

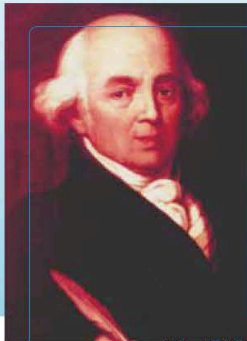


## Homeopathy in Europe - United in Diversity

Paving the Way for Medical Homeopathy

**25<sup>th</sup> Anniversary of the European  
Committee for Homeopathy (ECH)**

# Milestones of Homeopathy in the Course of History

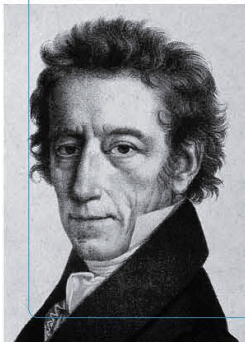


1790

## Samuel Hahnemann encounters the simile principle

While translating the *Materia Medica* by William Cullen, young Samuel Hahnemann first encounters the simile principle. This discovery lays the foundation for his lifelong infatuation with what he later terms 'homeopathy'.

The French Revolution at its peak. The national assembly abolishes the French nobility and nationalises church property. Europe soon undergoes fundamental changes in politics, society and economy.



1816

## Early practice of homeopathy in Bohemia

Staff surgeon Matthias Marenzeller (1765-1854) from present-day Slovenia begins work at the Prague Invalidenhaus infirmary, practising homeopathic treatment methods for the first time. The Invalidenhaus becomes Bohemia's first institution of homeopathic care and research. Through Marenzeller's influence homeopathy quickly becomes popular.

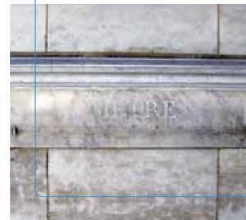
In 1816 the *Élise*, Europe's first steamship, is launched, later crossing the English Channel.



1830

## Europe in the throes of a cholera epidemic

Hahnemann fights cholera using methods that differ sharply from conventional medicine. In a published treatment proposal, Hahnemann recommends victims to drink water and avoid bloodletting, which weakens patients unnecessarily, and to take camphor. This treatment method leads to better outcomes. Public recognition of homeopathy subsequently grows quickly, with the first homeopathic hospitals being established.



1833

## Publication of the homeopathic medical doctrine in English

Samuel Hahnemann's groundbreaking book *Organon der rationellen Heilkunde* was first published in 1810. Soon the book was published in French and Italian (1824), Dutch (1827), Danish (1828) and Hungarian (1830), and in the fifth German edition appeared in 1833. The publication in English in 1833 introduces homeopathy to the English-speaking world.

German mathematician Carl Friedrich Gauß develops the first absolute metric system of units, based on the 'metre'.



1835

## France becomes the second home of homeopathy

Hahnemann moves to Paris with his second wife Mélanie d'Hervilly. Hahnemann quickly sets up practice in Paris and is active as a homeopath until his death in 1843. Even before his arrival, there were representatives of homeopathy in France. Hahnemann's practice in Paris becomes a meeting place for homeopaths from all over the world.



1839

## Physician from Transylvania introduces homeopathy to British India

Johann Martin Honigberger (1795-1869) becomes acquainted with Hahnemann and learns his methods. As royal physician he brings the healing art with him to Lahore, now in Pakistan, where to this day he is known as the 'father of homeopathy'. Today more than 150,000 homeopaths follow the Indian translation of the *Organon*.

Europe's major powers sign the Treaty of London, which recognises Belgium under international law and lays down its sovereignty and neutrality.



”

I. Politics

Verena Hahn-Oberthaler

## Raising Awareness for Complementary and Alternative Medicine to Better Health in Europe

Interview with the Former ECH President Ton Nicolai

Ton Nicolai was one of the co-founders of the European Committee for Homeopathy and he also served as its President for more than a decade. Since 2012 he has taken on a new task in EUROCAM, the European Interest Group for Complementary and Alternative Medicine.



What is EUROCAM and how did you get involved?

EUROCAM is a collaboration of 13 European umbrella organisations in the field of Complementary and Alternative Medicine (CAM), representing: (1) patients with an interest in promoting CAM, (2) medical doctors with an additional qualification in one or more CAM modalities, (3) authorised health-care professionals (state registered) with an additional qualification in one or more CAM modalities, and (4) practitioners with specific professional accreditation in one or more CAM modalities.

The following associations are currently united in EUROCAM:

- Assoc. for Natural Medicine in Europe ANME
- European Ayurveda Association EUAA
- European Ayurveda Medical Assoc. EURAMA
- European Central Council of Homeopaths ECCH
- European Committee for Homeopathy ECH
- European Council of Doctors for Plurality in Medicine ECPM
- European Federation of Homeopathic Patients' Associations EFHPA
- European Federation of Osteopaths EPO
- European Federation of Patients' Associations for Anthroposophic Medicine EFFAM
- European Herbal & Traditional Medicine Practitioners Association EHTPA
- European Traditional Chinese Medicine Association ETCMA
- International Council of Medical Acupuncture and Related Techniques ICMART
- International Federation of Anthroposophic Medical Associations IVAA

Collaboration among the various parties within EUROCAM seeks to achieve mutual advantage in several ways, e.g. through sharing costs, by increasing the influence and visibility of constituent organisations and by achieving shared aims, as well

as sharing knowledge, strategies and contacts. In combining their human and financial resources, EUROCAM's constituent organisations work collaboratively while remaining separate organisations.

EUROCAM organizes 2-3 meetings per year of the MEP CAM Interest Group in the European Parliament. From left to right: Michael Frass (Medical University of Vienna), Ton Nicolai (EUROCAM), Thomas Birkmeuz (IVAA), Liesbeth Ellinger (AVH), Abj. Peterle MEP, Sipsa Pietikäinen MEP.

### Biography

#### Ton Nicolai

Ton Nicolai was born in 1947 in the Netherlands. As a GP in Rotterdam he was confronted with the failure of conventional medicine to cure patients and studied several CAM modalities. Finally he chose homeopathy, quit his work as a GP and started a homeopathic consultancy practice in 1983.

From 1990 on he served as an executive of the Dutch Homeopathic Medical Association YHAN

and the International Homeopathic Medical League LMH. He was one of the founders of the European Committee for Homeopathy ECH, worked as its political coordinator, Secretary and finally President (2000-2012). Currently he is the coordinator and spokesman of EUROCAM, the largest stakeholder group of patients, physicians and practitioners in the CAM sector. For his international work he was appointed Companion of the Order of Orange-Nassau by the Queen of the Netherlands and has received several other awards.

Jörg Albrecht,  
Alexandra Schulze-Rahr

## 10 Years of Contracts on Integrated Classical Homeopathic Services

Founded in 2006, the management (private limited) company of the German association of homeopathic doctors (DZVhÄ) is a specialised provider of health services. It develops and markets health service programmes in physician-based homeopathy and other alternative healing methods. Its work includes for instance the provision of assistance to participants or billing and quality control of medical services.



Contracts on integrated health services concluded between the DZVhÄ's management company and two thirds of Germany's statutory health insurance funds ensure that roughly 40 million insureds in Germany have access to classical homeopathic care. These healthcare contracts underline the holistic approach of homeopathy. They guarantee interdisciplinary/interspecialisation as well as intersectoral healthcare, and incorporate self-treatment into this care setting.

### Holistic approach of homeopathy

Given its basic orientation, homeopathy is characterised by an unmistakably integrated approach, the aim being to treat pathologies in a comprehensive manner. The various signs and symptoms of diseases are not treated separately but regarded as an

integrated whole and therefore are treated as such with one single remedy.

As far as possible, any additional treatment by means of conventional medicine is avoided. In the great majority of cases, homeopathy therefore does not supplement conventional medicine but rather replaces it. Homeopathy is thus not 'a medical specialisation' but a healing method. The contracts that govern the supply of integrated healthcare support this holistic approach.

### Integrated healthcare

Under law, the provision of any integrated healthcare requires a public service obligation aimed at providing such care to insureds across service sectors or across disciplines and specialisations:

Pursuant to the intention underlying integrated healthcare (see Bundestag Printed Paper 14/1245 on Art. 1, no. B2, §§ 140a-140g) - namely to meet an existing need for integrated care by family and specialised doctors, by medical and non-medical providers as well as by outpatient and inpatient care facilities - the following position could be taken as a point of departure: at least two service sectors or, if only one such sector is regulated, two disciplines must be governed by new contracts. Hence the supply of medicines by public pharmacies constitutes a separate service sector which, together with at least one other (specifically the outpatient) sector, would fulfil the function of covering the contents of an integrated supply system.

It is only through the conclusion of integrated healthcare contracts that intersectoral homeopa-

thic treatment of patients becomes possible. The holistic approach of these contracts alone breaks up the conventional rigid structures in the supply of healthcare and introduces alternative supply structures.

Against this backdrop, the present contracts meet the preconditions of integrated healthcare provision in several respects, owing to the integration of treatment by family and specialised doctors, the integration of pharmacies and of their counselling services for self-treatment.

### Integration of treatment by family and specialised physicians

The contracts define the interdisciplinary/interspecialisation provision of healthcare between

In-depth consultation with the patient - the so-called case history - plays an essential role in homeopathy.



## II. History & Documentation

## The European Committee for Homeopathy from 1990 until 2015

### 25 Years of Promoting and Harmonising Homeopathic Healthcare in Europe (Part 1)

For 25 years the ECH has played a leading role in the development of homeopathy in Europe. Now the time has come to focus on its remarkable history by looking at its diverse activities from its very beginning until the present. Within the scope of this first part, which starts with a general introduction, the historical background that led to the foundation of the ECH is described. Moreover, the development of the ECH towards a professional organisation is highlighted including its efforts in the field of homeopathic education and research. [1]

#### Recalling the history of the ECH from its beginning to the present

In the period between the 1950s and 1980s the efficiency and competency of conventional medicine seemed to be unlimited in Europe. Incredible technical progress raised the expectation that sooner or later it would cope with any disease, and the finding of adequate cures was just a question of time. Today, this optimism has partly disappeared and been substituted by harsh criticism and decreasing acceptance triggered by the publicly debated negative side effects, the impersonality of its machine-based treatments, its lack of a more holistic approach towards the human body, and its high costs. The fact that an increasing number of patients turn to Complementary and Alternative Medicine (CAM) in search of a better, additional or more adequate

treatment, can be interpreted as an indication that the 'golden age' of conventional medicine has come to an end. Although it still dominates the public healthcare system, its hegemonic position is challenged and questioned by various therapeutic systems with their own concepts of health, illness and healing.

Within the spectrum of the various therapies offered in today's pluralistic medical markets homeopathy occupies a prominent place. Not only does this medical system look back upon a history of more than 200 years, but also enjoys a steadily increasing number of users and supporters among European patients. Although homeopathy in Europe is mainly practised by care providers who have been academically trained, it has been struggling for recognition by medical faculties and govern-



mental authorities ever since. The possibilities of joining forces at the European level as a promising strategy for achieving an equal position with conventional medicine are currently limited. Statutory regulations of homeopathic practices and medicines vary widely in the Member States of the European Union. Moreover, the homeopathic community does not resemble a homogenous spectrum of practitioners, but comprises different - sometimes competing - approaches according to homeopathic education, training and practices.

For 25 years the European Committee for Homeopathy (ECH) - the umbrella organisation for the national homeopathic doctors' associations in Europe - has dedicated its efforts to tackling these problems. The declared aim of the ECH, as stated in the statutes, is to 'promote and defend the quality of

the science and practice of homeopathy, to promote harmonisation of the practices of homeopathy in Europe and to represent both individuals as well as local, regional and national organisations throughout Europe that share the same aims'. Within the ECH, different Subcommittees are working on the realisation of these aims. Each of them deals with a particular aspect of homeopathy, for example education, research and pharmacy.

Since its foundation the ECH has not only transformed itself from a 'club of friends' into a professional pan-European organisation, but has also largely contributed to the process of harmonising, professionalising and recognising homeopathy in Europe. In addition, it has laid the groundwork for facilitating the emergence of a common identity of homeopathic physicians in Europe.

ECH spring meeting 2015 at the Medical Faculty of the University of Lisbon (Portugal).



In brief the booklet covered all the features a doctor needed for practising homeopathy, including the theoretical basis, case history, case analysis and the study of pharmacology. It also included a code of conduct, quality standards for homeopathic practices, patients' rights, comments on the reimbursement of homeopathy by health insurances, post-graduate training and a comprehensive chapter about exams.

As a detailed overhaul of the *Programme of Basic Teaching Standards*, which had been firstly formulated in 1993, the 'booklet' - as it was called within the ECH - was given the title *Medical Homeopathic Education in Europe*. In November 2000 during the General Assembly the booklet was reviewed for the last time. The minutes stated with pride: [D]ue to Jeremy Swayne's excellent preparation and diplomatic sacrifices from all sides, the booklet could be

given a final lecture'. The booklet was unanimously agreed and was published on the internet in 2001. France was the first country to print and distribute it in large numbers.

Some years later the Executive Committee of the LMHI and the officers and the Council of the ECH decided to merge their teaching programmes. Some amendments and compromises were necessary, but the process was not too difficult, because both programmes were quite similar. The similarities are based on the fact that the Guidelines for Homeopathic Education developed by the LMHI between 2001 and 2007 were largely based on the ECH booklet. Their shared document entitled *Medical Homeopathic Educational Standards* was published in 2008. Since that time the teaching programme developed by the ECH, which stipulates the minimal standard for the homeopathic educa-

Workshop on the implications of CAMbrella in homeopathy (top left), ECH Subcommittee for Pharmacy (top right), ECH Subcommittee for Politics (bottom right).





ECH Board 2008-2010:  
Yves Faingnaert, Patricia  
Le Roux, Ton Nicolai and  
David Spence.

1990 to 2015 the ECH has undergone a remarkable development from a 'club of friends' to a professional pan-European organisation, now representing thousands of homeopathic physicians in Europe. Its activities in the field of homeopathic education, practice and research have had a lasting impact on the harmonisation and standardisation of the various features within this medical system. Furthermore, the ECH has created a European identity for many homeopathic doctors and enabled them to review and evaluate the national status of their profession within a European setting. Last but not least, it managed to incorporate homeopathy into a more scientific framework, thus helping to improve homeopathic practice for the benefit of patients as well as provide the basis for negotiations with policy-makers in the domain of unconventional medicine. As a result the ECH is regarded by many decision-makers as being one of the most important organisations to represent medical homeopathy at the European level.

Due to the mutual exchange and support of its members the ECH has facilitated the recognition

of homeopathy in the public, scientific and political sphere at national and European levels. This has resulted in the establishment of important networks not only among homeopathic physicians inside the ECH but also with other CAM stakeholders including the industry and patients.

These achievements are all the more impressive as they have been accomplished almost exclusively by voluntary and unpaid members.

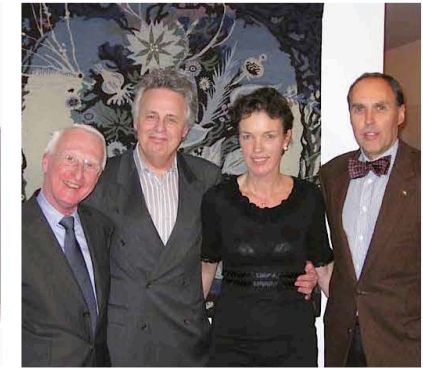
However, the main objective of the ECH, i.e. full integration of homeopathy into national healthcare systems, has not been achieved as yet. Opposition to such integration is still strong in some countries, while many other issues related to homeopathy persist and need to be addressed by the ECH as well.

Nevertheless, the ECH has set course for a wide recognition of homeopathy. Recent activities such as the planned CEN standard or cooperation with HMPWG may produce promising results to be consolidated and expanded in the future.



ECH Board 2004-2008:  
Yves Faingnaert, Patricia  
Le Roux, Ton Nicolai and  
David Spence (left).

ECH Board 2010-2012:  
Yves Faingnaert, Ton  
Nicolai, Patricia Le Roux  
and Ulrich Fischer (right).



From a historical point of view a quarter of a century is a rather short period of time. It would be interesting to move ahead for another 25 years to see in which direction its activities will have taken the status of homeopathy not only in Europe but worldwide.

#### Footnotes & References

[1] An important platform for this achievement was, and still is, the Political Subcommittee, where national representatives report on the situation of homeopathy in their respective countries. These reports are summarised in its minutes.

#### List of Abbreviations

[CAM] Complementary and Alternative Medicine  
[CEAHOMEO] An Asthma Cost-Benefit Study  
[CEN] European Committee for Standardisation  
[CLIFCOL] Homeopathic Clinical File Data Collection Project  
[COST] European Cooperation in the Field of Science and Technical Research  
[DG XII] Directorate General XII – Science, Research and Development

[ECCH] European Central Council of Homeopaths  
[ECH] European Committee for Homeopathy  
[ECHAMP] European Coalition on Homeopathic and Anthroposophic Medicinal Products  
[EFHPA] Federation of Homeopathic Patient's Associations  
[EPF] European Patients Forum  
[EPHA] European Public Health Alliance  
[GCP] Good Clinical Practice  
[GIR] Groupe International de Recherche sur l'Infinitésimal  
[HDP] Homeopathic Drug Proving  
[HMPWG] Homeopathic Medicinal Products Working Group  
[HMRG] The Homeopathic Medicine Research Group  
[HRI] Homeopathy Research Institute  
[ICH] International Conference on Harmonisation  
[IGHDR] International Guide on Homeopathic Documentation Resources  
[ISCH] International Scientific Committee on Homeopathy and Influenza  
[LMH] Liga Medicorum Homeopatheica Internationalis  
[NMQPs] Non-Medically Qualified Practitioners  
[SOCHOM] A Pan-European Well-Being Study



”

### III. Education

## The 'Société Savante d'Homéopathie'

**A Major Step towards Unification and Recognition of Homeopathy in France**

The SSH (Société Savante d'Homéopathie) was founded in 2004 on the initiative of representatives of two homeopathic medical associations in France, SNMHF (Syndicat National des Médecins Homéopathes Français) and SMH (Syndicat de la Médecine Homéopathique). The aim from the very beginning has been to promote the practice of homeopathy among medical doctors and the recognition of homeopathy within the medical profession.

Two complementary focus areas have consequently been defined: training, including basic and continuing training, and research, which involves clinical and fundamental research.

### Specificity of Homeopathy in France

The homeopathic landscape in France had in fact been divided into two camps: clinical and classical homeopathy. Instead of cooperating, these two camps quarrelled over questions of Hahnemann's legacy and over the relevance of the other practice in each case. Clinical homeopathy has a long-standing history of its own in France, with important leaders such as Dr Léon Vannter and Dr Roland Zissu. It is still the dominant form of practice in France, even though classical homeopathy is growing and bringing forth more and more professions.

### Board of the Société Savante d'Homéopathie in 2015

**President:**

Dr François Gassin

**Vice-Presidents:**

Dr Didier Dewaite, Dr Yves Maillé,  
Dr Jean-Luc Allier and Dr Pascale Laville

**General Secretary:**

Dr Hélène Renaux

**Deputy General Secretary:**

Dr Florence Paturel

**Treasurer:**

Dr Marielle Marron

**Deputy Treasurer:**

Dr Dominique Jeulin-Flamme



Hahnemann's legacy in France – the grave in the Père Lachaise Cemetery, Paris.

Gonzalo Fernández  
Quiroga

## Master's Programme in Homeopathy at the University of Barcelona

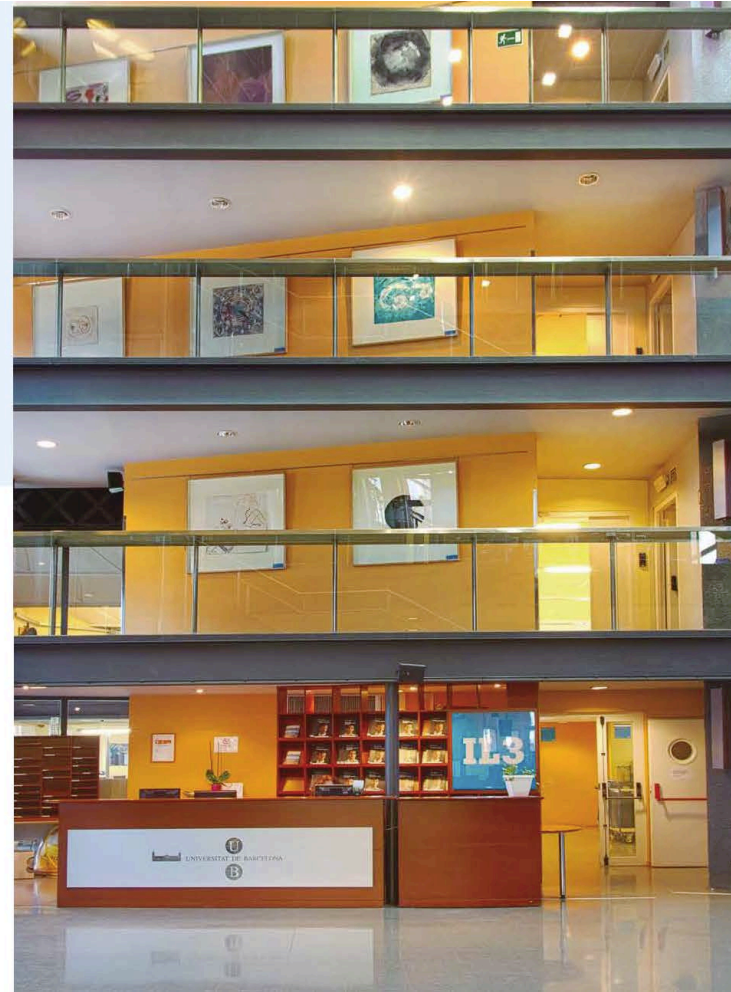
In 2015 the Academia Médico Homeopática de Barcelona (AMHB) celebrated its 125<sup>th</sup> anniversary. Since 2004 it has offered a Master's degree in cooperation with the University of Barcelona (UB) which is in line with the basic teaching standards in homeopathic medicine and is taught by experienced medical and veterinary homeopaths. Moreover, this Master's Programme has been approved by the European Committee for Homeopathy.

The AMHB was founded by a number of distinguished physicians led by Dr Joan Sanllehy Metges, Assistant Professor of Anatomy at Barcelona University, who became its first president in 1890. Dr Sanllehy disseminated Hahnemann's principles and obtained great success during the cholera epidemic in 1854. He kept himself and the AMHB in contact with European homeopathy through his membership in different international homeopathic associations and his participation in international homeopathic congresses.

The AMHB has always promoted European and international cooperation among medical homeopaths as when in 1924 the AMHB hosted the International Homeopathic Council and in 1925 Dr Vinyals, a member of the AMHB, was one of the founders of the Liga Medicorum Homeopathi-

ca Internationalis (LMHI) in Rotterdam. In 1990, coinciding with the 100<sup>th</sup> anniversary of the AMHB, Barcelona hosted the 45<sup>th</sup> Congress of the LMHI with outstanding national and international participation.

The AMHB is strongly committed to the scientific development of homeopathy. It edits, in cooperation with the two Spanish medical homeopathic associations, the *Revista Médica de Homeopatía* (Homeopathy Medical Journal) published by Elsevier. Recently the AMHB has been admitted as scientific society to the *Acadèmia de Ciències Mèdiques i de la Salut de Catalunya i de Balears* (Academy of Medical Sciences of Catalonia and the Balearic Islands), which is the umbrella institution for all medical societies in Catalonia. This important development is an acknowledgement of homeo-



The building of the Institute for Lifelong Learning Foundation (IL3-UB) where the Master's Programme for Medical Homeopathy has been taught in cooperation with the AMHB since 2004.

  
ACADEMIA  
MEDICO HOMEOPATICA  
DE BARCELONA  
1890



The Student Initiative for Homeopathy at the 2013 planning weekend.



#### Cooperation with medical societies for homeopathy

After an initial phase of criticism by the Austrian Medical Chamber (ÖAK) and Austria's medical societies for homeopathy (AKH and ÖGHM) the Student Initiative was able to dispel doubts and convince these associations by the high quality of the seminars it organised.

Since good relations between the homeopathic societies are important to the SIH, its spokespersons tried to establish close contact with them. Accordingly, a number of friendly and constructive meetings were held. At one of these meetings, organised in 2003 and attended by the presidents of both homeopathy societies as well as by Prof Dr Reiter, participants resolved that 150 hours of SIH undergraduate training would be recognised by both the ÖGHM and the AKH and credited towards the ÖAK homeopathy diploma.

At another meeting it was decided that an additional 50 hours of post-graduate training with another association could be credited towards the practical diploma programme. This has resulted in the SIH organising regular meetings of all homeopathic societies in Austria to provide a platform for debating current issues.

In addition, this has become a major cornerstone for the SIH's successful cooperation with homeopathic societies based on mutual respect and recognition. In autumn 2005 the first seminar held in association with the ÖGHM took place, with Dr Rabe talking about vaccination. More such jointly organised seminars were to follow.

#### Introduction of homeopathy as an elective at the University of Vienna

The next major milestone in the history of the SIH was the introduction of homeopathy as an elective subject comprising three hours a week per semester and led by University Professor Michael Prass, MD, at the Medical University of Vienna. In the face of tremendous opposition on the part of the university's management the SIH organised a survey to see whether students were interested in the subject. The students' response was clearly positive. The idea of offering an elective homeopathy course was greatly appreciated, and consequently a team led by Maria Klodner, the SIH spokesperson at that time, began working on the concept and contents of this subject.

*"In the summer semester of 2005 the time had finally arrived: the first lecture series on homeopathy involving lecturers from all over Austria was a huge success."*

Edgar Guba, Heike Schweitzer

In the summer semester of 2005 the time had finally arrived: the first lecture series on homeopathy involving lecturers from all over Austria was a huge success. Since then the SIH has been organising and managing the elective subject of homeopathy, which has become a fixed component among the courses offered by the Medical University of Vienna and is successfully completed by roughly 120 students every year. It is of utmost importance to us



”

IV. Patients



the patients' right of access to homeopathy. They have taken up their pens, signed petitions, lobbied parliamentarians and health commissioners, attended meetings and held demonstrations in support of their right to receive homeopathic treatment on the NHS – and continue to do so today. In fact, patients have done such a good job that on one occasion the health authority complained about the number of letters they were receiving.

But today, due to technological developments in internet usage and social media, the small, but vociferous and well-placed group of people who wish to discredit practitioners and eliminate homeopathy – not just from the UK's health service, but globally – have had a tremendous effect on the decommissioning of homeopathic services – stooping to underhand and unethical actions in order to do so [2]. However, patients and supporters of homeopathy do not give in easily. The BHA and the Friends of the RLHM [2] have led consumer response to the various threats to homeopathy on the NHS. They also work alongside other patient organisations, like the Homeopathy Action Trust and H.MCZ1 to promote and protect homeopathy in the UK.

stioning of homeopathic services – stooping to underhand and unethical actions in order to do so [2]. However, patients and supporters of homeopathy do not give in easily. The BHA and the Friends of the RLHM [2] have led consumer response to the various threats to homeopathy on the NHS. They also work alongside other patient organisations, like the Homeopathy Action Trust and H.MCZ1 to promote and protect homeopathy in the UK.

#### Uniting to promote homeopathy

In 2011, another patient-led initiative resulted in the coming together of all of the UK's major homeopathic organisations. They work as a collaborative under the name 4Homeopathy [4H]. Although not

The BMA's motion against homeopathy led 97 years of supporter, Jane Gikhrist, to demonstrate with over 200 other patients in Brighton.

a formally constituted body, since its formation, all participant organisations – comprising patient charities, medical and non-medical homeopaths, pharmacists, manufacturers and vets – have developed a strong and harmonious relationship, uniting to promote homeopathy with positive messages, to the benefit of the whole UK homeopathic community.

In today's world, whilst letter writing, petitions and demonstrations still have a place in raising awareness, more sophisticated advocacy strategies are required. Patients and supporters are now funding research to strengthen the evidence base required by commissioners. The BHA funds the research work of Dr Robert Mathie PhD, who has published many peer reviewed papers demonstrating, in a

robust scientific manner, that homeopathy is better than placebo. He also assists the homeopathic community in developing proper protocols to ensure studies are of the highest standard. The Friends of the RLHM are funding an innovative 3 year project auditing treatments provided by the hospital. Based on the officially recognised Quality Adjusted Life Years outcome measure (QALYs), it will assess clinical and cost effectiveness, and explore patient experience at the hospital. The results of initiatives like these have great potential for influencing the Department of Health and clinical commissioning groups. 4H organisations have worked together to develop a website [4], celebrity campaigns, YouTube videos and a host of promotional material.

Ultimately, without its patients and supporters, homeopathy could have disappeared from the UK decades ago. They have no vested interests – except to benefit their health and well-being and to exercise their freedom of choice.

#### Footnotes & References

[1] *Lancet* 2005; 366: 726-32. Are the clinical effects of homeopathy placebo effects? Comparative study of placebo-controlled trials of homeopathy and allopathy; Aijing Shang, Karin Huwiler-Müntener, Linda Nartey, Peter Juni, Stephan Dörig, Jonathan A C Sterne, Daniel Pewsnar, Matthias Egger; [http://www.id.cu/galeria/pdf/sitios/revsa/ud/are\\_the\\_clinical-effects-of-homeopathy\\_placebo-effects.pdf](http://www.id.cu/galeria/pdf/sitios/revsa/ud/are_the_clinical-effects-of-homeopathy_placebo-effects.pdf)

[2] <http://www.homeopathyevidencecheck.org/>

[3] The Friends of the RLHM (formerly League of Friends of the RLHM) is a registered charity run by patients and supporters of the hospital. The name was amended when the Royal London Homeopathic Hospital (RLHM) was renamed the Royal London Hospital for Integrated Medicine (RLHM) in September 2010.

[4] [www.findshomeopathy.org](http://www.findshomeopathy.org)





CAM: reducing the need for antibiotics. Meeting of the Interest Group for CAM in the European Parliament on 1 April 2014. EUROCAM organises such meetings 2-3 times per year.

health insurance doctors with additional qualification in homeopathy were 15% lower [9]. Based on data from the EPI3 cross-sectional study, involving 8,559 patients and 625 physicians in France, Colas A et al. (2015) showed that the health expenditure for patients consulting GPs with additional qualification in homeopathy was 20% less in comparison with conventional GPs [10]. Similarly, Kooreman P and Baars EW (2012) showed that Dutch patients whose GP was additionally trained in a CAM method cost less, and even lived longer [11].

### Homeopathy with upper respiratory tract infections (URTIs)

Upper respiratory tract infections are among the most frequent reasons that doctors giving primary care prescribe antibiotics, even though such prescriptions are often unnecessary or inappropriate, as only about one quarter of such infections are caused by bacteria [12].

When studies providing moderate or strong evidence of the effectiveness of the homeopathic treatment of URTIs are evaluated, a positive effect can be recognised, particularly in the case of the following infections, which are normally treated by antibiotics: otitis media [14, 15], sinusitis [16, 17, 18], colds [19, 20] and influenza-like syndromes [21, 22, 23, 24]. In other words, any reduction of antibiotic use with such ailments would support the EU's strategy to combat antimicrobial resistance.

### Homeopathy with serious infections

Homeopathy is also successfully used to treat serious infections. Few people are aware that the success seen in treating cholera was one of the reasons that homeopathy rapidly grew in popularity and became established in Europe in the early 19th century. Subsequently, many of Europe's hospitals were founded as homeopathic hospitals, particularly in the 1830s.

In a double-blind, placebo-controlled trial conducted at the Vienna General Hospital, Frass et al. (2005) were able to demonstrate that, among 70 patients with severe sepsis, the long-term survival rate was significantly higher [25].

"In treating infections, homeopathy is able to look back on a history of experience spanning more than 200 years, with the first hundred years in the pre-antibiotic era. Homeopathy as practised by physicians is well established in Europe."

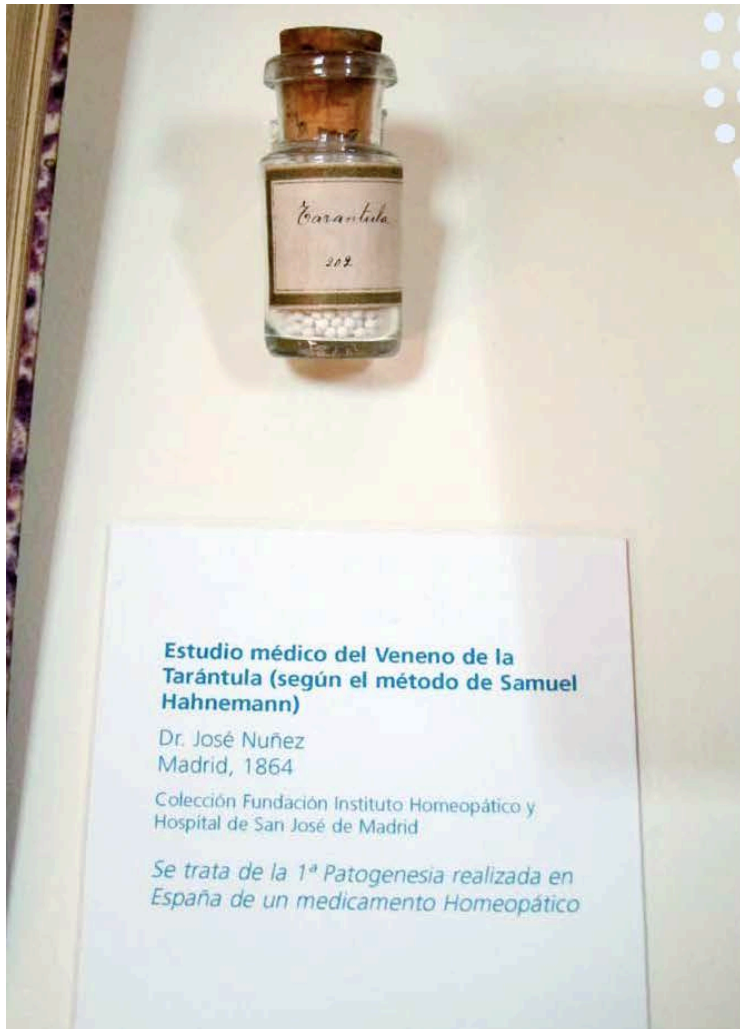
Michael Frass, Thomas Peinbauer

Contrary to this array of positive studies, Ostermann JK et al. (2015) reached the opposite conclusion based on data from German health insurer *Technikwerkbankasse* [12]. One possible reason is that the duration of previous contact with the physician was not taken into account in the propensity score, thereby limiting the comparability of the two study groups (and thus perhaps overall study validity).



”

V. Provings



Study on a medicinal product extracted from the poison of the tarantula according to the Hahnemann method, carried out in Madrid in 1864.

"In due course these Guidelines have been consulted by many authors to design their provings, both within the EU and elsewhere."

Jean Pierre Jansen

nes for Provings in 2004. The final document was compiled by Frank Wieland and Luc Uyttenhove, a dentist from Belgium, during an intense weekend at Luc's house. This document integrated the rules for conducting the provings of Hahnemann, Bayr and Sherr (who built on the work of Bayr), as well as conventional regulations. In due course these Guidelines have been consulted by many authors to design their provings, both within the EU and elsewhere.

Möllinger initiated this work which was then taken up by Jean Pierre Jansen (The Netherlands) when he became Coordinator in 2008.

The Subcommittee investigated the feasibility of conducting provings based on the ECH Guidelines and, in 2010, organised a seminar in Brussels for over forty potential conductors of provings. However, over the following months it turned out that the bureaucratic burden was too high. An internet forum was set up to discuss solving this situation. As a result, the Subcommittee is frequently asked to advise future conductors of provings and provide assistance to reduce the bureaucratic burden and other impediments.

Based on the guidelines, the Subcommittee developed a teaching module for basic homeopathic education, which is available to homeopathic schools. It was presented in Brussels during a one day seminar in November 2012 by Héliène Renoux (France).

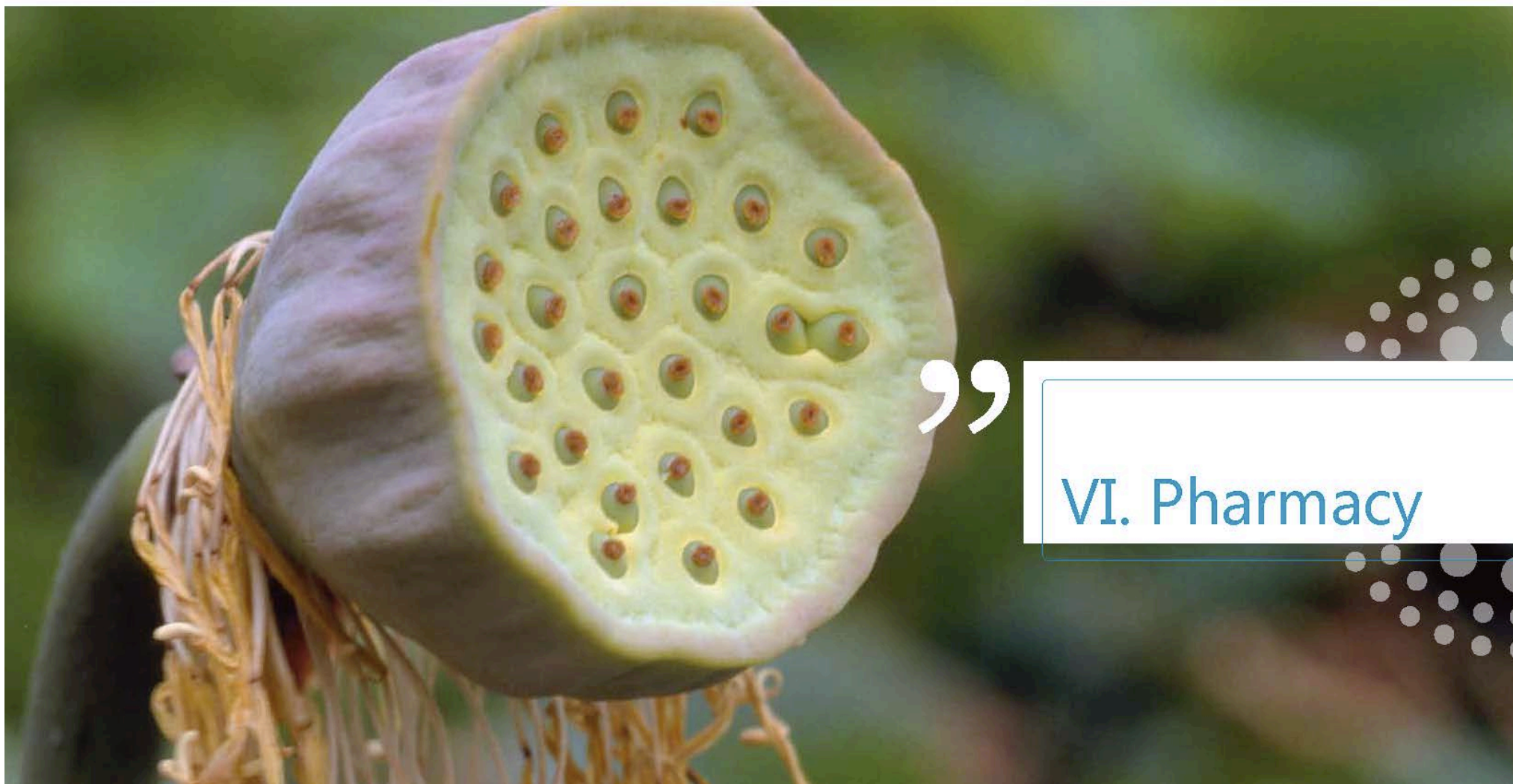
#### Building further

Heribert Möllinger (Germany) succeeded Wieland as Coordinator, and the Subcommittee developed a list of minimum requirements for provings and a position paper stating that provings were not a Phase 1 trial. At the ECH's 2006 General Assembly the Subcommittee was given the following tasks:

- to gain acceptance of proving guidelines and protocol as a standard from the scientific community and competent authorities,
- to promote high quality provings,
- to establish a training programme,
- to create a provings database on the ECH website.

#### Dissemination of Guidelines

Meanwhile, it had become clear that there was a need to provide regulatory authorities with guidelines for provings. In 2013, the Provings Subcommittee started a consensus procedure to harmonise the proving guidelines of the ECH and the LMHI. During a two day expert meeting in Barcelona, a draft was produced which was commented by other experts via the internet. The final version was presented officially during the LMHI's Paris Congress in July 2014 by Ashley Ross of Durban University, on behalf of LMHI, and Jean Pierre Jansen for ECH, and is considered as a best practice document. A revision is planned for 2016.



”

## VI. Pharmacy

## General Introduction to Homeopathic Medicinal Products

Any discussion of homeopathic pharmacy has to start by mentioning Hahnemann's *Organon*, in which he emphasizes the importance of high-quality homeopathic medicines. Discussion should also include a description of the interesting preparation method/s of homeopathic medicines. 'Organon § 264: The true physician must be provided with genuine medicines of unimpaired strength, so that he may be able to rely upon their therapeutic powers; he must be able, himself, to judge of their genuineness.'

Hahnemann spent several years experimenting on himself, his family and a group of followers testing a wide range of natural substances, including plants, minerals, metals and material of animal origin. In fact, he can be considered the 'father' of experimental pharmacology. Each substance was tested by administration to healthy volunteers who kept detailed records of their physical, mental and emotional reactions. These tests were called 'proving' [1]. The reported symptoms of these experiments - 'homeopathic pharmacodynamics' - were compiled in a *Materia Medica*. Repeating this type of experiment led him to observe and describe the basic principles of homeopathy. Initially, Hahnemann assumed that for certain diseases specific remedies could be found, but gradually his ideas about homeopathy became more refined. Another observation arose from his desire to minimise the harm-

ful effects of the medicines being used by doctors at the time. At the beginning of his pharmaceutical activity as a homeopath, Hahnemann used dried plant juices for conservation purposes; these were turned into a suspension [1] before use. These suspensions had to be shaken vigorously to obtain the most homogeneous preparation possible. In this concentrated form many of them were poisonous. Hahnemann was aware of the toxicology of poisonous substances, e.g. plants such as *Atropa belladonna* or *Veratrum album*; therefore, he diluted the mother tinctures [2] in incremental stages together with vigorous shaking - the so-called 'potentisation' was born. Hahnemann began diluting his medicines to reduce toxicity by a process of dilution and agitation or 'succussion'. This appeared to increase the therapeutic effectiveness of the medicine.



Trituration of colour pigments with lactose in steps of C1, C2, C3 describing different concentrations in a dilution of 1:100.

The Latin word *potentia* can be translated as strength, ability, capacity and effectiveness. Hahnemann used the term 'potency' to describe powers which generated certain effects. As effects are also triggered by medicines, Hahnemann called them 'medicinal potencies', 'healing potencies', or simply 'potencies'. He observed that the remedies became more effective when developed and strengthened by the techniques of succussion and trituration. 'Potentisation' and 'dynamisation' are therefore understood as the preparation processes which develop the homeopathic effects of the raw material using stages of trituration and/or dilution.

### Source materials

Homeopathic medicines are mainly prepared from natural materials, mostly from plants, including

roots, stems, leaves, flowers, barks, lichen, moss, ferns and algae; but also from minerals like rock crystal, oyster shell and salt and a few such as bee stings, snake venom and cuttlefish are from the animal kingdom; microorganisms, including fungi; chemical elements like yellow phosphorus; synthetic substances like nitro-glycerine; chemical products like arsenic acid; and compounds like beech tar creosote.

**Nosodes:** Nosodes are prepared from the diseased material of plant, animal or human origin (e.g. fluid from an arthritic joint, bowel tissue, vesicles). There are various childhood illnesses represented amongst the nosodes, for example whooping cough (pertussis) and German measles (rubella). There are also tropical nosodes like cholera and malaria. Some historical nosodes have drug pictures,

## Homeopathy in Law and Jurisdiction

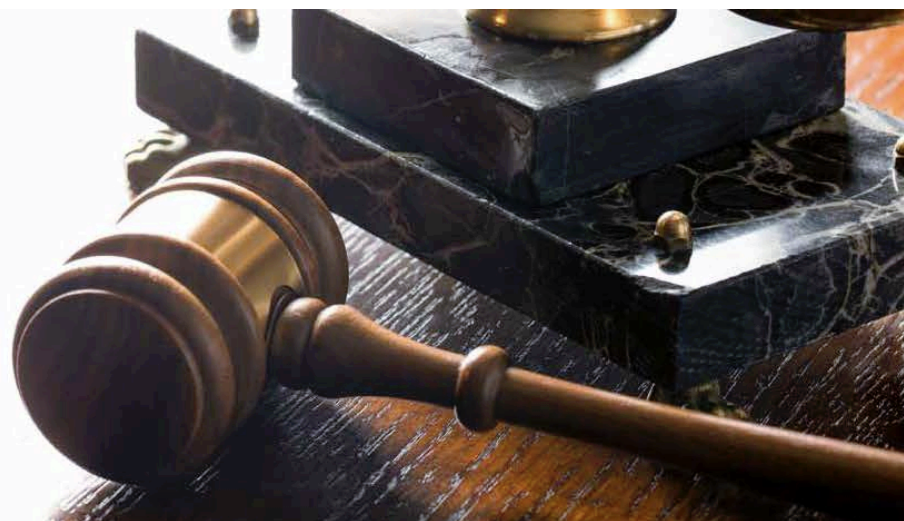
At the beginning of the 1990s the European Parliament was aware that homeopathy could no longer be ignored. In Europe the free circulation of goods is a major issue and the homeopathic market an undeniable fact. As there was no majority of EU countries interested in the regulation of homeopathic practice, the lowest common denominator was to regulate the market for homeopathic products to achieve harmonisation of quality without any risk for consumer safety.

For the purpose of harmonising the market of homeopathic medicinal products, the Council adopted Directive 92/73/EEC requiring Member States to implement certain changes in their national legislation (preamble of Directive 92/73/EEC). Directive 92/73/EEC was replaced by Directive 2001/83/EC of the European Parliament and of the Council of 6 November 2001 on the Community code relating to medicinal products for human uses [J L 311/67 (2001)]. A similar Directive exists for veterinary use (2001/82/EC). From that moment on registration of homeopathic medicines became compulsory for all EU members, the goal being a really harmonised market. The Homeopathic Medicinal Products Working Group HMPWG was set up within the Heads of Medicines Agencies HMA.

HMPWG is a European group dedicated to homeo-

pathic medicinal products for human and veterinary use. Its goals include:

- To create a forum for exchange of regulatory and scientific expertise regarding the assessment of the quality, safety and homeopathic use of homeopathic medicinal products for human and veterinary use;
- To provide guidance on the assessment of homeopathic medicinal products on request from Competent Authorities;
- To provide guidance for applicants on the registration of homeopathic medicinal products;
- To establish one common dossier template for applications for the registration (Article 14 of



Directive 2001/83/EC, as amended) of homeopathic medicinal products in the EU, in cooperation with the Notice to Applicants Group;

- To provide advice and expertise on request of the Co-ordination Group for Mutual Recognition and Decentralised Procedures - Human (CMD(h)) and Co-ordination Group for Mutual Recognition and Decentralised Procedures - Veterinary (CMD(v)) on procedural, regulatory and scientific issues arising from the mutual recognition and decentralised procedures applicable to homeopathic medicinal products;
- To facilitate the resolution of procedural, regulatory, and scientific issues arising from variation procedures pertaining to homeopathic medicinal products;

- To support the drafting of a list of safe dilution grades for homeopathic medicinal products;

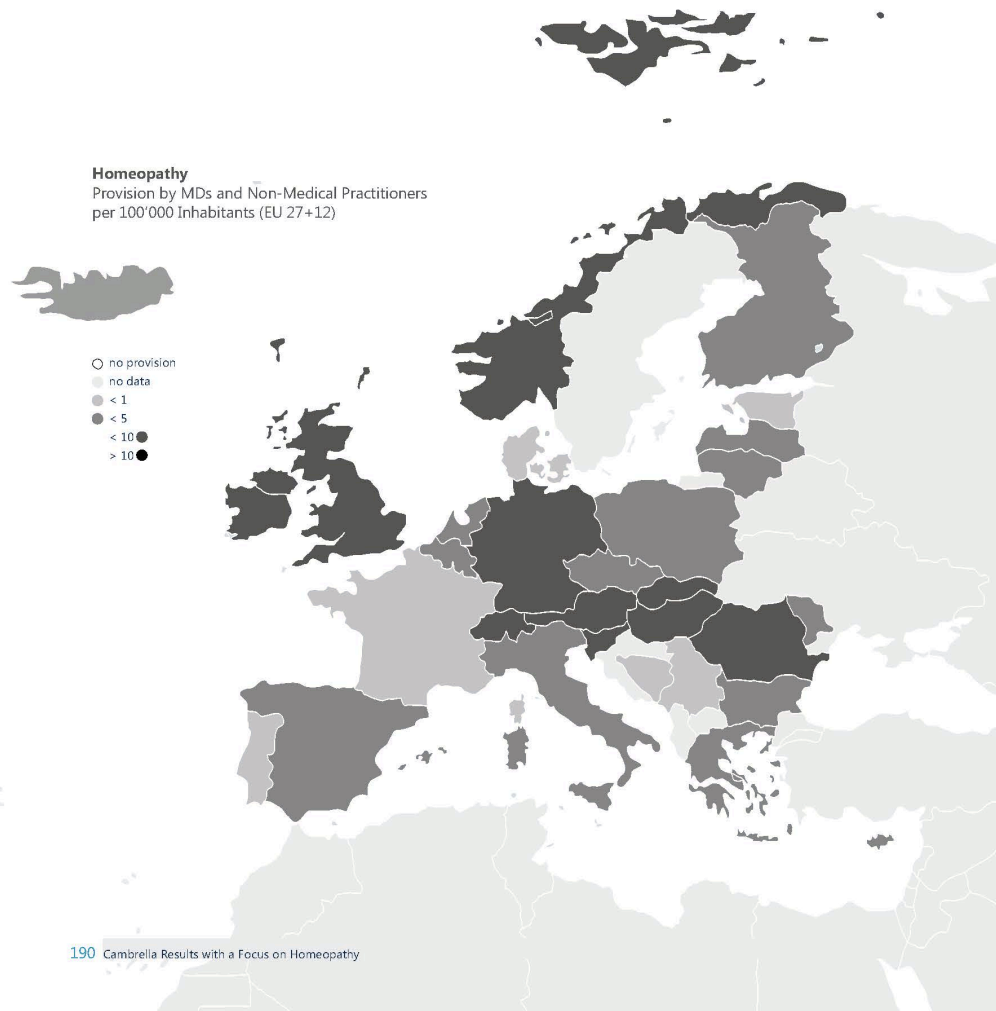
- To address regulatory and scientific issues concerning homeopathic medicinal products on request by the European Commission, the CMD(h), the CMD(v), the Heads of Medicines Agencies and the EDQM;
- To draft rules of procedure for approval by the Heads of Medicines Agencies;
- To prepare guidance documents which will be presented to the Heads of Medicines Agencies for publication on their website ;
- The HMPWG is composed of representatives from the National Competent Authorities (NCAs)

Since 1992, the use of homeopathic medicinal products (HMP) has been subject to legislation at a European level.



”

## VII. Research



### CAMBRELLA Results

1. Terminology and definitions differ significantly throughout countries.
2. Legal status and regulations are heterogeneous between countries.
3. CAM demand reflects needs and attitudes of European citizens.
4. Patients use CAM as an add-on or as an alternative to conventional medicine.
5. CAM provision is scattered across countries, towns and landscapes.
6. In Europe CAM is in line with worldwide trends toward CAM.
7. The roadmap will present future research strategies and guidelines.

### Additional results

1. Different national (EU 27 + 12) and regional health regulations (e.g. 26 Swiss Cantons) make harmonisation of CAM legislation for disciplines, teaching, training, certification and registration of practitioners difficult.
2. Citizens' or patients' attitudes and demands vary greatly across the investigated 39 countries (Walach, Kirkutis, Weidenhammer 2012).

### CAM provision

Direct comparison of CAM provision is difficult between EU countries due to differences in legal status. Given these limitations the following data were derived based on figures provided by CAM societies and cross-checked with available governmental data: approximately 328,000 registered CAM pro-

viders can be identified in the EU (population: 500 million), comprising 178,000 non-medical practitioners and 150,000 MDs. This suggests up to 65 CAM providers (35 non-medical practitioners and 30 MDs) per 100,000 inhabitants, compared to the EU figures for GPs (general practitioners) which are 95 per 100,000 inhabitants. Acupuncture (n=96,380) is the prevalent method for both physicians (80,000) and non-medical practitioners (16,380) followed by homeopathy (49,500: 45,000 MDs, 4,500 NMPs). This number corresponds to 11 homeopathy therapists caring for 100,000 inhabitants across Europe. In Finland and Malta ECH data (2010) could not identify a single homeopathic doctor; in Denmark and Sweden there were two. On the other hand, Germany, Romania, Hungary and Italy have more than 1,000 MDs with additional ECH standard training. No doubt a considerable number of therapists practise homeopathy under the radar of detection in several countries.

### Legal status of homeopathy

Only Switzerland has regulated and registered homeopathy as a profession in the EU regulated professions database under 'natural health practitioner' as naturopath/homeopath'. Latvia and Liechtenstein have regulations that may be seen as a regulation of a homeopathy profession: Latvia has regulated 'homeopathic doctors'; Liechtenstein has registered 'naturopaths with a homeopathy specialisation'. 22 countries have regulated homeopathy treatment, 14 countries have no specific homeopathic treatment regulations, but general CAM or other health legislation may regulate homeopathic practices: Bosnia and Herzegovina, Cyprus, Finland, Iceland, Ireland, Israel, Luxembourg, Macedonia,

## Institute for the History of Medicine of the Robert Bosch Foundation (IGM)

Established in 1980, the Institute for the History of Medicine of the Robert Bosch Foundation (IGM) in Stuttgart is the only research institution of its kind in Germany with no university affiliation. The Institute owes its existence to the early interest of Württemberg industrialist Robert Bosch (1861-1942) in the history of healthcare in general and homeopathy in particular. IGM is an entity of the private Robert Bosch Foundation (Robert Bosch Stiftung GmbH) with its present research focus being on the history of homeopathy and on the social history of medicine.

At regular intervals IGM organises advanced training seminars, workshops and international meetings.

### Publications

- The journal *Medizin, Gesellschaft und Geschichte – MedGG* (Medicine, Society and History) includes articles on the history of homeopathy and alternative healing practices.
- The supplements to MedGG publish papers on the social history of medicine and complementary forms of medicine.
- The Edition of Samuel Hahnemann's Medical Case Studies (in German) provides information on Hahnemann's daily practice.

- In a series entitled *Quellen und Studien zur Homöopathieggeschichte* (Sources and Studies on the History of Homeopathic Medicine) IGM periodically publishes fundamental studies, most recently for instance on nosodes, medicinal preparations and on the homeopathy practices of Bönninghausen or of the physician Heinrich C.L. le Gouillon (1801-1883). Earlier studies concentrated on homeopathy in selected countries (e.g. India, GDR) or regions (Bavaria) as well as other practitioners of homeopathy. Currently, an increasing number of English summaries of these papers are uploaded to the net.
- The Minor Studies on the History of Homeopathy offer, inter alia, English texts on the History of Homeopathy in Northern, Central and Eastern Europe and on the LM potencies.



Clemens von Bönninghausen's works and patients' journals in the archives of the Institute.



”

Appendix

Over the past 25 years, the European Committee for Homeopathy (ECH) has carved out a role as a leading think tank and patron of medical homeopathy at European level. This book traces the remarkable evolution of a lobby group which, true to the motto of 'United in Diversity', has brought together people from many different linguistic and cultural backgrounds in pursuit of a common goal: building a shared future for homeopathy in Europe. This exploration of homeopathy as it is practised in the various European countries is aimed at both professionals and interested lay people.

