

Homeopathic Sugar Pills ineffective in all 68 illnesses tested, study finds



By Laima Jonusiene, emeritus editor Med Expose'

Homeopathic Sugar Pill Treatment has 'no discernible convincing effects beyond placebo'



Homeopathy was described by the professor as a 'therapeutic dead-end' Getty Images

A leading scientist has offered an opinion on homeopathy after a systematic review concluded the controversial homeopathic sugar pill treatment was no more effective than placebo drugs.

Professor Paul Glasziou, a leading academic in evidence based medicine at Bond University, was the chair of a working party by the National Health and Medical Research Council which was

tasked with reviewing the evidence of 176 trials of homeopathy to establish if the treatment is valid. They reviewed cases of homeopathic treatment all using homeopathic sugar pills.

A total of 57 systematic reviews, containing the 176 individual studies, focused on 68 different health conditions - and found there to be no evidence homeopathic sugar pills were more effective than placebo on any of the diseases in question.

Homeopathy is an alternative medicine based on the idea of diluting a substance in water and a small part of alcohol and succussing the water to transfer energy into the bottle. **According to the NHS:** "Practitioners believe that the more a substance is diluted in this way, the greater its power to treat symptoms. Many homeopathic remedies consist of substances that have been diluted many times in water and a touch of alcohol until there is none or almost none of the original substance left." Sometimes the potentiated liquid is used and sometimes the liquid is sprayed onto sugar (lactose) pills.

Hahnemann, the father of homeopathy started using cotton balls dipped into substances. The patient who had Rhinitis (runny nose and eyes) could get relief when a cotton ball dipped into onion juice (which also causes Rhinitis). Hahnemann concluded that what causes a symptom might overwhelm the system and reduce the symptom caused by something else. He said that "Like can Treat Like". Hahnemann then would dilute the substances into water and alcohol. For safety sake, he wanted to see how dilute he could make the substance and still get relief. To his surprise he found that he could make it very dilute is he used a succusion (shaken with pounding, not stirred) at each dilution step. Homeopathy worked and the healing art conquered the world.

Then the powerful succusion process damaged his wrist with carpal tunnel over the years. He looked for a new way and started to use sugar pills near the end of his life. Had he had more time he might have seen that the sugar pill process is not as successful. In fact, we say sugar pill to mean placebo. And as many researchers in homeopathy have concluded, sugar pill homeopathy appears to be similar to placebo therapy.

Medical Professor Desire' Dubounet found this out years ago and published similar ideas.

Professor Paul Glasziou's review found "no discernible convincing effects beyond placebo" and concluded "there was NO reliable evidence from research in humans that sugar pill homeopathy was effective for treating the range of health conditions considered".

Writing in a blog for the **British Medical Journal**, Professor Glasziou states: "As chair of the working party which produced the report I was simply relieved that the arduous journey of sifting and synthesizing the evidence was at an end. I had begun the journey with an 'I don't know attitude', curious about whether this unlikely treatment could ever work... but I lost interest after looking at the 57 systematic reviews which contained 176 individual studies and finding no discernible convincing effects beyond placebo."

He continues: "I can well understand why Samuel Hahnemann- the founder of homeopathy- was dissatisfied with the state of 18th century medicine's practices, such as blood-letting and purging and tried to find a better alternative.

"But I would guess he would be disappointed by the collective failure of homeopathy to carry on his innovative investigations, but instead continue to pursue a therapeutic dead-end."

<http://www.downloads.imune.net/medicalbooks/Myths%20of%20Homeopathy.pdf>



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