacy of inhalation aromatherapy in patients undergoing cardiac surgery. Nine RCTs were included in the study with a total of 656 patients. The results showed inhalation aromatherapy was significantly effective in reducing anxiety, pain and heart rate in patients undergoing cardiac surgery compared to the control groups. No significant differences were found between the groups in mental stress, or blood pressure. Conclusion: inhalation aromatherapy administration, particularly Lavender oil, can significantly reduce anxiety, pain, and heart rate in patients undergoing cardiac surgery.	

Aromatherapy	Armstrong et al	2019	Aromatherapy, Massage and Reflexology: A Systematic Review and Thematic Synthesis of the Perspectives form People with Palliative Care Needs	Palliative Medicine	33 (7)	757-769	doi: 10.1177/0269216319846440	The aim of the study was to explore in people with advanced disease (1) the experiences and perceptions of benefits and harms of aromatherapy, massage and reflexology and (2) how they would like these therapies delivered. Five qualitative studies in advanced cancer were identified.	
Aromatherapy	Asay et al	2019	The Use of Aromatherapy in Postoperative Nausea and Vomiting: A Systematic Review	Journal of Perianesthesia Nursing: official journal of the American Society of PeriAnesthesia Nurses	34 (3)	502-516	doi: 10.1016/j.jopan.2018.08.006	The aim of the study was to evaluate the following question: In adult surgical patients, does the use of aromatherapy affect the incidence of nausea and vomiting postoperatively? The results found that overall, aromatherapy had a positive effect on nausea and vomiting and could be considered a complementary therapy or as an adjunct to antiemetic medications. Conclusion: Aromatherapy should be considered a treatment for postoperative nausea and vomiting in adult surgical patients.	
Aromatherapy	Babakhanian et al	2018	Effect of Aromatherapy on the Treatment of Psychological Symptoms in Postmenopausal and Elderly Women: A Systematic Review and Meta-analysis.	Journal of Menopausal Medicine	24 (2)	127-132	Doi: 10.6118/jmm.2018.24.2.127	The aim of the review was to critically assess the effect of aromatherapy on the psychological symptoms as noted in postmenopausal and elderly women. Four trials were included in the study and the results found aromatherapy massage significantly improved the psychological symptoms in postmenopausal and elderly women. One trial found it ineffective in treating nervousness. Conclusion: aromatherapy may be beneficial in attenuating the psychological symptoms such as anxiety and depression in these women but not considered effective for the treatment of nervousness.	

Aromatherapy	Boehm et al	2012	Aromatherapy as an Adjuvant Treatment in Cancer Care- A Descriptive Systematic Review	African Journal of Traditional, Complementary and Alternative Medicine	9 (4)	503-518	doi:10.4314/ajtcam.v9i4.7	The objective of the review was to provide an updated descriptive, systematic review of evidence from pre-clinical and clinical trials assessing the benefits and safety of aromatherapy for cancer patients. Conclusion: Aromatherapy and essential oils can be safely used by cancer patients for short-term benefit to reduce anxiety and depression and improve sleep pattern and wellbeing. Prolonged application topically may cause allergic contact dermatitis and patients with oestrogen-dependent tumors should use caution in using lavender or tea tree oil.	
Aromatherapy	Bouya et al	2018	Effect of Aromatherapy interventions on Hemodialysis Complications: A Systematic Review	Complementary Therapies in Clinical Practice	32	130-138	doi: 10.1016/j.ctcp.2018.06.008	The purpose of the study was to examine the effects of aromatherapy on hemodialysis complications. Inhalation and Massage Aromatherapy was found to reduce some of the complications of hemodialysis, including, anxiety, fatigue, pruritis, sleep quality, stress, depression, headache. One study found it to improve the quality of life in patients. Conclusion: Dialysis health care teams can use aromatherapy as an inexpensive and fast- acting treatment to reduce complications in hemodialysis patients. Conclusion: Dialysis health care teams can use aromatherapy as an inexpensive and fast- acting treatment to reduce complications in hemodialysis patients.	

Aromatherapy	Chen et al	2019	Labour Pain control by aromatherapy: A Meta-analysis of randomised controlled trials	Women and Birth	32 (4)	327-335	doi: 10.1016/j.wombi.2018.09.010	The aim was to conduct a meta-analysis of randomised controlled trials of the effectiveness of aromatherapy on labour pain and duration reduction. 17 trials with low-risk labouring women were chosen. Aromatherapy reduced labour pain in the transition phase and the duration of the active phase and the third stage labour. A trend toward shorter duration was observed in the second stage. Aromatherapy had no influence on caesarean section, membrane rupture and spontaneous labour onset. Conclusion: aromatherapy is effective in reducing labour pain and duration and is generally safe for mothers. Before a strong recommendation can be made, further trials need to be conducted with device-based pain measurements and larger scale studies.	
Aromatherapy	Choi et al	2018	Aromatherapy for the Relief of Symptoms in Burn Patients: A Systematic Review of Randomised Controlled Trials.	Burns	44 (6)	1395-1402	doi: 10.1016/j.burns.2017.10.009	The objective of the review was to assess the current evidence regarding the use of aromatherapy as a treatment for burn wounds. Four RCTs were included in the review. Two studies showed aromatherapy to be superior to placebo in reducing pain and anxiety. One study found it to relieve pain but not anxiety and another compared aromatherapy to music therapy for sleep and found both to be effective. Conclusion: the evidence was not sufficient to conclude aromatherapy effectively relieves symptoms in patients with burns. Studies that are adequately powered and better designed are needed to investigate the mechanisms underlying the effects of aromatherapy on pain and anxiety.	

Aromatherapy	Deyno et al	2019	Essential oils as Topical Anti-Infective Agents: A Systematic Review and Meta-Analysis	Complementary Therapies in Medicine	47:102224		doi: 10.1016/j.ctim.2019.102224	This study summarised evidence on the efficacy and safety of essential oils in the treatment of topical infections. Conclusion: Essential oils could be considered as alternative treatment for acne. MRSA and topical fungal infections. Further studies are needed due to the low quality and heterogeneity among studies.	
Aromatherapy	Dinitriou et al	2017	The Use of Aromatherapy for Postoperative Pain Management: A Systematic Review of Randomised Controlled Trials.	Journal of Perianesthesia Nursing: official journal of the American Society of PerAnesthesia Nurses	32 (6)	530-541	doi: 10.1016/j.jopan.2016.12.003	The aim of the study is to present and analyse the results of randomised controlled trials (RCTs) that studied the effectiveness of aromatherapy as a complementary treatment in postoperative pain. Five RCTs support aromatherapy which can alleviate postoperative pain and four found no statistically significant differences between the treatment and control groups. Conclusion: it cannot be determined that there is sufficient evidence to conclude aromatherapies effectiveness as a nonpharmacological approach to reduce pain intensity postoperatively.	
Aromatherapy	Farahani et al	2019	Effect of aromatherapy on cancer complications: A Systematic Review	Complementary Therapies in Medicine	47: 102169		doi: 10.1016/j.ctim.2019.08.003	The aim of the study was to determine the effects of aromatherapy on cancer complications. 43 studies conducted on 3239 cancer patients from 13 countries between 1995 and 2019 were included in the review. It was shown that aromatherapy improves various physical and psychological complications in these patients. Conclusion: aromatherapy may be used as a supplemental treatment to improve complications in cancer patients. Further studied are needed to determine protocols and standard doses.	

Aromatherapy	Forrester et al	2014	Aromatherapy for Dem	Cochrane Database Systematic Reviews	25 (2): CD003150		doi: 10.1002/14651858.CD003150.p	The objective of the study was to assess the efficacy of aromatherapy as an intervention for people with dementia. Seven studies with 428 participants were included in the review. The authors concluded the seven trials included in the review had ambiguous results, with several methodological difficulties with the studies. More well designed, large RCTs are needed before any conclusion can be made regarding the effectiveness of aromatherapy for those with dementia.	
Aromatherapy	Fung et al	2012	A Systematic Review of the Use of Aromatherapy in Treatment of Behavioural Problems in Dementia.	Geriatric & Gerontology International	12 (3)	372-82	doi: 10.1111/j.1447-0594.2012.0084	The review aimed to fill the gap by identifying the clinical benefits of aromatherapy in older adults with dementia and its efficacy in reducing behavioural and psychological symptoms of dementia (BPSD) based on RCTs. Aromatherapy was shown to have a positive effect on reduction of BPSD, improvement in quality of life and cognitive function. However, there were adverse effects noted in some studies. Conclusion: Aromatherapy shows potential to be applied as a therapeutic and safe complementary therapy for the management of BPSD.	
Aromatherapy	Gong et al	2020	Effects of Aromatherapy on Anxiety: A Meta-analysis of randomised controlled trials	Journal of Effective Disorders	274	1028-1040	doi: 10.1016/j.jad.2020.05.118	The purpose of this meta-analysis was to evaluate the effects of aromatherapy on anxiety in patients. The results demonstrated that aromatherapy with different kinds of essential oils could alleviate anxiety especially temporary anxiety with different reasons. Conclusion: aromatherapy with different essential oils could alleviate anxiety significantly no matter the reason for the anxiety. Dosages of the essential oils needs further research.	

Aromatherapy	Hines et al	2018	Aromatherapy for Treatment of Postoperative Nausea and Vomiting	Cochrane Database of Systematic Reviews	3 (3)	CD:007598	doi: 10.1002/14651858.CD007598.p	The main objective was to establish the efficacy and safety of aromatherapy comparable to standard pharmacological treatments for Post - Operative nausea and vomiting (PONV) in adults and children. Conclusion: Nausea severity at the end of treatment had similar effectiveness to placebo with similar numbers of participants being nausea free. Those participants who used aromatherapy needed fewer antiemetics. These findings are based on low quality evidence and considered uncertain.	Updated Review: Seven new studies were added to the nine previous studies for a total of 16 studies and 1036 participants.
Aromatherapy	Hsu et al	2019	The Effects of Aromatherapy Massage on Improvement of Anxiety Amongst Patients Receiving Palliative Care: A Systematic Review of Randomised Controlled Trials	Medicine (Baltimore)	98 (9)	e14720	doi: 10.1097/MD.0000000000001472	To examine the effectiveness of aromatherapy massage compared to common massage alone on anxiety improvement in patients receiving palliative care. Three RCTs were included with a total of 160 participants. Conclusion: compared with common massage alone, aromatherapy massage does not provide significant effectiveness of anxiety improvement among palliative care patients. These results need to be interpreted with caution due to the limited number of trials available for review and additional RCTs are warranted.	
Aromatherapy	Hur et al	2014	Aromatherapy for Stress Reduction in Healthy Adults: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.	Maturitas	79 (4)	362-9	doi: 10.1016/j.maturitas.2014.08.00	The aim of the review was to assess the effectiveness of aromatherapy for stress management. The Meta-analysis suggested aromatherapy inhalation had favourable effects on stress management but failed to show a significant difference to saliva or serum cortisol.	

Aromatherapy	Hwang, E et al.	2015	The Effects of Aromatherapy on Sleep Improvement: A Systematic Literature Review and Meta-Analysis	Journal of Alternative and Complementary Medicine	21 (2)	61-8	DOI:10.1089/acm.2014.0113	To evaluate the existing data on aromatherapy interventions for improvement of sleep quality. A Meta-analysis of 12 studies revealed the use of aromatherapy was effective for improving sleep quality. Conclusion: aromatherapy treatments are effective and promote sleep and guidelines should be developed for the efficient use of aromatherapy.	
Aromatherapy	Kang et al	2019	How Strong is the Evidence for the Anxiolytic Efficacy of Lavender? Systematic Review and Meta-analysis of Randomised Controlled Trials.	Asian Nursing Research	13 (5)	295-305	doi: 10.1016/j.anr.2019.11.003	The review is aims to evaluate the anxiolytic effects of lavender aromatherapy. Results found lavender aromatherapy had favourable effects on relieving anxiety, decreasing systolic blood pressure, heart rate, salivary cortisol, CgA levels but not diastolic blood pressure. Conclusion: Aromatherapy using lavender oil may have favourable effects on anxiety and its physiological manifestations. And can be included in programs to manage anxiety in patients across diverse healthcare settings.	
Aromatherapy	Kim et al	2019	Effects of Aromatherapy on Agitation in Patients with Dementia: A Systematic Literature Review and Meta-analysis	Journal of Korean Academy of Community Health Nursing	30 (2)	183-194	doi: 10.12799/jkachn.2019.30.2.183	The aim of the study is to identify the effects of aromatherapy on agitation in patients with dementia using a meta-analysis and systematic review. 9 studies were included with a total of 837 participants. Conclusion: Aromatherapy appears to be effective in improving agitation in patients with dementia. Further studies are recommended.	
Aromatherapy	Kim ME, Jun JH, Hur MH	2019	Effects of Aromatherapy on Sleep Quality: A Systematic Review and Meta-Analysis.	Journal of Korean Academy of Nursing	49 (6)	655-676	doi: 10.4040/kjan.2019.49.6.655	To investigate the effects of aromatherapy on sleep quality on adults and the elderly. The review also compared inhalation, massage and oral intake on sleep effects in a post-analysis. Conclusion: a total of 23 studies showed aromatherapy had a statistically significant effect on sleep with massage method more effective in improving sleep than the inhalation method.	

Aromatherapy	Kim et al	2016	Effects of Aromatherapy on Menopausal Symptoms, Perceived Stress and Depression in Middle-Aged Women: A Systematic Review	Journal of Korean Academy of Nursing	46 (5)	619-629	doi: 10.4040/jkan.2016.46.5.619	The reviews purpose is to evaluate the effects of aromatherapy on menopausal symptoms, perceived stress and depression in middle aged women. Twelve studies were included in the review. In two of the RCTs reviewed, Aromatherapy massage was favourably effective in reducing menopausal symptoms compared to control and placebo groups. Aromatherapy was effective in reducing stress and depression. Conclusion: There is limited evidence suggesting aromatherapy for middle aged women may be effective in controlling menopausal symptoms, perceived stress and depression.	
Aromatherapy	Lee et al	2011	A Systematic Review on the Anxiolytic Effects of Aromatherapy in People with Anxiety Symptoms	Journal of Alternative and Complementary Medicine (New York)	17 (2)	101-8	doi: 10.1089/acm.2009.0277	Studies were reviewed from 1990 to 2010 on using aromatherapy for people with anxiety or anxiety symptoms and examined their clinical effects. 16 studies included in the review found aromatherapy to have positive effects to quell anxiety. Conclusion: It is recommended that aromatherapy could be applied as a complementary therapy for those with anxiety.	
Aromatherapy	Li et al	2019	The Effectiveness of Aromatherapy and Massage on Stress Management in Nurses: A Systematic Review	Journal of Clinical Nursing	28 (3-4)	372-385	doi: 10.1111/jocn.14596	The aim of the study was to assess the effectiveness of aromatherapy and massage on relieving stress in nurses. A total of 10 studies were used in the review with most of the studies reporting aromatherapy and massage to have a beneficial effect on the stress of nurses. The review found the number of studies to be limited and a high risk of bias. Conclusion: The evidence does not sufficiently prove that aromatherapy, massage and aromatherapy massage are effective in reducing job-related stress of nurses. High quality studies need to be conducted.	

Aromatherapy	Lillehei AS, Halcor	2014	A Systematic Review of the Effect of Inhaled Essential Oils on Sleep	Journal of Alternative and Complementary Medicine (New York)	20 (6)	441-51	doi: 10.1089/acm.2013.0311	Quantitative human studies on the effect of inhaled essential oils on sleep published between 1990 and 2012 were reviewed. The review included 15 studies, 11 were randomised controlled trials. The majority of studies suggested a positive effect of essential oils on sleep. Conclusion: Inhalation of essential oils may be considered for people with mild sleep disturbances. Larger studies with stronger methods are needed to build on these findings.	
Aromatherapy	Lin et al	2019	Effects of Aromatherapy on Sleep Quality: A Systematic Review and Meta-Analysis	Complementary Therapies in Medicine	45	156-166	doi: 10.1016/j.ctim.2019.06.006	The objective of the study was to conduct the review to examine the effects of aromatherapy on sleep improvements. 31 studies were included. Conclusion: results showed aromatherapy can be applied by clinical staff to effectively improve sleep quality. However due to high degree of heterogeneity among studies, the results should be applied with caution.	
Aromatherapy	Rezaie-Keikhaie	2019	Effect of Aromatherapy on Post Partum Complications: A Systematic Review	Complementary Therapies in Clinical Practice	35	290-295	doi: 10.1016/j.ctcp.2019.03.010	The aim of the study was to see if Aromatherapy improves symptoms commonly experienced by women during the post-partum period. 1400 women using a variety of aromatherapies were included in the studies. Results found aromatherapy improved symptoms commonly experienced by this cohort including depression, anxiety, stress, pain and fatigue. Conclusion: there are therapeutic effects in use of aromatherapy during post-partum period, however caution should be used as safety concerns have not been conclusively demonstrated.	

Aromatherapy	Sayed et al	2020	The best route of administration of lavender for anxiety: a systematic review and network meta-analysis	General Hospital P	64	33-40	doi: 10.1016/j.genhosppsych.2020.0	The goal of the review is to elucidate the best route of administration for lavender as a treatment for anxiety. Conclusion: lavender aromatherapy is clinically superior in short-term duration, while oral lavender is preferable for long-term treatment of anxiety.	
Aromatherapy	Shin Ein-Soon et al	2016	Massage with or without aromatherapy for symptom relief in people with cancer.	The Cochrane Database of Systematic Reviews	6: CD009873	n/a	doi: 10.1002/14651858.CD009873.p	The purpose of the review was to evaluate the effects of massage with or without aromatherapy on pain and other symptoms associated with cancer. The author concluded there was a lack of clinical effectiveness of massage for symptom relief in people with cancer. Most studies were too small to be reliable and further studies on aromatherapy and massage need to address these concerns.	
Aromatherapy	Smith et al	2011	Aromatherapy for Pain Management in Labour	The Cochrane Database of Systematic Reviews	7: CD009215	n/a	doi:10.1002/14651858.CD009215	The aim of the study was to examine the effects of aromatherapy for pain management in labour on maternal and perinatal morbidity. There were only two trials with 535 participants included in the review. The trials found no difference between study group and controls for primary outcomes of pain intensity, assisted vaginal birth and caesarean section. Conclusion: There is lack of studies evaluating the role of aromatherapy for pain management in labour. Further research is recommended.	

Aromatherapy	Song et al	2018	Effects of Aromatherapy on Dysmenorrhoea: A Systematic Review and Meta-Analysis	International Journal of Nursing Studies	84	1-11	doi:10.1016/j.ijnurstu.2018.01.016	Aromatherapy has been used to alleviate menstrual cramps but there is still little evidence on how to use it. Therefore, the study tried to find and provide evidence of aromatherapy in relieving effects on menstrual cramps. Conclusion: Aromatherapy treatment compared to controls showed significant differences in reducing dysmenorrhoea scores. The review concluded Aromatherapy was an effective intervention for reducing dysmenorrhea. However, there are diverse methods of aroma interventions with the basis for intervention methods being weak and a high risk of randomisation bias.	
Aromatherapy	Sut N, Kahyaoglu	2017	Effect of Aromatherapy Massage on Pain in Primary Dysmenorrhea: A Meta-Analysis	Complementary Therapies in Clinical Practice	27	5-10	doi: 10.1016/j.ctcp.2017.01.001	This meta-analysis investigates the effect of aromatherapy massage on pain in primary dysmenorrhea. Six randomised controlled trials were included with 362 participants with primary dysmenorrhea. Compared aromatherapy massage to massage with a placebo oil. It was found that the aromatherapy massage was superior to massage with placebo oils. Conclusion: Abdominal aromatherapy massage with essential oils is an effective complementary method to relieve pain in primary dysmenorrhea.	

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Tranche 2

Bowen Therapy

Therapy	Author/s	Publication year	Title of Article	Name of Journal	Volume and issue	Page number	DOI	Abstract	Rationale for reconsideration
Bowen Therapy	Duncan B et al	2011	Improved motor function with Bowen therapy for rehabilitation in chronic stroke: a pilot study	Journal of Primary Health Care	3(1)	53-57	n/a	The pilot study explored the potential impact of Bowen therapy in chronic stroke. In the study Bowen therapy was associated with improvements in neuromuscular function in people with chronic stroke. At this stage, a definite benefit cannot be concluded, however the results suggest that further exploration and research is appropriate.	

Bowen Therapy	Felix G J S et al	2017	The acute effect of Bowen therapy on pressure pain threshold and postural sway in healthy subjects'	Journal of Bodywork and Movement Therapies	21(4)	804-809	10.1016/j.jbmt.2016.12.008	The purpose of the study is to determine the immediate effect of Bowen Therapy in pressure pain thresholds and postural sway of healthy subjects. The results showed a significant increase in anteroposterior displacement, a significantly lower decrease in mean velocity of the centre of pressure and the pressure pain thresholds of two body sites in the group receiving Bowen therapy group compared to the sham. No other significant differences were found. The authors concluded that Bowen therapy had inconsistent immediate effects on postural control and pain threshold in healthy subjects. Further studies with symptomatic patients are needed.	
Bowen Therapy	Hansen C, Taylor-	2011	What is Bowenwork? A Systematic Review	The Journal of Alternative and Complementary Medicine	17 (11)	1001-1006	10.1089/acm.2010.0023	The objective of the study was to systematically review the literature available on the healing work known as Bowenwork and to examine research models. 15 studies were included in the study, with 53% reporting Bowenwork to be effective for pain reduction and 33% reported improved mobility. Several studies reported the effectiveness on Bowenwork for the relief of symptoms of chronic illness. The study concluded Bowenwork may provide a noninvasive and affordable complementary approach to improvements in health. The technique may assist in improvements in pain reduction for conditions such as migraine and frozen shoulder. Scientific evidence is not well documented and further research is needed before the modality can be widely recommended.	

Bowen Therapy	Kage V et al	2017	Effect of Bowen Technique versus Muscle Energy Technique on Asymptomatic Subjects with Hamstring Tightness: a Randomized Clinical Trial'	International Journal of Medical Research & Health Sciences	6(4)	102-108	n/a	The purpose of the study was to compare the effectiveness of Bowen technique and muscle energy technique in asymptomatic subjects with hamstring tightness. The group treated with Bowen technique proved to be more effective in improving flexibility of the hamstring and range of motion when measured with popliteal angle. Muscle energy technique group showed more improvement in increasing the strength of the hamstring muscle at the end of the third treatment. Bowen technique is recommended for patients with hamstring tightness. The number of subjects is recommended to be increased in future studies.	
Bowen Therapy	Lee K, Lewis G N	2020	Short term relief of multisite chronic pain with Bowen Therapy: A double-blind, randomized controlled trial'	Journal of Bodywork and Movement Therapies	24(4)	271-279	10.1016/j.jbmt.2020.06.025	The goal of the study was to investigate the impact of Bowen therapy on pain and function in people with chronic pain in multiple locations. Mechanisms of effect were examined through monitoring the nociceptive and autonomic nervous systems. Bowen therapy gave rise to a short-term reduction in pain not evident in the sham therapy group. The mechanisms of Bowen therapy remain uncertain but may involve sympathoexcitation.	
Bowen Therapy	Marr M et al	2011	The effects of the Bowen Technique on hamstring flexibility over time: a randomised controlled trial'	Journal of Bodywork and Movement Therapies	15(3)	281-90	10/1016/j.jbmt.2010.07.008	The study set out to examine the effect of Bowen Technique on hamstring flexibility over time. A randomised controlled trial included 120 asymptomatic volunteers. Continuing increases in flexibility levels were observed in the Bowen group over one week with no significant change over time noted in the control group.	

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Tranche 2

Homeopathy

Therapy	Author/s	Publication year	Title of article	Name of journal or other source	Volume and issue number	Page numbers	Digital Object Identifier	Abstract (or brief article description)	Rationale for reconsideration - complete only for citations included in 2014-15 review - not required where excluded from 2014-15 review e.g. not required if is a single study not a systematic review or if non-English language or dealt with therapy components
Homeopathy	Alibeu JP, Jobert J.	1990	Aconite in Post-Operative Pain and Agitation in Children	Pediatric	45 (7-8)	465-6		In this double blind placebo controlled trial, 50 children suffering from post-operative pain and agitation were given either Aconite or placebo. The effects of Aconite were significantly better than placebo.	
Homeopathy	Ammerschlager H, et al.	2005	Treatment of inflammatory diseases of the upper respiratory tract - comparison of a homeopathic complex remedy with xylometazoline.	Forsch Komplementarmed Klass Naturheilkd.	12 (1)	24-31		In a multi-centre, controlled, cohort study, 739 people suffering from rhinitis or sinusitis were given either xylometazoline (a drug commonly used for nasal congestion, sinusitis and hay fever) or a homeopathic combination. Both forms of therapy provided similarly effective results.	
Homeopathy	Baars EW, De Bruin A.	2005	The effect of Gencydo injections on hayfever symptoms: a therapeutic causality report.	J Altern Complement Med	11 (5)	863-9		In this study, 13 Dutch medical practitioners submitted patients (who between them had a mean history of hayfever of 9 years), for therapy involving injections of a combination homeopathic product. All but 1 patient were given the medication before the onset of the hayfever season and all were given it during the hayfever season. Of these 13, during the course of the trial 9 people found no increase in nasal and non-nasal hayfever symptoms when the hayfever season began or during it and only 1 of the 13 felt compelled to use conventional hayfever medication.	

Homeopathy	Banerjee A, et al.	2010	Can Homeopathy bring additional benefits to Thalassaemic Patients on Hydroxyurea Therapy? Encouraging Results of a Preliminary Study.	Evidence Based Complementary and Alternative Medicine	7 (1)	129-136		In this observational study, 38 people suffering from thalassaemia who were taking hydroxyurea, were allowed to continue their use of hydroxyurea but were given one of several homeopathic medicines. The effects of this additional treatment were compared to the outcomes of another 38 people suffering from thalassaemia who used hydroxyurea alone, assessed immediately before and at 3 months after starting the homeopathic treatment. Of a range of haematological and clinical parameters, those people using the combined treatment showed an increase in levels of foetal haemoglobin over those on hydroxyurea alone, along with a reduction in serum ferritin. Where splenomegaly was present, a significant reduction in this was noted in those on the combined therapy and	
Homeopathy	Barnes J., Resch K-L., Ernst E	1997	Homoeopathy for Post Operative Ileus: A Meta-Analysis.	Journal of Clinical Gastroenterology	25 (4)	628- 633		7 separate trials examining the effects of homoeopathic treatment for post-operative ileus after abdominal or gynaecological surgery when compared with placebo, specifically, for the time to first flatus after surgery. Subsequent analysis showed that homoeopathy provided superior results to placebo.	
Homeopathy	Bell IR, et al.	2004	Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo.	Rheumatology (Oxford).	43 (5)	577-82		53 people suffering from fibromyalgia took part in this trial, comparing individualised homoeopathic treatment to placebo. The levels of tender points and tender point pain as well as quality of life, mood and general health were assessed by the practitioners and subjects involved in the trial. 3 months after commencing treatment, all parameters were found to be improved by the use of homoeopathy when compared to placebo.	

Homeopathy	Belon P, et al.	2006	Can administration of potentized homeopathic remedy, Arsenicum album, alter antinuclear antibody (ANA) titre in people living in high-risk arsenic contaminated areas? I. A correlation with certain hematological parameters.	Evid Based Complement Alternat Med.	3 (1)	99-107		To investigate whether or not potentised Arsenicum album has an effect on arsenic-induced elevations of antinuclear antibody (ANA), selected inhabitants of arsenic affected villages in India's West Bengal were randomly assigned to receive either Arsenicum album or placebo. After 2 months of administration, it was found that not only did the remedy provide superior results in reducing the ANA titre, it also caused a correction of arsenic-induced haematological changes such as total count of red blood cells and white blood cells, packed cell volume, haemoglobin content, erythrocyte sedimentation rate and blood sugar level.	
Homeopathy	Belon P, et al.	2007	Homeopathic remedy for arsenic toxicity? Evidence-based findings from a randomized placebo-controlled double blind human trial.	Sci Total Environ.	384 (1-3)	141-50		This was a pilot study carried out on 25 people from an Indian village where arsenic contamination was endemic and 18 people from another Indian village without arsenic contamination. These people were randomly assigned to receive either Arsenicum album 30C or a succussed placebo control. After 2 months on either active medicine or placebo, these people had their blood and urine assessed for arsenic as well as several widely accepted toxicity biomarkers and pathological parameters related to arsenic toxicity. The use of Arsenicum album 30C had a beneficial effect on these biomarkers. It was also found to improve the appetite and general health of those people who previously exhibited signs and symptoms of arsenic toxicity.	

Homeopathy	Berrebi A, et al.	2001	Treatment of Pain due to Unwanted Lactation with a Homeopathic Preparation given in the Immediate Post-Partum Period.	Gynecology, Obstetrics and Biological Reproduction	30 (4)	353-7		71 post- parturient women who were unwilling or unable to breast feed were divided into 2 groups, one being given a placebo and the other group being given a mixture of Apis 9C and Bryonia 9C, to determine the effects of either on lactation pain. A significant improvement was noted in the group using the mixture, when compared to those in the placebo group.	
Homeopathy	Cairo J, et al.	2001	Homeopathy in Cuban Epidemic Neuropathy: An Open Clinical Trial.	British Homoeopathic Journal	90 (3)	154-7		In this uncontrolled trial, 15 people suffering from optic endemic neuropathy (group 1) and 16 people suffering from peripheral epidemic neuropathy (group 2) were given homeopathic Carbon sulph and homeopathic Tabacum for 30 days. The subjects were assessed for improvement in neurologic and ophthalmologic tests on commencement and again at 90 days after commencement of the trial. Those in group 1 experienced an averaged improvement of 73% and group 2 of 12.5%.	
Homeopathy	Cavalcanti AM, et al.	2003	Effects of homeopathic treatment on pruritus of haemodialysis patients: a randomised placebo-controlled double-blind trial.	Homeopathy	92 (4)	177-81		Pruritis, commonly experienced by those undergoing haemodialysis, was treated in 20 subjects under double-blind placebo-controlled randomised trial conditions comparing individualised homoeopathic treatment to placebo. Assessments were made at 15, 30, 45 and 60 days treatment, and after collating the results, researchers found that homoeopathic management reduced pruritis by 49%. The majority of the reduction in pruritis had occurred by day 30.	

Homeopathy	Chapman EH, et al.	1999	Homoeopathic Treatment of Mild Traumatic Brain Injury.	Journal of Head Trauma and Rehabilitation	14 (6)	521-42.		In a randomised, double blind, placebo controlled trial involving 60 subjects and a 4 month follow-up period, homoeopathy provided significant improvement in parameters using measures such as "Difficulty with Situations", "Symptoms Rating Scale" and a "Participation in Daily Activities" scale.	
Homeopathy	Chapman EH.	2000	Homeopathic treatment of patients with persistent mild traumatic brain injury.	British Homeopathic Journal	89 (Suppl 1)	S60		In a randomised, placebo-controlled trial, 50 people with persistent mild traumatic brain injury were treated either with their constitutional homeopathic remedy or placebo. The homeopathic treatment provided superior results to those from the placebo control.	
Homeopathy	Clark J, Percivall AA.	2000	Preliminary Investigation into the Effectiveness of the Homoeopathic Remedy, Ruta graveolens, in the Treatment of Pain in Plantar Fasciitis.	British Journal of Podiatry	3 (3)	81-85		In a randomised double-blind trial, 14 people suffering from plantar fasciitis were given Ruta graveolens 30C or placebo. Those using the Ruta reported a greater level of pain relief than those using placebo.	
Homeopathy	Clover A, Ratsey D	2002	Homoeopathic Treatment of Hot Flushes.	British Homoeopathic Journal	91	75-79		Researchers at the Tunbridge Wells Homeopathic Hospital in the UK enrolled 31 female outpatients who had complained of menopausal flushes in this trial. They were treated using individualised homeopathic management and after their initial consultation and at least one follow-up, patients completed their own self-assessment rating of the treatment. 79% of the women enrolled in the study reported a reduction in both the severity and frequency of hot flushes as a result of the treatment.	

Homeopathy	Colin P.	2006	Homeopathy and respiratory allergies: a series of 147 cases.	Homeopathy	95 (2)	68-72		In this case series, 147 consecutive patients suffering from respiratory allergy who attended a private homeopathic clinic were assessed for their response to constitutional homeopathic treatment. Of these patients, 105 were sufferers of ear, nose and throat allergies. Only 2 of these patients failed to respond to treatment and none experienced an exacerbation of symptoms. The other 42 patients were sufferers of pulmonary allergies, all except 5 of whom experienced relief, with 2 of these experiencing an exacerbation of symptoms.	
Homeopathy	Davidson JRT, et al.	1997	Homeopathic Treatment of Depression and Anxiety.	Alternative Therapies	3 (1)	46-49		In this trial, 12 subjects suffering from major depression, social phobia or panic disorder, were treated for 7 to 80 weeks with individually prescribed homoeopathic remedies and assessed on a clinical global improvement scale (CGIS) or self-rated SCL-90 scale and the Social Phobia Scale (SPS). Subjects were given homoeopathic treatment either because they asked for it directly or because conventional treatment had been unsuccessful. The overall response rates for homoeopathy were 58% on the CGIS and 50% on the SCL-90 and SPS.	

Homeopathy	Derasse M, Klein P, Weiser M.	2005	The effects of a complex homeopathic medicine compared with acetaminophen in the symptomatic treatment of acute febrile infections in children: an observational study.	Explore (NY).	1 (1)	33-39.		In this non-randomised observational study carried out in 38 Belgian clinics, 198 children suffering from acute febrile infections were assessed for their response to either acetaminophen or a combination of homeopathic medicines. The children had their infection symptoms, which included fever, cramps, disturbed sleep, crying, and difficulties eating or drinking, assessed and graded for a response to their respective medicines. After taking the results from all variables into account, it was found that the homeopathic combination was as effective as acetaminophen. The tolerance to medicines was also assessed as part of this trial and in this respect it was found that the homeopathic combination was superior to the acetaminophen.	
Homeopathy	Dorfman P, Lassere NM, Tetau M.	1987	Homoeopathic Medicines in Pregnancy and Labor.	Cahiers de Biotherapie	94 (April)	77-81		In this randomised double blind trial involving 93 women, a combination of homeopathic Caulophyllum, Actea racemosa, Arnica, Pulsatilla and Gelsemium, all in 5C potency, was used to determine its effect on the length of labour and complication rates. The medicine was used from the beginning of the ninth month of pregnancy, and reduced the average time of labour to 5.1 hours, in comparison to the placebo, the use of which was associated with an average labour time of 8.5 hours. The rate of complications for those using the homoeopathic combination was 11.3% while the complication rate under placebo was 40%.	

Homeopathy	Eid P, Felisi E, Sideri M.	1993	Applicability of Homoeopathic Caulophyllum thalictroides during labour.	British Homoeopathic Journal	82 (4)	245-248		22 women experiencing their first pregnancies were given homoeopathic Caulophyllum and their post-treatment deliveries compared to 34 labours retrospectively selected on the criteria used to select the test subjects. On analysis it was found that the women who were given the homoeopathic remedy had a reduction of the duration of labour by an average of 90 minutes.	
Homeopathy	Ernst E, Saradeth T, Resch KL.	1990	Complementary Treatment of Varicose Veins.	Phebology	5 (3)	157-163		Over a period of 24 days, the effects of a homoeopathic complex preparation and placebo on varicose veins were tested in a double-blind trial of 61 people suffering from this condition. The homoeopathic complex produced an averaged 44% improvement in the condition while those given the placebo experienced an averaged worsening of the disorder.	
Homeopathy	Ferley JP, et al.	1989	A Controlled Evaluation of a Homoeopathic Preparation in the Treatment of Influenza-like Syndrome.	Br J Clin Pharmacol,	27 (3)	329-335.		487 people suffering from influenza were assigned to either Oscilloccinum (Anas barb.) 200CK or placebo, twice daily for 5 days. Significant results were achieved with the medicine over the placebo in all areas measured.	
Homeopathy	Fisher P, et al.	1989	Effect of Homoeopathic Treatment on Fibrositis.	BMJ	299	365-366.		Patients using Rhus tox 6C three times daily in a double blind placebo controlled crossover trial found significant relief with the medicine over the placebo.	
Homeopathy	Fisher P.	1986	An Experimental Double-blind Clinical Trial method in Homoeopathy- Use of a Limited Range of Remedies to Treat Fibrositis.	British Homoeopathic Journal	75 (3)	142-147		24 subjects suffering from fibrositis were treated for the condition for 3 months with Arnica, Bryonia or Rhus tox, depending upon the similarity between the individuals' symptoms and the clinical picture for the remedy. Using scores for pain, number of tender spots, and sleep quality to determine the response to the therapy, these remedies produced a statistically significant improvement, but only when the remedy was well indicated.	

Homeopathy	Frass M, et al.	2005	Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit.	Homeopathy	94 (2)	75-80		In this study, 70 people admitted to an intensive care unit suffering from severe sepsis were treated either with individualised homeopathic treatment or placebo. On reviewing the signs of sepsis, organ failures, need for mechanical ventilation and other parameters at 180 days after beginning treatment, 76% of the patients using homeopathy met survival criteria versus 50% of those on placebo.	
Homeopathy	Frass M, et al.	2005	Influence of potassium dichromate on tracheal secretions in critically ill patients.	Chest	127 (3)	936-941		Stringy tracheal secretions often complicate or even prevent extubation of people breathing with continuous positive airway pressure. This issue provoked the development of a study involving 50 people breathing spontaneously with continuous positive airway pressure who were randomly assigned to receive either 5 globules twice daily of Kali bic 30C or the same dose and frequency of placebo globules. The study results were assessed using the amount of tracheal secretions from day 2 of the study, the amount of time spent by the subjects in the ICU in which they were staying and the time until successful extubation. After the results were assessed, it was found that those who'd been given the Kali bic produced less tracheal secretions than those on placebo, their stay in the ICU was shorter than those on placebo as was their time to successful extubation.	

Homeopathy	Frei H, Thurneysen A.	2001	Treatment for Hyperactive Children: Homeopathy and Methylphenidate Compared in a Family Setting.	British Homoeopathic Journal,	90 (4)	183-188		114 children attending a paediatric practice where conventional and homeopathic medicines were used, and who were previously diagnosed with ADHD, were given individualised homeopathic medicines (increasing potencies of the most similar LM remedy). On a parent assessed basis (confirmed by the clinician), if a minimum 50% improvement was not noted within a certain period of time they were placed on Methylphenidate. 75% of the children responded to homeopathy and 22% required Methylphenidate. 3% of patients did not respond to either regime.	
Homeopathy	Frei H, Thurneysen A.	2001	Homeopathy in Acute Otitis Media in Children: Treatment Effect or Spontaneous Resolution?	British Homeopathic Journal	90 (4)	180-182		In a study involving 230 children with acute otitis media, homeopathic treatment was compared with placebo to determine whether homeopathic treatment provided a faster resolution of symptoms than placebo. After 12 hours, 72% of those using homeopathy experienced significant relief of symptoms, which was 2.4 times faster than the response to placebo.	
Homeopathy	Frei H, Everts R, von Ammon K, et al.	2005	Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomised, double blind, placebo controlled crossover trial.	Eur J Pediatr	164 (12)	758-767		83 children diagnosed as suffering from ADHD using DSMIV criteria were treated with individually prescribed homeopathic medicines. Using the Connor's Global Index scale it was determined that 63 of these children responded to treatment. These children were then randomised to receive either placebo or homeopathic medicines for 6 weeks and at this point were crossed over to receive placebo if they'd been using the homeopathics or vice versa. At the end of this period it was found that homeopathic therapy provided significantly better results than placebo.	

Homeopathy	Frenkel M, Hermoni D.	2002	Effects of Homeopathic Intervention on Medication Consumption in Atopic and Allergic Disorders.	Alternative Therapies in Health and Medicine,	8 (1)	76-79		In a study carried out at the Technion-Israel Institute in Haifa, Israel, 48 patients were treated for allergic disorders with both homeopathic and conventional medicines, and monitored for their level of use of the conventional medicines. Over the 3 month monitoring period, 56% of patients reduced their conventional medication use by an average of 60%.	
Homeopathy	Friese KH, et al.	1997	The Homoeopathic Treatment of Otitis Media in Children.	International Journal of Clinical Pharmacology and Therapeutics	35 (7)	296-301		In this trial, 131 children suffering from medically diagnosed otitis media were split into two groups. 28 were treated by a team of four ear, nose and throat practitioners using singly or in combination, nasal drops, antibiotics, secretolytics or antipyretics (Group B). 103 children were treated by one homeopath using single homeopathic remedies (Group A). The average duration of pain for Group A was 2 days, as opposed to 3 days for Group B. 70.7% of the Group A children were free of recurrences within the first year of treatment and 29% had a maximum of 3 recurrences while in Group B, 56.5% were free of recurrences within the first year of treatment and 43.5% had a maximum of 6 recurrences.	
Homeopathy	Gasssinger CA, Wunstel G, Netter PA.	1981	Controlled Clinical Trial for Testing the Efficacy of the Homoeopathic Drug, Eupatorium perfoliatum, D2 in the Treatment of	Arznei Forsch	31 (4)	732-736		Patients were randomly assigned to receive either Aspirin or Eupatorium perfoliatum 2X. The latter was found to be as effective as Aspirin in reducing the duration and severity of symptoms.	

Homeopathy	Gerhard I, Wallis E.	2002	Individualised Homeopathic Therapy for Male Infertility.	Homeopathy	91 (3)	133-144		An observational pilot study investigated the effect of individualised homeopathic therapy for 45 sub-fertile males, with specific reference to sperm count and quality, hormone levels and the general level of health. Sperm count and sperm motility were improved by homeopathy and the improvement was comparable with conventional treatment.	
Homeopathy	Gibson RG, et al.	1978	Salicylates and Homoeopathy in Rheumatoid Arthritis.	British Journal of Clinical Pharmacology	6 (5)	391-395		In this study, carried out at the Glasgow Homeopathic Hospital, 41 people suffering from rheumatoid arthritis were treated with enteric coated aspirin and 54 people suffering from the same condition were treated with individualised homeopathic treatment. The results of the two forms of therapy were compared at the end of the trial and it was found that those on homeopathic treatment did considerably better than those on aspirin. In addition, 16 of the 41 people taking aspirin during the trial experienced side effects while those taking homeopathics experienced no side effects.	
Homeopathy	Gibson RG, Gibson SL.	1980	Homoeopathic Therapy in Rheumatoid Arthritis: Evaluation by Double Blind Clinical Therapeutic Trial.	Br J. Clin. Pharmac,	9 (5)	453-459		46 patients using a number of different homoeopathic medicines, prescribed according to homoeopathic principles, were given this medicine or a placebo with their normal anti-arthritic drug. The trial was carried out blind and significant results were achieved with the homeopathic medicine over the placebo in all areas measured.	

Homeopathy	Gimeno LQ.	1996	Homoeopathic Treatment of Human Papilloma Virus infections previously treated by Other Methods.	British Homoeopathic Journal	85 (4)	194-197		In this study, 14 people suffering from recurrent HPV, previously unresponsive to microsurgical procedures, were treated with individualised homeopathy and assessed via cytology prior to treatment, during, and 1 year after commencing treatment. At the final 1year assessment, 11 of the 14 subjects were declared to be cured.	
Homeopathy	Gmunder R, Kissling R.	2002	The Efficacy of homeopathy in the treatment of chronic low back pain compared to standardized physiotherapy.	Zeitschrift für Orthopädie und ihre Grenzgebiete	140 (5)	503-508		In this controlled, randomised, prospective study, 43 people suffering from chronic low back pain were treated for two months either by homeopathy or by standardised physiotherapy. Assessment based on the initial and final clinical investigations, an Oswestry questionnaire, and visual analogue scale, found that the most successful method of treatment was homeopathy.	
Homeopathy	Guthlin C., Lange O., Walach H.	2004	Measuring the Effects of Acupuncture and Homeopathy in General Practice: An Uncontrolled Prospective Documentation Approach.	Biomed Central Public Health,	4 (6)	n/a	doi: 10.1186/1471-2458-4-6.	5000 people were treated for various ailments using acupuncture, and 900 people were treated using individualised homeopathy, by medical practitioners in a number of clinics throughout Germany. Most of these people had previously been treated using conventional drugs. After treatment, of those being treated using acupuncture, 36% stated that they felt "very much better" and 49% felt, "somewhat better". Of those being treated using homeopathy, 39% stated that they felt "very much better" and 38% felt, "somewhat better".	

Homeopathy	Haidvogel M, Riley DS, Heger M.	2007	Homeopathic and conventional treatment for acute respiratory and ear complaints: a comparative study on outcome in the primary care setting.	BMC Complement Altern Med	7 (7)	n/a	doi: 10.1186/1472-6882-7-7.	The aim of the authors of this study was to compare the effectiveness of homeopathic treatment for acute respiratory and ear complaints with orthodox medical treatment for the same conditions. 1577 clients from 57 clinics from Austria, Germany, The Netherlands, Russia, Spain, Ukraine, the United Kingdom and the USA were enrolled in the study. They were asked to rate their response to either therapy at 14 days after beginning treatment. 86.9% of those given homeopathic medicines declared that they had had either a complete recovery or major improvement in their symptoms. 86% of those given orthodox medical treatment reported the same thing. Subgroup analysis found that 88.5% of children given homeopathics reported a complete recovery or major improvement in symptoms whereas 84.5% of those given orthodox medical treatment reported similar success. In addition, the onset of improvement within the first 7 days after treatment was significantly faster in those with	
Homeopathy	Haila S, Koskinen A, Tenovuoto J.	2005	Effects of homeopathic treatment on salivary flow rate and subjective symptoms in patients with oral dryness: a randomized trial.	Homeopathy	94 (3)	175-181		In this blind, placebo-controlled study, 28 people diagnosed with xerostomia (dryness of the mouth) were randomly assigned to receive either placebo or individually prescribed homeopathic medicines. Assessed using unstimulated and wax-stimulated salivary flow rates and visual analogue scales at the end of the trial, 26 of those people using homeopathic treatment and none using placebo were found to have had significant relief. Following the assessment of these results those on placebo were switched to homeopathic therapy, after which all experienced relief from their xerostomia.	

Homeopathy	Harrison RE, Burge TS, et al.	1993	Homoeopathic Treatment of Burn Scars.	British Homoeopathic Journal	83 (October)	252-254		4 people suffering from hypertrophic scarring subsequent to burns were treated with homeopathic Graphites for 3 months. All 4 subjects were relieved of these symptoms. No controls were used for comparison.	
Homeopathy	Hill N, et al.	1995	A Placebo Controlled Clinical Trial investigating the efficacy of a Homoeopathic After-Bite Gel for Reducing Mosquito bite induced Erythema.	Eur J Pharmacol	49 (1-2)	103-108		68 people were bitten at least 3 times by mosquitoes. One of the bites was treated with an after-bite gel containing homoeopathic ingredients, another of the bites was treated with a placebo gel, and the third bite remained untreated. Erythema associated with the bites was measured before and regularly after treatment at all of the bite sites and the subjects rated the degree of pruritis experienced at the sites. The active gel provided results that were significantly superior to the placebo or no treatment.	
Homeopathy	Hitzenberger G, et al.	1982	Controlled randomised Double Blind study for the Comparison of the Treatment of Patients with Essential Hypertension with Homoeopathic and Pharmacologically Effective Drugs.	Weiner Klinische Wochenschrift (Klinische Wochenschrift)	94 (24)	665-670		In this randomized double-blind cross-over trial, 10 people suffering from essential hypertension were treated either with standard pharmaceutical products or homeopathic medicines. Pharmaceuticals were found to provide superior blood pressure reducing effects but homeopathic were found to be the better choice for the management of the subjective symptoms of hypertension.	
Homeopathy	Issing W., Klein P., Weiser M.	2005	The homeopathic preparation Vertigoheel versus Ginkgo biloba in the treatment of vertigo in an elderly population: a double-blinded, randomized, controlled clinical trial.	Journal of Alternative and Complementary Medicine	11 (1)	155-160		Over a 6 week period, 170 people with an age range of 60- 80 years with atherosclerosis related vertigo were treated for this condition using either a homeopathic combination or herbal ginkgo biloba. Using a patient-assessed dizziness questionnaire and practitioner assessment via line walking and other tests as methods of measurement, participants found that the homeopathic combination provided outcomes as good as those with ginkgo.	

Homeopathy	Itamura R, Hosoya R.	2003	Homeopathic Treatment of Japanese patients with intractable Atopic Dermatitis.	Homeopathy	92 (2)	108-114		In this uncontrolled study, 17 people suffering from intractable atopic dermatitis undertook individualised homeopathic treatment for the condition in conjunction with their existing pharmaceutical therapy, for a period of up to 2 years and 7 months. On an objective assessment and the patient's own assessment, all patients experienced in excess of 50% improvement by the end of the trial.	
Homeopathy	Itamura R.	2007	Effect of homeopathic treatment of 60 Japanese patients with chronic skin disease.	Complement Ther Med,	15 (2)	115-120		60 people were enrolled in this uncontrolled trial which was carried out in Obitsu Sankei Hospital in Kawagoe which was designed to determine the effect of individualised homeopathic medicines on several common skin disorders. These disorders included atopic dermatitis, eczema, acne, urticaria, psoriasis and alopecia universalis. Treatment occurred over a period of 3 months to 2 years and 7 months and subjects were permitted to use conventional dermatological treatments while taking part in the trial. Using the trial participants' own assessment, improvement or otherwise was assessed using a nine-point scale similar to the Glasgow Homeopathic Hospital Outcome Scale. On this basis, 6 people reported a complete recovery, 23 reported a 75% improvement, 24 found a 50% improvement and 7 had a 25% improvement). In all, 88.3% of patients reported over 50% improvement.	
Homeopathy	Jacobs J, et al.	1994	Treatment of Acute Childhood Diarrhoea with Homoeopathic Medicine.	Paediatrics	93 (5)	719-725		In a randomised, placebo controlled trial with 81 children suffering from acute diarrhoea, individually prescribed homoeopathic medicines were found to be superior to placebo.	

Homeopathy	Jacobs J, et al.	2000	Acute Childhood Diarrhoea- A Replication.	Journal of Alternative and Complementary Medicine,	6 (2)	131-139		In a replication of a previous trial carried out by Jacobs and others, 116 Nepalese children aged 6 months to 5 years suffering from diarrhoea were given an individualised homeopathic medicine or placebo over a 5 day period. Results assessed at the end of this period showed homeopathy to be superior to placebo as a means of relieving diarrhoea.	
Homeopathy	Jacobs J, et al.	2001	Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial.	Pediatr Infect Dis J,	20 (2)	177-183		75 children suffering from acute otitis media were given homeopathic treatment or were given treatment with placebo. On assessment it was found that homeopathy provided an improved outcome from this condition.	
Homeopathy	Jacobs J, et al.	2005	Homeopathy for menopausal symptoms in breast cancer survivors: a preliminary randomized controlled trial.	Journal of Alternative and Complementary Medicine	11 (1)	21-27		This study compared the effects of an individualised homeopathic prescription with a homeopathic combination and placebo in 55 women suffering from menopausal symptoms for a period of 1 year. Both the individualised and combination homeopathic therapy provided an improvement in symptoms over placebo, with the individualised homeopathy showing the best outcomes over the first 3 months of the assessment period.	
Homeopathy	Jeffrey SL, Belcher HJ.	2002	Use of Arnica to Relieve Pain after Carpal Tunnel Release Surgery.	Alternative Therapies in Health and Medicine	8 (2)	n/a		37 patients who had undergone carpal tunnel release surgery were given a combination of Arnica tablets and Arnica ointment or placebo. After 2 weeks of therapy, the group using Arnica reported a significant reduction in pain.	

Homeopathy	Karow JH, et al.	2008	Efficacy of Arnica montana D4 for Healing of Wounds after Hallux valgus Surgery compared to Diclofenac.	J Altern Complement Med,	14 (1)	17-25		<p>In this randomised, double-blinded, parallel group study, 88 people who were recovering from foot surgery were randomly assigned to receive either Arnica 4X at a rate of 10 pilules 3 times daily or Diclofenac 50mg 3 times daily. Both therapies were used for 4 days following the surgery. At day 4, subjects were assessed for their postoperative irritation, mobility, pain level, and their use of analgesics. Analysis of the results at this point showed that Arnica and Diclofenac provided the same level of reduction in wound irritation (including swelling) and mobility. Subjective assessment by patients rated Arnica as superior to Diclofenac for mobility. Diclofenac was superior to Arnica for pain reduction and there was no significant difference in analgesic use during the 4 days following surgery. It was also noted in the study that Arnica was 60% cheaper than Diclofenac.</p>	
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Homeopathy	Keil T, et al.	2008	Homoeopathic versus Conventional Treatment of Children with Eczema: A comparative Cohort Study.	Complementary Therapies in Medicine	16 (1)	15-21		This was a prospective, multi-centre, parallel-group, comparative cohort study was conducted in urban and mixed urban—rural regions of Germany. 118 children suffering from clinically defined eczema seen at 54 homeopathic practices and 64 conventional medical practices were treated for the condition with the respective therapeutic protocols normally used in these clinics, i.e. individualised homeopathic or conventional medical therapy. Treatment occurred over a period of 12 months and the outcomes of the 2 different methods of therapy were assessed at 6 months and 12 months by the children or their parents on the basis of eczema signs and symptoms and the quality of life. Overall, on the basis of clinical symptoms and quality of life, there was little difference in the response rates of both groups to their respective therapies although at 12 months after starting treatment, those children who were treated homeopathically had a greater level of recovery from symptoms than those	
Homeopathy	Kim LS, et al.	2005	Treatment of seasonal allergic rhinitis using homeopathic preparation of common allergens in the Southwest Region of the US: A randomized, controlled clinical trial.	Annals of Pharmacotherapy	39 (4)	617-624		In this double-blind trial, 34 people diagnosed with moderate to severe seasonal allergic rhinitis were randomly assigned to receive either placebo or a combination of potentised allergens (made from the pollens of trees, grasses or weeds identified as allergens). After the 4 week treatment period using 2 sprays 3 times a day of either the potentised allergen mix or placebo, the trial subjects were assessed on the basis of their allergy specific symptoms using 3 separate questionnaire formats (RQLQ, MOS SF-36 and the WPAI). The potentised allergen mix showed significant positive changes compared to placebo.	

Homeopathy	Klopp R, Niemer W, Weiser M.	2005	Microcirculatory effects of a homeopathic preparation in patients with mild vertigo: an intravital microscopic study.	Microvasc Res	69 (1-2)	n/a		<p>The aim of this non-randomized, open study was to test the effectiveness of a homeopathic combination product on variables related to microcirculation in 16 people suffering from vestibular vertigo, compared to a control group of 16 untreated people also suffering from vestibular vertigo.</p> <p>Measurements were carried out in two areas (defined by selecting 60 blood-cell perfused nodal points of arterioles, venules, and capillaries with a mean diameter ≥ 40 microns): the cuticulum/subcuticulum of the inside left lower arm and an area 5 mm behind the left earlobe. After 12 weeks of treatment, those people receiving the homeopathic preparation exhibited an increased number of nodal points, increased flow rates of erythrocytes in both arterioles and venules, increased vasomotion, and a slight reduction in haematocrit vs. baseline. None of these changes were observed in the control group.</p> <p>Measurements were also made of partial oxygen pressure and the numbers of cell-wall adhering</p>	
Homeopathy	Kneusel O, Weber M, Suter A.	2002	Arnica montana Gel in Osteoarthritis of the Knee: an open, multicenter clinical trial.	Advanced Therapies	19 (5)	209-218		<p>In this uncontrolled study, 79 people suffering from mild to moderate osteoarthritis of the knee were given a gel containing Arnica and asked to apply it twice daily. They were assessed at 3 and 6 weeks for pain, stiffness and functional ability of the knee. Both assessments showed a significant reduction in pain and stiffness, and a significant improvement in the functional ability of the knee.</p>	

Homeopathy	Lamont J.	1997	Homoeopathic Treatment of Attention Deficit Hyperactivity Disorder.	British Homoeopathic Journal	86 (4)	196-200		43 children with ADHD were given either a placebo or an individualised homeopathic medicine, in accordance with a double blind partial crossover dose regime. When the results were compared at the end of the trial, it was found that the homeopathic treatment for ADHD was superior to that using placebo.	
Homeopathy	Launso L, et al.	2006	An exploratory retrospective study of people suffering from hypersensitivity illnesses who attend medical or classical homeopathic treatment.	Homeopathy	95 (2)	73-80.		This study reports the results of orthodox medical treatment compared to the homeopathic treatment of various hypersensitivity illnesses in 88 people. 34 of these people were treated using orthodox medical means and 54 using constitutional homeopathy. 24% of those treated medically experienced an improvement in their condition while 57% of those treated with homeopathy experienced similar relief.	
Homeopathy	Maas HPJA	1993	Ulcerative Colitis treated with Homoeopathy.	British Homoeopathic Journal	82 (July)	179-185		In this retrospective case analysis, 24 people suffering from ulcerative colitis were treated in an Argentinean clinic using constitutional homoeopathy over periods of up to 19 years. Of these 24, 16 patients were assessed as having good outcomes.	
Homeopathy	Mathie RT, Farrer S.	2007	Outcomes from homeopathic prescribing in dental practice: a prospective, research-targeted, pilot study.	Homeopathy	96 (2)	74-81		This paper presented the results of a study into the effectiveness of individualised homeopathic medicines for the management of common dental complaints and the effectiveness of a specific protocol used to collect such data. 14 dentists who routinely practice homeopathy contributed data to the study and data from the observations of and by 726 individual patients were collected. Of the 496 patients who were able to be followed up, 90.1% reported a positive outcome, 1.8% experienced a deterioration of the condition and 7.9% of patients reported no change.	

Homeopathy	Matusiewicz R.	1997	The effect of a homeopathic preparation on the clinical condition of patients with corticosteroid dependant bronchial asthma.	Biomedical Therapy	15 (3)	70-74		In this double-blind, randomised, placebo-controlled study, 40 people suffering from corticosteroid-dependant bronchial asthma were given either placebo or a combination homeopathic formula, every 5 to 7 days by subcutaneous injection. Using standard spirometry and granulocyte function to measure the response, researchers found that the combination product provided superior results to placebo.	
Homeopathy	McCutcheon LE.	1996	Treatment of anxiety with a homeopathic remedy.	Journal of Applied Nutrition	48 (1&2)	n/a		72 people with above-average levels of anxiety were enrolled in this double-blind, placebo-controlled trial and assigned to either a test or control (placebo) group to assess the relative benefits of a combination homeopathic product designed to relieve anxiety. Using sleep loss as a measure of anxiety, the combination product produced results that were better than those from placebo.	
Homeopathy	Milewska G, Trzebiatowska-Trzeciak O.	1993	Homeopathic Treatment of Alcohol Withdrawal.	British Homoeopathic Journal,	82 (Oct)	249-251		Alcohol withdrawal and delirium tremens experienced by 30 alcoholics was the focus of this uncontrolled study carried out in a Polish medical clinic. Patients were treated with individualised homeopathy and their progress followed for 2 months. The treatment resulted in a reduced duration of alcohol withdrawal time and delirium tremens in all patients.	
Homeopathy	Mohan GR, et al.	1996	Cervical Spondylosis- a Clinical Study.	British Homoeopathic Journal	85 (3)	131-133		In this uncontrolled study, 154 people suffering from cervical spondylosis were prescribed either homeopathic Calcium fluoride, or a remedy selected via repertorisation of their mental and physical general symptoms, and their progress monitored for 1 year. Of those given Calc fluor, clinical improvement was seen in 60% of cases. 48% of those given the remedy arrived at by repertorisation reported clinical improvement.	

Homeopathy	Mojaver YN, et al.	2007	Individualized homeopathic treatment of trigeminal neuralgia: an observational study.	Homeopathy	96 (2)	82-86		This uncontrolled study, carried out in the Department of Oral Medicine at Iran's Rafsanjan University of Medical Sciences, was designed to discover if individually prescribed homeopathic medicines could provide relief from medically diagnosed trigeminal neuralgia. 15 people suffering from the condition were enrolled in the study and after receiving their individual prescriptions they were assessed monthly using a Visual Analogue Scale to gauge the severity of their symptoms. After the results were assessed at 4 months it was found that individualised homeopathic treatment was associated with an average reduction in pain intensity of more than 60%.	
Homeopathy	Müller-Krampe B, et al.	2007	Effects of Spascupreel versus hyoscine butylbromide for gastrointestinal cramps in children.	Pediatr Int	49 (3)	328-334		In this observational cohort study, 204 children under 12 years of age suffering from gastrointestinal spasms and cramps were given either hyoscine butylbromide, a drug commonly prescribed for these conditions, or Spascupreel, a homeopathic complex. After a 1 week period of treatment, the results from these interventions were assessed by a practitioner reviewing reports from the child's parent or carer using severity of spasms, pain or cramps, sleep disturbances, eating or drinking difficulties, and the frequency of crying, to measure outcomes according to a 4 point scale. Analysis of the results showed that both medicines provided similar levels of benefit.	

Homeopathy	Muscari-Tomaoli G, et al.	2001	Observational Study of Quality of Life in patients with Headache, receiving Homeopathic Treatment.	British Homoeopathic Journal	90 (4)	189-197		In this study, 53 people suffering from headaches were treated by the individual study authors using constitutionally prescribed homeopathic medicines, completing SF-36 health-related quality of life questionnaires before and 4-6 months after beginning the treatment. More the 60% of the subjects experienced an improvement in the condition.	
Homeopathy	Naudé DF, Stephanie Couchman IM, Maharaj A.	2010	Chronic primary insomnia: efficacy of homeopathic simillimum.	Homeopathy	99 (1)	63-68		This study was done by a team from the Department of Homoeopathy at South Africa's Durban University of Technology, and was focused on determining the effects of constitutional homeopathic treatment for insomnia, when compared to a placebo control. 30 people diagnosed with primary insomnia were randomly selected to receive either prescribed homeopathic therapy for 6 weeks or a placebo "prescribed" using the same process. The subjects were assessed at each of the 3 consultations conducted through the treatment process with reference to a sleep diary and sleep impairment index. An analysis of the outcomes showed that sleep duration, sleep quality and all of the associated parameters measured improved significantly under homeopathic	

Homeopathy	Oberbaum M, et al.	2003	Homeopathic Treatment in Emergency Medicine, a case series	Homeopathy	92 (1)	44-47		In this study, 15 people suffering from orthopaedic trauma were treated in a medical centre with homeopathy, in addition to standard medical treatment. Treatment was commenced 24 hours after admission. All patients initially received homeopathic Arnica 200C and anxiety was treated with Aconite, Opium, Ignatia or Arsenicum album, all in 200C potency. 24 hours following this treatment, the majority of patients reported a reduction in pain and anxiety. 48 hours after admission, patients were treated with individualised homeopathic remedies. At discharge, 67% of patients rated the homeopathic treatment as successful.	
Homeopathy	Oberbaum M, et al.	2005	The effect of the homeopathic remedies Arnica montana and Bellis perennis on mild postpartum bleeding--a randomized, double-blind, placebo-controlled study: preliminary results.	Complement Ther Med,	13 (2)	87-90.		Forty women experiencing post-partum bleeding were randomly assigned to receive a mixture of Arnica 30C and Bellis 30C, Arnica 6C and Bellis 6C, or placebo. Mean haemoglobin values were measured at 72 hours post-partum, at which point it was found that those women given homeopathic therapy experienced significantly less change in haemoglobin values than those given placebo.	
Homeopathy	Pai PN.	1992	Thiosinaminum in the Treatment of Plantar Fasciitis with Calcaneal Spurs.	British Homoeopathic Journal	81 (Oct)	173-175		In this uncontrolled study, 43 people suffering from plantar fasciitis and calcaneal spurs were treated with homeopathic Thiosinimum, Thiosinimum and Merc cor, or Thiosinimum and Merc biniod. Thiosinimum alone proved to be the therapy most likely to be helpful in resolving recently developed cases.	

Homeopathy	Pai PN.	1969	Nephrotic Syndrome.	British Homoeopathic Journal	58 (2)	94-101		In a case series, 23 children suffering from clinically diagnosed nephrotic syndrome were treated using individualised homeopathic medicines for periods varying from 1 month to 7 years. Subjects received acute and/or chronic treatment for the condition and in several acute episodes, corticosteroid therapy was used, in addition to homeopathic management. For the majority of the children treated either with homeopathic or a combination of homeopathic and corticosteroid therapy, the severity of the symptoms they had previously experienced was reduced. The main homeopathic remedies used in the cases mentioned in this study included homeopathic Apis mellifica, Arsenicum album, Natrum muriaticum and Silica.	
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Homeopathy	Pomposelli R, et al.	2009	Observational study of Homeopathic and Conventional therapies in patients with Diabetic Polyneuropathy.	Homeopathy	98 (1)	17-25		<p>Researchers at the University of Verona in Italy designed this observational study to compare the effects of homeopathic therapy with conventional drug therapy for diabetic neuropathy. Over a 12 month period, 32 patients treated with homeopathy and 29 patients given conventional drug therapy were assessed for clinical symptoms and quality of life at baseline, 6 months and 12 months after beginning treatment. Improvement from baseline polyneuropathy symptoms was noted in both groups but only those treated homeopathically reached outcomes that were statistically significant. Both groups experienced improvements in blood pressure and body weight as well as levels of fasting blood glucose and glycated haemoglobin. In addition, only those in the homeopathy group noted an improvement in quality of life scores over the period of the study. It was also noted that homeopathic treatment was more economical than the conventional drug alternative.</p>	
Homeopathy	Popov AV.	1992	Homoeopathy in the Treatment of Patients with Fibromyoma of the Uterus.	British Homoeopathic Journal	81 (Oct)	164-167		<p>In this study, 84 women suffering from various forms of uterine fibromyoma were prescribed individualised homeopathic medicines over a period of 1 to 3 years. Assessments at the end of the treatment period found that pain was improved in 79% of the subjects, abnormal bleeding was improved in 75% of subjects and in the majority of subjects the treatment resulted in a reduction of fibromyoma volume.</p>	

Homeopathy	Rabe A, Weiser M, Klein P.	2004	Effectiveness and tolerability of a homeopathic remedy compared with conventional therapy for mild viral infections.	International Journal of Clinical Practice	58 (9)	827-832		In this observational cohort study, 485 people with symptoms of mild viral infection (fever, headache, myalgia, cough or sore throat), were treated either via conventional medical means or with a homeopathic combination product. On a practitioner evaluation basis, at the end of the treatment period, the homeopathic combination provided a successful outcome in 78% of cases and conventional treatment in 52% of cases.	
Homeopathy	Rastogi DP, et al.	1999	Homeopathy in HIV infection.	British Homoeopathic Journal	88 (2)	49-57		In a randomised, double-blind placebo controlled trial, 50 people with asymptomatic HIV infection and 50 people with symptomatic (persistent generalised lymphadenopathy) HIV infection and were given either placebo or an individualised homeopathic medicine. Using numbers of pre and post treatment CD4 ⁺ T-lymphocytes as a measure, it was found that homeopathic treatment was successful for symptomatic HIV sufferers, but not for asymptomatic sufferers.	
Homeopathy	Reilly R, et al.	1986	Is Homoeopathy a Placebo Response?	Lancet	2 (8512)	881-885		144 people suffering from hayfever were enrolled in a randomised, placebo controlled trial. The use of 30C mixed grass pollens provided better clinical outcomes than placebo.	

Homeopathy	Riley D, et al.	2001	Homeopathy and Conventional Medicine: An Outcomes Study Comparing Effectiveness in a Primary Care Setting.	Journal of Alternative and Complementary Medicine	7 (2)	149-159		In this study, carried out by 30 investigators, at 6 clinics in 4 countries, 456 patients suffering from upper respiratory allergies, lower respiratory allergies or ear disorders were assigned to one of two groups- those prescribed homeopathic medicines (group A) or those prescribed standard medical treatment (Group B). The outcome measure was the response to treatment after 14 days, as well as the speed of recovery, rate of side effects, level of general satisfaction and length of consultation. The response to treatment within 14 days was 82.6% in Group A and 68% in Group B. For recovery speed, 67% of Group A recovered within 3 days and 57% of Group A recovered at this speed. The side effect rate for Group A was 8% compared to 22% for Group B. Those claiming to be very satisfied with their respective treatments were 79% of Group A and 65% of Group B. The majority (60%) of both groups received consultations that lasted for between 5 and 15 minutes.	
Homeopathy	Robertson A, Suryanarayanan R, Banerjee A.	2007	Homeopathic Arnica montana for post-tonsillectomy analgesia: a randomised placebo control trial.	Homeopathy	96 (1)	17-21		In this trial, 190 people undergoing tonsillectomy were randomly assigned to receive Arnica 30C or a placebo at a dose rate of 2 tablets 6 times in the first post-operative day and then 2 tablets twice a day for the next 7 days. On a patient-assessed 14 days post-operative visual analogue scale for pain, those given the Arnica 30C were found to have a statistically significant decrease in pain scores compared to placebo.	

Homeopathy	Robinson T.	2006	Responses to homeopathic treatment in National Health Service general practice.	Homeopathy	95 (1)	n/a		This study was designed to determine the level of effectiveness of homeopathy as used in a general practice clinic where the standard 10 minute consultation time applies. To do this, 5,331 patient files, taken from one 12 month period in one general practice clinic, were examined and those files that described a consultation where a homeopathic medicine was given were separated out for analysis. This produced a total of 489 consultations that resulted in a homeopathic medicine prescription. Of these, 78% of patients had a positive response to their treatment with homeopathy, 19% had no response, and 3% had a negative response.	
Homeopathy	Saruggia M, Corghi E.	1992	Effects of homoeopathic dilutions of China rubra on intradialytic symptomatology in patients treated with haemodialysis.	British Homoeopathic Journal	81 (2)	86-88		Using a double-blind, randomised, crossover, placebo- controlled trial design, 35 people with end-stage renal failure on regular haemodialysis were assessed to determine their response to either placebo or China rubra 9C. Those people using the China experienced statistically significant relief from asthenia, headache and lethargy.	
Homeopathy	Schlappack O	2004	Homeopathic treatment of radiation induced itching in breast cancer patients. A prospective observational study.	Homeopathy	93 (4)	210-215		25 women suffering from post-radiotherapy induced itching were treated at the University of Vienna's Department of Radiotherapy and Radiobiology using individualised homeopathic medicines. After assessment (1-27 days after beginning the treatment) it was found that homeopathic treatment had been successful in 21 of the women enrolled in the study.	

Homeopathy	Schmidt CA.	1996	Double Blind, Placebo-Controlled Trial: Arnica montana Applied Topically to Subcutaneous Mechanical Injuries.	Journal of the American Institute of Homeopathy	89 (4)	186-193		In this trial 141 runners were asked to use topical preparations containing placebo, Arnica 1X or Arnica 6C, and to rate the effectiveness of the preparations at relieving post-exercise muscle soreness. The preparation containing Arnica provided superior results to placebo and preparation containing Arnica 1X was reported to be superior to that containing Arnica 6C.	
Homeopathy	Schmiedel V, Klein P.	2006	A complex homeopathic preparation for the symptomatic treatment of upper respiratory infections associated with the common cold: An observational study.	Explore (NY)	2 (2)	109-114		379 people suffering from upper respiratory infections were given either conventional medical treatment (antihistamines, anti-tussives, or no steroidal anti-inflammatory drugs) or a combination homeopathic product. Using variables such as fatigue, sensation of illness, chill/tremor, aching joints, overall severity of illness, sum of all clinical variables, and temperature to assess the effects of either form of therapy, the researchers found that both approaches were effective, although the homeopathic combination provided faster relief from symptoms (77% were improved within 3 days compared to 62%).	
Homeopathy	Schneider C, et al.	2005	A homeopathic ointment preparation compared with 1% diclofenac gel for acute symptomatic treatment of tendinopathy.	Explore (NY)	1 (6)	446-452		In this non-randomised, observational study carried out in 95 German homeopathic and conventional medical clinics, 357 people with various forms of tendinopathy were given either an ointment containing a mixture of homeopathic remedies, or Diclofenac (a popular non-steroidal anti-inflammatory agent), for up to 28 days. Using a four-degree scale on pain-related variables related to motility, and on overall treatment outcome, the ointment containing the mixture of homeopathic remedies provided a therapeutic outcome that was superior to Diclofenac.	

Homeopathy	Schneider C, et al.	2008	The role of a homeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study.	Complement Ther Med	16 (1)	22-27		The researchers in this study set out to compare the effectiveness of a homeopathic combination product (Traumeel) with conventional medical treatment ,for injuries. 125 people suffering from various musculoskeletal injuries were treated either with the homeopathic combination or conventional medicine and were assessed for resolution of the complaint at the end of the trial period. At this point, the 59.4% of the group receiving the homeopathic combination had complete resolution compared with 57.8% of the group treated with conventional medicine. 6.3% of the latter group experienced adverse reactions to the treatment and none of those on the homeopathic combination experienced side effects.	
Homeopathy	Schroder D, Weiser M, Klein P.	2003	Efficacy of a Homeopathic Crataegus preparation compared with usual therapy for Mild Cardiac Insufficiency: Results of an Observational Cohort Study.	European Journal of Heart Failure	5 (3)	319-326		In a non-randomised cohort study, 212 people suffering from mild cardiac insufficiency were given Cralonin, a homeopathic combination product, or a combination of an ACE inhibitor and diuretic (a combination medical therapy normally prescribed for this condition). Both products were similarly effective in controlling the condition.	
Homeopathy	Seeley BM, et al.	2006	Effect of homeopathic Arnica montana on bruising in face-lifts: results of a randomized, double-blind, placebo-controlled clinical trial.	Arch Facial Plast Surg	8 (1)	54-59		In this trial, 29 people who were undergoing facelifts were randomised to receive either perioperative homeopathic arnica, or placebo. They were examined post-operatively for bruising at days 1, 5, 7 and 10. Assessment done at days 1 and 7 showed a signification reduction in bruising when compared to placebo.	

Homeopathy	Sevar R.	2000	Audit of outcome in 829 consecutive patients treated with homeopathic medicines.	British Homeopathic Journal	89 (4)	178-187		In this study, consecutive patient files in a single homeopathic clinic were examined to determine the success or otherwise of this form of treatment. Of the 829 patients surveyed, 61% had a sustained improvement from their constitutional homeopathic treatment.	
Homeopathy	Sevar R.	2005	Audit of outcome in 455 consecutive patients treated with homeopathic medicines.	Homeopathy	94 (4)	215-221		This study examined the effect of individualised homeopathic treatment of 455 consecutive patients in a homeopathic medical clinic who'd previously had unsuccessful orthodox medical treatment or were considered to be unsuitable for orthodox medical treatment. Of these, 67% derived benefit from homeopathic therapy, and 33% were able to stop or maintain a substantial reduction in their pharmaceutical drug therapy.	
Homeopathy	Shackleton MF, et al.	2000	The Effect of Homeopathic Coca on High Altitude Mountain Sickness.	Complementary Health Practice Review	6 (1)	45-55		11 members of the 1998 Everest Challenge Expedition were given either placebo or Coca 200C daily. Assessed on the primary symptoms of altitude sickness as well as oxygen saturation, those using the homeopathic medicine showed significantly less signs and symptoms of altitude sickness.	
Homeopathy	Shealy CN, et al.	1998	Osteoarthritis Pain: A Comparison of Homoeopathy and Acetaminophen.	American Journal of Pain Management	8 (3)	89-91		In this trial, 65 sufferers of osteoarthritis (OA) were split into 2 groups, and through a double blinding process were given either a homoeopathic medicine or Acetaminophen, a commonly prescribed drug for pain relief in OA. Researchers found that homoeopathy provided a level of pain relief that was superior to Acetaminophen, and produced no adverse reactions.	

Homeopathy	Smith SA, Baker AE, Williams JH.	2002	Effective Treatment of Seborrhaic Dermatitis using a Low Dose Oral Homeopathic Medication.	Alternative Medicine Reviews	7 (1)	59-67		41 patients with seborrhaic dermatitis received either placebo or a homeopathic combination product for 10 weeks. Significant improvement was seen in the test group when compared to those using placebo.	
Homeopathy	Spence DS, Thompson EA, Barron SJ.	2005	Homeopathic treatment for chronic disease: a 6-year, university-hospital outpatient observational study.	J Altern Complement Med	11 (5)	793-798		This study looked at the effectiveness of individualised homeopathic therapy over a 6 year period in a UK homeopathic hospital outpatient department. The results from 6544 consecutive patients were examined, and when compared to baseline observations it was found that of these patients, 70% reported an improvement in their conditions.	
Homeopathy	Steinsbekk A, Ludtke R.	2005	Patients' assessments of the effectiveness of homeopathic care in Norway: a prospective observational multicentre outcome study.	Homeopathy	94 (1)	Oct-16		In this prospective uncontrolled observational multi-centre outcome study, 654 people who'd visited 80 Norwegian homeopaths were asked to assess, via a Visual Analogue Scale (VAS) the effectiveness of this form of treatment comparing the VAS score at their first consultation with the VAS score 6 months later. After the results were collated it was found that 70% of those people visiting a Norwegian homeopath reported a meaningful improvement in their main complaint 6 months after the initial consultation.	
Homeopathy	Strauss LC	2000	The Efficacy of a Homeopathic Preparation in the Management of Attention Deficit Hyperactivity Disorder.	Biomedical Therapy	18 (2)	197-201		20 children suffering from ADHD, were given either placebo or a homeopathic combination (Heel Selenium-Homaccord) and were assessed in accordance with pre and post test conduct and psychosomatic problems, impulsivity and anxiety. The homeopathic combination provided superior results to those of placebo.	

Homeopathy	Taylor MA, Reilly D, et al.	2000	Randomised Controlled Trial of Homoeopathy versus Placebo in Perennial Allergic Rhinitis with Overview of Four Trial Series.	BMJ	321 (7259)	471-476		51 people suffering from allergic rhinitis were randomly assigned either homeopathically potentised allergens or placebo. Those given the medicine experienced significant relief over those assigned the placebo.	
Homeopathy	Tuten C, McLung J.	1999	Reducing Muscle Soreness with Arnica Montana.	Alternative and Complementary Therapies	5 (6)	369-372		23 people were given either placebo or Arnica 6X for the management of delayed onset muscle soreness after exercise. Outcomes were assessed subjectively by the participants themselves, and by creatinine kinase (CK) assays. CK levels are indicative of muscle or connective tissue damage. While there was only a small subjective difference between the 2 groups, the people using Arnica 6X produced less CK than those using placebo, which tends to indicate that those using Arnica experienced less tissue damage on exertion.	
Homeopathy	Tveiten D, et al.	1998	Arnica and Muscle Soreness.	Focus on Alternative and Complementary Medicine (FACT)	3 (4)	155-156		46 competitors in the 3 day 1995 Oslo marathon were randomly assigned either homeopathic Arnica or placebo twice daily and assessed for muscle soreness after the event. Those using Arnica found significant relief with the medicine over the placebo.	
Homeopathy	Van Erp VM, Brands M	1996	Homoeopathic Treatment of Malaria in Ghana.	British Homoeopathic Journal	85 (2)	66-70.		In a randomised double blind trial with limited numbers of subjects, homoeopathic treatment was compared to treatment by Chloroquine. The group using homoeopathic medicines experienced an 83.3% improvement, while the group using Chloroquine experienced a 72% improvement within the same time period.	

Homeopathy	Van Haselen RA, Fisher PA	2000	A randomized controlled trial comparing topical piroxicam gel with a homeopathic gel in osteoarthritis of the knee.	Rheumatology	39 (7)	714-719		In this controlled double-blind trial, 172 people with radiographically confirmed symptomatic osteoarthritis of the knee were randomly assigned to receive treatment with either piroxicam gel (a commonly prescribed non-steroidal anti-inflammatory gel) or a gel containing 3 homeopathic ingredients (Symphytum, Rhus tox and Ledum). At the conclusion of the trial it was found that the gel containing the homeopathic ingredients was at least as effective as the piroxicam gel.	
Homeopathy	Van Wasserhoven M, Ives G.	2005	An Observational Study of Patients receiving Homeopathic Treatment.	Homeopathy	93 (1)	3-Nov		782 people suffering from a wide range of diseases who had visited 80 general medical practices in Belgium were treated with individualised homeopathic medicines over an average period of 9 years and 2 months. Most of these people had previously been treated using conventional drugs. The outcomes from this treatment were assessed both by the patients and the practitioners via questionnaires. 13% of the patients assessed in the study expressed satisfaction with previous conventional treatment and 89% of patients expressed satisfaction with their homeopathic treatment.	
Homeopathy	Von Gasssinger CA, Wunstel G, Netter P.	1981	A Controlled Clinical Trial for Testing the Efficacy of the Homoeopathic Drug Eupatorium perfoliatum D2 in the Treatment of Common Cold.	Arzneimittel Forschung	31 (4)	732-736		In this trial, 53 people suffering from the common cold were given either acetylsalicylic acid or Eupatorium perfoliatum 2X. Eupatorium was shown to be as effective as the acetylsalicylic acid in its ability to provide benefit to those suffering from the common cold.	

Homeopathy	Weatherley-Jones E, et al.	2004	A randomised, controlled, triple-blind trial of the efficacy of homeopathic treatment for chronic fatigue syndrome.	Journal of Psychosomatic Research	56 (2)	189-97		In this well-controlled trial, where the practitioners, trial subjects and data analysts were all blinded to the group assignments until the end of the data collection period, individualised homeopathic prescriptions were compared to placebo in 79 people suffering from chronic fatigue syndrome (as determined by the Oxford criteria for CFS). The trial was carried out over a 6 month period with monthly observations used to determine clinical progress according to the Multidimensional Fatigue Inventory (MFI) as a primary measure and the Fatigue Impact Scale and Functional Limitations Profile as secondary measures. On the primary MFI measure, those using the individualised homeopathy had significant improvement over placebo.	
Homeopathy	Weiser M, Clasen BPE.	1995	Controlled Double Blind study of a Homoeopathic Sinusitis Medication.	Biological Therapy	13 (1)	n/a		In a randomised double-blind placebo controlled trial, 155 people suffering from sinusitis were given either a placebo or a homoeopathic combination (Heel Euphorbium compositum). Subjective responses showed a greater improvement in those using the homoeopathic combination than those given placebo.	
Homeopathy	Weiser M, Strosser W, Klein P.	1998	Homeopathic vs Conventional Treatment of Vertigo.	Arch Otolaryngol Head Neck Surg	124 (8)	879-885		A study group of 119 people suffering from vertigo were treated either with betahistine hydrochloride (acting as an active control, commonly prescribed by medical authorities for this condition) or a homoeopathic complex. Both of the interventions were equally successful in relieving vertigo.	

Homeopathy	Weiser M, Gegenheimer LH, Klein P.	1999	A Randomised Equivalence Trial Comparing the Efficacy and Safety of Luffa comp.-Heel Nasal Spray with Cromolyn Sodium Spray in the Treatment of Seasonal Allergic Rhinitis.	Forschende Komplementarmedizin	6 (3)	142-148		In this trial, 146 people suffering from hay fever were treated with either Luffa comp.-Heel Nasal Spray (a homeopathic combination product) or with Cromolyn Sodium Spray (a pharmaceutical drug commonly prescribed for hay fever). The treatment outcomes were measured according to a quality of life scale and both medicines provided the same level of remission of the condition, which was rapid and persistent.	
Homeopathy	Widrig R, et al.	2007	Choosing between NSAID and arnica for topical treatment of hand osteoarthritis in a randomised, double-blind study.	Rheumatol Int	27 (6)	585-591		Using a double-blind protocol, 204 people suffering from radiologically confirmed and symptomatically active osteoarthritis were randomly assigned to receive either topical arnica or topical ibuprofen to be applied to the area where the condition was active. The success or failure of the treatments was assessed according to functional ability of the affected part and pain intensity in this area after 21 days of continuous treatment. Assessment of the results at the end of this period found that topical arnica was as successful as topical ibuprofen for the management of osteoarthritis.	
Homeopathy	Wiesenauer M, Haussler S, Gaus W.	1983	Pollinosis therapy with Galphimia glauca.	Fortschritte der Medizin	101 (17)	811-814		Using a randomised, placebo-controlled, double-blind, multi-centre design in this trial, 86 people suffering from hay fever were treated for 5 and a half weeks with either homeopathic Galphimia glauca 4X or placebo. Therapeutic success was seen in 83% of those using the Galphimia and 47% of those using placebo.	

Homeopathy	Wiesenauer M, Gaus W, Haussler S.	1990	Treatment of Pollinosis with Galphimia glauca.	Allergologie	13	359-363		54 practitioners treated 201 people suffering from hay fever either with placebo or homeopathic Galphimia glauca. Assessment at the end of the 5 week treatment period found that nasal symptoms were cured or significantly improved in 77% of subjects using Galphimia versus 46% of those using placebo and eye symptoms were cured or significantly improved in 77% of subjects using Galphimia versus 51% of those using placebo.	
Homeopathy	Wiesenauer M, Gaus W.	1991	Proof of the Effectiveness of a Homeopathic Preparation in Chronic Polyarthritis.	Erzten Akt Rheumatol	16	n/a		In this randomised, double-blind clinical trial, 111 people being treated by 6 general practitioners for rheumatoid arthritis were given either placebo or a combination of homeopathic Berberis, Bryonia, Ledum, Nux vomica and Ledum. Using pain, stiffness, inflammatory signs, fatigue and a functional index to determine clinical outcomes, at the end of the 12 week treatment period it was found that the homeopathic combination provided superior results to those of placebo.	
Homeopathy	Witt CM, et al.	2005	Homeopathic medical practice: long-term results of a cohort study with 3981 patients.	BMC Public Health	3 (5)	115		In this study, 3981 patients being treated in private homeopathic medical clinics in Germany and Switzerland were assessed for the effectiveness of their homeopathic treatment over a 2 year period. When compared to baseline assessments taken immediately before treatment had begun, the adults in the study experienced a reduction in disease severity of 52% and children by 64%.	

Homeopathy	Witt C, et al.	2005	Outcome and costs of homoeopathic and conventional treatment strategies: a comparative cohort study in patients with chronic disorders.	Complement Ther Med	13 (2)	79-86		This cohort study, carried out in Germany, examined the outcomes of homeopathic treatment compared to the orthodox medical treatment of 493 people suffering from a range of chronic illnesses including headache, lower back pain, insomnia, depression, bronchial asthma, atopic dermatitis and allergic rhinitis. The patients' assessments, taken at 6 months and 12 months from the beginning of the treatment, found that homeopathy provided a greater level of improvement in their illnesses than orthodox medical intervention. This difference appeared to be more pronounced in children than in adults. In regard to the cost of each type of therapy, this study showed these costs to be similar to each other.	
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Homeopathy	Witt CM, et al.	2008	How healthy are Chronically Ill Patients after Eight years of Homeopathic Treatment? - Results from a long term observational study.	BMC Public Health	8	413		Authors drew data from 103 Swiss and German homeopathic medicine clinics in an effort to determine the level of change to the health status of patients over periods of 2 and 8 years, as a result of homeopathic intervention, over these times. Data were collected from 3709 patients who were asked to assess the level of change to the severity of their medical complaints and quality of life, at the time of first consultation, at 2 years, and at 8 years from that point. The data from adults and children were assessed separately and the former experienced an average reduction in disease severity from 6.2 at baseline to 2.9 at 2 years to 2.2 at 8 years. For children, a reduction from a baseline disease severity of 6.1 to 2.1 at 2 years was noted and then to 1.7 at 8 years. Physical and mental quality of life scores for both groups increased significantly over the study period and interestingly, researchers found that, within the confines of this study, the younger the patient and the more severe the medical condition, the better the potential for the	
Homeopathy	Wolf M, et al.	2003	Efficacy of Arnica in varicose vein surgery: results of a randomized, double-blind, placebo-controlled pilot study.	Forsch Komplementarmed Klass Naturheilkd	10 (5)	242-247		In this trial homeopathic Arnica D12 (12X) was compared to placebo, to determine its effect on the size and pain of bruising after surgery. Arnica was used once prior to surgery and then 3 times a day for 2 weeks after surgery. 60 people participated in the trial and on completion it was found that Arnica reduced the size of the bruising by 76% compared to 72% for placebo and pain was reduced by 43% from arnica and by 28% from the placebo.	

Homeopathy	Yakir M, Kreitler S, et al.	1995	Homoeopathic Treatment of Premenstrual Syndrome.	British Homoeopathic Journal	84 (July)	182-183		In a double blind randomised placebo controlled trial carried out in an Israeli hospital, 19 women suffering from clinically diagnosed PMS were treated with individualised homoeopathy or placebo. The homoeopathic treatment provided significant improvement over placebo.	
Homeopathy	Yakir M, et al.	2001	Effects of Homoeopathic Treatment in Women with Premenstrual Syndrome: a Pilot Study.	British Homoeopathic Journal	90 (3)	148-153		20 women suffering from PMS were enrolled into this randomised, controlled, double-blind trial to receive one of 5 symptomatically selected homeopathic remedies, or placebo. Using daily menstrual distress scores before and at the end of the trial, improvement greater than 30% was experienced by 90% of those using the homeopathic medicine and 37.5% of those using the placebo.	
Homeopathy	Zambrano OC	2000	The Effects of a Complex Homoeopathic Preparation on Aerobic Resistance, Aerobic Capacity, Strength and Flexibility.	Biomedical Therapy	18 (1)	172- 175		25 people were assessed before and after exercise for the effects of a homoeopathic combination (Rendimax) on their cellular oxygenation rate, lactate accumulation, and recovery time after exercise. These were compared with the same parameters for 25 people who had undergone the same exercise regime without the use of this medication. Those using the homoeopathic combination exhibited improvement in all parameters measured.	
Homeopathy	Zell J, et al.	1989	Treatment of Acute Sprains of the Ankle.	Biological Therapy	7	106		Under double blind placebo controlled trial conditions, patients using an ointment containing homoeopathic ingredients for soft tissue injury found significant relief with the medicine when compared to the effects of placebo.	

Homeopathy	Bracho G, et al.	2010	Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control.	Homeopathy	99 (3)	156-166		This was conducted in three provinces in Cuba where leptospirosis is endemic and active. As a means of attempting to control outbreaks, 2.3 million people were inoculated with a homeopathically prepared version of 4 of the strains of causative organisms endemic to the areas at that time, potentised to 200C. The data from post-inoculation surveillance were used to measure the impact of the intervention by comparing these outcomes with historical trend, forecast models for the regions and data from non-intervention areas. An analysis of these data showed that the use of the homeopathically prepared organisms was associated with a large reduction of disease incidence and relative control of the epidemic.	
Homeopathy	Bell IR, et al.	2011	Effects of homeopathic medicines on polysomnographic sleep of young adults with histories of coffee-related insomnia.	Sleep Med	12 (5)	505-511		Iris Bell and colleagues from the University of Arizona College of Medicine performed this trial to determine the effects of homeopathically prepared Coffea cruda 30C or Nux vomica 30C on insomnia. 54 subjects with a history of either cynical hostility or anxiety sensitivity (but not both) and a history of coffee-induced insomnia were given either of these two medicines (administered double blind) or a placebo (administered single blind) and monitored via polysomnography, self-assessed sleep diaries, sleep quality index scales and mood state scales, for a period of 1 month. An analysis of the results showed an association between the test substances and a significant improvement in several key areas of measurement, when compared to the control.	

Homeopathy	Goossens M, et al.	2009	Evaluation of the quality of life after individualized homeopathic treatment for seasonal allergic rhinitis. A prospective, open, non-comparative study.	Homeopathy	98 (1)	Nov-16		This uncontrolled study from the Katholieke Universiteit Leuven in Belgium builds on previous in-vitro and in vivo work to determine the effects of homeopathically potentised substances on seasonal allergic rhinitis (SAR), and more specifically in this case, quality of life. 46 people suffering with medically diagnosed SAR were treated by homeopathic physicians with constitutional homeopathy. The subjects completed a rhinoconjunctivitis quality of life (RQLQ) form at baseline and at three and four weeks from this point. An assessment of all of the outcomes showed a reduction in the RQLQ of 3.4 at baseline to 1.97 at 3 weeks and 1.6 at 4 weeks, indicating an improvement in quality of life as it relates to their SAR symptoms.	
Homeopathy	Teut M, et al.	2010	Homeopathic treatment of elderly patients - a prospective observational study with follow-up over a two year period.	BMC Geriatrics	22 (10)	10		This was a cohort study performed to determine the benefit or otherwise of homeopathic interventions for a range of medical complaints experienced by people over the age of 70 years consulting homeopathic medicine physicians in clinics in Germany and Switzerland. A total of 3981 people were enrolled in the study and of these, 83 people took part in a subgroup analysis and nearly all of them were being treated for a chronic illness with an average duration of 11.5 years. Assessments were done using the severity of the complaint, the amount of medication used for the condition, the quality of life (QPOL) as noted by the patient and severity as noted by the physician, at baseline and over 3, 12 and 24 months. A significant reduction in severity of the complaint was noted by both patients and physicians as a result of homeopathic therapy interventions.	

Homeopathy	Möllinger H, et al.	2004	A double-blind, randomized, homeopathic pathogenetic trial with healthy persons: comparing two high potencies.	Forsch Komplementärmed d Klass Naturheilkd	11 (5)	274-280		Scientists at the Sokrates Health Centre in Switzerland performed this blinded trial to determine the pathogenetic effects of 2 homeopathically prepared remedies and a placebo in an effort to determine the similarity between the pathogenetic effects seen for the remedies in this trial and the generally accepted proving symptoms for these remedies. A group of 21 healthy homeopathic medicine practitioners were randomly assigned to one of 3 groups to receive homeopathically potentised Calendula officinalis, Ferrum muriaticum or a placebo and their symptoms recorded daily. Both remedy groups exhibited more symptoms than the placebo group and the majority of the symptoms exhibited were consistent with the traditionally accepted proving symptoms for Calendula.	
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Homeopathy	Witt CM, et al.	2009	Homeopathic treatment of patients with chronic low back pain: A prospective observational study with 2 years' follow-up.	Clin J Pain	25 (4)	334-339		In this study, Witt and colleagues from the Charité University Medical Center in Berlin, Germany, evaluated what effects, if any, constitutionally prescribed homeopathy had on the health outcomes for people suffering from chronic low back pain. 129 adults suffering from medically diagnosed chronic low back pain for an average duration of 9.6 years were treated by homeopathic physicians who prescribed medicines according to their individual symptoms. Their progress was followed for 2 years and over this time an average of 6.8 different medicines were prescribed. On analysis of the symptom severity and quality of life changes over the period of observation, it was shown that the treatment was associated with marked and sustained improvement in both parameters. In addition, the use of homeopathic therapy was associated with a significant decline in the use of conventional treatment and health services.	
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Homeopathy	Witt CM, Lüdtke R, Willich SN.	2009	Homeopathic treatment of patients with dysmenorrhea: a prospective observational study with 2 years follow-up.	Arch Gynecol Obstet	280 (4)	603-611		Authors conducted a multi-centre observational study to determine what effects, if any, constitutional homeopathic prescribing had on women suffering from dysmenorrhoea. 128 women who'd been medically diagnosed with dysmenorrhoea and had had this condition for an average of 11.6 years, were treated by 57 separate physicians with an average of 7.5 different prescriptions. Using complaint severity and quality of life as outcome measures, this treatment was associated with significant improvements in both areas. In addition, the use of other health services was reduced, but there was little impact on the use of conventional medications.	
Homeopathy	Relton C, Weatherley-Jones E	2005	Homeopathy service in a National Health Service community menopause clinic: audit of clinical outcomes.	J Br Menopause Soc	11 (2)	72-73		In this study, an audit was performed to determine the outcomes of individualised homeopathic treatment for menopause in a National Health Service community menopause clinic in Sheffield in the UK. Patient-assessed outcomes from 2001 to 2003 were evaluated and were found to be consistent with the notion that this service was associated with an overall improvement in the condition. In particular, an improvement in headaches, flushing, fatigue and emotional and psychological symptoms were noted.	

Homeopathy	Pinto S, Rao AV, Rao A.	2008	Lipid peroxidation, erythrocyte antioxidants and plasma antioxidants in osteoarthritis before and after homeopathic treatment.	Homeopathy	97 (4)	185-189		In this study, carried out at the Muller Medical College, in South Karnataka, India, scientists attempted to evaluate the effects of constitutional homeopathic treatment on oxidative stress responses in 47 people suffering from osteoarthritis. Measurements before and after treatment were made of erythrocyte lipid peroxidation, erythrocyte antioxidants glutathione, glutathione reductase, superoxide dismutase, catalase and plasma antioxidants ceruloplasmin, glutathione-S-transferase, vitamin C and total antioxidant activity. After comparing the levels of these parameters from baseline with those taken after homeopathic treatment, and contrasting these values taken from normal controls, an association between the homeopathic therapy and a reduction but not complete normalisation of the oxidative stress associated with osteoarthritis was found.	
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Homeopathy	Relton C, et al.	2009	Healthcare provided by a homeopath as an adjunct to usual care for Fibromyalgia (FMS): results of a pilot randomised controlled trial.	Homeopathy	98 (2)	77-82		This University of Leeds study was designed to answer two questions; whether homeopathic plus conventional care versus conventional care alone for Fibromyalgia syndrome could be assessed using a Randomised Controlled Trial (RCT) design, and whether homeopathic care as an adjunct to conventional care provided any extra benefit. Using a pragmatic parallel group RCT design and the total score from the Fibromyalgia Impact Questionnaire (FIQ) at 22 weeks from baseline as the primary measure, the outcomes of 20 people receiving constitutional homeopathic plus conventional care for their Fibromyalgia were compared with 16 people receiving conventional care alone. When assessed against conventional care, homeopathic plus conventional care was associated with significantly greater mean reduction in the FIQ score.	
Homeopathy	Malicka M, Zakrzewska A, Gryczyńska D.	2006	Homeopathic therapy in recurrent respiratory diseases in childhood.	Borgis-New Medicine	9 (3)	74-78		This Polish study was carried out to determine what effect, if any, a combination of homeopathically potentised ingredients had on children suffering from recurrent respiratory infections, in comparison with the outcomes in children given conventional treatment for these conditions (controls). Using a parent-assessed monitoring protocol to measure the incidence of recurrent respiratory disease over a 3 month period, it was shown that the use of the homeopathic combination product was associated with an overall reduction in the recurrence of respiratory infection compared to both baseline and controls	

Homeopathy	Mousavi F, et al.	2009	Homeopathic treatment of minor aphthous ulcer: a randomized, placebo-controlled clinical trial.	Homeopathy	98 (3)	137-141		Scientists at Iran's Tehran University of Medical Sciences investigated the notion that constitutional homeopathy provided a positive outcome in sufferers of minor aphthous ulceration. 100 people suffering from this condition were randomly assigned to receive either placebo, or two doses of a 6C homeopathic medicine as determined by traditional homeopathic repertorisation, separated by a 12 hour period. Their progress was then monitored for 6 days, with data taken at days 4 and 6. Using an assessment based on pain intensity and ulcer size, measurements taken at both data points confirmed the notion that constitutionally prescribed homeopathic therapy was associated with a statistically significant reduction in both of the parameters measured.	
Homeopathy	Waisse-Priven S, et al.	2009	Individualized homeopathic treatment of dermatological complaints in a public outpatient clinic.	Homeopathy	98 (3)	149-153		Brazilian researchers carried out this work to investigate the outcomes associated with the use of constitutional homeopathy in people suffering from dermatological diseases such as atopic dermatitis, psoriasis and chronic urticaria. The homeopathic medicines were prescribed by a team of trained homeopathic physicians who followed the progress of the participants for at least 3 months. 33 people completed the study and on conclusion it was found that 59% of the study participants had a positive outcome (this consisting of a cure or a significant level of relief), 37% of the original cohort dropped out and 4% experienced no relief.	

Homeopathy	Witt CM, Ludtke R.	2009	Homeopathic treatment of patients with chronic sinusitis: A prospective observational study with 8 years follow-up.	BMC Ear, Nose and Throat Disorders	9	7		This multi-centre observational study was done to evaluate the outcomes provided by homeopathic treatment for 134 people suffering from sinusitis. The average duration for sinusitis suffered by this cohort was 10 years and most of these people had had prior treatment for the condition with conventional medicine. The trial participants were monitored for complaint severity and quality of life every 3 months for 2 years from baseline, and again at 8 years. On analysis of these observations it was apparent that the homeopathic treatment was associated with improvements in quality of life and a reduction in the complaint severity of sinusitis, and the these improvements persisted for at least 8 years.	
Homeopathy	Heilmann A	1994	A Combination Injection Preparation as a Prophylactic for Flu and Common Colds.	Biological Therapy	7 (4)	249-253		In this German study, 120 healthy individuals were injected with saline or a proprietary combination of homeopathically prepared ingredients, and their propensity to develop a cold or flu monitored twice weekly for a period of 8 weeks. They were also monitored for symptom severity and various hematological parameters relevant to viral infections. After the results had been compiled and assessed, it was found that, when compared to the saline control, the use of the homeopathic combination product was associated with a reduced duration of illness and a reduction in 11 of the 16 disease characteristics nominated for assessment.	

Homeopathy	Goossens M, et al.	2009	Evaluation of the quality of life after individualized homeopathic treatment for seasonal allergic rhinitis. A prospective, open, non-comparative study.	Homeopathy	98 (1)	Nov-16		This Belgian study was conducted to determine the effectiveness or otherwise of constitutional homeopathic intervention for seasonal allergic rhinitis. 46 people suffering from this condition were prescribed homeopathic treatment by one of seven homeopathic physicians based on their individual symptoms and assessed using the Rhino-conjunctivitis Quality of Life Questionnaire at baseline and again 3 and 4 weeks later. A physicians' assessment was also carried out at 4 weeks. On analysis of the results it was found that the average patient-assessed level of symptom severity had fallen significantly and the physician's assessment showed that 4% of patients were cured, 44% were much better, 25% were better, 4% a little better, 9% unchanged and 4% were worse.	
Homeopathy	Cardigno P.	2009	Homeopathy for the treatment of menstrual irregularities: a case series.	Homeopathy	98 (2)	97-106		In this Italian study, results from women treated with individualised homeopathy for amenorrhoea and oligo-amenorrhoea were compiled to determine whether or not this form of intervention could be shown to provide any benefits. Data from 18 consecutive patients with these conditions over an average treatment period of 21 months were collected. From this it was found that constitutional homeopathic treatment was associated with an increase in the average frequency of spontaneous menstrual cycles per year from 4.32 before treatment to 9.6 cycles per year by the end of treatment period.	

Homeopathy	Witt CM, Lüdtke R, Willich SN	2009	Homeopathic treatment of patients with psoriasis--a prospective observational study with 2 years follow-up.	J Eur Acad Dermatol Venereol	23 (5)	538-543		82 people diagnosed with psoriasis, of an average duration of 14.7 years, were treated by 45 individual homeopathic physicians, using an average of 6 different homeopathic prescriptions. Using symptom severity and quality of life to assess their progress, patients were monitored over 2 years and on analysis of the results recorded a statistically significant association was found between the use of individualised homeopathy and a marked improvement in the parameters measured.	
Homeopathy	Bordet MF, et al.	2008	Treating hot flushes in menopausal women with homeopathic treatment--results of an observational study.	Homeopathy	97 (1)	Oct-15		In this large multi-national observational study funded by homeopathic medicine manufacturer Boiron, researchers set out to document and analyse the effect of constitutionally prescribed homeopathy on menopausal hot flushes. Data was assembled from 438 women suffering from this complaint who were treated by 99 different homeopathic physicians across 8 countries. On analysis, 90% of the women who were treated in this manner reported a complete amelioration or significant reduction in their symptoms, and of these, the majority experienced this change within 15 days of beginning the treatment	

Homeopathy	Schneider C, et al.	2008	The role of a homoeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study.	Complement Ther Med	16 (1)	22-27		This work was carried out to compare the effects of a proprietary mixture of homeopathically potentised materials with conventional therapy for a range of injuries, predominantly acute injuries such as muscular sprains, strains and bruising. 69 people suffering from these types of complaints were treated with the homeopathic mixture and 64 people with similar injuries were treated using conventional therapy. Data from both groups were assessed according to the numbers of people who experienced complete resolution of the principal complaint by the end of the trial period. This was achieved by 41 people (59.4%) who'd been given the homeopathic mixture and 37 people (57.8) from the group receiving conventional treatment.	Observational study
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Homeopathy	Rostock M, et al.	2011	Classical homeopathy in the treatment of cancer patients--a prospective observational study of two independent cohorts.	BMC Cancer	11	19		<p>This observational study carried out at the Albert Ludwig's University in Freiburg, Germany, was designed to assess the potential inherent in constitutional homeopathy for the treatment of cancer, with particular reference to quality of life. People receiving conventional care for cancer were matched for demography, tumour type and previous therapies, to people receiving homeopathic care, and monitored for 12 months. Measurements were made at 3 and 12 months for quality of life, fatigue, anxiety and depression. 639 people were originally enrolled in the study and while the numbers of fully matched pairs that made it to the end of the study were probably insufficient to be statistically reliable, there was a significant trend towards an improvement in the quality of life at both 3 and 12 months in the group receiving homeopathic compared to conventional treatment but little difference between the two groups in perceived fatigue, anxiety or depression.</p>	Observational study
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Homeopathy	Gründling C, Schimetta W, Frass M.	2012	Real-life effect of classical homeopathy in the treatment of allergies: A multicenter prospective observational study.	Wien Klin Wochenschr	124 (1-2)	Nov-17		This Austrian study builds on previous work seeking to determine the outcomes of individualised homeopathic therapy, and in this case, therapy for people suffering from allergic conjunctivitis, allergic rhinitis, bronchial asthma or neurodermatitis. 40 people suffering from this illness were treated using individualised homeopathy in one of nine separate Austrian clinics by general practitioners trained in homeopathy. An assessment of the condition was done at baseline and after treatment by a visual analogue scale. On analysis a statistically significant association was shown between the homeopathic intervention and a discontinuance of conventional medicine in 62% of participants and a dose reduction in at least one conventional medicine in 38% of participants. No side effects were reported during treatment.	RCT
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Homeopathy	Nayak C, et al..	2012	Homeopathy in chronic sinusitis: a prospective multi-centric observational study.	Homeopathy	101 (2)	84-91		This study was conducted under the auspices of India's Central Council for Research in Homoeopathy and sought to assess the benefit or otherwise in chronic sinusitis of 13 predefined homeopathically prepared materials. 550 people with radiologically confirmed chronic sinusitis were given one of thirteen homeopathically prepared materials based on their individual symptoms and monitored at baseline, 3 months and 6 months. Assessment was by radiology and the chronic sinusitis assessment score. On analysis a statistically significant association was found between the homeopathic therapy and a reduction in both the radiological evidence of the condition and the chronic sinusitis assessment score. The most frequently prescribed homeopathically prepared materials were Silica, Calc carb, Lycopodium, Phosphorous and Kali iod.	Observational study
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Homeopathy	Kundu T, et al.	2012	Homeopathic medicines substantially reduce the need for clotting factor concentrates in haemophilia patients: results of a blinded placebo controlled cross over trial.	Homeopathy	101 (1)	38-43		This Indian study looked at the effects of individualised homeopathic management for people suffering from haemophilia. 28 people suffering from this condition were treated with either conventional protocols and placebo control, or conventional protocols and individualised homeopathy, for 12 months, after which the interventions were switched between the two groups. An analysis of the results was done by independent experts who were blinded to the interventions. The analysis was based on the frequency of bleeding, extent of bleeding, blood products consumed, pain scores and general wellbeing. When compared to controls a strong association was seen between the homeopathic intervention and improvements in all of these parameters. Interestingly, plasma levels of clotting factors did not change.	RCT
Homeopathy	Eizayaga JE, Eizayaga JI.	2012	Prospective observational study of 42 patients with atopic dermatitis treated with homeopathic medicines.	Homeopathy	101 (1)	21-27		Researchers at the Universidad Maimónides in Argentina set about evaluating the effectiveness of individualised homeopathic treatment for atopic dermatitis in the University outpatient clinic and the clinic of the treating physician. Patients with medically diagnosed atopic dermatitis were assessed for Rajka and Langeland's score and a set of four Visual Analogue Scales, these evaluating disease severity, itch, general and psychological wellbeing as well as quality of sleep. 26 people with the condition completed the study and after the results were compared with the baseline measurements, it was shown that individualised homeopathic therapy was associated with a statistically significant reduction in these parameters.	Cohort study

Homeopathy	Sinha MN, et al.	2012	Randomized controlled pilot study to compare Homeopathy and Conventional therapy in Acute Otitis Media.	Homeopathy	101 (1)	5-Dec		This study, carried out by workers from the Regional Research Institute of Homeopathy in Jaipur, India, sought to contrast the comparative benefits of homeopathy and conventional therapy for acute otitis media. 80 children suffering from this condition were randomly assigned to receive either homeopathic therapy using one of a number of clinically indicated remedies in fifty millesimal potency, or conventional therapy consisting of analgesics, antipyretics and anti-inflammatory drugs. The clinical progress outcomes were monitored over 21 days using the Acute Otitis Media-Severity of Symptoms (AOM-SOS) Scale and Tympanic Membrane Examination. On analysis, there were no significant differences between groups for the main outcome. Symptomatic improvement was quicker in the group given homeopathic therapy, and there was a large difference in antibiotic requirements, favouring homeopathy.	RCT
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Homeopathy	Nayak C, et al.	2011	Management of distress during climacteric years by homeopathic therapy.	J Altern Complement Med	17 (11)	1037-1042		<p>Researchers from India's Central Council for Research in Homoeopathy (CCRH) carried out this study to investigate the effects of individualised homeopathic therapy on the FSH levels, blood lipid profile, signs and symptoms experienced by women suffering from menopause. Patients were enrolled from 6 CCRH outpatient clinics and received one dose of an individualised homeopathic medicine from homeopathic medical specialists in accordance with their experience of 15 predetermined menopause symptoms. These as well as their FSH and blood lipid profiles were assessed at baseline and again at 12 months from this point. An assessment of the results was made through statistical analysis using the Wilcoxon signed rank test on Statistical Package for Social Sciences (SPSS), the result of which was a significant association between the therapeutic intervention and relief from the menopausal symptoms that were assessed. A significant association was also found between the homeopathic therapy</p>	Observational study
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Homeopathy	Harrison CC, Solomon EM, Pellow J.	2013	The effect of a homeopathic complex on psychophysiological onset insomnia in males: a randomized pilot study.	Altern Ther Health Med	19 (5)	38-43		In a randomized, double-blind, placebo controlled, 4-wk pilot study, using matched pairs, researchers from the Homeopathy Health Clinic at the University of Johannesburg in South Africa enrolled 28 males aged between 18 and 40 years diagnosed with chronic psychophysiological onset insomnia (POI). 14 were given a homeopathic combination and 14 were given a placebo. The results were assessed using the Pre-sleep Arousal Scale (PSAS) and the Sleep Diary (SD), which assessed sleep-onset latency. On analysis of the results it was found that the group receiving the homeopathic combination showed a statistically significant improvement in pre-sleep arousal as well as sleep onset latency over the 4 wks of the study. Intergroup analysis showed through both the PSAS and the SD that the homeopathic combination group had outperformed the placebo group by day 28 of the study	Comparative study
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Homeopathy	Coppola L, Montanaro F.	2013	Effect of a homeopathic-complex medicine on state and trait anxiety and sleep disorders: a retrospective observational study.	Homeopathy	102 (4)	254-261		This open-label observational study was designed to examine the effects of a homeopathic combination product on anxiety and the quantitative changes in the sleep pattern of the subjects included in the study. 71 people suffering from mild to moderate anxiety were assessed for anxiety and sleep habits at baseline and again after 30 days of use of the combination. At both visits, subjects were administered the State-Trait Anxiety Inventory (STAI)-Y questionnaire (consisting of trait and state subscales) to assess their level of anxiety. Sleep quality was assessed based on the subjects' self-reported number of hours slept and number of night-time awakenings, before and after treatment. When compared to baseline, the average (STAI)-state score at visit 2 decreased by more than 6 points, while the STAI-trait score decreased by more than 3 points. The average number of hours slept per night increased significantly at visit 2 compared to baseline, and a 42% decrease in the average number of	RCT
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Homeopathy	Roll S, et al.	2013	Comparative effectiveness of homoeopathic vs. conventional therapy in usual care of atopic eczema in children: long-term medical and economic outcomes.	PLoS One	8 (1)	e54973		German scientists using a prospective multi-centre, comparative, observational, non-randomized, rater-blinded study design, looked at the effects of either individualised homeopathic or conventional therapy for 135 children diagnosed with mild to moderate atopic eczema. The main outcome was via the SCORAD (SCORing Atopic Dermatitis) rating system at 36 months and was performed by a blinded rater. A multilevel ANCOVA was used, with physician as random effect and the following fixed effects: age, gender, baseline value, severity score, social class and parents' expectation. The concluding assessment showed no statistical differences between the clinical outcomes achieved for both groups. It was also shown that homeopathic treatment was more expensive than conventional therapy.	RCT
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Homeopathy	Zanasi A, et al.	2014	Homeopathic medicine for acute cough in upper respiratory tract infections and acute bronchitis: a randomized, double-blind, placebo-controlled trial.	Pul Pharmacol Ther	27 (1)	102-108		Using a randomized, double blind, placebo controlled clinical trial design, the authors of this study tested the efficacy of a homeopathic syrup in treating cough arising from Upper Respiratory Tract Infections (URTI). 80 people with an URTI-related cough were treated with either the homeopathic syrup or a placebo for a week, and recorded cough severity in a diary by means of a verbal category-descriptive score for two weeks. Sputum viscosity was assessed with a viscosimeter before and after 4 days of treatment and patients were asked to provide a subjective evaluation of viscosity. On analysis of the results it was shown that in each group, cough scores decreased over time, however, after 4 and 7 days of treatment, cough severity was significantly lower in the homeopathic group than in the placebo group. Sputum was collected from 53 patients: in both groups, viscosity significantly decreased after 4 days of treatment and viscosity was significantly lower in the homeopathic group than in the placebo group.	Cohort study
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Homeopathy	Chand KS, et al.	2014	Homeopathic treatment in addition to standard care in multi drug resistant pulmonary tuberculosis: a randomized, double blind, placebo controlled clinical trial.	Homeopathy	103 (2)	97-107		In the face of a global increase in the number of cases of human multiple drug resistant tuberculosis (MDR-TB), this research was conducted to determine if individualised homeopathy, in addition to standard care, could improve the prognosis for people suffering from this disease. A randomized, double blind, placebo controlled study was conducted with 120 people diagnosed with MDR-TB over 5 years. They were randomised to receive standard regimen + individualised homeopathic medicine (SR + H) or standard regimen + identical placebo (SR + P). The outcome measures were sputum conversion, changes in chest X-ray (CXR), haemoglobin, erythrocyte sedimentation rate (ESR), weight gain, and clinical improvement. An analysis of the results showed an improvement in most of the outcome measures associated with the use of homeopathy, in particular, weight gain, ESR and mean haemoglobin and CXR. In addition, the cure rate was 11.4% more in SR + H group as	RCT
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Homeopathy	Rossi E, et al.	2016	Homeopathic Therapy in Pediatric Atopic Diseases: Short- and Long-Term Results.	Homeopathy	105 (3)	217-224		An Italian team studied the outcomes of atopic diseases (atopic dermatitis, atopic rhinitis and asthma) in 857 children treated with homeopathy at the Homeopathic Clinic of Lucca (Italy) and related long-term results after approximately an 8-year period. The results showed that 75.8% of atopic children had moderate or major improvement (67.1% with asthma as the primary disease; 84.2% rhinitis; 84.2% dermatitis). At re-evaluation after 5-10 years, complete remission of atopic symptoms was obtained in 70.1% of the children: 84.2% in dermatitis; 48.1% in allergic rhinitis; 71.4% in asthma. Children with two or three atopic diseases at the first visit were completely cured in 40% of cases.	Observational study
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Homeopathy	Peckham EJ, et al.	2014	Interim Results of a Randomised Controlled Trial of Homeopathic Treatment for Irritable Bowel Syndrome.	Homeopathy	103 (3)	172-177		A UK research team randomly assigned 94 people diagnosed with irritable bowel syndrome (IBS) to receive one of three interventions- usual care, individualised homeopathic treatment provided by two professional homeopaths plus usual medical care, and supportive listening plus usual medical care. The treatment persisted for 26 weeks and patients were assessed via a change in irritable bowel symptom severity. An interim assessment of the results found no statistically significant difference between the three arms. However, a post-hoc test comparing homeopathic treatment plus usual care to usual care alone found a statistically significant difference in favour of homeopathic treatment. In addition, 62.5 percent of patients in the homeopathic treatment arm (compared to 25.0 percent of those in the usual medical care arm), achieved a clinically relevant change in irritable bowel symptom severity score.	RCT
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Homeopathy	Miglani A, Manchanda RK.	2014	Observational Study of Arctium Lappa in the Treatment of Acne Vulgaris.	Homeopathy	103 (3)	203-207		This uncontrolled observational study, conducted through India's Central Council for Research in Homeopathy, sought to scientifically validate the management of acne, with homeopathically prepared Arctium, which is a relatively common prescription for this problem. 32 people diagnosed with acne vulgaris who met the study's inclusion criteria were given 6C to 1M homeopathic potencies of Arctium over a period of 6 months. Assessment was done by observing the change in acne lesion counts supplemented with Global Acne Grading System (GAGS) and subjective assessment by using Acne-Specific Quality of Life questionnaire (Acne-QoL). The results displayed statistically significant improvement in all of the parameters measured.	RCT
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Homeopathy	Frass M, et al.	2015	Influence of Adjunctive Classical Homeopathy on Global Health Status and Subjective Wellbeing in Cancer Patients - A Pragmatic Randomized Controlled Trial.	Complement Ther Med	23 (3)	309-317		The Medical University of Vienna was the setting for this randomised, controlled work that looked at whether homeopathy has the capacity to influence global health status and subjective wellbeing, when used as an adjunct to conventional cancer therapy. 410 people diagnosed with cancer were treated either with standard anti-neoplastic or individualised homeopathic adjunctive therapy in addition to standard therapy. The main outcome measures were global health status and subjective wellbeing, as assessed by the patients. At each of three visits (one baseline, two follow-up visits), patients filled in two different questionnaires. The improvement of global health status between visits 1 and 3 was significantly stronger in the homeopathy group ($p=0.005$) when compared with the control group. A significant group difference was also observed with respect to subjective wellbeing by ($p<0.001$) in favour of the homeopathic as compared with the control group. Control patients	Cohort study
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Homeopathy	Macias-Cortes EC, et al.	2015	Individualised Homeopathic Treatment And Fluoxetine For Moderate To Severe Depression In Peri- And Postmenopausal Women (HOMDEP-MENOP study): A Randomized, Double-Dummy, Double-Blind, Placebo-Controlled Trial.	PLoS One	10 (3)	e0118440		<p>Researchers working in a public hospital in Mexico City assessed the efficacy and safety of individualised homeopathic treatment versus placebo and fluoxetine versus placebo in peri- and postmenopausal women with moderate to severe depression. The research model used was a randomized, placebo-controlled, double-blind, double-dummy, superiority, three-arm trial with a 6 week follow-up. 133 peri- and postmenopausal hospital outpatients diagnosed with major depression according to DSM-IV (moderate to severe intensity) were included in the study. The outcomes were: change in the mean total score among groups on the 17-item Hamilton Rating Scale for Depression, Beck Depression Inventory and Greene Scale, after 6 weeks of treatment, response and remission rates, and safety. Efficacy data were analysed in the intention-to-treat population (ANOVA with Bonferroni post-hoc test). Fluoxetine acted as a positive control. After 6 weeks of treatment, it was shown that</p>	Cohort study
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Homeopathy	Saha S, et al.	2015	Documentation Of Prescriptions And Clinical Outcomes In A Homeopathic Hospital Setting In West Bengal, India.	J Evid Based Complement Altern Med	20 (3)	180-185		<p>This work was designed to assess prescriptions and clinical outcomes in routine homeopathic practice. Six homeopathic physicians participated in methodical data collection over a 3-month period in 6 outpatient departments of Mahesh Bhattacharyya Homeopathic Medical College and Hospital, West Bengal, India. A specifically designed Microsoft Excel spreadsheet enabled recording of consecutive appointments-date, patient identity, medical condition/complaint, whether chronic/acute, new/follow-up case, patient-assessed outcome (7-point Likert-type scale: -3 to +3), prescribed homeopathic medication, and whether other medication/s being taken for the condition. Spreadsheets were submitted monthly for data synthesis and analysis. A total of 1972 patients' follow-up generated data of 2905 appointments, of which 2272 (78.2%) were positive, 183 (6.3%) negative, and 450 (15.5%) showed no change. Strongly positive outcomes (scores of +2/+3) were recorded in osteoarthritis,</p>	RCT
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Homeopathy	Brule D, et al.	2014	An Open-Label Pilot Study Of Homeopathic Treatment Of Attention Deficit Hyperactivity Disorder In Children And Youth.	Forsch Komplementmed	21 (5)	302-309		<p>Researchers attempted to determine the effects of individualised homeopathic therapy for attention deficit hyperactivity disorder (ADHD). Participants (aged 6-16) were recruited through community advertisement and outreach. Participants completed 1 screening and 9 individualised homeopathic follow-up consultations. ADHD symptoms were assessed using the Conners 3 - Parent Questionnaire administered at each consultation. The pre- and post-study difference in Conners Global Index - Parent (CGI-P) T-score was evaluated for each participant. Baseline data of those who showed a statistically significant improvement (responders) were compared to those who did not (non-responders). 35 participants were enrolled over 11 months. 80% completed all 10 consultations in a median of 12.1 months. 63% had a statistically significant improvement in the primary outcome, first occurring after a mean of 4.5 visits. Overall scores for participants completing at least 2 data points decreased from a</p>	RCT
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Homeopathy	Malapane E, Solomon EM, Pellow J.	2014	Efficacy Of A Homeopathic Complex On Acute Viral Tonsillitis.	J Altern Complement Med	20 (11)	868-873		This study aimed to determine the efficacy of a homeopathic complex on the symptoms of acute viral tonsillitis in children in South Africa using a randomised, double-blind, placebo-controlled design. Thirty children aged 6 to 12 years and diagnosed with acute viral tonsillitis were recruited from a primary school in Gauteng, South Africa. Participants took two tablets containing a homeopathic combination four times daily for 6 days. The treatment group received lactose tablets medicated with the homeopathic combination (Atropa belladonna 4X, Calcarea phosphoricum 4X, Hepar sulphuris 4X, Kalium bichromat 4X, Kalium muriaticum 4X, Mercurius protoiodid 10X, and Mercurius biniodid 10X). The placebo consisted of unmedicated lactose tablets. Symptoms were assessed using the Wong-Baker FACES Pain Rating Scale measured pain intensity, and a Symptom Grading Scale. The results showed that the treatment group had a statistically significant improvement in the following	RCT
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Homeopathy	Mourao LC, et al.	2014	Additional Effects Of Homeopathy On Chronic Periodontitis: A 1-year Follow-Up Randomized Clinical Trial.	Complement Ther Clin Pract	20 (3)	141-146		Periodontology experts from Brazil tested the hypothesis that homeopathy (H) enhances the effects of scaling and root planing (SRP) in patients with chronic periodontitis (CP). To do this, 50 patients with CP were randomly allocated to one of two treatment groups: SRP (C-G) or SRP + H (H-G). Assessments were made at baseline and after 3 and 12 months of treatments. The local and systemic responses to the treatments were evaluated by clinical and serologic parameters, respectively. After analysing the results it was found that both groups displayed significant improvements, however, using clinical attachment gain and reductions in HDL, LDL and total cholesterol, triglycerides, glucose and uric acid, from baseline to 1 year, as criteria for treatment success, H-G performed significantly better than C-G.	Cohort study
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Homeopathy	Naidoo P, Pellow J.	2013	A Randomized Placebo-Controlled Pilot Study of Cat Saliva 9cH and Histaminum 9cH in Cat Allergic Adults.	Homeopathy	102 (2)	123-129		A team from the University of Johannesburg conducted a study designed to determine the effect of Cat saliva 9C and Histaminum 9C (combined) on cat allergic adults. 30 participants with a positive test result for a cat allergy skin prick test (SPT) were recruited to a double-blind, randomised, placebo controlled clinical trial. Participants took two tablets twice daily for 4 weeks of either a placebo, or a combination of the Cat saliva and Histaminum, and attended a follow-up consultation at the end of weeks 2 and 4. The measurement tool used was the SPT, conducted at the beginning and at the end of the study. The active medicine produced a statistically significant reduction in the wheal diameter of the cat allergen SPT at the end of week 4. The placebo group showed no statistically significant change.	Cohort study
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Homeopathy	Rossi E, et al.	2012	Long-Term Results in Children with Atopic Dermatitis.	Homeopathy	101 (1)	13-20		<p>Researchers from Tuscany in Italy studied the socio-demographic features and the results of homeopathic treatment for atopic diseases in children. This was an observational longitudinal study carried out on 213 children with atopic diseases out of 551 children consecutively examined from September 1998 to December 2008. The team used the Glasgow Homeopathic Hospital Outcome Score to evaluate the results that were classified on the basis of a Likert scale. Eighty-three (39%) children were affected by asthma, 51 (24%) by allergic rhinoconjunctivitis, 76 (36%) by atopic dermatitis (AD) and 3 (1%) by food intolerance. 104 children were available for follow-up and 65 (62.5%) of them reported a major improvement or resolution. The parents of paediatric patients suffering from AD, who had started homeopathic treatment at <4.9 years of age were invited to follow-up assessment 8 years later and 40 children (mean age 12.9) were</p>	Observational study
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Homeopathy	Bell IR, et al.	2012	Nonlinear Dynamical Systems Effects of Homeopathic Remedies on Multiscale Entropy and Correlation Dimension of Slow Wave Sleep EEG in Young Adults with Histories of Coffee-induced Insomnia.	Homeopathy	101 (3)	182-192		<p>Researchers from the University of Arizona investigated homeopathic medicine related sleep stage alterations in human subjects by testing the feasibility of using two different nonlinear dynamical systems (NDS) analytic approaches to assess remedy effects on human slow wave sleep EEG. To do this, 54 young adult male and female college students with a history of coffee-related insomnia participated in a 4-week study of the polysomnographic effects of homeopathic medicines on home-based all-night sleep recordings. Subjects took one bedtime dose of a homeopathic remedy (Coffea cruda 30C or Nux vomica 30C). The team computed multiscale entropy (MSE) and the correlation dimension (Mekler-D2) for stages 3 and 4 slow wave sleep EEG sampled in artefact-free 2-min segments during the first two rapid-eye-movement (REM) cycles for remedy and post-remedy nights, controlling for placebo and post-placebo night effects. MSE results indicated significant, remedy-specific</p>	Comparative study
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Homeopathy	Shafei HF, Abdel Dayem SM, Mohamed NH.	2012	Individualised Homeopathy in a Group of Egyptian Asthmatic Children.	Homeopathy	101 (4)	2240230		Using a prospective observational longitudinal study design, workers from the, National Research Center in Cairo evaluated individualised homeopathy as an adjunctive treatment for bronchial asthma in children. The effects of homeopathic medicines were assessed in 30 children with asthma as an adjunct to conventional treatment. The main outcome measures were frequency of attacks, use of medication, night awakening and spirometry at baseline and at follow-up till 6 months. An analysis of the results showed clinically relevant and statistically significant changes in asthma severity, indicating relative improvements after 3 months and absolute improvements after 6 months of treatment by homeopathic medicines, providing evidence that homeopathic medicines, as prescribed by experienced homeopathic practitioners, improve severity of asthma in children.	Observational study
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Homeopathy	Hati AK, et al.	2012	Constitutional, Organopathic and Combined Homeopathic Treatment of Benign Prostatic Hypertrophy: a Clinical Trial.	Homeopathy	101 (4)	217-223		<p>A team of Indian scientists compared homeopathic treatment strategies using constitutional medicines (CM) or organopathic medicines (OM) alone or in combination (BCOM) in patients suffering from benign prostatic hypertrophy (BPH). 220 men aged 30-90 years were recruited in Odisha, India. Patients presenting with symptoms of prostatism, with or without evidence of bladder outflow obstruction, were included in the study. Patients with serum prostate specific antigen (PSA) > 4 nmol/mL, malignancy, complete urine retention, stone formation and gross bilateral hydronephrosis were excluded. Patients were sequentially allocated to OM, CM or BCOM. The main outcome measure was the International Prostate Symptom Score (IPSS). 73, 70 and 77 patients respectively were sequentially allocated to OM, CM or BCOM. 180 patients (60 per group) completed treatment and were included in the final analysis. Overall 85% of patients showed improvement of subjective symptoms such as</p>	Observational study
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Homeopathy	Mehra P	2014	Usefulness of Homoeopathy in Essential Hypertension: An Exploratory Interventional Trial.	Homeopathy	103 (1)	88		This examined the usefulness of homoeopathic medicines in the management of essential hypertension (EH). The study was conducted at the Dharam Kiran Govt. Homoeopathic Hospital, Hyderabad from 2004-06. 30 people diagnosed EH were enrolled from the outpatients department of the hospital. Individualised homeopathic medicines were prescribed and modifiable risk factors such as obesity excess salt intake, alcohol consumption etc. were recorded at baseline. The cases with Stage II hypertension as per Joint National Committee on prevention, detection, evaluation and treatment of high blood pressure VII report (JNC VII) were followed up every 15 days and cases with Stage I hypertension were followed every one month for one year. Status was assessed considering changes in staging according to the JNC VII and general health. The main outcome measure was the change in blood pressure in Stage I and II hypertension..Data was analysed by using statistical software SPSS version	Observational study
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Homeopathy	Nayak C, et al.	2013	A Prospective Multi-centric Open Clinical Trial of Homeopathy in Diabetic Distal Symmetric Polyneuropathy.	Homeopathy	102 (2)	130-138		A prospective multi-centric clinical observational study was carried out to evaluate homeopathic treatment in the management of diabetic distal symmetric polyneuropathy. It was conducted from October 2005 to September 2009 by the Central Council for Research in Homeopathy (CCRH) (India) at its five Institutes/Units. Patients suffering from diabetes mellitus (DM) and presenting with symptoms of diabetic polyneuropathy (DPN) were screened, investigated and were enrolled in the study after fulfilling the inclusion and exclusion criteria. Patients were evaluated using the Diabetic Distal Symmetric Polyneuropathy Symptom Score (DDSPSS) developed by the Council. A total of 15 homeopathic medicines were identified after repertorising the nosological symptoms and signs of the disease. The appropriate constitutional medicine was selected and prescribed in 30C, 200C and 1M potency on an individualised basis. Patients were followed up regularly for 12 months. Out of 336 patients (167 males and 169 females), 167 patients were included in the study.	Cohort study
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Homeopathy	Wadhwani GG.	2013	Homeopathic Drug Therapy Homeopathy in Chikungunya Fever and Post-Chikungunya Chronic Arthritis: An Observational Study.	Homeopathy	102 (3)	193-198		<p>The objective of this Indian study was to observe the effect of homeopathic therapy in Chikungunya Fever (CF) and in Post-Chikungunya Chronic Arthritis (PCCA) in a primary health care setting using a prospective observational study design. It was conducted at the Delhi Government Homeopathic Dispensary, Aali Village, New Delhi, India, from the 1st of October 2010 to the 31st of March 2011. 126 patients (75 CF and 51 PCCA) were enrolled based on predefined inclusion criteria. A single homeopathic medicine was prescribed for each patient after case taking with the help of a homeopathic materia medica and/or repertory. Results were evaluated on the basis of visual analogue scale and symptom scores. Complete recovery was seen in 84.5% CF cases in a mean time of 6.8 days. 90% cases of PCCA recovered completely in a mean time of 32.5 days.</p>	RCT
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Homeopathy	Mathie R, et al.	2013	Homeopathic Treatment of Patients with Influenza-like Illness during the 2009 A/H1N1 Influenza Pandemic in India.	Homeopathy	102 (3)	187-192		<p>This prospective, multi-centre, data collection survey was carried out to examine the practice of homeopathic practitioners in India in the management of influenza-like illness in India during the 2009 pandemic of A/H1N1 influenza ('swine flu', SF) with respect to: (a) patients' symptoms at presentation and at follow-up (FU) consultation; (b) homeopathic medicines prescribed. Data collection took place from October 2009 to February 2010, at the peak of the pandemic. All patients satisfying the minimum diagnostic symptoms of SF were eligible for inclusion. Data per appointment (in person or by telephone) were recorded by practitioners in spreadsheet format. All records were included: regardless of whether patient was immunised against A/H1N1; influenza symptoms at consultation; the homeopathic medicine/s prescribed; or whether antiviral medicine were prescribed. Twenty-three homeopathic physicians contributed to data collection. At the first appointment, 1126 patients had</p>	RCT
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Homeopathy	Nobel S, et al.	2014	The Efficacy and Safety of a Homeopathic Arnica Gel (Arnicare) in the Treatment of Sports Injury.	Homeopathy	103 (1)	92		A joint US and French research team sought to evaluate the efficacy and safety of a homeopathic Arnica gel (Arnicare) in the treatment of sports related muscular soreness and pain via the use of a randomized, double blind, placebo controlled clinical trial. 120 moderately trained athletes who experienced pain and stiffness after competitive sports games were randomly assigned to receive either a homeopathic gel containing 7% Arnica montana 1X, or a matching placebo, applied to the lower extremities 3 times daily shortly before and after sports games until the resolution of symptoms. Pain and stiffness at different time points were assessed on a 100mm visual analogue scale after three sports games. The overall (baseline adjusted) level of stiffness during the 72 hours following the sports game was significantly less in the Arnicare group as compared to the placebo group (23.7mm versus 29.1mm, P=0.02). With regard to the overall level of pain there was a similar trend that did not reach statistical	RCT
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Homeopathy	Jurcau R, Jurcau I, Vithoukias G..	2014	The Influence of Aconitum Napellus Versus Placebo, on Anxiety and Salivary Cortisol, in Stress Induced by Intense and Short Term Physical Effort.	Homeopathy	103 (1)	72		Authors set out to determine the effects of homeopathically prepared Aconite on anxiety and salivary cortisol, in peri-stress changes induced by intense and short term physical effort, on sedentary subjects. 30 people exhibiting the homeopathic prescribing symptoms for Aconite experienced stress as a result of intense and short term physical effort, via the use of a Monark Ergonomic 839E cycle ergometer. Subjects were assigned to one of three groups. The first, the control group (C), who was not given anything; the second received placebo (P), and the third received Aconite. These interventions were applied before the use of the cycle ergometer. Anxiety and cortisol assessments were carried out on the day following the use of the cycle ergometer. Statistical evaluations were made on the basis of Student test. Although the values for anxiety and salivary cortisol were slightly higher for the C group compared with the P group, the differences between them were not significant. One of the	Comparative study
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Homeopathy	Peckham EJ, et al.	2014	Interim Results of a Randomised Controlled Trial of Homeopathic Treatment for Irritable Bowel Syndrome.	Homeopathy	103 (3)	172-177		<p>This English work describes the effects of homeopathic treatment in irritable bowel syndrome (IBS). A three-armed trial was conducted which compared: usual care, homeopathic treatment plus usual care, and supportive listening plus usual care for IBS. The primary outcome was change in irritable bowel symptom severity score between baseline and 26 weeks, calculated using ANCOVA. An interim ANCOVA adjusted for baseline IBS severity, age and employment status, found no statistically significant differences between the three arms. However, a post-hoc test comparing homeopathic treatment plus usual care to usual care alone found a statistically significant difference in favour of homeopathic treatment. In addition, 62.5 percent of patients in the homeopathic treatment arm (compared to 25.0 percent of those in the usual care arm), achieved a clinically relevant change in irritable bowel symptom severity score, which indicates a promising effect for homeopathic treatment, though these</p>	RCT
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Homeopathy	Danno K, et al.	2014	China rubra for Side-Effects of Quinine: A Prospective, Randomised Study in Pregnant Women with Malaria in Cotonou, Benin.	Homeopathy	103 (3)	165-171		A French team evaluated the impact of the homeopathic medicine, China rubra 7C, on the side-effects of quinine used as a treatment for acute malaria in pregnant women in Cotonou, Benin. Using a prospective, comparative, randomised study design, women were included if they were >3 months pregnant and had a clinical diagnosis of malaria confirmed by a positive thick blood smear. The study population was divided into two groups: (i) patients who presented between the 1st and 15th of each month and who received China rubra 7C plus quinine (China group); and (ii) patients who presented from the 16th to the end of each month and who received treatment with quinine only (Standard group). The aim was to compare the frequency of side-effects of quinine in the two groups until day 6 after the start of treatment. Neither the patients nor the care givers were blinded to the study treatment. A statistical comparison of the two groups was carried out with an alpha risk fixed at 5%. 211 women were	Cohort study
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Homeopathy	Chauhan VK, et al.	2014	Efficacy of Homeopathic Intervention in Subclinical Hypothyroidism With or Without Autoimmune Thyroiditis in Children: An Exploratory Randomized Control Study.	Homeopathy	103 (4)	2240231		This Indian study was an exploratory, randomised, placebo controlled, single blind trial. Out of 5059 Indian school children (6-18 years) screened for thyroid disorders, 537 children had subclinical hypothyroidism/autoimmune thyroiditis (SCH/AIT) and 194 consented to participate in the study. Based on primary outcome measures (TSH and/or antiTPOab) three major groups were formed: Group A- SCH + AIT (n = 38; high TSH with antiTPOab+), Group B- AIT (n = 47; normal TSH with antiTPOab+) and Group C- SCH (n = 109; only high TSH) and were further randomised to two subgroups- verum and control. Individualised homeopathy or identical placebo was given to the respective subgroups. 162 patients completed 18 months of study. Baseline characteristics were similar in all the subgroups. The post treatment serum TSH (Group A and C) returned to normal limits in 85.94% of verum and 64.29% of controls (p < 0.006), while serum AntiTPOab titers (Group A and B) returned within	Comparative study
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Homeopathy	Saha S, et al.	2015	Obstetrics and Gynecology Outpatient Scenario of an Indian Homeopathic Hospital: A Prospective, Research-Targeted Study.	Journal of Traditional and Complementary Medicine	6 (2)	n/a		The authors of this study aimed to document prescriptions and clinical outcomes in routine homeopathic practice to short list promising areas of targeted research and efficacy trials of homeopathy in obstetrics and gynaecology (O&G). Three homeopathic physicians participated in methodical data collection over a 3-month period in the O&G outpatient setting of The Calcutta Homeopathic Medical College and Hospital, West Bengal, India. A specifically designed Excel spreadsheet was used to record data on consecutive appointments, including date, patient identity, socioeconomic status, place of abode, religion, medical condition/complaint, whether chronic/acute, new/follow-up case, patient-assessed outcome (7-point Likert scale), prescribed homeopathic medication, and whether other medication/s was being taken for the condition. These spreadsheets were submitted monthly for data synthesis and analysis. Data on 878 appointments (429 patients) were collected, of which 61% were positive,	Comparative study
Homeopathy	Taylor JA, Jacobs J.	2011	Homeopathic Ear Drops As An Adjunct To Standard Therapy In Children With Acute Otitis Media.	Homeopathy	100 (3)	109-115		94 children diagnosed with acute otitis media were randomly assigned to receive either standard medical care or homeopathic ear drops. The treatment was given for 5 days and the symptoms were monitored by the children's parents using a rating scale for 5 symptoms of the disease. The results showed a statistically significant superiority of response to the homeopathic ear drops compared to standard medical treatment and the rate of symptom improvement occurred more rapidly in those children who were given homeopathics.	RCT

Homeopathy	Fibert P, et al.	2016	A Comparative Consecutive Case Series of 20 Children With a Diagnosis of ADHD Receiving Homeopathic Treatment, Compared With 10 Children Receiving Usual Care.	Homeopathy	105 (2)	194-201		This UK research compared the clinical effects of individualised homeopathic treatment for 1 year in 20 children diagnosed with ADHD, with standard treatment for 10 children diagnosed with the same condition for 4 months. Parents completed Conners' Parent Rating Scale, Revised Long Version (CPRS-R:L) and Measure Your Own Medical Outcome Profile (MYMOP) every consultation at baseline and every 4 months, from which DSMIV total scores were extracted;. The use of homeopathy was associated with statistically significant improvements in criminality and anger and improvements in children with a concomitant diagnosis of Autism Spectrum Disorder in treated children over the year:	Cohort study
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Homeopathy	Jong M, et al.	2016	A Randomized Open Comparative Clinical Trial on the Effectiveness, Safety and Tolerability of a Homeopathic Medicinal Product for Frequent Acute Upper Respiratory Tract Infections in Children.	Homeopathy	105 (1)	16		This European study looked at the clinical effect of a complex of homeopathically potentised material (Immunokind) in children with upper respiratory tract infection (URTI). The trial design used two parallel treatment groups at four outpatient paediatric clinics in Russia. 201 children with a susceptibility to URTI (three or more occasions during the last six months) were randomly assigned to receive the complex or an identical placebo for 3 weeks and were then followed up at 6 months post-treatment. The primary effectiveness endpoint was a change in the frequency of the URTI after 3 and 6 months of follow-up compared to baseline frequency of URTI (last 12 months prior to study). Secondary endpoints were changes in total complaints, symptom scores, antibiotic use, treatment satisfaction, tolerability and safety. An analysis of the results showed that Immunokind tablets appeared to be effective in preventing recurrent URTI's.	Cohort study
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Homeopathy	Phing TC.	2016	A Retrospective Cohort Study on the Efficacy of Homeopathy Compared to Homeopathy Plus Conventional Medicine in the Treatment of Hypertension.	Homeopathy	105 (1)	11-Dec		This Malaysian research aimed to evaluate the effects of homeopathic treatment compared to integrated treatment using homeopathy plus conventional pharmacotherapy for hypertension. Data was collected at the National Academy of Homoeopathy in, Maharashtra India from the Shaad Homoeopathic Hospital Complex & Research Centre. Data from 41 people diagnosed with hypertension was used in the study. 22 had been treated with homeopathy and 19 with integrated therapy. Statistical results calculated using repeated ANOVA suggested that homeopathy on its own is as efficacious as homeopathy plus conventional pharmacotherapy in the treatment of hypertension.	Cohort study
Homeopathy	Brule D, et al.	2016	Feasibility and Clinical Results of a Pilot Trial of Individualized Homeopathic Treatment of Fatigue in Children Receiving Chemotherapy.	Homeopathy	105 (1)	n/a		A Canadian team from the Hospital for Sick Children set about examining the effects of individualised homeopathic treatment for fatigue in people aged 2-18 years receiving chemotherapy. 8 people diagnosed with various forms of cancer and who were receiving chemotherapy were treated with homeopathy and completed 14 days of assessment. symptom scores, and proxy-report fatigue scores in general fatigue and sleep/rest fatigue. The results showed a significant improvement of fatigue over the study period.	RCT

Homeopathy	Pandey V.	2016	Hay Fever and Homeopathy: A Case Series Evaluation.	Homeopathy	105 (2)	202-208		This uncontrolled UK research assessed the clinical effectiveness of individualised homeopathic treatment in the alleviation of hay fever symptoms in a typical clinical setting. 8 people diagnosed with hay fever completed a Measure Yourself Medical Outcome Profile (MYMOP) self-evaluation questionnaires at baseline and again after two weeks and four weeks of homeopathic treatment. The average MYMOP scores for the eyes, nose, and general wellbeing had improved significantly after two and four weeks of homeopathic treatment. The overall average MYMOP profile score at baseline was 3.83. After 14 and 28 days of treatment the average score had fallen to 1.14 and 1.06 respectively.	Cohort study
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Homeopathy	Taylor JA, Jacobs J.	2016	Homeopathic Treatment of Respiratory Illnesses in Children: Results From Two Randomized Trials.	Homeopathy	105 (1)	15		University of Washington researchers carried out investigations to determine what effects, if any, homeopathic preparations provided in the treatment of Acute Otitis Media (AOM) or Upper Respiratory Tract Infection (URTI) in children. In the first study, children aged 6 months to 11 years, diagnosed with AOM and managed with a delayed antibiotic approach, were randomised to standard therapy alone or standard therapy plus a homeopathic ear drop preparation. The primary outcome was whether or not an antibiotic prescription given at the index visit was filled; and any subsequent antibiotic use was a secondary outcome. During the 12-15 day follow-up period, significantly fewer parents of children randomised to the homeopathic ear drops group filled the antibiotic prescription compared to those of children receiving standard therapy alone (26.9% and 41.2%, respectively). In the second study, children ages 2-5 years old diagnosed with an URTI were randomised to	Cohort study
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Homeopathy	Ferreri R, et al.	2016	The Clinical Experience in the Centre of Integrated Medicine, Pitigliano Hospital Using Magistral Homeopathic Formulations: Results in Outpatients Affected by Chronic Diseases and Considerations on the Chronic Care Model Integrated with Homeopathic Approach.	Homeopathy	105 (1)	n/a		An Italian team recorded the outcomes of the treatment of people suffering from chronic ailments using homeopathically prepared combination products. Data from 1600 people were collected and assessed using the Edmonton scale, SF12, family and work performance evaluations. Broadly, the results were as follows. For recurrent respiratory syndromes, an averaged 85% reduction in the use of conventional therapies (antibiotics, anti-asthmatics, and corticosteroids) was seen. In people suffering from rheumatic disorders, reductions in pain were noted as well as a reduction in the use of conventional medicines. For those presenting with tinnitus an averaged reduction in symptoms of 45% was observed. Allergy sufferers experienced a 75-100% reduction in conventional medicine use and those presenting with chronic pain conditions (headache, migraine etc) reported reductions in pain ranging from 45-84%.	RCT
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Homeopathy	van Heerden HJ, Razlog R, Pellow J.	2016	Pilot Study on the Homeopathic Treatment of Binge Eating in Males.	Alth Ther in Health and Med	April, 22 Suppl.	8013		This work from the University of Johannesburg in South Africa sought to measure the efficacy of individualised homeopathic treatment for binge eating in adult males. A 3 week baseline period was used which was followed by a 6 week treatment period and assessment was carried using a self-assessment calendar (SAC), recording the frequency and intensity of bingeing, the Binge Eating Scale (BES), a psychometric evaluation of severity, and case analysis evaluating changes with time. 10 males who were diagnosed as binge eaters were prescribed individualised homeopathic treatment. The study found a statistically significant improvement with regard to the BES and the SAC, with a large effect size, indicating that a decrease occurred in the severity and frequency of bingeing behaviour during the study period.	Cohort study
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Homeopathy	van Haselen R, et al.	2016	The Effectiveness and Safety of a Homeopathic Medicinal Product in Pediatric Upper Respiratory Tract Infections With Fever: A Randomized Controlled Trial.	Global Pediatric Health	4 (3)	n/a		The authors of this study investigated the clinical effectiveness of a homeopathic add-on therapy in a paediatric subpopulation with upper respiratory tract infections (URTI's). Patients received either on-demand symptomatic standard treatment (ST-group) or the same ST plus a homeopathic medication (Influcid; IFC-group) for 7 days. Outcome assessment was based on symptom and fever resolution and the Wisconsin Upper Respiratory Symptom Survey-21 (WURSS-21). A total of 261 children (<12 years) (130 IFC-group; 131 ST group) were recruited in Germany and the Ukraine. An analysis of the results of this research found that the IFC-group used less symptomatic medication, symptoms resolved significantly earlier, had higher proportions of fever-free children from day 3 onwards, and the WURSS-assessed global disease severity was significantly less during the entire URTI episode than the ST group.	Observational study
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Homeopathy	Grimaldi-Bensouda L, et al.	2016	Homeopathic Medical Practice for Anxiety and Depression in Primary Care: The EPI3 Cohort Study.	BMC Complementary and Alternative Medicine	16	125		<p>This French study compared the use of conventional psychotropic drugs among people seeking care for anxiety and depression disorders (ADDs) from general practitioners (GPs) who strictly prescribe conventional medicines (GP-CM), regularly prescribe homeopathy in a mixed practice (GP-Mx), or are certified homeopathic GPs (GP-Ho). Assessment was via the Hospital Anxiety and Depression Scale, HADS) as assessments were carried out at baseline, and at 1,3 and 12 months. 710 people who met the inclusion criteria participated in the study. The authors concluded that patients with ADD, who chose to consult GPs prescribing homeopathy reported less use of psychotropic drugs, and were marginally more likely to experience clinical improvement, than patients managed with conventional care.</p>	Cohort study
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Homeopathy	Beghi GM, Morselli-Labate AM.	2016	Does Homeopathic Medicine Have a Preventive Effect on Respiratory Tract Infections? A Real Life Observational Study.	Multidisciplinary Respiratory Medicine	11	12		The goal of this controlled observational study was to investigate the role of a homeopathically prepared medicine (Anas barb) in preventing respiratory tract infections (RTIs). The authors analysed data from 459 people suffering from RTI's, 248 of whom were treated with Anas, and 211 were not treated. All were followed-up for at least 1 year, and up to a maximum of 10 years. A significant reduction in the frequency of onset of RTIs was found in both the homeopathic medicine group and the untreated group. The reduction in the mean number of RTI episodes during the period of observation versus the year before inclusion in the study was significantly greater in the homeopathic-treated group than in untreated patients.	RCT
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Homeopathy	Uchiyama-Tanaka Y.	2017	Case Study of Homeopathic Bowel Nosode Remedies for Dysbiotic Japanese Patients.	J Altern Complement Med	24/(2)	187-192		<p>Bowel nosodes made from the intestinal bacteria of European patients from the 1900s were administered to Japanese patients suffering from gastrointestinal disturbances, such as constipation and diarrhoea, to determine their therapeutic efficacy. Twenty-eight outpatients from Yoko Clinic (11 males, 17 females; age range, 4-72 years) were enrolled in this study. One nosode remedy was selected for each case. Patients took six pills for 2 days. After a month, the effect of each treatment was evaluated using the Glasgow Homeopathic Hospital Outcome Scale (grade +4 to -4). Patient numbers for each grade was +4 (N = 2), +3 (N = 4), +2 (N = 7), +1 (N = 3), 0 (N = 7), with no negative grades. Of the 23 patients treated, 69.6% showed some type of improvement, and no harmful effects from taking bowel nosodes were observed. 26% of patients showed major improvement or were "cured."</p>	RCT
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Homeopathy	Palm J, et al.	2017	Effectiveness of an add-on treatment with the homeopathic medication SilAatro-5-90 in recurrent tonsillitis: An international, pragmatic, randomized, controlled clinical trial.	Complement Ther Clin Pract	28	181-191		In this international, pragmatic, controlled clinical trial, the research team investigated the effectiveness and safety of the homeopathic product SilAatro-5-90 in recurrent tonsillitis. 256 patients (6-60 years) with moderate recurrent tonsillitis were randomised to receive either SilAatro-5-90 in addition to standard symptomatic treatment, or to receive standard treatment only. The primary outcome was the mean time period between consecutive acute throat infections (ATI) within 1 year (analysed via repeated events analysis). During the evaluation year, the risk of getting an ATI was significantly lower (hazard ratio: 0.45, proportional means model, $p = 0.0002$, ITT) with SilAatro-5-90 compared to control. Tonsillitis-specific symptoms were significantly reduced ($p < 0.0001$, ITT) and the need of antibiotics to treat acute throat infections ($p = 0.0008$; ITT) decreased. 3 non-serious adverse drug reactions were reported for SilAatro-5-90.	RCT
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Homeopathy	van Haselen R, et al.	2016	The Effectiveness and Safety of a Homeopathic Medicinal Product in Pediatric Upper Respiratory Tract Infections With Fever: A Randomized Controlled Trial.	Glob Pediatr Health	4 (3)	2333794X16654851		<p>Researchers in this trial investigated the clinical effectiveness of homeopathic add-on therapy in a paediatric subpopulation with upper respiratory tract infections (URTI) in a randomised, controlled, multinational clinical trial. Patients received either on-demand symptomatic standard treatment (ST-group) or the same ST plus a homeopathic combination (Influcid; IFC-group) for 7 days. Outcome assessment was based on symptom and fever resolution and the Wisconsin Upper Respiratory Symptom Survey-21 (WURSS-21). A total of 261 (<12 years) patients (130 IFC-group; 131 ST-group) were recruited in Germany and the Ukraine. The IFC-group used less symptomatic medication, symptoms resolved significantly earlier ($P = .0001$), had higher proportions of fever-free children from day 3 onwards, and the WURSS-assessed global disease severity was significantly less ($P < .0001$) during the entire URTI episode than the ST group. IFC as add-on treatment in paediatric URTI reduced</p>	RCT
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Homeopathy	Alizadeh Charabandabi SM, Biglu MH, Yousefi Rad K.	2016	Effect of Homeopathy on Pain Intensity and Quality Of Life of Students With Primary Dysmenorrhea: A Randomized Controlled Trial.	Iran Red Crescent Med J	18 (9)	e30902		<p>The objective here was to evaluate an association between homeopathy and pain relief and quality of life improvement in a double-blind placebo-controlled randomised trial with 2 parallel arms. 54 students with primary dysmenorrhea residing at the dormitories of the Tabriz University of Medical Sciences, Iran, who had moderate or severe menstrual pain, were randomised to receive either a homeopathic remedy or placebo. The homeopath and participants were blinded to treatment assignment. Primary outcomes were pain intensity and quality of life assessed using a 10-cm visual analogue scale and short-form 36 (SF-36), respectively, and the secondary outcome was number of analgesic pills used. Each group initially comprised 27 students; with 26 in the homeopathic group and 21 in the placebo group able to be followed up. Compared with the baseline scores, statistically significant improvements were observed in pain intensity ($P = 0.021$) and physical health ($P = 0.020$) scores only in the homeopathic group;</p>	Cohort study
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Homeopathy	Jacobs J, Taylor JA.	2016	A randomized controlled trial of a homeopathic syrup in the treatment of cold symptoms in young children.	Complement Ther Med	29	229-234		<p>This study was conducted to determine if a homeopathic syrup was effective in treating cold symptoms in preschool children. Children 2-5 years old diagnosed with an upper respiratory tract infection were randomised to receive a commercial homeopathic cold syrup or placebo. Parents administered the study medication as needed for 3 days. The primary outcome was a change in symptoms 1 hour after each dose. Parents also assessed the severity of each of the symptoms of runny nose, cough, congestion and sneezing at baseline and twice daily for 3 days, using a 4-point rating scale. A composite cold score was calculated by combining the values for each of the four symptoms. Among 261 eligible participants, data on 957 doses of study medication in 154 children were analysed. Analysis of twice daily data on the severity of cold symptoms compared to baseline values found that improvements in sneezing, cough and the composite cold score were significantly greater in the first day</p>	RCT
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Homeopathy	To KLA, et al.	2017	Individualized homeopathic treatment in addition to conventional treatment in type II diabetic patients in Hong Kong - a retrospective cohort study.	Homeopathy	106 (2)	79-86		This retrospective cohort study aimed to investigate the effectiveness of individualised homeopathic treatment in glycaemic control at a private homeopathic centre in Hong Kong. 27 adults aged 37-84 years were treated with individualised homeopathic remedies between 2012 and 2015. Published data on 40 T2DM patients under standard conventional treatment in Hong Kong were used as a control. The main outcome measures were changes in fasting plasma glucose (FPG) and glycated haemoglobin (HbA1c) at 12-months or the last follow-up, whichever was earlier. Compared with the conventional treatment only group, the homeopathy group had higher baseline FPG ($p = 0.044$), and more patients had a long (>20 years) duration of diabetes ($p = 0.006$), and a history of cardiac events ($p = 0.022$). The mean difference in FPG in the homeopathy group was significantly greater than in the control after 12 months: -2.24 mmol/L (95% confidence interval [CI]: -3.47 to -1.01)	Observational study
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Homeopathy	Viksveen P, Relton C, Nicholl J.	2017	Depressed patients treated by homeopaths: a randomised controlled trial using the "cohort multiple randomised controlled trial" (cmRCT) design.	Trials	18 (1)	299		A pragmatic trial using the "cohort multiple randomised controlled trial" design was used to test the effectiveness of adjunctive treatment by homeopaths compared to usual care alone, over a period of 12 months in patients with self-reported depression. One third of patients were randomly selected for an offer of treatment provided by a homeopath. The primary outcome measure was the Patient Health Questionnaire (PHQ-9) at 6 months. Secondary outcomes included depression scores at 12 months; and the Generalised Anxiety Disorder (GAD-7) outcome at 6 and 12 months. The trial over-recruited by 17% with a total of 566 patients. 40% took up the offer and received treatment. An intention-to-treat analysis of the offer group at 6 months reported a 1.4-point lower mean depression score than the no offer group (95% CI 0.2, 2.5, $p = 0.019$), with a small standardised treatment effect size ($d = 0.30$). Using instrumental variables analysis, a moderate treatment effect size in	Comparative study
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Homeopathy	Karp JC, et al.	2016	Treatment with Ruta graveolens 5CH and Rhus toxicodendron 9CH may reduce joint pain and stiffness linked to aromatase inhibitors in women with early breast cancer: results of a pilot observational study.	Homeopathy	105 (4)	299-308		The aim in this study was to determine the possible effect of two homeopathic medicines, Ruta graveolens 5CH and Rhus toxicodendron 9CH, in the prevention of aromatase inhibitor (AI) associated joint pain and/or stiffness in women with early, hormone-receptor positive, breast cancer. Women were recruited in two groups, according to which of the two study centres they attended: one receiving homeopathy in addition to standard treatment (group H) and a control group, receiving standard treatment (group C). All women were treated with an AI. In addition, women in group H also took Ruta graveolens 5CH and Rhus toxicodendron 9CH (5 granules, twice a day) up to 7 days before starting AI treatment. The homeopathic medicines were continued for 3 months. Clinical data were recorded using a self-assessment questionnaire at inclusion (T0) and 3 months (T3). Primary evaluation criteria were the evolution of scores for joint pain and stiffness, the impact of pain on sleep and analgesic	RCT
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Homeopathy	Palm J, et al.	2017	Effectiveness of an add-on treatment with the homeopathic medication SilAtro-5-90 in recurrent tonsillitis	Complement Ther Clin Pract	28	181-191		In this international, pragmatic, controlled clinical trial, 256 patients (6-60 years) with moderate recurrent tonsillitis were randomised to receive either SilAtro-5-90, a homeopathic combination, in addition to standard symptomatic treatment, or to receive standard treatment only. The primary outcome was the mean time period between consecutive acute throat infections (ATI) within 1 year (analysed via repeated events analysis). During the evaluation year, the risk of getting an ATI was significantly lower (hazard ratio: 0.45, proportional means model, $p = 0.0002$, ITT) with SilAtro-5-90 compared to control. Tonsillitis-specific symptoms were significantly reduced ($p < 0.0001$, ITT) and the need of antibiotics to treat acute throat infections ($p = 0.0008$; ITT) decreased.	RCT
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Homeopathy	Sorrentino L, et al.	2017	Is there a role for homeopathy in breast cancer surgery? A first randomized clinical trial on treatment with Arnica montana to reduce post-operative seroma and bleeding in patients undergoing total mastectomy.	J Intercult Ethnopharmacol	6 (1)	1-Aug		This study aimed to evaluate the benefits of homeopathically prepared Arnica montana on post-operative blood loss and seroma production in women undergoing unilateral total mastectomy by administering Arnica Montana 1000 Korsakovian dilution (1000 K). From 2012 to 2014, 53 women were randomly assigned to A. montana or placebo and were followed up for 5 days. The main end point was the reduction in blood and serum volumes collected in drainages. Secondary end points were duration of drainage, a self-evaluation of pain, and the presence of bruising or hematomas. The results showed that the use of Arnica 1000 K was associated with a reduced post-operative blood and seroma collection.	Cohort study
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Homeopathy	Teixeira MZ, Podgaec S, Baracat EC.	2017	Potentized estrogen in homeopathic treatment of endometriosis-associated pelvic pain: A 24-week, randomized, double-blind, placebo-controlled study.	Eur J Obstet Gynecol Reprod Biol	211	48-55		This work looked at the possible efficacy and safety of potentised oestrogen compared to placebo in the homeopathic treatment of endometriosis-associated pelvic pain (EAPP). Researchers enrolled 50 women aged 18-45 years old with diagnoses of deeply infiltrating endometriosis based on magnetic resonance imaging or transvaginal ultrasound after bowel preparation, and who scored ≥ 5 on a visual analogue scale (VAS: range 0 to 10) for endometriosis-associated pelvic pain. Potentised oestrogen (12C, 18C and 24C) or placebo was administered twice daily per oral route. The primary outcome measure was change in the severity of EAPP global and partial scores (VAS) from baseline to week 24, determined as the difference in the mean score of five modalities of chronic pelvic pain (dysmenorrhea, deep dyspareunia, non-cyclic pelvic pain, cyclic bowel pain and/or cyclic urinary pain). The secondary outcome measures were mean score difference for quality of life assessed with SF-36	Observational study
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Homeopathy	Thompson E, Viksveen P, Barron S.	2016	A patient reported outcome measure in homeopathic clinical practice for long-term conditions.	Homeopathy	105 (4)	309-317		This study was carried out at the Bristol Homeopathic Hospital using the Measure Yourself Medical Outcome Profile (MYMOP2) to assess the outcomes of homeopathic treatment for chronic conditions in routine clinical practice. A total of 198 patients with a wide range of complaints attended one to five consultations with 20 homeopathic doctors. Diagnostic categories were most commonly neoplasms (16.7%), psychological (13.9%) and genitourinary complaints (12.3%), with 66.7% suffering from these problems for at least 1 year. The three symptoms that bothered patients the most were pain, mental symptoms and tiredness/fatigue. A paired-samples t-test using an intention-to-treat analysis showed that the MYMOP2 profile score improved from 4.25 (IQR 3.50-5.00), with a mean change of 1.24 (95% CI 1.04, 1.44) from the first to the last consultation (p<0.001). Results were statistically significant both for completers (n=91) (p<0.001) and non-completers (n=107) (p<0.001) using	RCT
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Homeopathy	Das KD, et al.	2016	Treatment of hemorrhoids with individualized homeopathy: An open observational pilot study.	J Intercult Ethnopharmacol	5 (4)	335-342		In this prospective, open, observational trial, haemorrhoids patients were treated using 5 standardised scales that measured complaint severity and anosopic score. It was conducted at two homeopathic hospitals in India, during from mid-July 2014 to mid-July 2015. Patients were treated with individualised homeopathy and followed up every month up to 6 months. A total of 73 patients were screened, 52 enrolled, 38 completed, and 14 dropped out. Intention to treat population (n: = 52) was analysed in the end. Statistically significant reductions of mean bleeding (month 3: -21.8, 95% confidence interval [CI]: -30.3, -13.3, P: < 0.00001, d = 0.787; month 6: -25.5, 95% CI -35.4, -15.6, P: < 0.00001, d = 0.775), pain (month 3: -21.3, 95% CI -28.6, -14.0, P: < 0.00001, d = 0.851; month 6: -27.6, 95% CI -35.6, -19.6, P: < 0.00001, d = 1.003), heaviness visual analogue scales (VASs) (month 3: -8.1, 95% CI -13.9, -2.3, P: = 0.008, d = 0.609; month 6: -12.1, 95% CI -19.1, -5.1, P: = 0.001, d =	RCT
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Homeopathy	Adler UC, et al.	2018	Double-blind evaluation of homeopathy on cocaine craving: a randomized controlled pilot study.	J Integrative Medicine	16 (3)	178-184		This study investigated the effectiveness and tolerability of homeopathic Q-potencies of opium and E. coca in the integrative treatment of cocaine craving in a community-based psychosocial rehabilitation setting. It used a randomised, double-blind, placebo-controlled, parallel-group trial design over 8 weeks and was conducted at the Psychosocial Attention Center for Alcohol and Other Drugs (CAPS-AD), Sao Carlos/SP, Brazil. 54 people with an International Classification of Diseases-10 diagnosis of cocaine dependence (F14.2) were enrolled in the study. The patients were randomly assigned to either of 2 treatment groups: psychosocial rehabilitation plus homeopathic Q-potencies of opium and E. coca (homeopathy group), and psychosocial rehabilitation plus indistinguishable placebo (placebo group). The mean percentage of cocaine-using days in the homeopathy group was 18.1% (standard deviation (SD): 22.3%), compared to 29.8% (SD: 30.6%) in the	RCT
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Homeopathy	Macias-Cortes EDC, et al.	2018	Response to Individualized Homeopathic Treatment for Depression in Climacteric Women with History of Domestic Violence, Marital Dissatisfaction or Sexual Abuse: Results from the HOMDEP-MENOP Study.	Homeopathy	107 (3)	202-208		The aim of this study was to assess the association between individualised homeopathic treatment or fluoxetine and a response to depression treatment in climacteric women with high levels of domestic violence, sexual abuse or marital dissatisfaction, using a randomised, placebo-controlled, double-blind, double-dummy, three-arm trial design, with a 6-week follow-up. 133 climacteric women with moderate-to-severe depression were enrolled in the trial. Domestic violence, marital dissatisfaction and sexual abuse were assessed at baseline. Response to depression treatment was defined by a decrease of 50% or more from baseline score using the Hamilton scale. The possible association between domestic violence, sexual abuse, and marital dissatisfaction and response to depression treatment was analysed with bivariate analysis in the three groups. An analysis of the results showed that treatment with homeopathy was associated with a statistically significant improvement in	Comparative study
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Homeopathy	Oberai P, et al.	2018	Effectiveness of Homeopathic Medicines as Add-on to Institutional Management Protocol for Acute Encephalitis Syndrome in Children: An Open-Label Randomized Placebo-Controlled Trial.	Homeopathy	107 (3)	161-171		<p>This study was designed to assess the effects of homeopathic treatment as an addition to a standard institutional management protocol (IMP) for children diagnosed with acute encephalitis syndrome, using a randomised placebo-controlled trial design at an Indian paediatric unit where data was collected from 2013 to 2015. Children aged > 6 months and ≤ 18 years and receiving IMP were randomised to receive adjunctive homeopathy (n = 325) or placebo as control (n = 323). The primary effectiveness analysis was based on Glasgow Outcome Scale (GOS). Morbidity was assessed using the Liverpool Outcome Score for Assessing Children at Follow-up. Analysis was by intention to treat. Data from a total of 612 children was analysed (Homeopathy [H] = 304; Control [C] = 308). The primary outcome, GOS, differed significantly between H and C groups. There was 14.8% death/neuro-vegetative state in the H group compared to 29.8% in the C group. Relative risk was 0.49 (95% confidence</p>	Comparative study
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Homeopathy	Danno K, Duru G, Vetel JM.	2018	Management of Anxiety and Depressive Disorders in Patients ≥ 65 Years of Age by Homeopath General Practitioners versus Conventional General Practitioners, with Overview of the EPI3-LASER Study Results.	Homeopathy	107 (2)	81-89		This work was carried out to determine if older adults diagnosed with anxiety and depressive disorders (ADD) who consult a general practitioner prescribing homeopathic medicines (GP-Ho) report less psychotropic drug use and are more likely to experience clinical improvement than those receiving conventional care. Socio-demographic and medical data and details of any medications prescribed were collected at inclusion. Information regarding the patients' functional status (Hospital Anxiety and Depression Scale [HADS])) was obtained via a telephone interview 72 hours after inclusion, and at 1, 3 and 12 months post-inclusion. Medication use and outcome were determined over a 12-month period. 110 patients were recruited and 87 (79.1%) with ADD (HADS ≥ 9) at the 72-hour interview were evaluated (age range: 65-93 years, 82.8% female). Patients who consulted a GP-Ho were more likely to have clinical improvement after 12 months than those receiving conventional care (CC)	RCT
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Homeopathy	Pannek J, et al.	2019	Usefulness of classical homeopathy for the prophylaxis of recurrent urinary tract infections in individuals with chronic neurogenic lower urinary tract dysfunction.	J Spinal Cord Med	42 (4)	453-459		This prospective study looked at the effects of constitutional homeopathy for the prevention of recurrent urinary tract infections (UTI) in patients with spinal cord injury (SCI) in Switzerland. Participants with ≥ 3 UTI/year were treated either with a standardised prophylaxis alone or in combination with homeopathy. The number of UTI, general and specific quality of life (QoL), and satisfaction with homeopathic treatment were assessed prospectively for one year. 35 people were enrolled in the study, with 10 allocated to a control group and 25 received adjunctive homeopathic treatment. The median number of self-reported UTI in the homeopathy group decreased significantly, whereas it remained unchanged in the control group. The domain incontinence impact of the QoL improved significantly, whereas the general QoL did not change. The satisfaction with homeopathic care was high.	Case series
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Homeopathy	Klein-Laansma CT, et al.	2018	Semi-Individualized Homeopathy Add-On Versus Usual Care Only for Premenstrual Disorders: A Randomized, Controlled Feasibility Study.	J Alt Compl Med	24 (7)	684-693		This European study compared the add on effect of homeopathic treatment and usual care, with usual care alone for women suffering from premenstrual syndrome and premenstrual dysphoric disorder (PMS/PMDD) using a multicenter, randomised, controlled pragmatic trial with parallel group design. The study was carried out in general and private homeopathic practices in the Netherlands and Sweden, and in an outpatient university clinic in Germany. 60 women diagnosed as having PMS/PMDD, based on prospective daily rating by the daily record of severity of problems (DRSP) during a period of 2 months, were included and randomised to receive usual care plus homeopathy (UC+HT) or usual care (UC) for 4 months. The homeopathic medicine was selected according to a previously tested prognostic questionnaire and electronic algorithm. Usual care was as provided by the women's general practitioner according to their preferences. Before and after	Cohort study
Homeopathy	Mahesh S, et al.	2017	Case Series of Vitiligo and Homeopathy.	Am J Case Rep	18	1276-1283		This work analysed the results of the constitutional homeopathic treatment of 14 people suffering from vitiligo, over a period of 58 months. The mean time between the onset of the appearance of vitiligo and the first consultation at the treating clinic was 96 months. A significant reduction in symptoms was seen in all 14 cases and the authors noted that the best results were achieved in the patients who were treated in the early stages of the disease.	Cohort study

Homeopathy	Gaertner K, et al.	2014	Additive homeopathy in cancer patients: Retrospective survival data from a homeopathic outpatient unit at the Medical University of Vienna.	Complement Ther Med	22 (2)	320-332		In this work, data from cancer patients who had undergone homeopathic treatment complementary to conventional anti-cancer treatment at the Outpatient Unit for Homeopathy in Malignant Diseases, Medical University Vienna, Department of Medicine I, Vienna, Austria, were collected, described and a retrospective subgroup-analysis with regard to survival time was performed. Patient inclusion criteria were at least 3 homeopathic consultations, fatal prognosis of disease, quantitative and qualitative description of patient characteristics, and survival time. Data was collected on 538 patients. From the 53.7% (n=287) who had undergone at least 3 homeopathic consultations within four years, 18.7% (n=54) fulfilled inclusion criteria for survival analysis. Median overall survival was compared to expert expectations of survival outcomes by specific cancer type and the use of homeopathy as associated with prolonged survival time across observed cancer entities.	Cohort study
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Homeopathy	Bagot JL.	2016	Using hetero-isotherapies in cancer supportive care: the fruit of fifteen years of experience.	Homeopathy	105 (1)	119-125		In this work the authors set out to determine if the use of homeopathic medicines made from chemotherapy drugs, also called hetero-isotherapy, would reduce the level of side-effects from chemotherapy experienced by people being treated for cancer. The treatment involved taking a daily dose of the homeopathic medicine made from the chemotherapy drug used, with the patient taking ascending potencies from 5C to 15C. The team observed a significant decrease in side effects, allergic reactions and late sequelae in the more than 6000 hetero-isotherapeutic treatments given to some 4000 patients. The better tolerance to chemotherapy and the improvement in quality of life led to an increase in treatment adherence. No interference with chemotherapy was observed. When it was necessary to prescribe another homeopathic medicine, combination with hetero-isotherapy generally improved its effectiveness.	RCT
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Homeopathy	Nayak D, et al.	2019	Effect of Adjuvant Homeopathy with Usual Care in Management of Thrombocytopenia Due to Dengue: A Comparative Cohort Study.	Homeopathy	108 (3)	150-157		<p>138 patients received an individualised homeopathic medicine along with usual care (H+UC), and 145 patients received usual care (UC) alone. Assessment of thrombocytopenia (platelet count $< 100,000/\text{mm}^3$) was the main outcome measure. Kaplan-Meier analysis enabled comparison of the time taken to reach a platelet count of $100,000/\text{mm}^3$. There was a statistically significantly greater rise in platelet count on day 1 of follow-up in the H+UC group compared with UC alone (mean difference = 12,337; 95% confidence interval [CI], 5,421 to 19,252; $p = 0.001$). This trend persisted until day 5 (mean difference = 14,809; 95% CI, 1,615 to 28,004; $p = 0.02$). The time taken to reach a platelet count of $100,000/\text{mm}^3$ was nearly 2 days earlier in the H+UC group compared with UC alone (H+UC: 3.44 days \pm standard error of the mean [SEM] 0.18; 95% CI, 3.08 to 3.80; UC: 5.28 days \pm SEM 0.29; 95% CI, 4.71 to 5.86; $p < 0.001$).</p>	RCT
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Homeopathy	Tavares-Silva C, et al.	2019	Homeopathic medicine of <i>Melissa officinalis</i> combined or not with <i>Phytolacca decandra</i> in the treatment of possible sleep bruxism in children: A crossover randomized triple-blinded controlled clinical trial.	Phytomedicine	58	152869		52 children were selected based on the parents' report of sleep bruxism (SB). The study comprised a crossover design that included 4 phases of 30-day treatment (Placebo; <i>Melissa officinalis</i> (MO) 12C; <i>Phytolacca decandra</i> (PD) 12C; and MO 12C + PD 12C), with a wash-out period of 15 days between treatments. At baseline and after each phase, the Visual Analogue Scale (VAS) was used as the primary outcome measure to evaluate the influence of treatments on the reduction of SB. The following additional outcome measures were used: a children's sleep diary with parent's/guardian's perceptions of their children's sleep quality, the trait of anxiety scale (TAS) to identify changes in children's anxiety profile, and side effects reports. Data were analysed by ANOVA with repeated measures followed by Post Hoc LSD test. Significant reduction of SB was observed in VAS after the use of Placebo (-1.72 ± 0.29), MO (-2.36 ± 0.36), PD (-1.44 ± 0.28) and MO + PD (-2.21 ± 0.30) compared to	RCT
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Homeopathy	Raak C, et al.	2019	Effectiveness of a homeopathic complex medicine in infantile colic: A randomized multicenter study.	Complement Ther Med	45	136-141		Data were drawn from a prospective, multicenter, randomised, open-label, controlled clinical trial that was conducted in 2009 in 3 Russian outpatient clinics. Children received either Enterokind (Chamomilla D6, Cina D6, Colocynthis D6, Lac defloratum D6 and Magnesium chloratum D6) or Simethicone. Data from infants ≤ 6 months with infantile colic are presented here. The main outcomes assessments were the change of total complaints score (maximum 17 points) and total objective symptoms score (maximum 22 points) after 10 days of treatment. Data from 125 infants ≤ 6 months with infantile colic were analysed. The differences in total complaints and objective symptoms scores between baseline and day 10, estimated from the ANCOVA model, were found to be highly significant ($p < 0.0001$; ITT) in favour of Enterokind, both for complaints ($\Delta = -2.38$; 95% confidence interval (CI): $[-2.87; -1.89]$) and for objective symptoms ($\Delta = -2.07$; 95% CI: $[-2.65; -1.49]$).	RCT
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Homeopathy	Mourao L, et al.	2019	Homeopathy and Periodontal Treatment in Type II Diabetic Patients: a 1-Year Randomized Clinical Trial.	Braz Dent J	30 (2)	139-145		80 individuals with Chronic periodontitis (CP) and Diabetes mellitus type 2 (DMII) , were divided into two groups: control group (CG) and the test group (TG), and both groups received the non-surgical periodontal therapy (NSPT). TG also received homeopathic therapy, including Berberis, Mercurius solubilis/Belladonna/Hepar sulphur and Pyrogenium, while CG received placebo. Clinical and laboratorial examinations (CAL) were evaluated at baseline and after 1, 6 and 12 months of treatment. Both groups showed significant improvement throughout the study, for most of the parameters studied, but TG presented significative gain of CAL at 1 and 12 months compared to CG. Mean glucose and glycated haemoglobin significantly decreased in both groups after 6 and 12 months. However, there was a significantly further reduction of these parameters in TG, as compared to CG.	RCT
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Homeopathy	Michael J, et al.	2019	Efficacy of individualized homeopathic treatment of insomnia: Double-blind, randomized, placebo-controlled clinical trial.	Complement Ther Med	43	53-59		In this double-blind, randomised, placebo-controlled, two parallel arms trial, 60 patients were randomised to receive either individualized homeopathy (IH) /verum or control/placebo (1:1). Patient-administered sleep diary (6 items; 1: latency to fall asleep, 2: minutes awake in middle of night, 3: minutes awake too early, 4: hours spent in bed, 5: total sleep time in hours, and 6: sleep efficiency) and Insomnia Severity Index (ISI) were taken as the primary and secondary outcomes respectively, measured at baseline, and after 3 months. Trial arms were comparable at baseline. In the verum group, except sleep diary item 3 ($P = 0.371$), rest of the outcomes improved significantly (all $P < 0.01$). In the control group, there were significant improvements in diary item 6 and ISI score ($P < 0.01$) and just significant improvement in item 5 ($P = 0.018$). Group differences were significant for items 4, 5 and 6 ($P < 0.01$) and just significant ($P = 0.014$) for ISI score with moderate to large effect sizes; but non-	RCT
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Homeopathy	Yakir M, et al.	2019	A Placebo-Controlled Double-Blind Randomized Trial with Individualized Homeopathic Treatment Using a Symptom Cluster Approach in Women with Premenstrual Syndrome.	Homeopathy	108 (4)	256-269		96 women with PMS entered a 2-month screening phase with prospective daily recording of premenstrual symptoms by the Menstrual Distress Questionnaire (MDQ). They were included after being diagnosed with PMS. A reproducible treatment protocol was used: women received a homeopathic prescription based on symptom clusters identified in a questionnaire. The symptoms were verified during a complementary, structured, interview. Only women whose symptoms matched the symptom profile of one of 14 pre-selected homeopathic medicines were included. Each participant was administered active medicine or placebo via random allocation. Primary outcome measures were differences in changes in mean daily premenstrual symptom (PM) scores by the MDQ. Analysis was by intention-to-treat. 43 women in the active medicine group and 53 in the placebo group received the allocated intervention with at least one follow-up measurement and their data were analysed. Significantly	RCT
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Homeopathy	Andrade DC, et al.	2019	Efficacy of a Homeopathic Medicine of Capsicum frutescens L. (Solanaceae) in the Treatment of Hot Flashes in Menopausal Women: A Phase-2 Randomized Controlled Trial.	Homeopathy	108 (2)	102-107		40 menopausal women were randomised to receive, the homeopathic medicine Malagueta (Capsicum frutescens L) (30 CH), or placebo, for 4 weeks. The primary outcome was the intensity of hot flashes, measured by the Measure Yourself Medical Outcome Profile (MYMOP) instrument. The effect of Malagueta on the primary outcome, the intensity of hot flashes, assessed by MYMOP, was superior to that of placebo over the 4 weeks of treatment, with worsening in both groups after treatment was interrupted (after week 4, $p < 0.001$ in ordinal logistic regression). The odds ratio for treatment response (reduction of at least three MYMOP categories) was 2.78 (95% confidence interval, 0.77 to 10.05). Treatment with Malagueta, compared with placebo, also reduced the intensity of the secondary symptoms ($p = 0.001$) and improved level of activity ($p = 0.025$) and well-being ($p = 0.008$).	
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Homeopathy	Raak C, et al.	2019	Effectiveness of a Homeopathic Complex Medicine in Infantile Colic: A Randomized Multicenter Study.	Complement Ther Med	45	136-141		Data were drawn from a prospective, multicenter, randomised, open-label, controlled clinical trial that was conducted in 2009 in 3 Russian outpatient clinics. Children received either Enterokind (Chamomilla D6, Cina D6, Colocynthis D6, Lac defloratum D6 and Magnesium chloratum D6) or Simethicone. Data from infants ≤ 6 months with infantile colic are presented here. The main outcomes assessments were the change of total complaints score (maximum 17 points) and total objective symptoms score (maximum 22 points) after 10 days of treatment. Data from 125 infants ≤ 6 months with infantile colic were analysed. The differences in total complaints and objective symptoms scores between baseline and day 10, estimated from the ANCOVA model, were found to be highly significant ($p < 0.0001$; ITT) in favor of Enterokind, both for complaints ($\Delta = -2.38$; 95% confidence interval (CI): [-2.87; -1.89]) and for objective symptoms ($\Delta = -2.07$; 95% CI: [-2.65; -1.49]). 1 adverse event (AE),	
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Natural Therapies Review 2019-2020

Tranche 2

Kinesiology

Therapy	Author/s	Publication year	Title of Article	Name of Journal	Volume and issue number	Page numbers	DOI	Abstract	Rationale for reconsideration
Kinesiology	Ahn C B et al	2020	Effect of Combined Traditional Acupuncture and Applied Kinesiology on Lumbar Diseases.	Journal of Acupuncture Research	37(2)	94-101	10.13045/jar.2019.00206	The aim of the study was to report the effects of combining traditional acupuncture (TA) and Applied Kinesiology (AK) treatment for lumbar disorders using the Japanese Orthopedic Association lumbar score (JOALS) assessment. Combined TA and AK treatment was effective in treating spinal conditions/diseases. Prospective, relevant, well controlled protocols for TA and AK therapies for various conditions are needed	

	Eardley S et al	2013	Professional kinesiology practice for chronic low back pain: a single-blind randomised controlled pilot study	Forschende Komplementarmedizin	20(3)	180-8	10.1159/000346291	The study included 70 participants scoring > 4 on the Roland and Morris Disability Questionnaire (RMDQ). They received professional kinesiology practice (PKP) using non-standard muscle testing or sham treatment once a week for five weeks. PKP treatment was significantly different from sham demonstrating a moderate specific effect of PKP. A larger definitive study would be appropriate.	
	Estrazulas JA et al	2020	Accuracy of the Applied Kinesiology Muscle Strength Test for Sacroiliac Dysfunction'.	Revista Brasileira de Ortopedia	55(3)	293-297	10.1055/s-0039-1700832	This cross-sectional accuracy survey was conducted to investigate the accuracy of the applied kinesiology muscle strength test for sacroiliac dysfunction and compared it with four validated orthopedic tests. The applied kinesiology muscle strength test, has great clinical feasibility, showed good accuracy in diagnosing sacroiliac joint dysfunction and greater discriminatory power for the existing dysfunction in comparison to other tests.	
	Jensen AM et al	2016	Estimating the accuracy of muscle response testing: two randomised-order blinded studies'.	BMC Complementary and Alternative Medicine	16(1)	492	10.1186/s12906-016-1416-2	The primary aim of the study was to estimate the accuracy of Muscle Response Testing (MRT) to distinguish false from true spoken statements, in a randomised and blinded experiment. A secondary aim was to compare MRT accuracy to the accuracy when practitioners used only their intuition to differentiate false from true spoken statements. The authors concluded that MRT repeatedly demonstrated significant accuracy for distinguishing lies from truths, compared to both intuition and chance. The limit of the study was its lack of generalisability to other applications of MRT and to Manual muscle testing.	

	Melis M, Di Giosia M	2020	Applied kinesiology and dentistry - A narrative review	Cranio: the journal of craniomandibular practice	July	n/a	10.1080/08869634.2020.1798669	The review investigated the use of applied kinesiology in dentistry. The use of applied kinesiology for the diagnosis and treatment pathologies in dentistry is not supported by scientific evidence. However, a relationship between dental occlusion or maxillo-mandibular relationship and isometric muscle strength has been noted.	
	Schwartz SA et al	2014	A double-blind, randomised study to assess the validity of applied kinesiology (AK) as a diagnostic tool and as a nonlocal proximity effect.	Explore (New York)	10(2)	99-108	10.1016/j.explore.2013.12.002	The study examined the following; is there a difference in muscular strength when an individual holds a substance that is inimical to life processes (poison) as compared to a substance that is essential for life (normal saline)?, is this effect a transaction involving input from both the person being measured and the kinesiologist doing the measurement or is it only the person being measured?, as an extension of question 2, is the result the same when different kinesiologists take the measurement or when no kinesiologist is involved?, does belief, expectation, gender or time cognition play a role in determining response? The authors concluded that Applied Kinesiology has not demonstrated that it is useful or reliable diagnostic tool upon which health decisions can be based.	

Natural Therapies Review 2019-2020

Tranche 2

Reflexology RCTs

Therapy	Author/s	Publication year	Title of article	Name of journal or other source	Volume and issue number	Page numbers	Digital Object Identifier	Abstract (or brief article description)	Rationale for reconsideration (only applicable for citations considered in 2014-15 review)
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Reflexology	Abbaszadeh et al	2018	Effects of Foot Reflexology on Anxiety and Physiological Parameters in Patients Undergoing Coronary Bypass Graft Surgery: A Clinical Trial	Complementary Therapies in Clinical Practice	31	220-228	doi: 10.1016/j.ctcp.2018.02.018	This study aimed to investigate the effect of foot reflexology on anxiety and physiological parameters in patients undergoing coronary bypass graft (CABG) surgery. Conclusion: This study indicated that foot reflexology may be used by nurses as an adjunct to standard ICU care to reduce anxiety and stabilise physiological parameters such as systolic diastolic, mean arterial pressure and heart rate.	
Reflexology	Abbasi Fakhravari A, Bastani A, Haghani H	2018	The Effect of Foot Reflexology Massage on the Sleep Quality of Elderly Women with Restless Leg Syndrome	Journal of Client-Centred Nursing Care	4 (2)	96-103	doi: 10.32598/jccnc.4.2.96	The study aimed to examine the effect of foot reflexology massage on the sleep quality of the elderly women with restless leg syndrome (RLS). Conclusion: Foot reflexology massage had a positive effect on the sleep quality of the elderly women with RLS. Caregivers and nurses are recommended to learn and use this easy and almost cost-free intervention for their patients.	
Reflexology	Alehe et al	2018	Comparison of effectiveness of reflexology and abdominal massage on constipation among orthopedic patients: A single-blind randomized controlled trial	International Journal of Medical Research and Health Sciences	5 (10)	33-40	n/a	This study was done with the aim of determining the effect of foot reflexology and abdominal massage on constipation severity in hospitalised patients. Conclusion: The positive effects of foot reflexology and abdominal massage on the severity of constipation in hospitalised patients means that both can be used as an economical and non-invasive nursing intervention for the relief of constipation.	
Reflexology	Babadi et al	2016	The effect of reflexology on pain perception aspects in nurses with chronic low back pain in Isfahan	Iranian Journal of Nursing and Midwifery Research	21 (5)	487-492	doi: 10.4103/1735-9066.193395	The study aimed to determine the effect of foot reflexology on pain perception aspects in patients with chronic low back pain. Conclusion: Reflexology, which can be done by nurses, has the ability to reduce the intensity score and cognitive aspects of pain. Therefore, it is proposed to be included in patients' surveillance.	

Reflexology	Bagheri-Nesami et al	2014	The Effects of Foot Reflexology Massage on Anxiety in Patients Following Coronary Artery Bypass Graft Surgery: A Randomized Controlled Trial	Complementary Therapies in Clinical Practice	20 (1)	42-7	doi: 10.1016/j.ctcp.2013.10.006	The purpose of the study was to examine the effects of foot reflexology massage on anxiety in patients following Coronary Artery Bypass Graft (CABG) surgery. Conclusion: The significant decrease in anxiety in the experimental group following the foot reflexology massage supports the use of this complementary therapy technique for the relief of anxiety.	
Reflexology	Bahonar E, Ghezeliyeh T N, Haghani H	2019	Comparison of Single and Combined Effects of Nature Sounds and Foot Sole Reflexology Massage on the Level of Consciousness in Traumatic Comatose Patients: A Randomized Controlled Clinical Trial	Holistic Nursing Practice	33 (3)	177-186	doi: 10.1097/HNP.000000000000032	The purpose of the study was to compare the single and combined effects of nature sounds and foot sole reflexology massage on level of consciousness in traumatic comatose patients. Conclusion: Single or combined interventions can increase the level of consciousness in comatose patients and reduce the duration of coma.	
Reflexology	Bahrani et al	2019	The Effect of Foot Reflexology on Hospital Anxiety and Depression in Female Older Adults: A Randomised Controlled Trial	International Journal of Therapeutic Massage and Body Work	12 (3)	16-21	n/a	This study aimed to investigate the effect of foot reflexology massage on anxiety and depression in female older adults suffering from acute coronary syndrome. Conclusion: Foot reflexology massage is an efficient and safe intervention for alleviating psychological responses among female older adults suffering from acute coronary syndrome during hospitalization.	
Reflexology	Bakir E, Baglama S S, Gursay S	2018	The Effects of Reflexology on Pain and Sleep Deprivation in Patients with Rheumatoid Arthritis: A Randomized Controlled Trial	Complementary Therapies in Clinical Practice	31	315-319	doi: 10.1016/j.ctcp.2018.02.017	This study examined the effect of foot reflexology on Rheumatoid Arthritis (RA) patients' pain and sleep quality. Conclusion: Foot reflexology is a non-pharmaceutical nursing intervention that may reduce the pain and sleep deprivation symptoms of RA patients.	

Reflexology	Chen et al	2019	Increased Parasympathetic Activity by Foot Reflexology Massage after Repeated Sprint Test in Collegiate Football Players: A Randomised Controlled Trial	Sports	7 (11)	228	doi: 10.3390/sports7110228	This study investigated the acute effects of foot reflexology massage (FRM) on heart rate variability (HRV) after the repeated sprint ability (RSA) test and the Yo-Yo Intermittent Recovery Test Level 1 (YY). Conclusion: The FRM intervention resulted in beneficial effects on cardiac parasympathetic reactivity and the sympatho-vagal balance after RSA performance.	
Reflexology	Dalal et al	2014	Determination of efficacy of reflexology in managing patients with diabetic neuropathy: a randomised controlled clinical trial	Evidenced-based Complementary and Alternative Medicine	2014	843036	doi: 10.1155/2014/843036	To evaluate the efficacy of foot reflexology for the management of patients with diabetic neuropathy. Conclusion: This study exhibited the efficient utility of reflexology therapy integrated with conventional medicines in managing diabetic neuropathy.	
Reflexology	da Silva et al	2015	Foot Reflexology in Feet Impairment of People with Type 2 Diabetes Mellitus: Randomised Trial	Revista Latino-Americana de Enfermagem	23 (4)	603-10	doi: 10.1590/0104-1169.0036.2594	To evaluate the effect of foot reflexology on feet impairment of people with type 2 diabetes mellitus. Conclusion: The foot reflexology had a beneficial effect on feet impairment of people with type 2 diabetes mellitus, which makes it a viable therapy, deserving investment.	
Reflexology	Ebadi et al	2015	The Effect of Foot Reflexology on Physiologic Parameters and Mechanical Ventilation Weaning Time in Patients Undergoing Open-Heart Surgery: A Clinical Trial Study	Complementary Therapies in Clinical Practice	21 (3)	188-92	doi: 10.1016/j.ctcp.2015.07.001	The aim of this study as to investigate the efficacy of foot reflexology of physiological parameters and mechanical ventilation weaning time in patients undergoing open-heart surgery. Conclusion: The study findings demonstrated the efficiency of foot reflexology in shortening the length of weaning time.	

Reflexology	Elbasan B, Bezgin S	2018	The effects of reflexology on constipation and motor functions in children with cerebral palsy	Pediatrics and Neonatology	59	42-47	doi: 10.1016/j.pedneo.2017.01.005	The study was planned to investigate the effects of foot reflexology combined with neurodevelopmental therapy on constipation and motor function in children with cerebral palsy. Conclusion: NGT improves motor performance in both groups and adding reflexology to therapy had a positive effect on constipation. We suggest applying reflexology to children with cerebral palsy who experience constipation problems.	
Reflexology	El-Gendy et al	2015	Impact of Reflexology on Mechanical Low Back Pain	International Journal of Physiotherapy	2 (5)	786-790	doi: 10.15621/ijphy/2015/v2i5/782	The aim of the study was to investigate the efficacy of reflexology technique in subjects with chronic low back pain (CLBP). Conclusion: Reflexology technique was effective and safe to be applied for cases of mechanical low back pain. It results in a significant decrease in pain withing the study group after treatment.	
Reflexology	Erkek Z Y, Aktas S	2018	The Effect of Foot Reflexology on the Anxiety Levels of Women in Labor	Journal of Alternative and Complementary Medicine (New York)	24 (4)	352-360	doi: 10.1089/acm.2017.0263	This research was conducted to analyse the effect of foot reflexology on the anxiety levels of women during labor. Conclusion: Foot reflexology was found to have a positive effect in lowering the total anxiety scores of the pregnant women. Reflexology in a non-invasive and economical method which may be used by health professionals to reduce problems during labor.	
Reflexology	Gozuyesil E, Baser M	2016	The Effect of Foot Reflexology Applied to Women Aged Between 40 and 60 on Vasomotor Complaints and Quality of Life	Complementary Therapies in Clinical Practice	24	78-85	doi: 10/1016/j.ctcp.2016.05.011	This study aimed to identify the effects of foot reflexology applied to women on their vasomotor complaints and quality of life. Conclusion: Results showed that reflexology might be effective in decreasing vasomotor problems and increasing quality of life in women in the menopausal period.	

Reflexology	Hesami et al	2019	The Effect of Reflexology on Fatigue in Cancer Patients Receiving Chemotherapy: A Randomized Controlled Trial	Crescent Journal of Medical and Biological Sciences	6 (2)	151-157	n/a	The present study aimed to investigate the effects of reflexology on the fatigue in cancer patients receiving chemotherapy. Conclusion: In general, based on the results, reflexology was found to have a positive effect on fatigue in cancer patients who underwent chemotherapy.	
Reflexology	Icke S, Genc R	2018	Effect of Reflexology on Infantile Colic	The Journal of Alternative and Complementary Medicine	24 (6)	n/a	doi: 10.1089/acm.2017.0315	The aim of the study was to explore the effect of reflexology on infantile colic. Conclusion: Reflexology application for babies suffering from infantile colic may be a promising method to alleviate colic severity.	
Reflexology	Imani et al	2018	Effect of Applying Reflexology Massage on Nitroglycerin-induced Migraine-Type Headache: A Placebo-Controlled Clinical Trial	AGRI	30 (3)	116-122	doi: 10.5505/agri.2018.43815	The aim of the study was to clarify the effectiveness of reflexology massage on intravenous NTG-induced headache in coronary care unit (CCU) inpatients. Conclusion: Reflexology massage can reduce the intensity of the NTG-induced headache.	
Reflexology	Jones et al	2012	Reflexology Has an Acute (Immediate) Haemodynamic Effect in Healthy Volunteers: A Double-Blind Randomised Controlled Trial	Complementary Therapies in Clinical Practice	18 (4)	204-11	doi: 10/1016/j.ctcp.2012.03.006	The study measured changes in cardiovascular parameters in subjects receiving reflexology to areas of their feet thought to correspond to the heart (intervention) compared with other areas which are not (control). Conclusion: Reflexology massage applied to the upper part of the left foot may have modest specific effects on the cardiac index of healthy volunteers.	
Reflexology	Jones et al	2013	Reflexology Has No Immediate Haemodynamic Effect in Patients with Chronic Heart Failure: A Double Blind Randomised Controlled Trial	Complementary Therapies in Clinical Practice	19 (3)	133-8	doi: 10.1016/j.ctcp.2013.03.004	This study measured the effects of reflexology in 12 reflexology-naïve patients with chronic heart failure in a placebo-controlled, double-blind randomised controlled study design. Conclusions: Reflexology applied to the feet of patients with chronic heart failure appears to have no immediate haemodynamic effects. The treatment appears safe, while any long- term treatment effect is uncertain.	

Reflexology	Kardan et al	2020	The Effects of Foot Reflexology on Back Pain After Coronary Angiography: A Randomised Controlled Trial	Complementary Therapies in Clinical Practice	38	101068	doi: 10.1016/j.ctcp.2019.101068	This study aimed to evaluate the effects of foot reflexology on back pain after Coronary Angiography (CA). Conclusion: Foot reflexology is effective in significantly reducing back pain in CA.	
Reflexology	Koc T, Gozen D	2015	The Effect of Foot Reflexology on Acute Pain in Infants: A Randomized Controlled Trial	Worldviews on Evidence- Based Nursing	12 (15)	289-96	doi: 10.1111/wvn.12099	This study was designed to evaluate the effect of foot reflexology applied on infants on acute pain that may arise after vaccine injection. Conclusion: Reflexology before vaccine reduced the pain level experienced after vaccination. Future research needs to explore different interventional practices.	
Reflexology	Khorsand A et al	2015	Evaluation of the Effect of Reflexology on Pain Control and Analgesic Consumption After Appendectomy	Journal of Alternative and Complementary Medicine (New York)	21 (12)	774-80	doi: 10.1089/acm.2014.0270	The aim of the study was to determine the effect of reflexology massage on pain relief after appendectomy. Conclusion: Reflexology is effective for reducing pain after appendectomy surgery.	
Reflexology	Levy et al	2020	The Effectiveness of Foot Reflexology in Reducing Anxiety and Duration of Labor in Primiparas: An open-label randomized controlled trial.	Complementary Therapies in Clinical Practice	38	101085	doi: 10.1016/j.ctcp.2019.101085	The study evaluated the effect of foot reflexology on anxiety levels and duration of labor in primiparas with moderate- to- severe anxiety. Conclusion: Foot reflexology has a positive short-term anxiolytic effect during labor in primiparas with moderate-to-severe anxiety but did not affect the duration of labor.	
Reflexology	Li et al	2011	Randomized Controlled Trial of the Effectiveness of Using Foot Reflexology to Improve Quality of Sleep Amongst Taiwanese Postpartum Women	Midwifery	27 (2)	181-6	doi: 10.1016/j.midw.2009.04.005	The objective of the study was to examine the effectiveness of using foot reflexology to improve sleep quality in postpartum women. Conclusion: An intervention involving foot reflexology in the postnatal period significantly improved sleep quality.	

Reflexology	Lu W, Chen GY, Kuo CD	2011	Foot reflexology can increase vagal modulation, decrease sympathetic modulation, and lower blood pressure in healthy subjects and patients with coronary artery disease.	Alternative Therapies in Health and Medicine	17 (4)	Aug-14	n/a	The study investigated the effect of foot reflexology on the autonomic nervous modulation in patients with coronary artery disease by using heart rate variability analysis. Conclusion: Foot reflexology may be used as an efficient adjunct to the therapeutic regimen to increase the vagal modulation and decrease blood pressure in both healthy people and coronary artery disease patients.	
Reflexology	Mahdavi pour et al	2019	The Effects of Foot Reflexology on Depression During Menopause: A Randomised Controlled Clinical Trial	Complementary Therapies in Medicine	47	102195	doi: 10.1016/j.ctim.2019.102195	The purpose of the study was to determine the effects of foot reflexology on depression during menopause. Conclusion: The findings indicate that the foot reflexology technique can be effective for reducing women's depression during menopause. More studies are needed due to small sample size and no intervention in the control group.	
Reflexology	Mansouri et al	2017	Evaluation of the effect of foot reflexology massage on vital signs and anxiety after blood transfusions in children with thalassemia.	Bali Medical Journal	6 (3)	623-629	doi: 10.15562/bmj.v6i3.622	The aim of the study was to evaluate the effect of foot reflexology massage on vital signs and anxiety after blood transfusions in children with thalassemia. Conclusion: The results of the study confirm that foot reflexology massage affects vital signs of children with thalassemia undergoing a blood transfusion and reduces their anxiety.	
Reflexology	McCullough et al	2017	A Pilot Randomised Controlled Trial Exploring the Effects of Antenatal Reflexology on Labour Outcomes	Midwifery	55	137-44	doi: 10.1016/j.midw.2017.09.006	The aim of the study was to investigate the effects of antenatal reflexology on labour outcomes. Midwives may wish to recommend reflexology to promote normal childbirth and facilitate women centred care.	

Reflexology	Metin Z G, Ozdemir L	2016	The Effects of Aromatherapy Massage and Reflexology on Pain and Fatigue in Patients with Rheumatoid Arthritis: A Randomized Controlled Trial	Pain Management Nursing	17 (2)	140-149	doi: 10.1016/j.pmn.2016.01.004	The aim of the study was to examine and compare the effects of aromatherapy massage and reflexology on pain and fatigue in patients with rheumatoid arthritis. Conclusion: Reflexology and aromatherapy massage are simple and effective nonpharmacological nursing interventions that can be used to help manage pain and fatigue in patients with rheumatoid arthritis.	
Reflexology	Moghim-Hanjani S, Mehdizadeh-Tourzani Z, Shoghi M	2015	The Effect of Foot Reflexology on Anxiety, Pain and Outcomes of the Labor in Primigravida Women.	Acta Medica Iranica	53 (8)	507-11	n/a	The present study aimed to review and determine the effect of foot reflexology on anxiety, pain and outcomes of the labor in primigravida women. Conclusion: Reflexology reduced labor pain intensity, duration of labor, anxiety, frequency distribution of natural delivery and increased Apgar scores. Using this non-invasive technique, obstetricians can achieve, to some extent, one of the most important goals of midwifery, as pain relief and reducing anxiety during labor, encourages the mothers to have a vaginal delivery.	
Reflexology	Naseri-Salahshour et al	2019	Reflexology as an adjunctive nursing intervention for management of nausea in hemodialysis patients: A randomized clinical trial.	Complementary Therapies in Clinical Practice	36	29-33	doi: 10.1016/j.ctcp.2019.04.006	The aim of the study was to determine the effect of reflexology on nausea in hemodialysis patients. Conclusion: Results showed that reflexology had a positive effect on reducing the severity of nausea in hemodialysis patients. It is recommended as part of nursing care to reduce patient suffering.	
Reflexology	Navaee M, Khayat S, Abed Z G	2020	Effect of Pre-Cesarean Foot Reflexology Massage on Anxiety of Primiparous Women	Journal of Complementary & Integrative Medicine	Online ahead of print	n/a	doi: 10.1515/jcim-2019-0229	The study aimed to evaluate the effect of pre-cesarean foot reflexology massage on the anxiety of women during their first pregnancy. Conclusion: The study revealed the positive effect of reflexology massage on pre-cesarean anxiety. The use is recommended to reduce pre-cesarean anxiety due to it being inexpensive, simple and has a positive effect.	

Reflexology	Nazari et al	2016	A Comparison of the Effects of Reflexology and Relaxation on Pain in Women with Multiple Sclerosis	Journal of Complementary & Integrative Medicine	13 (1)	65-71	doi: 10.1515/jcim-2015-0046	This study aimed to determine and compare the effects of reflexology and relaxation on pain in women suffering Multiple Sclerosis (MS). Conclusion: The results showed both interventions are effective on relieving pain in women with MS; however, the effect of reflexology on pain reduction is greater than that of relaxation. Both methods can be recommended as effective techniques.	
Reflexology	Noh G O, Park K S	2019	Effects of Aroma Self-Foot Reflexology on Peripheral Neuropathy, Peripheral Skin Temperature, Anxiety, and Depression in Gynaecologic Cancer Patients Undergoing Chemotherapy: A Randomised Controlled Trial	European Journal of Oncology Nursing	42	82-89	doi: 10.1016/j.ejon.2019.08.007	This study aimed to develop and implement an aroma self-foot reflexology regimen based on Cox's Interaction Model of Client Health Behaviour (IMCHB) as an intervention that can be self-performed at home and at any time. The effects of aroma self-foot reflexology on peripheral neuropathy, peripheral skin temperature, anxiety, and depression were examined in patients with gynaecologic cancer undergoing chemotherapy. Conclusion: An aroma self-foot reflexology intervention can reduce CIPN, anxiety and depression in gynaecologic cancer patients. Further research is required.	
Reflexology	Ozdemir G, Ovayolu O, Ovayolu O	2013	The Effect of Reflexology Applied on Haemodialysis Patients with Fatigue, Pain and Cramps	International Journal of Nursing Practice	19 (3)	265-73	doi: 10.1111/ijn.12066	The research was conducted to evaluate the effect of foot reflexology on fatigue, pain and cramps in haemodialysis patients. Conclusion: The research results revealed that the severity of pain, fatigue and cramp decreased in patients receiving reflexology.	

Reflexology	Ozdelikara A, Tan M	2017	The Effect of Reflexology on Chemotherapy-induced Nausea, Vomiting and Fatigue in Breast Cancer Patients	Asia-Pacific Journal of Oncology Nursing	4 (3)	241-9	doi: 10.4103/apjon_15_17	The study was conducted to determine the effect of reflexology on chemotherapy-induced nausea, vomiting and fatigue in breast cancer patients. Conclusion: The study proved that reflexology decreased the experience, development, distress of nausea, vomiting and retching as well as fatigue in the experimental group. The use of reflexology is recommended for chemotherapy induced nausea, vomiting and fatigue.	
Reflexology	Ozdelikara A, Tan M	2017	The effect of reflexology on the quality of life with breast cancer patients	Complementary Therapies in Clinical Practice	29	122-129	doi: 10.1016/j.ctcp.2017.09.004	The study aimed to identify the effect of reflexology on the quality of life in patients with breast cancer. Conclusion: Reflexology was found to reduce the symptoms experienced by breast cancer patients, while at the same time increasing functional and general health status.	
Reflexology	Ozturk et al	2018	The Effects of Reflexology on Anxiety and Pain in Patients After Abdominal Hysterectomy: A Randomised Controlled Trial	Complementary Therapies in Medicine	36	107-112	doi: 10.1016/j.ctim.2017.12.005	This study aimed at finding out the effects of reflexology on pain, anxiety levels after abdominal hysterectomy. Conclusion: Foot reflexology may serve as an effective nursing intervention to increase wellbeing and decrease the pain of female patients after abdominal hysterectomy.	
Reflexology	Rahmani et al	2016	Comparing the Effect of Foot Reflexology Massage, Foot Bath and Their Combination on Quality of Sleep in Patients with Acute Coronary Syndrome	Journal of Caring Sciences	5 (4)	299-306	doi: 10.15171/jcs.2016.031	This study compared the efficacy of foot reflexology massage, foot bath and a combination of them on the quality of sleep of patients with acute coronary artery disease (ACS). Conclusion: Foot bath and massage are effective in reducing sleep disorders and there was a synergistic effect when used in combination. This complementary care method can be recommended to be implemented by CCU nurses.	

Reflexology	Rambod M, Pasyar N, Shamsadini M	2019	The Effect of Foot Reflexology on Fatigue, Pain, and Sleep Quality in Lymphoma Patients: A Clinical Trial	European Journal of Oncology Nursing	43	101678	doi: 10.1016/j.ejon.2019.101678	This study aimed to evaluate the effect of reflexology on fatigue, pain and sleep quality in lymphoma patients. Conclusion: The results showed reflexology could reduce pain and fatigue and improve the quality of sleep in patients with lymphoma. Considering the effectiveness of reflexology in lymphoma patients, healthcare workers including nurses are recommended to use this complementary therapy to reduce fatigue and pain and improve sleep quality in lymphoma patients.	
Reflexology	Rollinson et al	2016	The Acute (Immediate) Effects of Reflexology on Arterial Compliance in Healthy Volunteers: A Randomised Study	Complementary Therapies in Clinical Practice	22	16-20	doi: 10.1016/j.ctcp.2015.11.001	The study aimed to evaluate the effects of reflexology on arterial compliance in healthy volunteers. Conclusion: In healthy volunteers, there was no consistent changes in haemodynamic parameters with a single brief reflexology treatment. Thus, from a cardiovascular point of view, reflexology (as delivered) would appear to have limited, if any, effect on the cardiovascular system.	
Reflexology	Sahiner N C, Bal M D	2017	A Randomized Controlled Trial Examining the Effects of Reflexology on Children with Functional Constipation.	Gastroenterology Nursing	40 (5)	393-400	doi: 10.1097/SGA.000000000000019	The aim of the study was to determine the effectiveness of reflexology in treating functional constipation in children. Conclusion: This study sample showed only toilet/diet/motivation training had potential benefit for treating functional constipation in children. Further large randomized trials are needed to establish whether foot reflexology benefits in the treatment of functional constipation in children.	

Reflexology	Sajadi et al	2019	Comparing the Effects of Auricular Seed Acupressure and Foot Reflexology on Neonatal Abstinence Syndrome: A Modified Double- Blind Clinical Trial	Complementary Therapies in Clinical Practice	36	72-76	doi: 10.1016/j.ctcp.2019.06.002	The study aimed to compare the effects of auricular seed acupressure and foot reflexology on neonatal abstinence syndrome among the neonates of addicted women. Conclusion: Both foot reflexology and auricular seed acupressure had significant effects on abstinence symptoms. 15 -minute seed acupressure is less effective than 15 -minute foot reflexology, while 24 -seed acupressure is as effective as 15 -minute foot reflexology in alleviating abstinence symptoms.	
Reflexology	Sajadi et al	2020	The effect of foot reflexology on constipation and quality of life in patients with multiple sclerosis, A randomised clinical trial.	Complementary Therapies in Medicine	48	102270	doi: 10.1016/j.ctim.2019.102270	The aim of the study was to investigate the effect of foot reflexology on constipation and quality of life in patients with multiple sclerosis (MS). Conclusion: Foot reflexology was shown in the study to be an effective intervention can be useful in management of constipation in patients with MS. It can be applied as a safe method for the decrease of constipation in MS patients.	
Reflexology	Shahgholian et al	2016	The effects of two methods of reflexology and stretching exercises on the severity of restless leg syndrome among hemodialysis patients	Iranian Journal of Nursing and Midwifery Research	21 (3)	219-24	doi: 10.4103/1735-9066.180381	The present study aimed to investigate the effects of two methods of reflexology and stretching exercises on the severity of restless leg syndrome among patients undergoing hemodialysis. Conclusion: The results showed that reflexology and stretching exercises can reduce the severity of restless leg syndrome. These two treatment methods are recommended to patients.	

Reflexology	Shahsavari H, Abad M E E, Yekaninejad M S	2017	The effects of foot reflexology on anxiety and physiological parameters among candidates for bronchoscopy: A randomized controlled trial	European Journal of Integrative Medicine	12	177-181	doi: 10.1016/j.eujim.2017.05.008	The aim of the study was to assess the effects of foot reflexology on anxiety and physiological parameters among the candidates for bronchoscopy. Conclusion: Foot reflexology alleviates anxiety and improves physiological parameters among candidates for bronchoscopy. It may be used as a non-invasive non-pharmacological remedy for subjects who are on the waiting lists for invasive diagnostic procedures such as bronchoscopy.	
Reflexology	Sharp et al	2010	A randomised controlled trial of the psychological effects of reflexology in early breast cancer	European Journal of Cancer	46 (2)	312-322	doi: 10.1016/j.ejca.2009.10.006	The purpose of the study was to conduct a pragmatic randomised controlled trial to evaluate the effects of reflexology on quality of life (QoL) in women with early breast cancer. Conclusion: When compared to self-initiated self-care, reflexology and massage have statistically significant and, for reflexology, clinically worthwhile, effects on QoL following surgery for early breast carcinoma.	
Reflexology	Shobeiri et al	2017	Effects of Counselling and Sole Reflexology on Fatigue in Pregnant Women: A Randomized Clinical Trial	Journal of Clinical & Diagnostic Research	11 (6)	QC01- QC04	doi: 10.7860/JCDR/2017/22681.997	The aim of the study was to investigate the effect of counselling and sole reflexology on fatigue in pregnant women. Conclusion: Based on the study results, counselling and sole reflexology significantly decreased the fatigue in pregnant women.	
Reflexology	Silva et al	2018	Effect of Foot Reflexology on Capillary Blood Glucose, Tissue Temperature, and Plantar Pressure of Individuals with Diabetes Mellitus (Type 2): A Pilot Study	Journal of Chiropractic Medicine	17 (3)	182-189	doi: 10.1016/j.jcm.2018.03.003.	The purpose of this study was to assess the effect of foot reflexology on capillary blood glucose, feet tissue temperature, and plantar pressure of the feet of individuals with diabetes mellitus (type 2). Conclusion: No significant effect was observed after 12 foot reflexology sessions in the variables that were evaluated.	

Reflexology	Soheili et al	2017	A Comparison of the effects of reflexology and relaxation on the psychological symptoms in women with multiple sclerosis	Journal of Education and Health Promotion	6 (11)	n/a	doi: 10.4103/jehp.jehp_166_14	The study aimed to determine and compare the effects of reflexology and relaxation on anxiety, stress and depression in women with multiple sclerosis (MS). Conclusion: The results showed that reflexology and relaxation in relieving anxiety, stress and depression are effective in women with MS. These two methods, as effective techniques, can be recommended.	
Reflexology	Taheri et al	2019	Comparing the Effect of Foot and Hand Reflexology on Pain Severity after Appendectomy: A Randomized Clinical Trial	Iranian Journal of Nursing and Midwifery Research	24 (6)	451-456	doi: 10.4103/ijnmr.IJNMR_85_18	The aim of the study was to determine the effects of foot and hand reflexology on pain severity following appendectomy. Conclusion: The results of this study showed that foot reflexology was more effective than hand reflexology in pain alleviation.	
Reflexology	Toygar et el	2020	Effect of reflexology on anxiety and sleep of informal cancer caregiver: Randomized controlled trial	Complementary Therapies in Clinical Practice	39	101143	doi:10.1016/j.ctcp.2020.101143	This study was conducted with the aim of evaluating the short-term effect of foot reflexology on sleep and anxiety of informal caregivers. Conclusion: Foot reflexology was found as an effective intervention to reduce anxiety and improve the quality of sleep of informal cancer caregivers. The effect of placebo on reducing the anxiety of informal caregivers was found, but it wasn't as effective as reflexology. Not as effective as reflexology.	
Reflexology	Unal K S, Akpinar R B	2016	The Effect of Foot Reflexology and Back Massage on Hemodialysis Patients' Fatigue and Sleep Quality	Complementary Therapies in Clinical Practice	24	139-44	doi: 10.1016/j.ctcp.2016.06.004	The aim of the study is to examine the effectiveness of foot reflexology and back massage on optimising the sleep quality and reducing fatigue of hemodialysis patients. Conclusion: Foot reflexology and back massage were shown to improve the sleep quality and reduce the fatigue of hemodialysis patients. Foot reflexology was more effective than back massage.	

Reflexology	Uysal N, Kutluturkan S, Ugur I	2017	Effects of Foot Massage Applied in Two Different Methods on Symptom Control in Colorectal Cancer Patients: Randomised Control Trial	International Journal of Nursing Practice	23 (3)	n/a	doi: 10.1111/ijn.12532	This study aimed to determine the effects of 2 foot massage methods on symptom control in people with colorectal cancer who received chemoradiotherapy. Conclusion: The classical massage was effective in reducing pain level and distension incidence while foot reflexology was effective in reducing pain and fatigue level, lowering incidence of distension and urinary frequency and improving quality of life.	
Reflexology	Valizadeh et al	2015	Comparing the Effects of Reflexology and Footbath on Sleep Quality in the Elderly: A Controlled Clinical Trial	Iranian Red Crescent Medical Journal	17 (11)	e:20111	doi: 10.5812/ircmj.20111	The aim of the study was to compare the effects of two interventions, foot reflexology and foot bath, on sleep quality in elderly people. Conclusion: It is suggested that the training of nonpharmacological methods to improve sleep quality such as reflexology and foot bath be included in the elderly health programs. Future research can explore the impact of these interventions on subjective sleep quality using polysomnographic recordings.	
Reflexology	Vural Dogru et al	2020	The Effect of Foot Reflexology Applied Before Coronary Angiography and Percutaneous Transluminal Coronary Angioplasty on Anxiety, Stress and Cortisol Levels of Individuals: A Randomized Controlled Trial	The Journal of Cardiovascular Nursing	Online ahead of print	n/a	doi: 10.1097/JCN.000000000000070	The aim of the study was to determine the effect of foot reflexology applied before coronary angiography and percutaneous transluminal coronary angioplasty on the anxiety, stress and cortisol levels of individuals. Conclusion: The application of reflexology before coronary angiography and percutaneous transluminal coronary angioplasty reduces the levels of anxiety, stress and cortisol without any side effects.	

Reflexology	Vardanjani et al	2013	A Randomized-Controlled Trial Examining the Effects of Reflexology on Anxiety of Patients Undergoing Coronary Angiography	Nursing and Midwifery Studies	2 (3)	3-Sep	n/a	The aim of this randomized clinical trial was to investigate the effect of reflexology on anxiety amongst patients undergoing coronary angiography. Conclusion: Reflexology can decrease the anxiety level before angiography. Therefore, reflexology before coronary angiography is recommended.	
Reflexology	Wojciech K, Pawel L, Halina R Z	2017	Effects of Feet Reflexology Versus Segmental Massage in Reducing Pain and Its Intensity, Frequency and Duration of the Attacks in Females with Migraine: A Pilot Study	Journal of Traditional Chinese Medicine	37 (2)	214-9	doi: 10.1016/s0254-6272(17)30047-3	To evaluate the effects of foot reflexology versus segmental massage in reducing pain and its intensity, frequency and duration during attacks in females suffering from migraine. Conclusion: Feet reflexology and segmental massage provide a safe alternative for the pharmacological treatment of migraine. The patients with migraine obtain significant health benefits with foot reflexology.	
Reflexology	Wyatt et al	2012	Health-related Quality of Life Outcomes: A Reflexology Trial with Patients with Advanced-Stage Breast Cancer	Oncology Nursing Forum	39 (6)	568-77	doi: 10.1188/12.ONF.568-577	The purpose of the study was to evaluate the safety and efficacy of reflexology. Conclusion: Reflexology may be added to existing evidence-based supportive care to improve health related quality of life for patients with advanced-stage breast cancer during chemotherapy and /or hormonal therapy.	

Reflexology	Wyatt et al	2017	A Randomized Clinical Trial of Caregiver-Delivered Reflexology for Symptom Management During Breast Cancer Treatment	Journal of Pain and Symptom Management	54 (5)	670-679	doi: 10.1016/j.painsymman.2017.07	The objective of the study was to determine the effects of a home-based reflexology intervention delivered by a friend/family caregiver compared with attention control on health-related quality of life of women with advanced breast cancer undergoing chemotherapy, targeted and/or hormonal therapy. Conclusion: Over 11 weeks significant reductions in average symptom severity and interface were found in the reflexology group compared with control. Efficacy findings of caregiver-delivered reflexology with respect to symptom reduction open a new evidence-based avenue for home-based symptom management.	
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Natural Therapies Review 2019-2020

Tranche 2

Reflexology Systematic Reviews and Meta-analysis

Therapy	Author/s	Publication year	Title of article	Name of journal or other source	Volume and issue number	Page numbers	Digital Object Identifier	Abstract (or brief article description)	Rationale for reconsideration (only applicable for citations considered in 2014-15 review)
Reflexology	Cakici et al	2016	Systematic Review of Treatments for Diabetic Peripheral Neuropathy	Diabetic Medicine	33 (11)	1466-1476	doi: 10.1111/dme.13083	To evaluate treatment options for neuropathic pain and sensory symptoms resulting from diabetic peripheral neuropathy of the feet. Conclusion: The review found alpha lipoic acid, opioids, botulinum toxin A, mexidol, reflexology, and Thai foot massage had significant beneficial results.	

Reflexology	Chandrababu et al	2019	Effectiveness of reflexology on anxiety of patients undergoing cardiovascular interventional procedures: A systematic review and meta-analysis of randomised controlled trials	Journal of Advanced Nursing	75 (1)	43-53	doi: 10.1111/jan.13822	To appraise the evidence concerning the effects of reflexology on the anxiety of patients undergoing cardiovascular interventional procedures. Conclusion: Reflexology has some positive effects on anxiety among patients undergoing cardiovascular procedures. It may be a useful complementary therapy and further research is necessary to create reliable evidence.	
Reflexology	Ernst E, Posadzki P, Lee M S	2011	Reflexology: An Update of a systematic review of randomised clinical trials.	Maturitas	68 (2)	116-120	doi: 10.1016/j.maturitas.2010.10.011	The aim of this update is to critically evaluate the evidence for and against the effectiveness of reflexology in patients with any type of medication condition. 9 high quality RCTs generated negative findings and 5 generated positive findings. 8 studies suggested that reflexology is effective for the following conditions; diabetes, premenstrual syndrome, cancer patients, and dementia yet important caveats remain. Conclusion: The best clinical evidence does not demonstrate convincingly reflexology to be an effective treatment for any medical condition.	
Reflexology	Hasanpour M, Mohammadi M M, Shareinia H	2019	Effects of reflexology on premenstrual syndrome: a systematic review and meta-analysis	BioPsychoSocial Medicine	13 (25)	n/a	10.1186/s13030-019-0165-0	The present study aimed to determine the effect of reflexology on premenstrual syndrome (PMS) through a systematic review and meta-analysis study. Conclusion: Results of the present study indicate that reflexology could relieve PMS symptoms, and that overall scores, somatic and psychological symptoms of PMS decreased by applying the reflexology intervention. An increase in the length of the reflexology time in each session increased its efficiency.	

Reflexology	Jones J, Thomson P, Irvine K, Leslie S J	2013	Is There a Specific Hemodynamic Effect in Reflexology? A Systematic Review of Randomised Controlled Trials	Journal of Alternative and Complementary Medicine (New York)	19 (4)	319-28	doi: 10.1089/acm.2011.0854	The review determines whether there is any evidence to suggest the existence of a reflexology treatment-related hemodynamic effect; to examine whether reflexology researchers used study designs that systematically controlled for nonspecific effects in order to isolate this specific component; and to highlight some of the methodological challenges that need to be overcome to demonstrate specific and beneficial hemodynamic effects. Conclusion: The study found that although reflexology has been shown to have an effect on selected hemodynamic variables, the lack of methodological control for nonspecific massage effects means there is little convincing evidence to suggest specific treatment related hemodynamic effects.	
Reflexology	Karatas N, Dalgic A I	2020	Effects of reflexology on child health: A systematic review	Complementary Therapies in Medicine	50	102364	10.1016/j.citim.2020.102364	The aim of this study was to examine the effects of reflexology on child health by systematically summarizing the results obtained. Conclusion: It is possible that reflexology had a positive effect on children. However, lack of standardisation related to reflexology, inadequate study designs and heterogeneity of the data indicated it is too soon to generalize the results. Well-structured randomised controlled, double-blind studies are required.	
Reflexology	Lee et al	2011	Effects of Foot Reflexology on Fatigue, Sleep and Pain: A Systematic Review and Meta-Analysis	Journal of Korean Academy of Nursing	41 (6)	821-33	doi: 10.4040/jkan.2011.416.821	The purpose of the study was to evaluate the effectiveness of foot reflexology on fatigue, sleep and pain. Conclusion: Foot reflexology is useful in nursing intervention to relieve fatigue and promote sleep. Further studies are needed to evaluate the effects of foot reflexology on outcome variables other than fatigue, sleep and pain.	

Reflexology	McCullough et al	2014	The Physiological and Biochemical Outcomes Associated with a Reflexology Treatment: A Systematic Review	Evidence-Based Complementary and Alternative Medicine	2014	502123	doi: 10.1155/2014/502123	The aim of this review was to assess the current evidence available from reflexology randomised controlled trials (RCTs) that have investigated changes in physiological or biochemical outcomes. Conclusion: It is still unclear from this review precisely how reflexology impacts physiological and biochemical parameters. There is a need for further research. No long-term effects through follow-up was investigated in any of the studies and this must be addressed in the future. It is important to note that in all of the studies included in the review where psychological parameters were assessed, a significant improvement in health and well-being was determined and this factor alone had a positive effect on disease outcomes, prognosis and rehabilitation.	
Reflexology	Smyth R M D, Aflaifel N, Bamigboye A	2015	Interventions for Varicose Veins and Leg Oedema in Pregnancy	Cochrane Data Base of Systematic Reviews	2015 (10)	CD:001066	doi: 10.1002/14651858.CD001066.pub.3	To assess any form of intervention used to relieve the symptoms associated with varicose veins and leg oedema in pregnancy. Conclusion: There is moderate evidence to suggest rutoside helps relieve the symptoms of varicose veins in late pregnancy. However, this data was based on one study and there is not enough data presented to assess safety in pregnancy. Reflexology and water immersion appear to improve symptoms for women with leg oedema, but again this has been based on two small studies.	

Reflexology	Song et al	2015	Self-Administered Foot Reflexology for the Management of Chronic Health Conditions: A Systematic Review	Journal of Alternative and Complementary Medicine (New York)	21 (2)	69-76	doi: 10.1089/acm.2014.0166	To systematically review the effect of self-administered foot reflexology in patients with chronic health conditions. Conclusion: Studies included in the review included patients with type 2 diabetes, hypertension, or urinary incontinence. These studies provided insufficient evidence to determine a treatment effect. Larger-scale and randomised controlled trials are needed to confirm the effects of this treatment in these chronic conditions.	
Reflexology	Song et al	2015	Effect of Self-Administered Foot Reflexology for Symptom Management in Healthy Persons: A Systematic Review and Meta-analysis	Complementary Therapies in Medicine	23 (1)	79-89	doi: 10.1016/j.citm.2014.11.005	This study estimated the effectiveness of self-administered foot reflexology for symptom management in healthy persons through a systematic review and meta-analysis. Conclusion: Self-administered foot reflexology is effective for healthy persons' psychological and physiological symptoms. Objective outcomes showed limited results, however, significant improvements were found in subjective outcomes. Due to the small number of studies and methodological flaws, there was insufficient evidence supporting the use of self-performed foot reflexology.	
Reflexology	Yaqui et al	2020	Foot Reflexology in the Management of Functional Constipation: A Systematic Review and meta-analysis	Complementary Therapies in Clinical Practice	40	n/a	doi: 10.1016/j.ctcp.2020.101198	An evidenced-based systematic review and meta-analysis of randomised controlled trials were conducted to investigate the effect of foot reflexology on functional constipation. Conclusion: Foot reflexology is an effective complementary therapy for treating functional constipation.	