

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)	Included/Excluded	Rationale for exclusion
Alexander Technique	Cacciatore TW, Gurfinkel VS, Horak FB, Cordo PJ, Ames KE	2011	Increased dynamic regulation of postural tone through Alexander Technique training	Human Movement Science	30 (1)	74-89	10.1016/j.humov.2010.10.002	<p>Abstract: Gurfinkel and colleagues (2006) recently found that healthy adults dynamically modulate postural muscle tone in the body axis during anti-gravity postural maintenance and that this modulation is inversely correlated with axial stiffness. Our objective in the present study was to investigate whether dynamic modulation of axial postural tone can change through training. We examined whether teachers of the Alexander Technique (AT), who undergo "long-term" (3-year) training, have greater modulation of axial postural tone than matched control subjects. In addition, we performed a longitudinal study on the effect of "short-term" (10-week) AT training on the axial postural tone of individuals with low back pain (LBP), since short term AT training has previously been shown to reduce LBP. Axial postural tone was quantified by measuring the resistance of the neck, trunk and hips to small ($\pm 10^\circ$), slow ($1^\circ/\text{s}$) torsional rotation during stance. Modulation of tone was determined by the torsional resistance to rotation (peak-to-peak, phase-advance, and variability of torque) and axial muscle activity (EMG). Peak-to-peak torque was lower ($\sim 50\%$), while phase-advance and cycle-to-cycle variability were enhanced for AT teachers compared to matched control subjects at all levels of the axis. In addition, LBP subjects decreased trunk and hip stiffness following short-term AT training compared to a control intervention. While changes in static levels of postural tone may have contributed to the reduced stiffness observed with the AT, our results suggest that dynamic modulation of postural tone can be enhanced through long-term training in the AT, which may constitute an important direction for therapeutic intervention.</p>	Excluded	The study measures only physical parameters of participants not health outcomes.
Alexander Technique	Cacciatore TW, Mian OS, Peters A, Day BL	2014	Neuromechanical interference of posture on movement: evidence from Alexander technique teachers rising from a chair	Journal of Neurophysiology	112 (3)	719-29	10.1152/jn.00617.2013	<p>Abstract: While Alexander technique (AT) teachers have been reported to stand up by shifting weight gradually as they incline the trunk forward, healthy untrained (HU) adults appear unable to rise in this way. This study examines the hypothesis that HU have difficulty rising smoothly, and that this difficulty relates to reported differences in postural stiffness between groups. A wide range of movement durations (1–8 s) and anteroposterior foot placements were studied under the instruction to rise at a uniform rate. Before seat-off (SO) there were clear and profound performance differences between groups, particularly for slower movements, that could not be explained by strength differences. For each movement duration, HU used approximately twice the forward center-of-mass (CoM) velocity and vertical feet-loading rate as AT. For slow movements, HU violated task instruction by abruptly speeding up and rapidly shifting weight just before SO. In contrast, AT shifted weight gradually while smoothly advancing the CoM, achieving a more anterior CoM at SO. A neuromechanical model revealed a mechanism whereby stiffness affects standing up by exacerbating a conflict between postural and balance constraints. Thus activating leg extensors to take body weight hinders forward CoM progression toward the feet. HU's abrupt weight shift can be explained by reliance on momentum to stretch stiff leg extensors. AT's smooth rises can be explained by heightened dynamic tone control that reduces leg extensor resistance and improves force transmission across the trunk. Our results suggest postural control shapes movement coordination through a dynamic "postural frame" that affects the resistive behavior of the body.</p>	Excluded	The study measures only physical parameters of healthy participants not health outcomes.

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Alexander Technique	Essex H, Parrott S, Atkin K, Ballard K, Bland M, Eldred J, Hewitt C, Hopton A, Keding A, Lansdown H, Richmond S, Tilbrook H, Torgerson D, Watt I, Wenham A, Woodman J, MacPherson H.	2017	An economic evaluation of Alexander Technique lessons or acupuncture sessions for patients with chronic neck pain: A randomized trial (ATLAS)	PLoS One	12 (12)	e0178918	10.1371/journal.pone.0178918	Objectives: To assess the cost-effectiveness of acupuncture and usual care, and Alexander Technique lessons and usual care, compared with usual GP care alone for chronic neck pain patients. Methods: An economic evaluation was undertaken alongside the ATLAS trial, taking both NHS and wider societal viewpoints. Participants were offered up to twelve acupuncture sessions or twenty Alexander lessons (equivalent overall contact time). Costs were in pounds sterling. Effectiveness was measured using the generic EQ-5D to calculate quality adjusted life years (QALYs), as well as using a specific neck pain measure—the Northwick Park Neck Pain Questionnaire (NPQ). Results: In the base case analysis, incremental QALY gains were 0.032 and 0.025 in the acupuncture and Alexander groups, respectively, in comparison to usual GP care, indicating moderate health benefits for both interventions. Incremental costs were £451 for acupuncture and £667 for Alexander, mainly driven by intervention costs. Acupuncture was likely to be cost-effective (ICER = £18,767/QALY bootstrapped 95% CI £4,426 to £74,562) and was robust to most sensitivity analyses. Alexander lessons were not cost-effective at the lower NICE threshold of £20,000/QALY (£25,101/QALY bootstrapped 95% CI -£150,208 to £248,697) but may be at £30,000/QALY, however, there was considerable statistical uncertainty in all tested scenarios. Conclusions: In comparison with usual care, acupuncture is likely to be cost-effective for chronic neck pain, whereas, largely due to higher intervention costs, Alexander lessons are unlikely to be cost-effective. However, there were high levels of missing data and further research is needed to assess the long-term cost-effectiveness of these interventions.	Included	
Alexander Technique	Gleeson M, Sherrington C, Borkowski E, Keay L.	2014	Improving balance and mobility in people over 50 years of age with vision impairments: can the Alexander Technique help? A study protocol for the VISIBILITY randomised controlled trial	Injury Prevention	20 (1)	e3	10.1136/injuryprev-2012-040726	Protocol Paper for the following 2 papers	Excluded	The paper does not measure any health outcomes from the use of Alexander Technique.
Alexander Technique	Gleeson M, Sherrington C, Lo S, Auld R, Keay L	2017	Impact of the Alexander technique on well-being: a randomised controlled trial involving older adults with visual impairment	Clinical and Experimental Optometry	100 (6)	633-641	10.1111/cxo.12517	Background: Older adults with vision loss have high rates of depression, restricted participation and reduced quality of life. We sought to measure the impact of lessons in the Alexander technique on vision-related emotional and social well-being, as secondary outcomes to a study on improving physical functioning in this population. Methods: This is a single-blind randomised controlled trial. One hundred and twenty community-dwelling adults aged 50 to 90 years with visual impairments were randomised to either 12 Alexander lessons over 12 weeks and usual care or usual care. The Perceived Visual Ability Scale, the Keele Assessment of Participation, the emotional subscale of the Impact of Vision Impairment Profile, the Positive and Negative Affect Scale and the five-item Geriatric Depression Scale were administered at baseline and three and 12 months. Participants were receiving services from Guide Dogs NSW/ACT. Results: None of the validated questionnaires found statistically significant improvements after adjustment for baseline at three or 12 months, although the emotional subscale of the Impact of Vision Impairment approached significance in favour of the intervention group (4.54 points, 95 per cent CI: -0.14 to 9.21, p = 0.06). Depressive symptoms were prevalent and associated with greater impact of visual impairment on emotional well-being (odds ratio: 1.12, 95 per cent CI: 1.07 to 1.17, p < 0.0001). Faster gait, an indicator of general mobility, was associated with less depressive symptoms (odds ratio: 1.27, 95 per cent CI: 1.06 to 1.54, p = 0.01). Conclusion: On average, there was no significant impact of weekly lessons in the Alexander technique on social and emotional well-being, although the emotional impact of visual impairment showed a trend toward less distress in the intervention group. Our data found that emotional distress associated with visual impairment influences depressive symptoms but contrary to expectations, the level of social	Included	

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Alexander Technique	Gleeson M, Sherrington C, Lo S, Keay L.	2015	Can the Alexander Technique improve balance and mobility in older adults with visual impairments? A randomized controlled trial	Clinical Rehabilitation	29 (3)	244-60	10.1177/0269215514542636	Objective: To investigate the impact of Alexander Technique lessons on balance and mobility in older adults with visual impairments. Design: Randomized assessor blinded controlled trial with intervention and usual care control groups. Setting: Participants' homes. Subjects: A total of 120 community-dwellers aged 50+ with visual impairments. Intervention: Twelve weeks of Alexander lessons and usual care. Main outcome measures: Short Physical Performance Battery items were primary outcomes at 3 months and secondary outcomes at 12 months. Additional secondary outcomes were postural sway, maximal balance range and falls over 12 months. Results: Between-group differences in primary outcomes were not significant. The intervention group reduced postural sway on a firm surface with eyes open at 3 months after adjusting for baseline values (-29.59 mm, 95%CI -49.52 to -9.67, P < 0.01). Planned sub-group analyses indicated a greater intervention effect among past multiple-fallers (2+) than non-multiple fallers for gait speed (P = 0.02) and step length (P < 0.01) at 3 months and chair stand at 12 months (P < 0.01). There was a non-significant reduction in falls rate (IRR = 0.64, 95%CI 0.34 to 1.15, P = 0.13) and injurious falls (IRR = 0.61, 95% CI 0.28 to 1.30, P = 0.20) in the intervention group compared to the control group. Conclusion: The intervention did not have a significant impact on the primary outcomes but benefits for the intervention group in postural sway, trends towards fewer falls and injurious falls and improved mobility among past multiple-fallers suggest further investigation of the Alexander Technique is warranted.	Included	
Alexander Technique	Hamel KA, Ross C, Schultz B, O'Neill M, Anderson DI	2016	Older adult Alexander Technique practitioners walk differently than healthy age-matched controls	Journal of Bodywork and Movement Therapies	20 (4)	751-760	10.1016/j.jbmt.2016.04.009	Summary: The Alexander Technique (AT) seeks to eliminate harmful patterns of tension that interfere with the control of posture and movement and in doing so, it may serve as a viable intervention method for increasing gait efficacy in older adults. The purpose of this study was to compare the comfortable pace gait kinematics of older AT practitioners with those of healthy, age-matched controls. Participants were six licensed AT practitioners and seven healthy age-matched controls between the ages of 61-76. During the stance phase, AT participants exhibited significantly greater ankle stance range of motion (ROM) and plantar flexion at toe off, as well as lower ROM of the trunk and head compared to controls. During the swing phase, the AT practitioners had significantly increased hip and knee flexion and a trend toward significantly increased dorsiflexion. The findings suggest that the older AT practitioners walked with gait patterns more similar to those found in the literature for younger adults. These promising results highlight the need for further research to assess the AT's potential role as an intervention method for ameliorating the deleterious changes in gait that occur with aging.	Excluded	The study measures only physical parameters of healthy participants not health outcomes.

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Alexander Technique	Lauche R, Schuth M, Schwickert M, Lüdtkke R, Musial F, Michalsen A, Dobos G, Choi KE	2016	Efficacy of the Alexander Technique in treating chronic non-specific neck pain: a randomized controlled trial	Clinical Rehabilitation	30 (3)	247-58	10.1177/0269215515578699	Objective: To test the efficacy of the Alexander Technique, local heat and guided imagery on pain and quality of life in patients with chronic non-specific neck pain. Design: A randomized controlled trial with 3 parallel groups was conducted. Setting: Outpatient clinic, Department of Internal and Integrative Medicine. Subjects: A total of 72 patients (65 females, 40.7±7.9 years) with chronic non-specific neck pain. Interventions: Patients received 5 sessions of the Alexander Technique - an educational method which aims to modify dysfunctional posture, movement and thinking patterns associated with musculoskeletal disorders. Control groups were treated with local heat application or guided imagery. All interventions were conducted once a week for 45 minutes each. Main measures: The primary outcome measure at week 5 was neck pain intensity on a 100-mm visual analogue scale; secondary outcomes included neck disability, quality of life, satisfaction and safety. Statistics: Analyses of covariance were applied; testing ordered hypotheses. Results: No group difference was found for pain intensity for the Alexander Technique compared to local heat (difference 4.5mm; 95%CI: -8.1; 17.1; p=0.48), but exploratory analysis revealed the superiority of the Alexander Technique over guided imagery (difference -12.9mm; 95%CI: -22.6; -3.1; p=0.01). Significant group differences in favor of the Alexander Technique were also found for physical quality of life (P<0.05). Adverse events mainly included slightly increased pain and muscle soreness. Conclusion: The Alexander Technique was not superior to local heat application in treating chronic non-specific neck pain. It cannot be recommended as routine intervention at this time. Further trials are warranted for conclusive judgment.	Included	
Alexander Technique	Little P, Lewith G, Webley F, Evans M, Beattie A, Middleton K, Barnett J, Ballard K, Oxford F, Smith P, Yardley L, Hollinghurst S, Sharp D.	2008	Randomised controlled trial of Alexander technique lessons, exercise, and massage (ATEAM) for chronic and recurrent back pain	British Medical Journal	19 (337)	a884	10.1136/bmj.a884	Objective: To determine the effectiveness of lessons in the Alexander technique, massage therapy, and advice from a doctor to take exercise (exercise prescription) along with nurse delivered behavioural counselling for patients with chronic or recurrent back pain. Design: Factorial randomised trial. Setting: 64 general practices in England. Participants: 579 patients with chronic or recurrent low back pain; 144 were randomised to normal care, 147 to massage, 144 to six Alexander technique lessons, and 144 to 24 Alexander technique lessons; half of each of these groups were randomised to exercise prescription. Interventions: Normal care (control), six sessions of massage, six or 24 lessons on the Alexander technique, and prescription for exercise from a doctor with nurse delivered behavioural counselling. Main outcome measures: Roland Morris disability score (number of activities impaired by pain) and number of days in pain. Results: Exercise and lessons in the Alexander technique, but not massage, remained effective at one year (compared with control Roland disability score 8.1: massage -0.58, 95% confidence interval -1.94 to 0.77, six lessons -1.40, -2.77 to -0.03, 24 lessons -3.4, -4.76 to -2.03, and exercise -1.29, -2.25 to -0.34). Exercise after six lessons achieved 72% of the effect of 24 lessons alone (Roland disability score -2.98 and -4.14, respectively). Number of days with back pain in the past four weeks was lower after lessons (compared with control median 21 days: 24 lessons -18, six lessons -10, massage -7) and quality of life improved significantly. No significant harms were reported. Conclusions: One to one lessons in the Alexander technique from registered teachers have long term benefits for patients with chronic back pain. Six lessons followed by exercise prescription were nearly as effective as 24 lessons. Trial registration: National Research Register N0028108728.	Included	

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Alexander Technique	Little P, Stuart B, Stokes M, Nicholls C, Roberts L, Preece S, Caccia-tore T, Brown S, Lewith G, Geraghty A, Yardley L, O'Reilly G, Chalk C, Sharp D, Smith P.	2014	Alexander technique and Supervised Physiotherapy Exercises in back pain (ASPEN): a four-group randomised feasibility trial	National Institute for Health Research Journals Library	1 (2)		10.3310/eme01020	Background: The Alexander technique probably helps back pain, but it is unclear whether or not it can be combined with physiotherapy exercise classes, how many lessons are needed and what mechanisms might be involved. Objectives: To undertake a feasibility trial of the Alexander technique and supervised exercise classes and perform exploratory biomechanical and neuromuscular physiological marker analyses to better understand mediators of recovery. Design: Feasibility parallel-group randomised controlled trial. Setting: General practices in southern England. Participants: Patients with recurrent back pain (at least 3 weeks' duration of a current episode). Interventions: Participants were allocated by an external randomisation line to four groups: (1) normal care, (2) 10 Alexander technique lessons, (3) 12 physiotherapy exercise classes, (4) Alexander technique lessons plus exercise classes. Main outcome measures: The feasibility outcomes were recruitment, acceptability and follow-up. The clinical outcomes were the Roland-Morris Disability Questionnaire (RMDQ), days in pain, the Von Korrff pain and disability scale, overall improvement, fear of activity, enablement, the Oswestry Disability Index and the Aberdeen pain and function scale. Laboratory-based markers were axial muscle tone and flexibility, electrical activity, muscle tone and mechanical properties of elasticity and stiffness, trunk strength, and proprioception. Results: In total, 83 patients consented, 69 were randomised and 56 (81%) were followed up at 6 months. Most patients had long-standing pain (median >300 days of pain). The RMDQ and other instruments were sensitive to change, and the preliminary evidence suggests that the Aberdeen scale could be a useful measure. Study procedures were feasible, and three methods of recruitment were successfully piloted. At 6 months the control group had changed little (RMDQ 1 point lower than at baseline) and, compared with the control group, clinically important background: Chronic or chronic neck pain usually stems from additional active self-care-oriented approaches. Objective: To evaluate clinical effectiveness of Alexander Technique lessons or acupuncture versus usual care for persons with chronic, nonspecific neck pain. Design: Three-group randomized, controlled trial. (Current Controlled Trials: ISRCTN15186354) Setting: U.K. primary care. Participants: Persons with neck pain lasting at least 3 months, a score of at least 28% on the Northwick Park Questionnaire (NPQ) for neck pain and associated disability, and no serious underlying pathology. Intervention: 12 acupuncture sessions or 20 one-to-one Alexander lessons (both 600 minutes total) plus usual care versus usual care alone. Measurements: NPQ score (primary outcome) at 0, 3, 6, and 12 months (primary end point) and Chronic Pain Self-Efficacy Scale score, quality of life, and adverse events (secondary outcomes). Results: 517 patients were recruited, and the median duration of neck pain was 6 years. Mean attendance was 10 acupuncture sessions and 14 Alexander lessons. Between-group reductions in NPQ score at 12 months versus usual care were 3.92 percentage points for acupuncture (95% CI, 0.97 to 6.87 percentage points) (P = 0.009) and 3.79 percentage points for Alexander lessons (CI, 0.91 to 6.66 percentage points) (P = 0.010). The 12-month reductions in NPQ score from baseline were 32% for acupuncture and 31% for Alexander lessons. Participant self-efficacy improved for both interventions versus usual care at 6 months (P < 0.001) and was significantly associated (P < 0.001) with 12-month NPQ score reductions (acupuncture, 3.34 percentage points [CI, 2.31 to 4.38 percentage points]; Alexander lessons, 3.33 percentage points [CI, 2.22 to 4.44 percentage points]). No reported serious adverse events were considered probably or definitely related to either intervention. Limitation: Practitioners belonged to the 2 main U.K.-based	Included		
Alexander Technique	MacPherson H, Tilbrook H, Richmond S, Woodman J, Ballard K, At-kin K, Bland M, Eldred J, Essex H, Hewitt C, Hopton A, Keding A, Lansdown H, Parrott S, Torgerson D, Wenham A, Watt I.	2015	Alexander Technique Lessons or Acupuncture Sessions for Persons With Chronic Neck Pain: A Randomized Trial	Annals of Internal Medicine	163 (9)	653-62	10.7326/M15-0667		Included		
Alexander Technique	MacPherson H, Tilbrook HE, Richmond SJ, Atkin K, Ballard K, Bland M, Eldred J, Essex HN, Hop-ton A, Lansdown H, Muhammad U, Parrott S, Torgerson D, Wenham A, Woodman J, Watt I.	2013	Alexander Technique Lessons, Acupuncture Sessions or usual care for patients with chronic neck pain (ATLAS): study protocol for a randomised controlled trial	Trials		14	209	10.1186/1745-6215-14-209	Protocol Paper for the following 4 papers	Excluded	The paper does not measure any health outcomes from the use of Alexander Technique.

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Alexander Technique	O'Neill MM, Anderson DI, Allen DO, Ross C, Hamel KA	2015	Effects of Alexander Technique training experience on gait behavior in older adults	Journal of Bodywork and Movement Therapies	19 (3)	473-81	10.1016/j.jbmt.2014.12.006	Abstract: Heightened fall risk, potentially caused by aging-related changes in gait, is a serious health issue faced by older adults. The Alexander Technique is thought to improve balance and motor function; however, the technique's effect on gait has not been studied. The purpose of this study was to examine the effect of Alexander Technique training in older adults on the temporospatial characteristics of gait and medio-lateral center of mass displacement during fast and comfortably paced over-ground walking. Six licensed Alexander Technique teachers and seven controls between the ages of 60 and 75 years of age participated in the study. Alexander Technique teachers exhibited a reduction in medio-lateral center of mass displacement during fast paced walking as compared to comfortably paced walking that was not present in controls. Alexander Technique teachers also demonstrated significantly lower stride width and gait timing variability compared to controls. These findings suggest mitigation of some of the aging-related changes in gait and an improvement in medio-lateral dynamic stability as a result of significant Alexander Technique training experience.	Included	
Alexander Technique	Preece SJ, Jones RK, Brown CA, Cacciatore TW, Jones AK.	2016	Reductions in co-contraction following neuromuscular re-education in people with knee osteoarthritis	BMC Musculoskeletal Disorders	17 (1)	372	10.1186/s12891-016-1209-2	Background: Both increased knee muscle co-contraction and alterations in central pain processing have been suggested to play a role in knee osteoarthritis pain. However, current interventions do not target either of these mechanisms. The Alexander Technique provides neuromuscular re-education and may also influence anticipation of pain. This study therefore sought to investigate the potential clinical effectiveness of the AT intervention in the management of knee osteoarthritis and also to identify a possible mechanism of action. Methods: A cohort of 21 participants with confirmed knee osteoarthritis were given 20 lessons of instruction in the Alexander Technique. In addition to clinical outcomes EMG data, quantifying knee muscle co-contraction and EEG data, characterising brain activity during anticipation of pain, were collected. All data were compared between baseline and post-intervention time points with a further 15-month clinical follow up. In addition, biomechanical data were collected from a healthy control group and compared with the data from the osteoarthritis subjects. Results: Following AT instruction the mean WOMAC pain score reduced by 56 % from 9.6 to 4.2 (P < 0.01) and this reduction was maintained at 15 month follow up. There was a clear decrease in medial co-contraction at the end of the intervention, towards the levels observed in the healthy control group, both during a pre-contact phase of gait (p < 0.05) and during early stance (p < 0.01). However, no changes in pain-anticipatory brain activity were observed. Interestingly, decreases in WOMAC pain were associated with reductions in medial co-contraction during the pre-contact phase of gait. Conclusions: This is the first study to investigate the potential effectiveness of an intervention aimed at increasing awareness of muscle behaviour in the clinical management of knee osteoarthritis. These data suggest a complex relationship between muscle contraction, joint loading and pain and support	Included	

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Alexander Technique	Wenham A, Atkin K, Woodman J, Ballard K, MacPherson H.	2018	Self-efficacy and embodiment associated with Alexander Technique lessons or with acupuncture sessions: A longitudinal qualitative sub-study within the ATLAS trial	Complementary Therapies in Clinical Practice		31 308-314	10.1016/j.ctcp.2018.03.009	<p>Background and purpose: A large randomised controlled trial found that the provision of either Alexander Technique lessons or acupuncture, for those with chronic neck pain, resulted in significantly increased self-efficacy when compared with usual care alone. In turn, enhanced self-efficacy was associated with significant reductions in neck pain at 6 and 12 months. In this analysis we explore the perspectives of participants within the trial, with the aim of gaining a better understanding of how these interventions had an impact. Methods: We used a longitudinal qualitative approach; in-depth interviews, informed by a topic guide, were conducted with a sample of the trial population. Participants were interviewed twice: at around six months (n = 30) and twelve months (n = 26) after trial entry. Analysis was guided by the principles of grounded theory, and key themes were developed. Results: Five key themes emerged: pre-trial experiences of biomedical treatment against which subsequent interventions were compared; emergence of tangible benefits from the interventions; factors that contributed to the observed benefits, notably growing self-care and self-efficacy; a developing sense of embodiment as an integral part of the transformative process; and contribution of these factors to sustaining benefits over the longer term.</p> <p>Conclusions: In-depth interviews revealed a rich array of experiences. They gave insight into the positive impact of the interventions on development of self-care, self-efficacy and embodiment. These findings complement the quantitative trial data, providing a more nuanced understanding of the factors that underpin the previously quantified improvement in self-efficacy and its association with longer-term reductions in pain.</p>	Included	
Alexander Technique	Woodman J, Ballard K, Hewitt C, MacPherson H.	2018	Self-efficacy and self-care-related outcomes following Alexander Technique lessons for people with chronic neck pain in the ATLAS randomised, controlled trial	European Journal of Integrative Medicine		17 64-71	10.1016/j.eujim.2017.11.006	<p>Introduction: ATLAS was a pragmatic randomised (1:1:1 ratio), controlled trial recruiting patients with chronic neck pain (N = 517) and evaluating one-to-one Alexander Technique lessons, or acupuncture, each plus usual care, compared with usual care alone. The primary outcome [12-month Northwick Park Neck Pain Questionnaire (NPQ)] demonstrated significant and clinically meaningful reductions in neck pain and associated disability for both interventions compared with usual care alone. Here we describe pre-specified, self-efficacy and other self-care-related outcomes for the Alexander group compared with usual care. Methods: Participants reported on 11 self-efficacy/self-care-related outcome measures at 6 and 12 months. Linear or logistic regression models evaluated changes in parameters and impact on NPQ. Alexander teachers reported on lesson content. Results: Lesson content reflected standard UK practice. The Alexander group (n = 172) reported significantly greater improvements, compared with usual care alone (n = 172), in most of the self-efficacy/self-care measures [9/11 measures at 6 months, and 8/11 at 12 months], including the ability to reduce pain in daily life. At 6 months, 81% (106/131) of Alexander participants reported significant improvement in the way they lived and cared for themselves (versus 23% for usual care), increasing to 87% (117/135) at 12 months (usual care: 25%). NPQ scores at both 6 and 12 months were related to improvement in self-efficacy and ability to reduce pain during daily life. Conclusions: Alexander Technique lessons led to long-term improvements in the way participants lived their daily lives and managed their neck pain. Alexander lessons promote self-efficacy and self-care, with consequent reductions in chronic neck pain.</p>	Included	

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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 hematology and oncology clinics to reduce anxiety caused by bone marrow biopsy.	Included	
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.	Included	
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 many have a long-term effect on pain reduction.	Included	
Aromatherapy	Adib-Hajbagheri 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.	Included	
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.	Included	
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.	Included	
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.	Included	

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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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
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/ijn.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.	Included	

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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.	Included	
Aromatherapy	Bakhtiari et al	2019	Effect of Lavender Aromatherapy Through Inhalation on Quality of Life Among Postmenopausal Women Covered by Government Health Centre in Isfahan, 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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	

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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.	Included	
Aromatherapy	Cetinkaya B, Basbakal 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.	Included	
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.	Excluded	The study does not measure health outcomes rather it measures physiological parameters in healthy participants.
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.	Included	
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.	Included	
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.	Included	
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.	Included	

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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.	Included	
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.	Included	
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 Randomised 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.	Included	
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.	Included	
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.	Included	
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 effective in alleviating dysmenorrhea symptoms and could be applied by midwives in a safe manner with no side effects.	Included	
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.	Included	

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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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
Aromatherapy	Forrester et al	2014	Aromatherapy for Dementia	Cochrane Database Systematic Reviews	25 (2): CD003150		doi: 10.1002/14651858.CD003150.pu b2	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.	Included	

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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.	Included	
Aromatherapy	Fukui H, Toyoshima K, Komaki R	2011	Psychological and Neuroendocrinological Effects of Odor of Saffron (Crocus sativus)	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.	Included	
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.1447-0594.2012.00849.x	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.	Included	
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.	Included	
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.	Included	
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.	Excluded	The study does not measure health outcomes rather it measures physiological parameters in healthy participants.

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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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
Aromatherapy	Hajibagheri et al	2014	Effect of Rosa damascene 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 Rosa damascene aromatherapy on sleep quality of patients hospitalised in CCU. Conclusion: Rosa damascene aromatherapy can significantly improve the sleep quality of patients hospitalised in CCUs.	Included	
Aromatherapy	Hamdian et al	2018	Effects of Aromatherapy with Rosa Damascena 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 Rosa damascena 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.	Included	

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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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
Aromatherapy	Heydari et al	2018	Evaluation of Aromatherapy with Essential Oils of Rosa damascena 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 Rosa damascena for the management of premenstrual syndrome (PMS). Conclusion: R.damascena improved psychological, physical and total PMS symptoms compared to baseline. Aromatherapy with Rosa damascene improved multiple symptoms of PMS.	Included	
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 43952	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.	Included	

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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.pub3	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.	Included	
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.	Excluded	The study does not measure health outcomes rather it measures physiological parameters in healthy participants.
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)	441-40	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.	Included	
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.	Included	
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.00000000000014720	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.	Included	
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.	Included	
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.	Included	

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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.2014.08.006	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.	Included	
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.	Included	
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.	Included	
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.	Included	
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 or 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.	Included	
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.	Included	

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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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	

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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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	

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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.	Included	
Aromatherapy	Lillehei AS, Halcon LL	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.	Included	
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.	Included	
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.	Included	
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)	44098	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.	Included	
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.	Included	
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.	Excluded	The study does not measure health outcomes rather it measures physiological parameters in healthy participants.

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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.	Included	
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.	Included	
Aromatherapy	Mohr, C, Jensen, C et al	2020	Peppermint essential oil for nausea and vomiting in hospitalized patients: Incorporating holistic patient decision making into the research design	Journal of Holistic Nursing: Official Journal of the American Holistic Nurses' Association	Online	Online	https://doi.org/10.1177/0898010120961579		Included	
Aromatherapy	Moslemi et al	2019	Citrus aurantium 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 Citrus aurantium (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.	Included	
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.	Excluded	The study does not measure health outcomes rather it measures physiological parameters in healthy participants.
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.	Included	
Aromatherapy	Nasiri A, MahmodiM 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.	Included	

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)	Included/Excluded	Rationale for exclusion
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.	Included	
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.	Included	
Aromatherapy	O'Connor et al	2013	A Randomised, Controlled CrossOver 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.	Included	
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.	Included	
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.	Included	
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.	Included	
Aromatherapy	Rezaie-Keikhaie et al	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.	Included	

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)	Included/Excluded	Rationale for exclusion
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.	Included	
Aromatherapy	Sayed et al	2020	The best route of administration of lavender for anxiety: a systematic review and network meta-analysis	General Hospital Psychiatry	64	33-40	doi: 10.1016/j.genhosppsych.2020.02.001	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.	Included	
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.	Included	
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.	Included	
Aromatherapy	Seol et el	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.	Included	
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.	Included	
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.pub.3	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.	Included	
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.	Included	

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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)	441-74	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.	Included	
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.	Included	
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/j.jpri.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.	Included	
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.	Included	
Aromatherapy	Sut N, Kahyaoglu-Sut H	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.	Included	
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.	Included	

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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.	Included	
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.	Included	
Aromatherapy	Tasan E, Owayolu O, Owayolu 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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	

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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.	Included	
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.	Included	
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.	Included	
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.	Included	
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.	Included	

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Bowen Therapy	Adolf Kweku Seya, Jennifer Hunterb	2020	Finding the value in oncology massage: A mixed-method study of cancer services and survivors in Australia	Advances in Integrative Medicine, vol.7(3)	7(3)	126-134			Included	
Bowen Therapy	Alice Tsz Mei Lee Chee Lun Aaron Ying Pik Yu Chen Damian Chi Hong Siu Winnie Samy Frederick Au	2020	A Prospective Randomized Control Trial on the Effectiveness of Bowen Therapy for Myofascial Neck Pain	Accepted at conference and publication but postponed due to COVID.				Myofascial neck pain is common and may cause significant impact on activity of daily living and work productivity. Bowen Therapy is a non-invasive technique that uses specific sequence of gentle cross-fibre moves over muscles, tendons, ligaments, and fascia. It aims to restore optimal function of the musculoskeletal system, and alleviate emotional and psychological stress associated with pain. This study compared the effectiveness of Bowen Therapy and conventional treatment on myofascial neck pain.	Included	
Bowen Therapy	Bruce Duncan, Patrick McHugh, Frank Houghton and Craig Wilson	2011	Improved motor function with Bowen therapy for rehabilitation in chronic stroke: a pilot study	Journal of Primary Health Care 3(1) 53 - 57	3(1)	53-57		Bowen therapy is an established complementary therapy with anecdotal reports of effectiveness. However, there is limited published research to substantiate safety or effectiveness. This is a pilot study to explore the potential impact of Bowen therapy in chronic stroke. METHODS: A case series of 14 people with chronic stroke were offered 13 sessions of Bowen therapy over a three-month period. RESULTS: Motor assessments of the 13 people who participated showed improvements—gross motor function trended to improvement; SF-36 role-physical, physical health summary scale and total SF-36 scores showed statistically significant improvements. However, grip strength reduced. CONCLUSIONS: In this pilot study, Bowen therapy was associated with improvements in neuromuscular function in people with chronic stroke. At this stage of study, it is not possible to conclude that there is definite benefit; however the results suggest that exploration through further research is appropriate.	Included	
Bowen Therapy	Christine A.Argenbrigh taRuth E.Taylor- PillaeLois J.Loeschner	2016	Bowenwork for symptom management of women breast cancer survivors with lymphedema: A pilot study	Journal of Bodywork and Movement Therapies	Volume 25, November 2016	142-149		The objectives of this pilot study for women breast cancer survivors with lymphedema was 1) to evaluate recruitment rates, retention rates, adherence to Bowenwork (a noninvasive complementary therapy involving gentle muscle movements), home exercises, safety and comfort; 2) determine the effect of Bowenwork on quality of life (QOL), functional status, perceived pain, range of motion (ROM), arm/ankle circumference (to assess for localized and systemic changes).	Included	
Bowen Therapy	Christine Hansen Ruth Taylor- Pillae	2011	What is Bowenwork®? A Systematic Review	The Journal of Alternative and Complementary Medicine VOL. 17, NO. 11	17(11)		https://doi.org/10.1089/acm.2010.0023	The objectives of this study were to systematically review the literature available on the complementary approach to healing known as Bowenwork® and to examine reported research methods	Included	
Bowen Therapy	DiannaWalker-McPhail	2015	Implementing Bowen therapy on SCI patients with limb discrepancy	Journal of Bodywork and Movement Therapies	Volume 19, Issue 4, October 2015	675-676	DOI: https://doi.org/10.1016/j.jbmt.2015.07.017		Included	
Bowen Therapy	Dicker A	2001	Using Bowen Therapy to improve staff health	The Australian Journal of Holistic Nursing, 01 Apr 2001	8 (1)	38-42			Included	
Bowen Therapy	Dicker A	2005	Using Bowen technique in a health service workplace to improve the physical and mental wellbeing of staff	The Australian Journal of Holistic Nursing, 01 Oct 2005	12 (2)	35-42		A six week program using Bowen technique treated 31 Hospital and Community Health Service staff in a group setting providing an innovative way to reduce stress and improve physical health. Quantitative and qualitative data indicated that Bowen technique was successful in reducing pain, improving mobility, reducing stress and improving energy, wellbeing and sleep. (author abstract)	Included	

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Bowen Therapy	Dicker A	2005	Bowen technique--its use in work related injuries	The Australian Journal of Holistic Nursing, 01 Apr 2005	12(1)	31-34		A program in Byron Shire in 2002 offered Health Service staff treatments with Bowen technique. The program was evaluated after 9 months. The evaluation explored the effect of the treatment on work related injuries. The responses indicated that the provision of Bowen therapy for staff might be an effective way of reducing Workcover claims. (author abstract)	Included	
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 wa 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.	Included	
Bowen Therapy	Ewelina Kopczynska, Roksana Malak, Anna Kostniukow, Włodzimierz Samborski	2018	Bowen Technique for patients with low back pain	World Scientific News	2018 93	81-94		Non-specific lumbar spine pain syndromes (nlsps) are currently the most common ailment. There are many physiotherapeutic methods that reduce pain and improve the functional status of patients. One of them is Bowen Technique (BT), which is a little-known fascial therapy and is characterized by a holistic approach to the patient. The aim of the study was to assess the effectiveness of BT in patients with non-specific lumbar spine pain syndromes. We examined 50 patients aged 25-60 (the average age was 39.92, SD ± 9.510, median 37.0). An interview was conducted with each patient. Functional examination based was done four times. It included Revised Oswestry scale, Low Back Pain Disability Scale measurements of the range of motion of the lumbar spine and Visual analogue scale (VAS) was used to describe the pain of patients. Each patients attended into three procedures of Bowen Therapy. The pain in the lumbar spine decreased after the first TB and its level is constantly reduced with each subsequent procedure. Analyzing all subjects, statistically significant differences were visible between the state before therapy and each subsequent examination, as well as between the first and the third treatment. In the subjects, the health condition is improved, and more precisely, the intensity of pain, the frequency of its occurrence and the increase in independence were reduced. A study	Included	
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.	Included	
Bowen Therapy	Gonçalo J.S.Félix, Lisa Blackb, Mário Rodrigues, Anabela G.Silva	2017	The acute effect of Bowen therapy on pressure pain thresholds and postural sway in healthy subjects	Journal of Bodywork and Movement Therapies	Volume 21, Issue 4, October 2017	804-809		Each participant attended two sessions and received Bowen Therapy and a sham procedure. The order in which Bowen or the sham procedure were administered was randomized. All participants had their postural control and pressure pain thresholds assessed in sessions 1 and 2 both at baseline and at the end of the session.	Excluded	The study measures changes physiological measurements in healthy participants.
Bowen Therapy	Gustafson, Sandra	2014	Bowenwork®An effective therapeutic intervention? A Systematic Review	Journal of Alternative and Complementary Medicine	17(11)				Included	

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)	Included/Excluded	Rationale for exclusion
Bowen Therapy	Hansen C, Taylor-Piliae RE	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.	Excluded	Considered in 2014-15 Review but will be used to identify primary studies for consideration in the 2019-20 Review.
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 a 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.	Included	
Bowen Therapy	Kage Vijay, B ootwala Farhana, Kudchadkar Gayatri	2018	Effect of Bowen Technique versus Muscle Energy Technique on Asymptomatic Subjects with Hamstring Tightness: A Randomized Clinical Trial	International Journal of Medical Research and Health Sciences,	6(4)			To find out the effectiveness of Bowen Technique Versus Muscle Energy Technique on asymptomatic subjects with hamstring tightness	Included	
Bowen Therapy	Kiho Lee, Gwyn N.Lewis	2020	Short term relief of multisite chronicpain with Bowen Therapy: A double-blind, randomized controlled trial	Journal of Bodywork and Movement Therapies	Volume 24, Issue 4, October 2020	271-279		Bowen Therapy, a form of soft tissue manipulation, is commonly used to treat musculoskeletal conditions; yet, there is little evidence for its efficacy. 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. Additionally, we examined the mechanisms of effect through monitoring the nociceptive and autonomic nervous systems.	Included	
Bowen Therapy	L.Espejo-Antúnez, P.A. López-Miñarro, M.Albornoz-Cabelloc, E.M.Garrido-Ardila	2018	Acute effect of electrical muscle elongation and static stretching in hamstring muscle extensibility	Science and Sports	31(1)	e1-e7		The acute effect of electrical muscle elongation (EME) versus static stretching (SS) on hamstring extensibility was analyzed.	Included	
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.	Included	

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)	Included/Excluded	Rationale for exclusion
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.	Included	
Bowen Therapy	Melanie Morgan-Jones, Fiona Knott, Hannah Wilcox, Chris Ashwind	2019	A pilot study of fascia Bowen therapy for 8-11 year-old boys with developmental coordination disorder	Journal of Bodywork and Movement Therapies	Volume 23, Issue 3, July 2019	568-574		Dyspraxia, also included under the term Developmental Coordination Disorder (DCD), is a condition characterised by an impairment in motor skills function which impacts negatively on other aspects of daily living such as athletic capability, handwriting, self-esteem and social interaction. However, no effective therapy currently exists to address all of these issues within this group. The aim of the present study therefore was to investigate whether a complementary therapy, called Fascia Bowen therapy, would improve neuromuscular function and psychological wellbeing in males aged 8-11 (at Primary School) diagnosed with this condition. Methods: A group of 10 participants meeting the criteria of 15th centile or below in motor skills functioning, received a Fascia Bowen therapy treatment session from a qualified Fascia Bowen practitioner each week for 6 weeks. All participants' motor skills function were assessed by an occupational therapist before and after the end of the intervention using the Motor Skills Assessment Battery for Children test (MABC-2). Additionally, parents, teachers and participants completed questionnaires measuring self-esteem, social skills, social interaction, behaviour and scholastic function before and after the intervention. Results: The participants showed significant improvement in neuromuscular function over time using the MABC-2	Included	
Bowen Therapy	Michelle Marr, Julian Baker, Jo Perry	2011	The effects of the Bowen technique on hamstring flexibility over time: A randomised controlled trial	Journal of Bodywork and Movement Therapies	15(3)	281-290		The hamstring muscles are regularly implicated in recurrent injuries, movement dysfunction and low back pain. Links between limited flexibility and development of neuromusculoskeletal symptoms are frequently reported. The Bowen Technique is used to treat many conditions including lack of flexibility. The study set out to investigate the effect of the Bowen Technique on hamstring flexibility over time.	Included	
Bowen Therapy	Ms Pik Yu CHEN	2020	Effectiveness of Bowen Therapy for Pain Management in Patients With Fibromyalgia	Clinical Trial recruitment underway - Chinese University of Hong Kong					Included	
Bowen Therapy	Nitsure, Peeyoosha; Kothari, Neha	2015	The effectiveness of Bowen Technique as an adjunct to conventional physiotherapy on pain and functional outcomes in subject with acute trapezititis - A pilot study	Romanian Journal of Physical Therapy	21(36)	44505		Trapezititis is an inflammation of trapezius muscle that is commonly seen in clinical practice. Various physiotherapy techniques have shown to be effective in Trapezitis. Although the Bowen technique is indicated in Trapezitis, there is dearth in literature to confirm its effectiveness through scientific studies.	Included	
Bowen Therapy	Pranata Dalal and Dr Vijay Kage	2020	COMPARISON OF ISCHAEMIC COMPRESSION, MYOFASCIAL RELEASE AND BOWENS TECHNIQUE IN NON SPECIFIC NECK PAIN - A RANDOMIZED CLINICAL TRIAL	Indian Journal of Applied Research	Vol 10, Issue 1, Jan 2020			Neck pain is a mild musculoskeletal condition but frequent enough to be a possible health crisis. Several conservative treatment strategies are used for treatment of mechanical neck pain. Ischemic compression is a harmless and efficient method to successfully treat elicited myofascial trigger points. Myofascial release is an extremely interactive stretching practice to assist in highest relaxation of tight or restricted tissues. Bowen technique is a soft tissue remedial therapy and holistic approach to pain relief and healing. These techniques have proved to be effective in relief of various soft tissue conditions however there is dearth in information	Included	

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Bowen Therapy	Whitaker JA, Gilliam PP, Seba DB	1997	The Bowen technique: a gentle hands-on method that affects the autonomic nervous system as measured by heart rate variability and clinical assessment	American Academy of Medicine 32nd Annual	32 annual				Included	
Bowen Therapy	Wilks, John	2013	The Bowen technique - mechanisms for action	Journal of the Australian Traditional-Medicine Society	19(1)	33-35		The efficacy of the Bowen Technique can be explained by its action on a variety of structures in the body. Bowen moves stimulate several types of intrafascial mechanoreceptors that affect muscle tonus and increase vagal tone. The type of move used in Bowen also assists the hydration of fascia, which in turn encourages better vascular and nerve supply.	Included	
Bowen Therapy	YADAV, SAROJ KUMAR	2013	COMPARATIVE STUDY BETWEEN THE EFFECTIVENESS OF BOWEN TECHNIQUE AND DYNAMIC SOFT TISSUE MOBILIZATION IN INCREASING HAMSTRING FLEXIBILITY	http://localhost:8080/xmlui/handle/123456789/8140				An assessor-blind, prospective, randomised controlled trial was performed on 120 asymptomatic volunteers. Participants were randomly allocated into a control group or Bowen group. Three flexibility measurements occurred over one week, using an active knee extension test. The intervention group received a single Bowen treatment. A repeated measures univariate analysis of variance, across both groups for the three time periods, revealed significant within-subject and between-subject differences for the Bowen group. Continuing increases in flexibility levels were observed over one week. No significant change over time was noted for the control group.	Included	

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Homeopathy	Aabel, S.	2000	No beneficial effect of isopathic prophylactic treatment for birch pollen allergy during a low-pollen season: a double-blind, placebo-controlled clinical trial of homeopathic Betula 30c	The British homoeopathic journal	89(4)	169-173	doi: 10.1054/homp.1999.0440		Included	
Homeopathy	Aabel, S.	2001	Prophylactic and acute treatment with the homeopathic medicine betula 30c for birch pollen allergy: a double-blind, randomized, placebo-controlled study of consistency of VAS responses	The British homoeopathic journal	90(2)	73-78	https://doi.org/10.1054/homp.1999.0471		Included	
Homeopathy	Aabel, S.; Laerum, E.; Dølvik, S.; Djupestrand, P.	2000	Is homeopathic 'immunotherapy' effective? A double-blind, placebo-controlled trial with the isopathic remedy betula 30c for patients with birch pollen allergy	The British homoeopathic journal	89(4)	161-168	doi: 10.1054/homp.1999.0430	https://pubmed.ncbi.nlm.nih.gov/11055772/	Included	
Homeopathy	Abelson, Mark B; George, Michelle A; Garofalo, Christopher; Weintraub, Dana	2018	Evaluación de la Efectividad del Tratamiento Oftálmico con Eye Drops #2® en Pacientes con Conjuntivitis Alérgica / Evaluation of the Effectiveness of Ophthalmic treatment with Eye Drops # 2® in Patients with Allergic Conjunctivitis	Homeopatía Méx	87(713)	39-44	https://biblat.unam.mx/es/revista/la-homeopatia-de-mexico/articulo/evaluacion-de-la-efectividad-del-tratamiento-oftalmico-con-eye-drops-2-en-pacientes-con-conjuntivitis-alergica	This article presents the results of a study that evaluated the effectiveness of a homeopathic ophthalmic medication in patients with allergic conjunctivitis. 33 subjects with a history of positive response to topical ocular allergen challenge were evaluated in a randomised, double-masked, placebo-controlled study. The final results showed a statistically significant reduction in the signs and symptoms of allergic conjunctivitis induced during visit 3, so the product seems to be comfortable and safe to use.	Included	
Homeopathy	Adkison JD, Bauer DW, Chang T	2010	The effect of topical arnica on muscle pain.	Ann Pharmacother	44	1579-1584	doi: 10.1345/aph.1P071	Background: The herb Arnica montana, in topical formulations, has been reputed to decrease bruising and muscle pain. This claim has been inadequately and incompletely addressed. Objective: To determine whether topical A. montana cream could decrease subjective leg pain following calf raises. Secondary outcomes were effects on ankle range of motion and muscle tenderness. Methods: A randomized, double-blind, placebo-controlled trial was conducted in 53 subjects. Active range of motion was measured in both ankles, and then a series of calf-raises were completed according to a standardized protocol. Each participant received 2 tubes of cream, 1 with active arnica and 1 with placebo. The creams were applied to the lower legs immediately after the exercise, and again at 24 and 48 hours postexercise according to the "RIGHT" or "LEFT" labels. At 48 hours postexercise, subjects had their ankle range of motion and muscle tenderness measured. Subjects used the analog scale to rate pain in each leg at baseline, 24 hours, 48 hours, and 72 hours. Results: No significant differences in pain scores were seen before exercise (arnica: 0.07 vs placebo: 0.09, p = 0.32). Pain scores on legs treated with arnica were higher than scores on those receiving placebo 24 hours after	Included	

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Homeopathy	Adler UC, Acorinte AC, Calzavara FO, da Silva AA, de Toledo Cesar A, Adler MS, Martinez EZ, Galduróz JCF.	2018	Double-blind evaluation of homeopathy on cocaine craving: a randomized controlled pilot study.	J Integrative Medicine	16(3)	178-184	j.joim.2018.03.004	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 placebo group ($P < 0.01$). An analysis of the Minnesota Cocaine Craving Scale scores showed no between-group differences in the intensity of cravings, but results significantly favoured homeopathy over placebo in the proportion of weeks without craving episodes and the patients' appraisal of treatment efficacy for reduction of cravings.	Included	
Homeopathy	Adler UC, Krüger S, Teut M, Lüttke R, Schützler L, Martins F, Willich SN, Linde K, Witt CM	2013	Homeopathy for depression: A randomized, partially double-blind, placebo-controlled, four-armed study (DEP-HOM).	PLoS ONE		8 e74537	10.1371/journal.pone.0074537		Included	
Homeopathy	Adler, U.C.; Paiva, N.M.P.; Cesar, A.T.; Adler, M.S.; Molina, A.; Padula, A.E.; Calil, H.M.	2011	Homeopathic individualized Q-potencies versus Fluoxetine for moderate to severe depression: double-blind, randomized non-inferiority trial	Evidence-based complementary and alternative medicine : eCAM	2011	520182	10.1093/ecam/nep114	Homeopathy is a complementary and integrative medicine used in depression. The aim of this study is to investigate the non-inferiority and tolerability of individualized homeopathic medicines [Quinquagintamillesimal (Q-potencies)] in acute depression, using fluoxetine as active control. Ninety-one outpatients with moderate to severe depression were assigned to receive an individualized homeopathic medicine or fluoxetine 20 mg day ⁻¹ (up to 40 mg day ⁻¹) in a prospective, randomized, double-blind double-dummy 8-week, single-center trial. Primary efficacy measure was the analysis of the mean change in the Montgomery & Åsberg Depression Rating Scale (MADRS) depression scores, using a non-inferiority test with margin of 1.45. Secondary efficacy outcomes were response and remission rates. Tolerability was assessed with the side effect rating scale of the Scandinavian Society of Psychopharmacology. Mean MADRS scores differences were not significant at the 4th ($P = .654$) and 8th weeks ($P = .965$) of treatment. Non-inferiority of homeopathy was indicated because the upper limit of the confidence interval (CI) for mean difference in MADRS change was less than the non-inferiority margin: mean differences (homeopathy-fluoxetine) were -3.04 (95% CI = $-6.95, 0.86$) and -2.4 (95% CI = -6.05	Included	

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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.	Included	
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		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; and in the mental health score in both groups ($P = 0.014$ in the homeopathy group and $P = 0.010$ in the placebo group).	Included	
Homeopathy	Allaert, F.A.; Villet, S.; Vincent, S.; Sauve, L.	2017	Observational study on the dispensing of cough syrups to children with acute cough by community pharmacists in France	Minerva pediatrica	70 (2)	117-126	10.23736/S0026-4946.17.04752-1	Background: Over-the-counter medicines may be proposed by pharmacists for children with acute cough. Study objectives were to describe the sociodemographic profile of children who were proposed a cough syrup by a pharmacist, the nature of the cough and type(s) of cough syrup proposed and to assess the evolution of the cough, tolerance and satisfaction with treatment. Methods: Observational, prospective, longitudinal, multicentre study with 157 pharmacies in France. Children who were proposed a cough syrup by a pharmacist were recruited. Questionnaires were completed by the pharmacists and/or parents at inclusion and by the parents after 5 days of treatment. Results: Four hundred fourteen children were included (mean age: 6.0±2.9 years); 45.9% had a dry and 43.3% a productive cough. 30.4% were proposed an allopathic antitussive syrup, 28.3% an allopathic expectorant syrup and 23.7% a homeopathic syrup. Children with a dry cough were more likely to be given an allopathic antitussive (55.2%) or homeopathic (28.2%) syrup. Children with a productive cough or cough of several days duration were more likely to be given an allopathic expectorant syrup (70.1%). Cough disappearance was more frequent with homeopathic syrups compared to allopathic	Included	

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Homeopathy	Allahverdiyeva, LI	2010	Treatment and prophylaxis of acute respiratory viral infections in children allergopathologies under modern conditions	Azerbaijan Medical Journal		1	42339	The article demonstrates results of investigation of clinical and preventive efficacy of «Children's Anaferon» used in the treatment of recurring respiratory diseases in children with atopic bronchial asthma. 67 children at the age of 3-16 years with mild and moderate-severe atopic bronchial asthma with frequent acute respiratory viral infection (ARVI) in anamnesis were investigated. The presence of not only marked antiviral effect of anaferon but also immunomodulating activity and high safety profile makes its usage perspective against a background of secondary immunodeficiency states and also in children with accompanied pathology the course and prognosis of which is seriously aggravated during development of repeated ARVI at the example of children with atopic bronchial asthma.	Included	
Homeopathy	Ammerschläger, H.; Klein, P.; Weiser, M.; Oberbaum, M.	2005	Behandlung von Entzündungen der oberen Atmenwege - Vergleich eines homöopathischen Komplexpräparates mit Xylometazoline (Title translated in English: Treatment of inflammatory diseases of the upper respiratory tract - comparison of a homeopathic complex remedy with Xylometazoline)	Forschende Komplementärmedizin und klassische Naturheilkunde	12 (1)	24-31	10.1159/000082934	<p>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.</p> <p>Introduction: The primary objective of treatment of inflammatory diseases of the upper respiratory tract (rhinitis, uncomplicated sinusitis) with local decongestants is to relieve obstruction and to improve associated symptoms. Restoration of unrestricted respiration and drainage of the nasal sinuses reduce the risk of further complications (i.e. chronicity). Objective: To determine whether the therapeutic effects of the homeopathic complex remedy Euphorbium compositum nasal drops SN are comparable to those of xylometazoline with respect to efficacy and tolerability. Methods: Open, multicenter, prospective, active-controlled cohort study in patients with inflammatory processes and diseases of the upper respiratory tract. The primary outcome was to demonstrate non-inferiority of the homeopathic complex remedy to xylometazoline. Results: Clinically relevant reductions in the intensities of disease-specific symptoms were observed with both therapies.</p>	Included	

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Homeopathy	Andrade DCDS, Carmona F, Angelucci MA, Martinez EZ, Pereira AMS.	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	10.1055/s-0038-1676326.	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 ($p = 0.008$).	Included	
Homeopathy	Andrade, L.E.C.; Ferraz, M.B.; Atra, E.; Castro, A.; Silva, M.S.M.	1991	A randomized controlled trial to evaluate the effectiveness of homeopathy in rheumatoid arthritis	Scandinavian journal of rheumatology	20	204-208	Not available	Not available	Included	
Homeopathy	Attena, F.; Toscano, G.; Agozzino, E.; Del Giudice, N.	1995	A randomized trial in the prevention of influenza-like syndromes by homeopathic management [french] La prévention des syndromes grippaux par un médicament homéopathique Étude contrôlée	Revue d'épidémiologie et de santé publique	43	380-382			Included	
Homeopathy	Averyanov AV; A. P. Babkin; B. Y. Bart; A. L. Volchetsky; E. S. Minina; O. A. Kozyrev; M. P. Kostinov; D. V. Petrov; E. P. Selkova; M. A. Putilovsky; V. B. Nechaev; O. I. Epstein; E. N. Andrianova	2012	Ergoferon and oseltamivir in treatment of influenza: Results of multicentre randomized comparative clinical trial	Antibiotiki i Khimioterapiya	57	23-30		https://www.scopus.com/inward/record.uri?eid=2-s2.0-84872553181&partnerID=40&md5=ef4d1df20dfb4d6f2162addd2bb275fc	Included	

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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.	Included	
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.	Included	
Homeopathy	Baillargeon L, Drouin J, Desjardins L, Leroux D, Audet D	1993	Les effets de l'Arnica Montana sur la coagulation sanguine. Essai clinique randomise (The effects of Arnica Montana on blood coagulation. Randomized controlled trial).	Canadian Family Physician	39	2362-2367	Not available	https://europepmc.org/article/PMC/2379941	Excluded	The research study is of healthy participants.
Homeopathy	Baker, D.G.; Myers, S.P.; Howden, I.; Brooks, L.	2003	The effects of homeopathic Argentum nitricum on test anxiety	Complementary Therapies in Medicine	11	65-71	10.1016/S0965-2299(03)00059-1	http://www.ncbi.nlm.nih.gov/pubmed/12801490	Included	

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Homeopathy	Bakumov, P.A.; Shchepotkin, I.V.; Dugina, Y.L.; Sergeeva, S.A.; Epstein, O.I.	2003	Clinical efficiency of epigam in patients with exacerbation of peptic ulcer disease of the stomach and duodenum	Bulletin of experimental biology and medicine	135 (7 Suppl)	159-162	10.1023/a:1024752829504	Clinical efficiency and safety of Epigam containing antibodies to histamine in ultralow doses were studied during the therapy of patients with exacerbation of peptic ulcer disease of the stomach and duodenum associated with Helicobacter pylori infection. We examined 20 patients (18-50 years) with ulcerative lesions of the mucosal layer in the stomach and duodenum and H. pylori infection. Epigam (1 tablet, 6 times a day) or H2 receptor blocker ranitidine (150 mg, 2 times a day) were given in combination with amoxicillin (500 mg, 3 times a day, 14 days) and metronidazole (500 mg, 2 times a day, 14 days) for 28 days. The efficiency of treatment was determined before and 1, 2, 3, and 4 weeks after the start of therapy. The symptoms of peptic ulcer disease and time of ulcer healing underwent similar changes in patients of both groups. However, after ranitidine therapy pain syndrome disappeared more rapidly than in patients receiving Epigam. Epigam did not cause undesirable side effects. Our results indicate that Epigam is an efficient and safe preparation that may be used for combination therapy of patients with peptic ulcer disease of the stomach and duodenum.	Included	
Homeopathy	Ballester Sanz, A.; Gosálbez Pastor, E.; Ballester Fernández, R.; Aguado Ángel, A.; Díez-Domingo, J.	2011	Estudio exploratorio prospectivo de cohortes sobre el tratamiento de la varicela, con homeopatía y tratamiento sintomático (Title translated in English: Exploratory prospective cohort study about the treatment of chicken pox, with homeopathy and with symptomatic treatment)	Acta pediátrica española	69 (1)	12-16		Introduction: It is difficult to carry out clinical trials with homeopathy, and therefore the controversy about its efficiency continues. There is no description, so far, about the impact of homeopathy on chicken pox. Patients and methods: Exploratory prospective cohort study. Follow up on 160 children less than 15 years of age in three groups treated with homeopathy (group 1), conventional treatment (group 3) or both (group 2). The subjects were followed up until the end of convalescence. These were Number of skin lesions on the thorax, and evolution of symptoms as fever, itching, discomfort, sleep disorder, hunger and headache was analyzed. Results: The group treated with homeopathy had an age older than (5.6 years vs. 4.2 yrs in group 3), with no differences in the presence of children with fever, itching and number of lesions at the first visit. In the group treated with homeopathy, respect to the one that received symptomatic treatment there was a significant lower duration of fever (1.4 vs. 2.4 days), less length of the scratching lesions (1.4 vs. 1.8 days) and in the duration of the lesions (of 6.6 in the group treated with homeopathy and 9.2 days in the symptomatic group), without any modification in the rest of the variables. Conclusions: In this exploratory observational	Included	
Homeopathy	Balzarini, A.; Fells, E.; Martini, A.; De Conno, F.	2000	Efficacy of homeopathic treatment of skin reactions during radiotherapy for breast cancer: a randomized, double-blind clinical trial	The British homoeopathic journal		89 8-12	doi: 10.1054/homp.1999.0328	https://pubmed.ncbi.nlm.nih.gov/10703904/	Included	

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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 this group also noted an improvement in general health with a longer period allowed between blood transfusions	Included	
Homeopathy	Banerjee, A.; Chakrabarty, S.B.; Karmakar, S.R.; Chakrabarty, A.; Biswas, S.J.; Haque, S.; Das, D.; Paul, S.; Mandal, B.; Naoual, B.; Belon, P.; Khuda-Bukhsh, A.R.	2010	Can homeopathy bring additional benefits to thalassaemic patients on hydroxyurea therapy? encouraging results of a preliminary study	Evidence-based complementary and alternative medicine : eCAM	7 (1)	129-136	10.1093/ecam/nem161	Several homeopathic remedies, namely, Pulsatilla Nigricans (30th potency), Ceanothus Americanus (both mother tincture and 6th potency) and Ferrum Metallicum (30th potency) selected as per similia principles were administered to 38 thalassaemic patients receiving Hydroxyurea (HU) therapy for a varying period of time. Levels of serum ferritin (SF), fetal hemoglobin (HbF), hemoglobin (Hb), platelet count (PC), mean corpuscular volume (MCV), mean corpuscular hemoglobin concentration (MCHC), mean corpuscular hemoglobin (MCH), white blood cell (WBC) count, bilirubin content, alanine amino transferase (ALT), aspartate amino transferase (AST) and serum total protein content of patients were determined before and 3 months after administration of the homeopathic remedies in combination with HU to evaluate additional benefits, if any, derived by the homeopathic remedies, by comparing the data with those of 38 subjects receiving only HU therapy. Preliminary results indicated that there was a significant decrease in the SF and increase in HbF levels in the combined, treated subjects. Although the changes in other parameters were not so significant, there was a significant decrease in size of spleen in most patients with splenomegaly and improvement in general	Included	
Homeopathy	Barchukov VV; E. S. Zhavbert; Y. L. Dugina; O. I. Epstein	2015	The Use of Release-Active Antibody-Based Preparations for Vertigo Prevention in Adults	Bulletin of Experimental Biology and Medicine	160 (1)	61-63	10.1007/s10517-015-3098-z	https://www.scopus.com/inward/record.uri?eid=2-s2.0-84957842615&doi=10.1007%2Fs10517-015-3098-z&partnerID=40&md5=3f19428f12a9cbd1a8b646b44f218c45	Included	

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Homeopathy	Barkhatov MV; S. Y. Barkhatova; A. V. Nosyrev; N. A. Zorin; M. V. Borodavkina; I. A. Kheifets; M. V. Kachanova; L. V. Sabanov	2009	The use of tenoten (pediatric formulation) in the therapy of chronic tension-type headaches in children	Bulletin of Experimental Biology and Medicine	148 (2)	337-339	10.1007/s10517-009-0684-y	https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949117032&doi=10.1007%2fs10517-009-0684-y&partnerID=40&md5=47fafd834eedcd1761a1e95f2dc351dc	Included	
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 homeopathic 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 homeopathy provided superior results to placebo.	Included	
Homeopathy	Basili, A.; Lagona, F.; Sarsina, P.R. di; Basili, C.; Paterna, T.V.	2011	Allopathic versus homeopathic strategies and the recurrence of prescriptions: results from a pharmaco-economic study in Italy	Evidence-based complementary and alternative medicine: eCAM	2011	Article ID 969343	10.1093/ecam/nep023	This is a pharmaco-economic study to assess the impact of different, cost-specific pharmacological strategies on the recurrence rate of prescriptions in the treatment of cold symptoms. Data were obtained from a prospective cohort study reporting individual prescriptions histories of subjects experiencing cold symptoms, obtained by a stratified random sample of 316 subjects, clustered into 139 Italian families, followed up for 40 months. Costs of homeopathic and allopathic treatments were recorded within each prescription. A Cox proportional hazards model with random effects was exploited to regress time elapsed between subsequent prescriptions over the relative difference between homeopathic- and allopathic-related costs, adjusting for age and gender and accounting for unobserved individual heterogeneity. Relative risks of event (prescription) re-occurrence have been estimated. The recurrence rate of prescriptions raise when allopathic strategies are preferred to homeopathic alternatives. No significant differences were observed between gender groups, while age was marginally significant. Inter-subjects heterogeneity was not significant.	Included	
Homeopathy	Beer, A.M.; Fey, S.; Zimmer, M.; Teske, W.; Schremmer, D.; Wieblitz, K.R.	2012	Wirksamkeit und Sicherheit eines homöopathischen Komplexpräparates bei chronischen Rückenschmerzen - doppelblinde, randomisierte, placebokontrollierte, klinische Studie	MMW Fortschritte der Medizin	154	48-57			Included	
Homeopathy	Beer, A.M.; Heiliger, F.	1999	Caulophyllum D4 zur Geburtsinduktion bei vorzeitigem Blasensprung - eine doppelblindstudie	Geburtshilfe und Frauenheilkunde	59	431-435			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Beghi, Gianfranco Maria, and Antonio Maria Morselli-Labate	2016	Does homeopathic medicine have a preventive effect on respiratory tract infections? A real life observational study.	Multidisciplinary respiratory medicine	11.1	12	doi: 10.1186/s40248-016-0049-0	<p>This study focused on a single centre from 2002 to 2011, and examined 459 patients, out of whom 248 were treated with homeopathic medicine. The reduction in the mean number of RTI episodes during the period of observation vs. the year before inclusion in the study was significantly greater in the homeopathic-treated group than in untreated patients</p> <p>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.</p>	Included	
Homeopathy	Bekkering, G.M.; van den Bosch, W.J.H.M.; van den Hoogen, H.J.M.	1993	Bedriegt schone schijn? een onderzoek om de gerapporteerde werking van een homeopathisch middel te objectiveren	Huisarts en Wetenschap	36(12)	414-415			Included	
Homeopathy	Bell IR, et al.	2011	Short-term effects of repeated olfactory administration of homeopathic Sulphur or Pulsatilla on electroencephalographic alpha power in healthy young adults.		Vol 111 Issue 4	203- 211	10.1016/j.homp.2011.06.005	<p>Homeopathic pathogenetic trials usually rely on symptom self report measures. Adding objective biomarkers could enhance detection of subtle initial remedy effects. The present feasibility study examined electroencephalographic (EEG) effects of repeated olfactory administration of two polycrest remedies. College student volunteers (ages 18-30, both sexes) from an introductory psychology course were screened for good health and relatively elevated Sulphur or Pulsatilla symptom scores on the Homeopathic Constitutional Type Questionnaire (CTQ). Subjects underwent a series of 3 once-weekly double-blind sessions during which they repeatedly sniffed the remedy matched to their CTQ type and solvent controls.</p>	Excluded	The study does not measure health outcomes only physiological parameters of healthy participants.

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Homeopathy	Bell IR, Howter A, Jackson N, Aickin M, Bootzin RR, Brooks AJ	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.	10.1016/j.homp.2012.05.007.	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 directional effects, especially later in the night (REM cycle 2). Overall, the results showed that the homeopathic medicines Coffea cruda and Nux vomica in 30c potencies altered short-term nonlinear dynamic parameters of slow wave sleep EEG in healthy young adults.	Included	
Homeopathy	Bell, I.R.; Howter, A.; Jackson, N.; Aickin, M.; Baldwin, C.M.; Bootzin, R.R.	2011	Effects of homeopathic medicines on polysomnographic sleep of young adults with histories of coffee-related insomnia	Sleep medicine	12(5)	505-511	10.1016/j.sleep.2010.03.013.	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.	Included	
Homeopathy	Bell, I.R.; Lewis, D.A. 2nd; Brooks, A.J.; Schwartz, G.E.; Lewis, S.E.; Caspi, O.; Cunningham, V.; Baldwin CM	2004	Individual differences in response to randomly assigned active individualized homeopathic and placebo treatment in fibromyalgia: implications of a double-blinded optional crossover design	Journal of alternative and complementary medicine (New York, N.Y.)	10(2)	269-283			Included	
Homeopathy	Bell, I.R.; Lewis, D.A. 2nd; Brooks, A.J.; Schwartz, G.E.; Lewis, S.E.; Walsh, B.T.; Baldwin, C.M.	2004	Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo	Rheumatology (Oxford, England)	43(5)	577-582	10.1093/rheumatology/keh111	53 people suffering from fibromyalgia took part in this trial, comparing individualised homeopathic 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 homeopathy when compared to placebo.	Included	

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Homeopathy	Bellavite, Paolo et al	2006	Immunology and Homeopathy. 2. Cells of the Immune System and Inflammation	Evidence Based Complementary Alternative Medicine	3 (1)	13-24	10.1093/ecam/nek018	Studies carried out on basophils, lymphocytes, granulocytes and fibroblasts are reviewed. This approach may help to test under controlled conditions the main principles of homeopathy such as 'similarity' of drug action at the cellular level and the effects of dilution/dynamization on the drug activity. The current situation is that few and rather small groups are working on laboratory models for homeopathy. Regarding the interpretation of data in view of the simile principle, we observe that there are different levels of similarity and that the laboratory data give support to this principle, but have not yet yielded the ultimate answer to the action mechanism of homeopathy. Evidence of the biological activity in vitro of highly diluted-dynamized solutions is slowly accumulating, with some conflicting reports. It is our hope that this review of literature unknown to most people will give an original and useful insight into the 'state-of-the-art' of homeopathy, without final conclusions 'for' or 'against' this modality. This kind of uncertainty may be difficult to accept, but is conceivably the most open-minded position now.	Excluded	The citation is not for a study measuring health outcomes in humans with, or at risk of, a specific injury, disease, medical condition or pre-clinical.
Homeopathy	Bellón Leyva, S.; Echarry Cano, O.	2006	Evaluación clínica de la efectividad de Bórax en el tratamiento de la estomatitis aftosa	Revista Cubana de Estomatología	43(2)	N/A	http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0034-75072006000200006	Existe una vasta experiencia homeopática en el tratamiento de afecciones crónicas descritas en la literatura clásica, no obstante, se recomienda el uso de remedios homeopáticos en el tratamiento de afecciones agudas muy frecuentes en la práctica estomatológica, entre las que se encuentra la estomatitis aftosa. Se realiza el presente estudio con el objetivo de evaluar clínicamente la efectividad del bórax en el tratamiento de esta entidad. Se trataron 390 pacientes entre los 15 y 60 años de edad, cuyo síntoma principal era el dolor intenso. Los 195 pacientes pertenecientes al grupo de estudio fueron tratados con bórax a la 6 centesimal en solución alcohólica al 70 %, durante 3 días, comparando los resultados obtenidos con los del grupo control, al que se aplicó el tratamiento convencional. De los resultados obtenidos se concluye que con la aplicación de un método rápido, de bajo costo y de fácil ejecución, se obtuvieron resultados satisfactorios que corroboran la validez del empleo del bórax en el tratamiento de las aftas bucales.	Included	

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Homeopathy	Belon, P.; Banerjee, A.; Karmakar, S.; Biswas, R.; Choudhury, S.; Banerjee, P.; Das, J.; Pathak, S.; Guha, B.; Paul, S.; Bhattacharjee, N.; Khuda-Bukhsh, A.	2007	Homeopathic remedy for arsenic toxicity? evidence-based findings from a randomized placebo-controlled double blind human trial	The Science of the total environment	384 (1-3)	141-150	10.1016/j.scitotenv.2007.06.001	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.	Included	
Homeopathy	Belon, P.; Banerjee, P.; Choudhury, S.; Banerjee, A.; Biswas, S.; Karmakar, S.; Pathak, S.; Guha, B.; Chatterjee, S.; Bhattacharjee, N.; Das, J.; Khuda-Bukhsh, A.	2006	Can administration of potentized homeopathic remedy, arsenicum album, alter antinuclear antibody (ana) titre in people living in high-risk arsenic contaminated areas? a correlation with certain hematological parameters	Evidence-based complementary and alternative medicine : eCAM	3(1)	99-107	10.1093/ecam/nek013	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.	Included	
Homeopathy	Bergmann, J.; Luft, B.; Boehmann, S.; Runnebaum, B.; Gerhard, I.	2000	Die Wirksamkeit des Komplexmittels Phyto-Hypophysen L bei weiblicher, hormonell bedingter Sterilität: Eine randomisierte, plazebokontrollierte, klinische Doppelblindstudie	Forschende Komplementärmedizin und klassische Naturheilkunde	7(4&5)	190-199	doi: 10.1159/000021343	https://pubmed.ncbi.nlm.nih.gov/11025394/	Included	
Homeopathy	Bernstein, J.; Davis, B.P.; Picard, J.; Cooper, J.; Zheng, S.; Levin, L.	2011	A randomized, double-blind, parallel trial comparing capsaicin nasal spray with placebo in subjects with a significant component of nonallergic rhinitis	Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology	107(2)	171-178	10.1016/j.anaai.2011.05.016	https://pubmed.ncbi.nlm.nih.gov/21802026/	Included	
Homeopathy	Berberi 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.	Included	

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Homeopathy	Bhalerao R, Oberai P, Mehra P, Rai Y, Choubey G, Sahoo AR, Majumder A K, Sah M, Gupta A K, Tyagi A K, Siddiqui V A, Kumar A, Manchanda RK	2019	Lycopodium clavatum for the management of urolithiasis: A randomised double blind placebo controlled trial	Indian Journal of Research in Homoeopathy	13(3)	139-149	10.4103/ijrh.ijrh_30_19	Background: Urolithiasis is the most common disease of urinary tract found worldwide. There are several approaches for the treatment of urolithiasis that include the use of various synthetic and natural drugs and/or surgery in the conventional system of medicine. Objective: This study was taken up to evaluate the efficacy of Lycopodium clavatum in the management of urolithiasis. Materials and Methods: A multicentric, randomised, double-blind, placebo-controlled trial was conducted. Patients having symptomatology like Lycopodium clavatum were enrolled after screening and repertorisation as per the inclusion and exclusion criteria. During acute renal colic, despite group allocation, the patients were either prescribed the indicated homeopathic medicines or conventional medicine. The analysis was carried out with an intention-to-treat approach, and missing values were handled using Last Observation Carry Forward method. Results: There was no statistical significance between the groups (P = 0.31) in reference to the number of cases in which stones expelled during the trial. The mean size of single stone expelled was 9.4 ± 4.9 and 13.9 ± 2.2 in Verum and Placebo groups, respectively (P= 0.12). There was also no significant difference in the mean size of mean size of multiple stones in	Included	
Homeopathy	Bignamini, M.; Bertoli, A.; Consolandi, A.; Dovera, N.; Saruggia, M.; Taino, S.; Tubertini, A.	1987	Controlled double-blind trial with Baryta carbonica 15 CH versus placebo in a group of hypertensive subjects confined to bed in two old people's homes	The British homoeopathic journal	76(3)	114-119			Included	
Homeopathy	Birnesser, H.; Oberbaum, M.; Klein, P.; Weiser, M.	2004	The homeopathic preparation Traumeel S compared with NSAIDs for symptomatic treatment of epicondylitis	Journal of musculoskeletal research	8 (2&3)	119-128	10.1142/S0218957704001284	Objective: To compare the homeopathic remedy Traumeel® S with standard NSAID therapy for effects on symptomatic relief in patients with diagnosed epicondylitis. Methods: An observational, non-randomized study over 2 weeks in 184 patients with diagnosed epicondylitis from 38 primary care centers in Germany. At the start of the study, patients were given initial injections of either Traumeel® S or NSAID (unspecified; mainly diclofenac). Traumeel® S patients might have other Traumeel® S injections and other treatments were allowed, e.g. oral analgesics (in the NSAID group only) or physiotherapy. Treatments were evaluated on clinically relevant variables: three pain variables (local pressure pain, pain with movements, pain at rest) and two mobility variables (change in extensional joint mobility and change in torsional joint mobility). Results: Both treatments significantly improved scores on all five variables with no significant differences in time to onset of action. Traumeel® S was equivalent to NSAIDs on all evaluated variables and was significantly superior to NSAID therapy on the variables pain at rest (p<0.01), torsional joint mobility (p<0.01), and extensional joint mobility (p<0.05). Patients' verdicts on the global outcome reflected the results with the terms	Included	

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Homeopathy	Blokhin BM; O. V. Shamsheva; N. L. Chernaya; I. G. Sitnikov; S. G. Lazareva; N. B. Balzerovich; O. A. Perminova; O. V. Zhiglinskaya; M. Y. Koshavtseva	2019	Results of a multicentre double-blind placebo-controlled randomized trial of the liquid form of Anaferon for children in the treatment of acute upper respiratory tract infections	Rossiyskiy Vestnik Perinatologii i Pediatrii	64(4)	105-113	10.21508/1027-4065-2019-64-4-105-113	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85072248227&doi=10.21508%2F1027-4065-2019-64-4-105-113&partnerID=40&md5=87ae92a287a2156f7a3d8d923057f171	Included	
Homeopathy	Boehmer, D.; Ambrus, P.	1992	Behandlung von Sportverletzungen mit Traumeel-Salbe: Kontrollierte Doppelblindstudie	Biologische Medizin		4 260-268			Included	
Homeopathy	Bokhan, N.A.; Abolonin, A.F.; Krylov, E.N.; Vetlugina, T.P.; Ivanova, S.A.; Epstein, O.I.	2003	Comparative efficiency of Proproten-100 during the therapy of patients with alcoholism in the stage of therapeutic remission	Bulletin of Experimental Biology and Medicine	135 (7 Suppl)	171-175	10.1023/A:1024709014483	An open comparative clinical study evaluated the efficiency of Proproten-100 in reliving affective, somatovegetative, behavioral, and cognitive post-withdrawal disorders and manifestations of primary pathological alcohol addiction in patients with alcohol dependence in the stage of therapeutic remission. We compared the efficiency of Proproten-100 and standard symptomatic drugs. The preparation possessed anxiolytic, antidepressant, and vegetostabilizing properties, produced a moderate soporific effect, and had no sedative activity in patients with dysphoric depressions and psychopathic disorders. Proproten-100 was more effective during the therapy of patients with anxious and wistful depressions. Proproten-100 increased the contents of IgG and natural antibodies against S100 protein in the blood from patients. The preparation did not cause side effect or development of tolerance. Proproten-100 has psychotropic properties and holds much promise for long-term treatment of patients with alcohol dependence to reduce the incidence of recurrences.	Included	
Homeopathy	Bonne, O.; Shemer, Y.; Gorali, Y.; Katz, M.; Shalev, A.	2003	A randomized, double-blind, placebo-controlled study of classical homeopathy in generalized anxiety disorder	The Journal of clinical psychiatry	64(3)	282-287	DOI: 10.4088/jcp.v64n0309	http://www.ncbi.nlm.nih.gov/pubmed/12716269	Included	

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Homeopathy	Bordet MF, et al.	2008	Treating hot flushes in menopausal women with homeopathic treatment--results of an observational study.	Homeopathy	97 (1)	42278		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	Included	
Homeopathy	Borkens, Y, Plasberg, Y	2020	Der Bayerische Landtag und die Homöopathie - ein kritischer Kommentar zum Antrag "Todesfälle durch multiresistente Keime vermeiden IV" (Drucksache 18/3320)	Ethik in der Medizin	32 (3)	279-287	https://doi.org/10.1007/s00481-020-00593-z	Article about the decision of the bavarian state parliament to use homeopathy as a possible antibiotic alternative	Excluded	Article does not measure health outcomes from the use of homeopathic interventions.
Homeopathy	Bracho G, Varela E, Fernández R, Ordaz B, Marzoa N, Menéndez J, García L, Gilling E, Leyva R, Ruffin R, de la Torre R, Solis RL, Batista N, Borrero R, Campa C.	2010	Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control	Homeopathy	99(3)	156-66	doi: 10.1016/j.homp.2010.05.009	It is a report of the results of a very large-scale homeoprophylaxis (HP) intervention against Leptospirosis in a dangerous epidemic situation in three provinces of Cuba in 2007. After the HP intervention a large and significant decrease of the disease incidence was observed in the intervention regions. No such modifications were observed in non-intervention regions. In the intervention region the incidence of Leptospirosis fell below the historic median. 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.	Included	
Homeopathy	Brien, S.; Lachance, L.; Prescott, P.; McDermott, C.; Lewith, G.	2011	Homeopathy has clinical benefits in rheumatoid arthritis patients that are attributable to the consultation process but not the homeopathic remedy - a randomized controlled clinical trial	Rheumatology (Oxford, England)	50(6)	1070-1082	10.1093/rheumatology/keq234		Included	
Homeopathy	Brinkhaus, B.; Wilkens, J.; Lüdtkke, R.; Hunger, J.; Witt, C.; Willich, S.	2006	Homeopathic arnica therapy in patients receiving knee surgery: results of three randomised double-blind trials	Complementary therapies in medicine	14(4)	237-246	10.1016/j.ctim.2006.04.004	http://www.ncbi.nlm.nih.gov/pubmed/17105693	Included	

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Homeopathy	Brooks, A.J.; Bell, I.R.; Howerter, A.; Jackson, N.; Aickin, M.	2010	Effects of homeopathic medicines on mood of adults with histories of coffee-related insomnia	Forschende Komplementärmedizin	17(5)	250-257	10.1159/000320952		Included	
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		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 baseline median of 85.5 to 74.0 (p < 0.001, CI 95%). There were no significant baseline differences between responders and non-responders and no serious adverse events related to the therapy were reported.	Included	
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.	Included	
Homeopathy	Brydak, L. B., and A. Denys.	1999	The evaluation of humoral response and the clinical evaluation of a risk-group patients' state of health after administration of the homeopathic preparation Gripp-Heel during the influenza epidemic season 1993/94.	International Review of Allergology and Clinical Immunology		5.4 223-228	http://www.biopathica.co.uk/Articles/Colds%20and%20Flu/10%20-%20Administration%20of%20Gripp-Heel%20during%20the%20Flu%20Epidemic%2019.pdf	It is a placebo-controlled RCT, antibody production for influenza was determined in sera samples collected before and after the prophylaxis. Compared to the control group, the protective administration of this drug decreases disease incidence, reducing chronic sickness aggravation and death.	Included	
Homeopathy	Cairo J, Elliot BE, Barnouin J, Fleites P, Araoz A, Morales M, Verdura T, Sanchez M, Serrano C, Alvarez JL, Veillard JJ	2001	Homeopathy in Cuban epidemic neuropathy: an open clinical trial	British Homeopathic Journal	90 (3)	154-157	https://doi.org/10.1054/homp.1999.0481 https://www.sciencedirect.com/science/article/abs/pii/S1475491699904812	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%.	Included	

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)	Included/Excluded	Rationale for exclusion
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.	Included	
Homeopathy	Carello R; L. Ricottini; V. Miranda; P. Panei; L. Rocchi; R. Arcieri; E. Galli	2017	Long-term treatment with low-dose medicine in chronic childhood eczema: A double-blind two-stage randomized control trial	Italian Journal of Pediatrics	43(1)		10.1186/s13052-017-0393-5	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85028819278&doi=10.1186%2f13052-017-0393-5&partnerID=40&md5=b382cec10c985bd924c690bb68b45638	Included	
Homeopathy	Cavalcanti, A.M.S.; Rocha, L.M.; Carillo Jr, R., Lima, L.U.O.; Lugon, J.R.	2003	Effects of homeopathic treatment on pruritus of haemodialysis patients: a randomized placebo-controlled double-blind trial	Homeopathy : the journal of the Faculty of Homeopathy	92(4)	177-181	10.1016/j.homp.2003.07.002	Pruritis, commonly experienced by those undergoing haemodialysis, was treated in 20 subjects under double-blind placebo-controlled randomised trial conditions comparing individualised homeopathic treatment to placebo. Assessments were made at 15, 30, 45 and 60 days treatment, and after collating the results, researchers found that homeopathic management reduced pruritis by 49%. The majority of the reduction in pruritis had occurred by day 30.	Included	
Homeopathy	Chaiet, S.R.; Marcus, B.C.	2016	Perioperative arnica montana for reduction of ecchymosis in rhinoplasty surgery	Annals of plastic surgery	76(5)	477-482	10.1097/SAP.0000000000000312		Included	
Homeopathy	Chakraborty D., Das P., Dinda A.K., Sengupta U., Chakraborty T., Sengupta J.	2015	A comparative study of homoeopathic medicine - Sulphur with the Multidrug therapy in the treatment of paucibacillary leprosy	Indian Journal of Research in Homoeopathy	9(3)	158-66	10.4103/0974-7168.166375	Background: Substantial number of patients with paucibacillary leprosy may still have active skin lesions at the end of MD treatment because of the continuing immune responses, though this does not denote failure of treatment. A clinical trial was conducted to compare efficacy of a homoeopathic medicine with MDT for the cure of leprosy.Aim: To compare the effect of a homoeopathic medicine - Sulphur with the Multi drug in the treatment of Paucibacillary leprosy according to WHO guidelines. Materials and Methods: Out of total 90 patients enlisted, 60 confirmed Borderline Tuberculoid (BT) leprosy patients of the age 14 years to less than 60 years were registered under this trial. All the patients were allotted a precoded number, randomly and equally divided in two groups. One group was treated with Sulphur in 200 potency in liquid orally once in week for two years and the other group received Paucibacillary (PB) regimen as recommended by WHO. At the end of two years findings were corroborated. Results: The study showed that MDT therapy (PB regimen) and homoeopathic medicine were found equally effective as histopathology of skin showed no granulomatous lesion. The most significant clinical sign observed in all cases treated with Sulphur was reappearance of normal skin	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Chakraborty, D.; Chakraborty, T.; Das, S.; Sengupta, J.	2009	A randomized double blind clinical trial of a homoeopathic medicine in the treatment of trophic ulcer and neuropathy in leprosy	Indian Journal of Research in Homeopathy	3(4)	54-58		Introduction: Leprosy is a disease of global concern not only because of its potential to affect large number of people and its continued transmission but also because of the occurrence of deformities in a great proportion of patients. It is also a fact that multi-drug regimen has been effective in killing Mycobacterium leprae but it has no impact on associated disability due to nerve function impairment and trophic ulcer in leprosy. To explore the other means of treatment to save the leprosy patient from disability, a randomised double blind clinical trial was undertaken. Methodology: 160 leprosy patients who were released from treatment (RFT) and were suffering from either trophic ulcer and peripheral anaesthesia were randomly selected. All the patients in study groups were given Mercurius solubilis orally for a period of two years or till recovery, whichever was earlier, while control group received placebo. Results: Statistically significant improvement was observed in the healing of ulcers and regaining of nerve sensation. The biopsy from the treated cases showed almost normal dermis containing new nerve twigs and sweat glands and blood vessels with no evidence of perivascular or perineural inflammatory reaction. Radiographs of the patients with ulcer showed absence of	Included	
Homeopathy	Chakraborty, D.; Das, P.; Dinda, A.K.; Sengupta, U.; Chakraborty, T.; Sengupta, J.	2015	A comparative study of homoeopathic medicine - sulphur with the Multidrug therapy in the treatment of paucibacillary leprosy	Indian Journal of Research in Homoeopathy	9 (3)	158-166	10.4103/0974-7168.166375		Included	
Homeopathy	Chakraborty, P.S.; Lamba, C.D.; Nayak, D.; John, M.D.; Sarkar, D.B.; Poddar, A.; Arya, J.S.; Raju, K.; Vivekanand, K.; Sing, H.B.K.; Baig, H.; Prusty, A.K.; Singh, V.; Nayak, C.	2013	Effect of individualized homoeopathic treatment in influenza like illness: a multicenter, single blind, randomized, placebo controlled study	Indian Journal of Research in Homoeopathy	7(1)	22-30	10.4103/0974-7168.114268	Background: In the past decade the upsurge of influenza throughout the globe was significant and in recent years this has resurfaced showing failures of all the preventive and therapeutic measures against it. Thus, this study was undertaken to evaluate the effect of homoeopathic medicines in the treatment of influenza like illness (primary objective) and to compare the complication rate among patients receiving homoeopathic medication as compared to the patients receiving placebo and also to compare the efficacy of LM potency vis-à-vis Centesimal potency (secondary objective). Material and Methods: This was a multicenter, prospective, randomized, triple arm placebo controlled trial conducted at nine Institutes and Units of Central Council for Research in Homoeopathy (CCRH) from June 2009 to December 2010. The patients fulfilling the inclusion criteria were randomized to LM, Centesimal and Placebo groups. Homoeopathic interventions were given as per the principles of homoeopathy. Symptoms of Influenza like illness (ILI) were assessed as per validated scales. Data analysis was done using statistical package of SPSS 20.0 version. Each symptom was compared for 10 days among the allocated groups by using Kruskal Wallis test and bonferroni correction for	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Chakraborty, P.S.; Varanasi, R.; Majumdar, A.K.; Banoth, K.; Prasad, S.; Ghosh, M.S.; Sinha, M.N.; Reddy, G.R.C.; Singh, V.; Nayak, C.	2013	Effect of homeopathic LM potencies in acute attacks of haemorrhoidal disease: a multicentric randomized single-blind placebo-controlled trial	Indian Journal of Research in Homeopathy	7(2)	72-80	10.4103/0974-7168.116630	Background and Objectives: Anecdotical data on the usefulness of homeopathic medicines in acute haemorrhoids shows grade V evidence. So, the efficacy of individualized homeopathic medicines in LM potencies, in Acute Haemorrhoidal Attacks (AHAs), was investigated in this study against placebo. Material and Methods: In a multicenter randomized controlled single-blind parallel group trial conducted at six centers under the Central Council for Research in Homeopathy, patients who presented with any symptom such as bleeding, pain, discharge, heaviness, and itching were included. The patients were randomized to receive either individualized homeopathic medicine or placebo for a period of 90 days. Changes in haemorrhoidal symptoms were the main outcome measures. Results: Two hundred and seventy-eight patients (Homeopathy: n = 140, placebo: n = 138) were analyzed. After 90 days of treatment, a significant difference (P = 0.0001) was found in the median area under the curve (AUC) for bleeding {difference: 764.0 [95% confidence interval (CI): 790.0, 731.4]}, pain [7243.0 (7280.9, 7202.4)], heaviness [7208.0 (95% CI: 7245.5, 7174.9)], and itching [7198.5 (7246.4, 7158.5)] between the Homeopathy and placebo groups. Significant differences (P < 0.0001) were	Included	
Homeopathy	Chand, K.S.; Manchanda, R.K.; Mittal, R.; Batra, S.; Banavaliker, J.N.; De, I.	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	10.1016/j.homp.2013.12.003	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 compared to placebo group.	Included	
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.	Included	
Homeopathy	Chapman, E.H.; Angelica, J.; Spitalny, G.; Strauss, M.	1994	Results of a study of the homeopathic treatment of PMS	American journal of homeopathic medicine : the journal of the American Institute of Homeopathy	87(1)	14-21			Included	

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Homeopathy	Chapman, E.H.; Weintraub, R.J.; Milburn, M.A.; Pirozzi, T.O.N.; Woo, E.	1999	Homeopathic treatment of mild traumatic brain injury: a randomised, double-blind, placebo-controlled clinical trial	The Journal of head trauma rehabilitation	14(6)	521-542	doi: 10.1097/00001199-199912000-00002 https://pubmed.ncbi.nlm.nih.gov/10671699/	In a randomised, double blind, placebo controlled trial involving 60 subjects and a 4 month follow-up period, homeopathy provided significant improvement in parameters using measures such as "Difficulty with Situations", "Symptoms Rating Scale" and a "Participation in Daily Activities" scale.	Included	
Homeopathy	Charandabi, S.M.A.; Biglu, M.H.; Rad, K.Y.	2016	Effect of homeopathy on pain intensity and quality of life of students with primary dysmenorrhea: a randomized controlled trial	Iranian Red Crescent medical journal	18(9)	e30902	10.5812/ircmj.30902		Included	
Homeopathy	Chaturbhujaya Nayak, et al.	2012	Homeopathy in chronic sinusitis: a prospective multicentric observational study.	Pub Med	Vol 101 issue 2	84-91	10.1016/j.homp.2012.02.002	The primary objective was to ascertain the therapeutic usefulness of homeopathic medicine in the management of chronic sinusitis (CS). Multicentre observational study at Institutes and Units of the Central Council for Research in Homeopathy, India. Symptoms were assessed using the chronic sinusitis assessment score (CSAS). 17 pre-defined homeopathic medicines were shortlisted for prescription on the basis of repertorisation for the pathological symptoms of CS. Regimes and adjustment of regimes in the event of a change of symptoms were pre-defined. The follow-up period was for 6 months. Statistical analysis was done using SPSS version 16.	Included	
Homeopathy	Chauhan, V.K.; Manchanda, R.K.; Narang, A.; Marwaha, R.K.; Arora, S.; Nagpal, L.; Verma, S.K.; Sreenivas, V.	2014	Efficacy of Homeopathic Intervention in Subclinical Hypothyroidism With or Without Autoimmune Thyroiditis in Children: An Exploratory Randomized Control Study.	Homeopathy	103 (4)	2240231	10.1016/j.homp.2014.08.004	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 normal limits in 70.27% of the verum group and 27.02% of the controls (p < 0.05). Eight children (10.5%) progressed to overt hypothyroidism (OH) from the control group. In conclusion, statistically significant declines in serum TSH values and antiTPOab titres indicates that the homeopathic intervention has not only	Included	
Homeopathy	Chernenkov, Yu.V.; Grozdova, T.Yu.	2010	Comparative efficiency of use homeopathic methods of therapies at children with chronic diseases of intestines	Eksperimental'naia i klinicheskaia gastroenterologiya = Experimental & clinical gastroenterology		1 71-75			Included	
Homeopathy	Chevreil, J.P.; Saglier, J.; Destable, M.D.	1984	Reprise du transit intestinal en chirurgie digestive: action homéopathique de l'opium	La Presse Médicale	13(14)	883			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Choudhury, S. Khuda-Buksh, A.R.	2020	Deep vein thrombosis cured by homeopathy: A case report.	Journal of Ayurveda & Integrative Medicine.	Vol 11 issue 2	181-184	10.1016/j.jaim.2019.10.003	Successful treatment of DVT exclusively with homeopathic remedies has rarely been recorded in peer-reviewed journals. The present case report intends to record yet another case of DVT in an old patient totally cured exclusively by the non-invasive method of treatment with micro doses of potentized homeopathic drugs selected on the basis of the totality of symptoms and individualization of the case. Since this report is based on a single case of recovery, results of more such cases are warranted to strengthen the outcome of the present study.	Included	
Homeopathy	Cialdella, P.; Boissel, J.P.; Belon, P.	2001	Spécialités homéopathiques en substitution de benzodiazépines: étude en double-insu vs. placebo	Thérapie	56(4)	397-402	Not available	http://www.ncbi.nlm.nih.gov/pubmed/11677862	Included	
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.	Included	
Homeopathy	Clover A, Ratsey D	2002	Homoepathic 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.	Included	
Homeopathy	Colau, J.C.; Vincent, S.; Marijnen P.; Allaert, F.A.	2012	Efficacy of a non-hormonal treatment, BRN-01, on menopausal hot flashes: a multicenter, randomized, double-blind, placebo-controlled trial	Drugs in R&D	12(3)	107-119	doi: 10.2165/11640240-000000000-00000	https://pubmed.ncbi.nlm.nih.gov/22852580/	Included	
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.	Included	

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Homeopathy	Conde Diez S, Viejo Casas A, Garcia Rivero JL, Lopez Caro JC, Ortiz Portal F, Diaz Saez G.	2019	Impact of a homeopathic medication on upper respiratory tract infections in COPD patients: Results of an observational, prospective study (EPOXILO).	Respiratory Medicine		146 96-105.	doi:10.1016/j.rmed.2018.11.011, 10.1016/j.rmed.2018.11.011	This prospective, observational, multicenter study was carried out in Spain. 219 patients were analyzed, there was a significant reduction in mean number of URTIs during the follow-up period in homeopathy group compared to conventional group. And there are significantly less exacerbations, mean duration of symptoms per URTI episode, and consumption of corticosteroid in exacerbations.	Included	
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 night-time awakenings was also observed.	Included	
Homeopathy	Cornu, C.; Joseph, P.; Gaillard, S.; Bauer, C.; Vedrinne, C.; Bissery, A.; Melot, G.; Bossard, N.; Belon, P.; Lehot, J.J.	2010	No effect of a homoeopathic combination of Arnica montana and Bryonia alba on bleeding, inflammation, and ischaemia after aortic valve surgery	British journal of clinical pharmacology	69(2)	136-142			Included	
Homeopathy	Corroon, J.; Bradley, R.; Erlandsen, A.; Taylor, J.; Hanes, D.	2019	Effects of a topical botanically-enriched salve on cutaneous oxygenation	Journal of Wound Care	28(Suppl 2)	S16-S22	10.12968/jowc.2019.28.Sup2.S16		Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Danno, K.; Duru, G.; Vetel, J.M.	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 : the journal of the Faculty of Homeopathy	107 (2)	81-89	10.1055/s-0038-1636536	<p>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) via a GP. Patients who consulted a GP-Ho reported less psychotropic drug use and benzodiazepine use than CC patients.</p> <p>Background: The increasing use of psychotropic drugs to treat anxiety and depressive disorders. 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 recruited: 105 received quinine plus China rubra 7C (China group) and 106 received quinine only (Standard group). A decrease in proportion of patients presenting with side-effects was observed in the China group from day 0 to day 6 of follow-up (52.8% vs 28.3%); whereas</p>	Included	
Homeopathy	Danno, K.; Rerolle, F.; Sigalony, S. de; Colas, A.; Terzan, L.; Bordet, M.F.	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	10.1016/j.homp.2014.03.002	<p>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 recruited: 105 received quinine plus China rubra 7C (China group) and 106 received quinine only (Standard group). A decrease in proportion of patients presenting with side-effects was observed in the China group from day 0 to day 6 of follow-up (52.8% vs 28.3%); whereas</p>	Included	

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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 anoscopic 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 = 0.693), and anoscopic score (month 3: -0.4, 95% CI -0.6, -0.2, P: < 0.0001, d = 0.760; month 6: -0.5, 95% CI -0.7, -0.3, P: < 0.0001, d = 0.703) were achieved. Itching VASs reduced significantly only after 6 months (-8.1, 95% CI -14.6, -1.6, P: = 0.017, d = 0.586). The outcomes confirmed that individualised homeopathic treatment was effective in the	Included	
Homeopathy	Das, R.; Deshmukh, J.; Asif, K.; Sindhura, H.; Devarathanama, M.V.; Jyothi, L.	2019	Comparative evaluation of analgesic and anti-inflammatory efficacy of ibuprofen and traumeel after periodontal flap surgery: A randomized triple-blind clinical trial	J Indian Soc Periodontol	23(6)	549-553	doi: 10.4103/jisp.jisp_85_19		Included	
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 homeopathic 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 homeopathic treatment either because they asked for it directly or because conventional treatment had been unsuccessful. The overall response rates for homeopathy were 58% on the CGIS and 50% on the SCL-90 and SPS.	Included	
Homeopathy	de Freitas LAS, Goldenstein E, Sanna OM	1995	A relação médico-paciente indireta e o tratamento homeopático na asma infantil [The indirect patient-doctor relationship and the homeopathic treatment of childhood asthma].	Revista de Homeopatia		60 26-31			Included	
Homeopathy	De Klerk, E.S.A. de Lange; Blommers, J.; Kuik, D.J.; Bezemer, P.D.; Feenstra, L.	1994	Effects of homoeopathic medicines on daily burden of symptoms in children with recurrent upper respiratory tract infections	BMJ : British medical journal / British Medical Association	309(6995)	1329-1332	doi: 10.1136/bmj.309.6965.1329	https://pubmed.ncbi.nlm.nih.gov/7866080/	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Dean, M.E.; Karsandas, R.; Bland, J.M.; Gooch, D.; MacPherson, H.	2012	Homeopathy for mental fatigue: lessons from a randomized, triple blind, placebo-controlled cross-over clinical trial	BMC complementary and alternative medicine	12(1)	167	10.1186/1472-6882-12-167		Included	
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	doi: 10.1016/j.explore.2004.10.006 https://pubmed.ncbi.nlm.nih.gov/16781498/	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.	Included	
Homeopathy	Dhawale, K.M.; Tamboli, M.P.; Katawala, M.Y.; Tambitkar, N.N.; Tamboli, P.P.	2014	Use of homoeopathic remedies in the management of learning disabilities	Indian Journal of Research in Homoeopathy	8(2)	87-94	10.4103/0974-7168.135641		Included	
Homeopathy	Diefenbach, M.; Schilken, J.; Steiner, G.; Becker, H.J.	1997	Homöopathische Therapie bei Erkrankungen der Atemwege: Auswertung einer klinischen Studie bei 258 Patienten	Zeitschrift für Allgemeinmedizin	73(5)	308-314	Not available		Included	
Homeopathy	Diener, HC	1998	Homöopathie bei Migräne nicht wirksam	Medizinische Monatsschrift für Pharmazeuten	21 (8)	258	n/a		Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Diez, S.C.; Casas, A.V.; Rivero, J.L.G.; Caro, J.C.L.; Portal, F.O.; Saez, G.D.	2019	Impact of a homeopathic medication on upper respiratory tract infections in COPD patients: Results of an observational, prospective study (EPOXILO).	Respiratory medicine		146 96-105	10.1016/j.rmed.2018.11.011	Background: Chronic obstructive pulmonary disease (COPD) is a progressive lung disorder in which airflow is obstructed. Viral or bacterial upper respiratory tract infections (URTIs) may lead to exacerbations. Homeopathic medication administration to COPD patients during the influenza-exposure period may help to reduce the frequency of common URTIs. Methods: This prospective, observational, multicenter study was carried out in Cantabria, Spain. Patients with COPD were divided into two groups: group 1 received conventional treatment + homeopathic medication (diluted and dynamized extract of duck liver and heart; Boiron) (OG); group 2 received conventional treatment only (CG). The primary endpoint was the number of URTIs between the 4-5 months follow up (mean 4.72 ± 0.96) from basal to last visit. Secondary endpoints included the duration of URTIs, number and duration of COPD exacerbations, use of COPD drugs, changes in quality of life (QoL), compliance, and adverse events (AEs). Results: 219 patients were analyzed (OG = 109, CG = 110). There was a significant reduction in mean number of URTIs during the follow-up period in OG compared to CG (0.514 ± 0.722 vs. 1.037 ± 1.519, respectively; p = 0.014). Logistic regression analysis showed a 3.3-times higher probability of	Included	
Homeopathy	Dimpfel W, Tausend S, Suliman S, Chiegoua Dipah GN	2016	Psychophysiological Effectiveness of Calmvalera Hevert Tablets as Measured by EnkephaloVision in Anxious Subjects during Audio-Visual Cognitive and Emotional Challenges: A Double-Blind, Randomized, Placebo-Controlled, 2-Armed, Phase IV Study in Parallel Design	Journal of Behavioural and Brain Science		6 404-431	http://dx.doi.org/10.4236/jbbs.2016.610039		Included	
Homeopathy	Doehring, C, Sundrum, A	2016	Efficacy of homeopathy in livestock according to peer-reviewed publications from 1981 to 2014	The Veterinary Record	179 (24)		628 https://doi.org/10.1136/vr.103779	Abstract Homeopathy is widely used in livestock, especially in order to reduce the use of antibiotics, although it is often seen as controversial. A comprehensive literature review has been conducted to assess the efficacy of homeopathy in cattle, pigs and poultry. Only peer-reviewed publications dealing with homeopathic remedies, which could possibly replace or prevent the use of antibiotics in the case of infective diseases or growth promotion in livestock were included. Search results revealed a total number of 52 trials performed within 48 publications fulfilling the predefined criteria. Twenty-eight trials were in favour of homeopathy, with 26 trials showing a significantly higher efficacy in comparison to a control group, whereas 22 showed no medicinal effect. Cure rates for the treatments with antibiotics, homeopathy or placebo varied to a high degree, while the remedy used did not seem to make a big difference. Looking at all the studies, no study was repeated under comparable conditions. Consequently, the use of homeopathy currently cannot claim to have sufficient prognostic validity where efficacy is concerned. When striving for high therapeutic success in treatment, the potential of homeopathy in replacing or reducing	Excluded	The study does not measure health outcomes in human populations.

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)	Included/Excluded	Rationale for exclusion
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 homeopathic combination was 11.3% while the complication rate under placebo was 40%.	Included	
Homeopathy	Dossett, ML; Mu, L; Davis, RB; Bell, IR; Lembo, AJ; Kaptchuk, TJ; Yeh, GY.	2015	Patient-Provider Interactions Affect Symptoms in Gastroesophageal Reflux Disease: A Pilot Randomized, Double-Blind, Placebo-Controlled Trial.	PLOS ONE		10 e0136855			Included	
Homeopathy	Dyakonova EN; V. F. Shalimov	2016	The efficacy of tenoten for children in the treatment of motor and speech disorders in children with perinatal damage of the central nervous system	Zhurnal Nevrologii i Psihatrii imeni S.S. Korsakova	116(4)	17-30	10.17116/jnevro20161163217-30	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85006325268&doi=10.17116%2fjnevro20161163217-30&partnerID=40&md5=79add66b7de4e386ed8b8c815e0f93f9	Included	
Homeopathy	Egocheaga, J.; del Valle, M.	2004	Tratamiento con farmacología antihomotóxica de los síntomas asociados a fibromialgia (Title translated in English: Use of antihomotoxic drug therapy for the management of symptoms associated to fibromyalgia)	Revista de la Sociedad Española del Dolor	11 (1)	4-8		Introduction: The fibromyalgia syndrome is a widespread chronic illness whose etiopathogenic is ignored. The patient affections present pains of characteristic muscle-skeletal of systemic localization as well as numerous sensitive localizations or trigger points that usually present concrete situations. It's associates a psychological clinic determined by depression, general fatigue and dysfunctions of the dream equally. The habitual complementary tests as hemogram, biochemistry, VSG, muscular enzymes, thyroid function, rheumatoid factor and ELL are negative. The habitually used drugs is the amitriptilina, the fluoxetina and the alprazolam, all of them with important secondary effects. Material and methods: This article tries to value the short term effectiveness (8 weeks) of a pharmacological antihomotoxic treatment (Traumeel®, Spascupreel®, Graphites Homaccord®, Cerebrum compositum® and Thalamus compositum®) versus a placebo (physiologic serum) (blind double) in 20 patients diagnosed of fibromyalgia. The analysis of the symptoms was carried out by means of a subjective scale (all the parameters analytic objectives are negative) and numeric that points out the intensity of the same ones. Results: The obtained results show us a significant	Included	

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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.	Included	
Homeopathy	Eizayaga, JE. Eizayaga, JL.	2012	Prospective observational study of 42 patients with atopic dermatitis treated with homeopathic medicines	Pubmed	Vol 101(1)	21-27	10.1016/j.homp.2011.09.002	<p>Researchers at the Universidad Maimonides 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.</p> <p>To evaluate the effectiveness of homeopathic treatment of AD in a general homeopathic practice setting. Patients spontaneously seeking homeopathic treatment meeting Hanifin and Rajka's criteria were prospectively treated. Severity of disease was evaluated by Rajka and Langeland's score and a set of four Visual Analogue Scales (VAS) evaluating disease severity, itch, general and psychological wellbeing and quality of sleep. Assessed</p>	Included	
Homeopathy	Erkan, E.; Parpar, K.; Develi, T.; Gündoğar, M.;Gürler, G.	2019	The efficacy of homeopathic Arnica Montana 200 CH on dental surgical treatments: A double-blind, placebo-controlled study	The European Research Journal	5(5)	793-799	10.18621/eurj.417262	<p>Objectives: The aim of this placebo-controlled study was to assess the efficacy of single dose homeopathic Arnica montana 200 CH in dental surgeries. Methods: The study included 79 patients undergoing wisdom teeth extractions, implant placements, cystectomies, augmentation procedures, alveoloplasties, lefort-1 osteotomies at Istanbul Medipol University's Department of Oral and Maxillofacial Surgery. The patients were randomly divided into two groups using a computer program. Three globulesof Arnica montana 200 CH were administered in the sublingual area in the patients group 1, and glucose globules were administered in the sublingual area in the patients into group 2. After each patient's surgical operation, the surgeoncompleted a survey about operation time and scope. In addition,a self-assessment survey was completed by the patients the day after their operationsto evaluate their post-operational swelling and pain. Results: Arnica montana did not appear to significantly prevent post-operative swelling and pain when compared to the placebo (p < 0.05). Conclusions: This study showed that the use of Arnica montana before a physically traumatic procedure is not more effective than the use of a placebo. However, the results should be evaluated in other studies, including the</p>	Included	
Homeopathy	Ernst, E	2011	Homeopathy in severe sepsis	Homeopathy	100 (3)	195	https://doi.org/10.1016/j.homp.2011.04.003	Comment about Frass, M et al. (see 4)	Excluded	Article does not measure health outcomes from the use of homeopathic interventions.

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Ernst, E.; Saradeth, T.; Resch, K.	1990	Complementary therapy of varicose veins: a randomized, placebo-controlled, double-blind trial	Phlebology / Venous Forum of the Royal Society of Medicine	5 (3)	157-163	https://doi.org/10.1177/02683559000500303	Over a period of 24 days, the effects of a homeopathic complex preparation and placebo on varicose veins were tested in a double-blind trial of 61 people suffering from this condition. The homeopathic complex produced an averaged 44% improvement in the condition while those given the placebo experienced an averaged worsening of the disorder.	Included	
Homeopathy	Erp, V.M.A. van; Brands, M.	1996	Homoeopathic treatment of Malaria in Ghana: open study and clinical trial	The British homoeopathic journal	85	66-70			Included	
Homeopathy	Fateeva VV; G. I. Schumacher; E. N. Vorobyova; M. A. Horeva; L. R. Voskanyan	2017	The efficacy and safety of drug therapy divaza in patients with chronic cerebral ischemia	Zhurnal Nevrologii i Psihiatrii imeni S.S. Korsakova	117(2)	32-37	10.17116/jnevro20171172132-37	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85016008668&doi=10.17116%2fjnevro20171172132-37&partnerID=40&md5=7997fb522a5c0180025e1ab982af4bc9	Included	
Homeopathy	Ferley, J.; Zmirou, D.; D'Adhemar, D.; Balducci, F.	1989	A controlled evaluation of a homoeopathic preparation in the treatment of influenza like syndromes	British journal of clinical pharmacology	27 (3)	329-335	doi: 10.1111/j.1365-2125.1989.tb05373.x http://www.ncbi.nlm.nih.gov/pubmed/2655683	487 people suffering from influenza were assigned to either Oscillocoquinum (Anas barb.) 200CK or placebo, twice daily for 5 days. Significant results were achieved with the medicine over the placebo in all areas measured.	Included	
Homeopathy	Feroyan, E.V.; Kokaia, L.E.; Sulaberidze, G.D.	2009	The complex approach to treatment of pain syndrome of cervical vertebral osteochondrosis	Georgian medical news	5 (170)	46-49		The article deals with an investigation of therapeutic efficiency combined with applications of biological preparations and special medical-improving gymnastic exercises at treatment of a vertebral cervical osteochondrosis on the one hand, traditional means on the other hand. 76 patients aged 31-62 have taken part in the given research. The basic group was made by 47 patients and the control group - by 29. The patients of the basic group applied a special complex of medical-improving gymnastic exercises, and also paravertebral injections of biological preparations Traumeel S, Neuralgo-Rheum-Injeel. The patients of the control group received traditional therapy of a vertebral osteochondrosis. Injections of Voltaren (Diclofenac) intramuscularly, MIG400 (Ibuprofen) tablets, phonophorez with Indometacin ointment, a traditional complex of physiotherapy exercises. Duration of the treatment in all groups has made 28 days. Obtained data testify that by the end of treatment full knocking over of a pain syndrome in the basic group is noted at 71,2 % of patients, in control group only in 41,4 % of patients the pains have completely disappeared in a cervical spine. Thus, therapy by biological preparations in a combination to a complex of special medical-	Included	
Homeopathy	Ferrara, P.; Marrone, G., Emmanuele, V.; Nicoletti, A.; Mastrangelo, A., Tiberi, E.; Ruggiero, A.; Fasano, A., Paoletti, F.P.	2008	Homotoxicological remedies versus desmopressin versus placebo in the treatment of enuresis: a randomised, double-blind, controlled trial	Pediatric nephrology	23	269-274			Included	

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)	Included/Excluded	Rationale for exclusion
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%.	Included	
Homeopathy	Fibert, P.; Peasgood, T.; Relton, C.	2019	Rethinking ADHD intervention trials: feasibility testing of two treatments and a methodology	Eur J Pediatr	178 (7)	983-993	10.1007/s00431-019-03374-z	Attention deficit hyperactivity disorder (ADHD) is a lifelong condition associated with considerable costs. The long-term effectiveness and acceptability of treatments to improve outcomes remains in doubt. Long-term trials are needed comparing interventions with standard care and each other. The Sheffield Treatments for ADHD Research (STAR) project used the Trials within Cohorts (TwICs) approach. A cohort of children with ADHD was recruited and outcomes collected from carers and teachers. A random selection was offered treatment by homoeopaths (hom) or nutritional therapists (NT). Their outcomes (Conners Global ADHD Index) were compared with those not offered interventions. The feasibility of the methods and interventions was assessed. The TwICs approach was feasible with modifications. 144 participants were recruited to the cohort, 83 offered treatment, 72 accepted, and 50 attended 1+ appointments. Results according to carers assessments at 6 months were as follows: t = 1.08, p = .28 (- 1.48, 4.81) SMD .425 (hom); t = 1.71, p = .09 (- .347, 5.89), SMD = .388 (NT). Teachers' responses were too few and unstable. No serious treatment adverse events occurred. Conclusion: the STAR project demonstrated the feasibility of the TwICs approach for testing interventions for children.	Included	

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Homeopathy	Fibert, P.; Relton, C.; Heirs, M.; Bowden, D.	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: the journal of the Faculty of Homeopathy	105 (2)	194-201	10.1016/j.homp.2015.09.008	<p>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.</p> <p>20 consecutively enrolled children age 5-16 with Attention Deficit Hyperactivity Disorder (ADHD) received treatment by a homeopath (8 consultations and individualized remedies) for one year. Ten subsequently enrolled children received similar time and attention for 4 months. The study explored optimum treatment protocols; the effectiveness, deliverability and acceptability of treatment; and the feasibility of outcome measurement and recruitment. Parents completed Conners' Parent Rating Scale, Revised</p>	Included	
Homeopathy	Fioranelli, M.; Bianchi, M.; Di Nardo, V.; Roccia, M.G.	2016	Efficacia di Arnica Comp.-Heel® nel ridurre il rischio di eventi cardiovascolari in pazienti con coronaropatia stabile (Title translated in English: Effects of Arnica comp.-Heel® on reducing cardiovascular events in patients with stable coronary disease)	Minerva cardioangiologica	64 (1)	34-40		<p>Background: The purpose of the study was to evaluate the effectiveness of the treatment with one tablet a day of a low dose multicomponent medication (Arnica comp.-Heel® tablets) with anti-inflammatory properties in order to reduce the risk of cardiovascular events in patients with clinically stable coronary disease. The presence of inflammatory cells in atherosclerotic plaques of patients with stable coronary disease indicates the possibility to act by inhibiting the inflammatory phenomenon with Arnica comp.-Heel® tablets reducing the risk of instability of the plaque and, consequently, improving the clinical outcome in patients with stable coronary disease. Methods: Within this retrospective observational spontaneous clinical study 44 patients (31 males and 13 females) all presenting stable coronary artery disease were evaluated; 25 subjects were treated with only acetylsalicylic acid and/or clopidogrel in association with statins (standard therapeutic protocol) while for the other 18 subjects the standard therapeutic protocol was integrated with Arnica comp.-Heel® (one sublingual tablet/day). The primary outcome was to evaluate the incidence of acute coronary syndrome, out-of-hospital cardiac arrest, or non-cardioembolic ischemic stroke. Results: The evaluation of the primary outcome showed that</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Fisher, P.	1986	An experimental double-blind clinical trial method in homeopathy: use of a limited range of remedies to treat fibrositis	The British homoeopathic journal	75 (3)	142-147	10.1016/S0007-0785(86)80009-6	<p>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.</p> <p>A small number of double-blind, placebo-controlled trials of homeopathic treatment in rheumatological conditions have been carried out. These have used differing methodologies, leading to varying results. This paper describes a novel approach in the treatment of fibrositis, a syndrome which lacks a pathological definition, but is defined solely in terms of its symptomatology. 24 patients were prescribed for 3 months, according to indication, one of three homeopathic remedies (Arnica, Bryonia, Rhus tox.), each patient remaining on the same remedy throughout. They were followed monthly on the following parameters: pain, number of tender spots and sleep. An 'indication score' was allotted to each prescription. The results were analyzed by non-parametric statistical methods.</p>	Included	
Homeopathy	Fisher, P.; Greenwood, A.; Huskisson, E.C.; Turner, P.; Belon, P.	1989	Effect of homeopathic treatment on fibrositis (primary fibromyalgia)	BMJ : British medical journal / British Medical Association	299	365-366	https://doi.org/10.1136/bmj.299.6695.365 http://www.bmj.com/content/299/6695/365	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.	Included	
Homeopathy	Fisher, P.; McCarney, R.; Hasford, C.; Vickers, A.	2006	Evaluation of specific and non-specific effects in homeopathy: feasibility study for a randomised trial	Homeopathy : the journal of the Faculty of Homeopathy	95	215-222			Excluded	Study does not measure health outcomes rather the feasibility of conducting a study to measure health outcomes.
Homeopathy	Fisher, P.; Scott, D.L.	2001	A randomized controlled trial of homeopathy in rheumatoid arthritis	Rheumatology (Oxford, England)	40	1052-1055	doi: 10.1093/rheumatology/40.9.1052	https://pubmed.ncbi.nlm.nih.gov/11561118/	Included	
Homeopathy	Floris I; J. Lechner; B. Lejeune	2018	Follow-up of patients with systemic immunological diseases undergoing fatty-degenerative osteolysis of the jawbone surgery and treated with RANTES 27CH	Journal of biological regulators and homeostatic agents	32(1)	37-45		https://www.scopus.com/inward/record.uri?eid=2-s2.0-85045470202&partnerID=40&md5=d03c7092d5669945040236516a1d2948	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Frass M, Lechleitner P, Gründling C, Pirker C, Grasmuk-Siegl E, Domayer J, Hochmayr M, Gaertner K, Duschek C, Muchitsch I, Marosi C, Schumacher M, Zöschbauer-Müller S, Manchanda RK, Schrott A, Burghuber O	2020	Homeopathic therapy as an "Add on" Therapy may improve quality of life and prolong survival in patients with non-small cell lung cancer: A prospective, randomized, placebo-controlled, double-blind, three-arm, multicenter study	Oncologist	25(12)	Online	https://doi.org/10.1002/onco.13548	<p>Abstract Lessons learned: Conventional medicine and homeopathy work well together. Quality of life improves with additive homeopathy in patients with non-small cell lung cancer (NSCLC). Survival improves with additive homeopathy in patients with NSCLC.</p> <p>Background: Patients with advanced non-small cell lung cancer (NSCLC) have limited treatment options. Alongside conventional anticancer treatment, additive homeopathy might help to alleviate side effects of conventional therapy. The aim of the present study was to investigate whether additive homeopathy might influence quality of life (QoL) and survival in NSCLC patients.</p> <p>Methods: In this prospective, randomized, placebo-controlled, double-blind, three-arm, multicenter, phase III study, we evaluated the possible effects of additive homeopathic treatment compared to placebo in patients with stage IV NSCLC, with respect to QoL in the two randomized groups and survival time in all three groups. Treated patients visited the university teaching hospital every 9 weeks: 150 patients with stage IV NSCLC were included in the study; 98 received either individualized homeopathic</p>	Included	
Homeopathy	Frass, M, Linkesch, M et al	2011	Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit.	Homeopathy	100 (1-2)	95-100	https://doi.org/10.1016/j.homp.2011.02.013		Included	
Homeopathy	Frass, M.; Dielacher, C.; Linkesch, M.; Endler, C.; Muchitsch, I.; Schuster, E.; Kaye, A.	2005	Influence of potassium dichromate on tracheal secretions in critically ill patients	Chest	127 (3)	936-941	DOI: 10.1378/chest.127.3.936 https://pubmed.ncbi.nlm.nih.gov/15764779/	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.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Frass, M.; Friebs, H.; Thallinger, C.; Sohal, N.K.; Marosi, C.; Muchitsch, I.; Gaertner, K.; Gleiss, A.; Schuster, E.; Oberbaum, M.	2015	Influence of adjunctive classical homeopathy on global health status and subjective wellbeing in cancer patients - a pragmatic randomized controlled trial	Complementary Therapies in Medicine	23 (3)	309-317	10.1016/j.ctim.2015.03.004	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 showed a significant improvement only in subjective wellbeing between their first and third visits.	Included	
Homeopathy	Frass, M.; Linkesch, M.; Banyai, S.; Resch, G.; Dielacher, C.; Löbl, T.; Endler, C.; Haidvogel, M.; Muchitsch, I.; Schuster, E.	2005	Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit	Homeopathy : the journal of the Faculty of Homeopathy	94 (2)	75-80	doi: 10.1016/j.homp.2005.01.002 https://pubmed.ncbi.nlm.nih.gov/15892486/	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.	Included	
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.	Included	
Homeopathy	Frei H, Thurneysen A.	2001	Treatment for Hyperactive Children: Homeopathy and Methylphenidate Compared in a Family Setting.	British Homeopathic 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.	Included	

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Homeopathy	Frei, H.; Everts, R.; von Ammon, K.; Kaufmann, F.; Walther, D.; Hsu-Schmitz, S.F.; Collenberg, M.; Fuhrer, K.; Hassink, R.; Steinlin, M.; Thurneysen, A.	2005	Homeopathic treatment of children with Attention Deficit Hyperactivity Disorder: a randomised, double blind, placebo controlled crossover trial	European journal of pediatrics	164 (12)	758-767	doi: 10.1007/s00431-005-1735-7 http://www.ncbi.nlm.nih.gov/pubmed/16047154	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.	Included	
Homeopathy	Frei, Heiner	2014	H1N1 Influenza: A Prospective Outcome Study with Homeopathy and Polarity Analysis.	American Journal of Homeopathic Medicine	vol 107 issue 3	114-122		This paper evaluates polarity analysis (PA) in the treatment of influenza during the pandemic of 2010-2011 in Switzerland. During this epidemic the swine flu virus A/H1N1 (2009) was the predominant infective agent, present in 83% of the influenza patients in Switzerland. This article introduces the method and illustrates it with three influenza case studies. Then it presents the results of the prospective outcome study with individual treatment of 52 patients with influenza-like disease followed over four weeks: 62% of the participants were cured by the first remedy within two days of the start of treatment; another 25% received a second remedy and were cured within four days. Only 13% of the patients did not react to treatment and needed a follow-up consultation.	Included	
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 Technicon-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%.	Included	
Homeopathy	Fricke, U	1977	Homöopathe: Plazebo oder sinnvolle Therapie?	Medizinische Monatsschrift	31 (4)	169-174	n/a		Included	
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 homoeopath using single homoeopathic 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.	Included	
Homeopathy	Friese, K.H., Feuchter U, Möller H	1997	Die homöopathische Behandlung von adenoiden Vegetationen	HNO	45	618-624	Not available	https://link.springer.com/article/10.1007/s001060050136	Included	

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Homeopathy	Friese, K.H.; Kruse, S.; Lüdtke, R.; Moeller, H.	1997	The homeopathic treatment of otitis media in children: comparisons with conventional therapy	International journal of clinical pharmacology and therapeutics	35 (7)	296-301	Not available	In a prospective observational study carried out by 1 homeopathic and 4 conventional ENT practitioners, the 2 methods of treating acute pediatric otitis media were compared. Group A received treatment with homeopathic single remedies (Aconitum napellus, Apis mellifica, Belladonna, Capsicum, Chamomilla, Kalium bichromicum, Lachesis, Lycopodium, Mercurius solubilis, Okoubaka, Pulsatilla, Silicea), whereas group B received nasal drops, antibiotics, secretolytics and/or antipyretics. The main outcome measures were duration of pain, duration of fever, and the number of recurrences after 1 year, whereby alpha < 0.05 was taken as significance level. The secondary measures were improvement after 3 hours, results of audiometry and tympanometry, and necessity for additional therapy. These parameters were only considered descriptively. The study involved 103 children in group A and 28 children in group B, aged between 6 months and 11 years in both groups. For duration of pain, the median was 2 days in group A and 3 days in group B. For duration of therapy, the median was 4 days in group A and 10 days in group B; this is due to the fact that antibiotics are usually administered over a period of 8-10 days, whereas homeopathics can be discontinued at an earlier stage once healing has	Included	
Homeopathy	Friese, K.H.; Zabalotnyi, D.I.	2007	Homoöopathie bei akuter Rhinosinusitis :Eine doppelblinde, placebokontrollierte Studie belegt die Wirksamkeit und Verträglichkeit eines homoöpathischen Kombinations-arzneimittels	HNO		55 271-277	10.1007/s00106-006-1480-x	https://link.springer.com/article/10.1007/s00106-006-1480-x	Included	
Homeopathy	Frye, Joyce; et al.	2019	Individualized Homeopathy Reduces Symptoms of Chronic Chikungunya in Haiti: A Pilot Data-Collection Project.	American Journal of Homeopathic Medicine.	Vol 112 issue 2	30-32		This study demonstrates the efficacy of individualized homeopathic treatment in chronic Chikungunya viral infection in patients over 25 years old in Haiti. Data gathered from the treatment and follow up from 67 patients was analyzed. Follow-up evaluations of each patient were based on a Visual Analog Scale (VAS) (0-10) for level of current pain and a Quality of Life (QOL) scale (0-3) for the effect of pain on daily activities and completed at baseline and at each follow up. Analysis demonstrated QOL scores changing from 2.27 (+/- 0.62) to 1.46 (+/- 0.77), p<0.001	Included	
Homeopathy	Furuta SE, Weckx LLM, Figueiredo CR	2007	Tratamento Homeopático da amigdalite recorrente em crianças: um estudo randomizado controlado [Homeopathic treatment of recurrent tonsillitis in children: a randomized controlled trial].	Rev Homeopatia (São Paulo)		70 21-26	https://doi.org/10.1590/S0034-72992003000300008	http://www.scielo.br/scielo.php?pid=S0034-72992003000300008&script=sci_arttext	Included	
Homeopathy	Furuta, S.E.; Weckx, L.L.M.; Figueiredo, C.R.	2003	Estudo clinico, randomizado, duplocego, em crianças com adenóide obstrutiva, submetidas a tratamento homeopático	Revista brasileira de oto-rino-laringologia		69 343-347			Included	

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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.	Included	
Homeopathy	Gaertner, K, von Ammon, K, Frei-Erb, M	2020	Individualized Homeopathic Treatment in women with recurrent cystitis: A retrospective case series	Complementary Medicine Research	27 (3)	193-199	https://doi.org/10.1159/000504317	<p>Background: Recurrent urinary tract infections are of importance for public health as most clinicians are faced with repeated and long-term administration of broad-spectrum antimicrobial agents leading to an increased risk of resistant bacteria. One encouraging treatment approach may be individualized homeopathy.</p> <p>Case reports: Here, four female cases with recurrent urinary tract infections are reported. They were treated successfully with the homeopathic strategy after several conventional approaches revealed no improvement. The follow-up period was a minimum of 3 years and the frequency of episodes with urinary tract infection as well as of antibiotic treatment was documented. Additionally, the patients were asked to assess the treatment outcome retrospectively in a validated questionnaire.</p> <p>Results: The treatment resulted in a reduction of urinary tract infections and the need for antibiotics from monthly to less than 3 times a year. Three of the four women had no cystitis and related intake of antibiotics for more than 1.5 years. A relapse of symptoms could be treated efficiently with a repetition of the homeopathic remedy. All subjective outcome assessments.</p>	Included	
Homeopathy	Garnica Téllez, D., Arias Vázquez, P.I., Ramírez Wakamatzu, M.A.	2018	Eficacia de medicamentos antihomotóxicos en el tratamiento del síndrome miofascial cervical y de cintura escapular: Estudio comparativo versus toxina botulínica tipo A.	Revista de la Sociedad Española del Dolor	25(2)	86-93			Included	
Homeopathy	Garrett, B.; Harrison, P.V.; Stewart, T.; Porter, I.	1997	A trial of homoeopathic treatment of leg ulcers	The Journal of dermatological treatment		8 115-117	https://doi.org/10.3109/09546639709160282	http://www.tandfonline.com/doi/abs/10.3109/09546639709160282	Included	

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Homeopathy	Gassinger, C.A.; Wünnel, G.; Netter, P.	1981	Klinische Prüfung zum Nachweis der therapeutischen Wirksamkeit des homöopathischen Arzneimittels Eupatorium perfoliatum D2 (Wasserhanf composite) bei der Diagnose Grippaler Infekt (Title translated in English: A controlled clinical trial for testing the efficacy of the homeopathic drug Eupatorium perfoliatum D2 in the treatment of common cold)	Arzneimittel-Forschung	31 (4)	732-736	Not available	<p>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.</p> <p>53 outpatients suffering from common cold (flu) were randomly assigned to either a therapy with acetylsalicylic acid (ASA) or the homeopathic drug Eupatorium perfoliatum D2 in a controlled clinical trial. The efficacy of the drugs was assessed on day 1, 4 and 10 of the infection by symptom check lists and physical examinations. Neither subjective complaints nor body temperature or laboratory findings showed any significant differences between groups which was taken as evidence that both drugs were equally effective.</p>	Included	
Homeopathy	Gaucher, C.; Jeulin, D.; Peycru, P.; Amengual, C.	1994	A double blind randomized placebo controlled study of cholera treatment with highly diluted and succussed solutions	The British homoeopathic journal	83	132-134	https://doi.org/10.1016/S0007-0785(05)80858-0	https://www.sciencedirect.com/science/article/abs/pii/S0007078505808580	Included	
Homeopathy	Geppe NA; E. G. Kondiurina; I. M. Melnikova; A. U. Sabitov; O. A. Perminova; A. N. Galustyan; T. E. Pak; A. V. Kamaev; S. L. Laleko; O. V. Zhiglinskaya; S. G. Lazareva; N. B. Bultserovich	2019	Release-active antiviral drug ergoferon in treatment of acute respiratory infections in children. The efficacy of the liquid dosage form of ergoferon: Results of a randomized, double-blind, placebo-controlled clinical research	Pediatrica - Zhurnal im G.N. Speranskogo	98(1)	87-94	10.24110/0031-403X-2019-98-1-87-94	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85063899247&doi=10.24110%2F0031-403X-2019-98-1-87-94&partnerID=40&md5=a1345c72f4477ba4b32e6429a1b5db93	Included	
Homeopathy	Geppe NA; E. G. Kondiurina; A. N. Galustyan; T. E. Pak; N. B. Bultserovich; O. V. Zhiglinskaya; A. V. Kamaev; S. G. Lazareva; S. L. Laleko; I. M. Melnikova; E. V. Mikhalkova; O. A. Perminova; A. U. Sabitov; Y. M. Spivakovsky	2014	Rengalin, a novel drug for treatment of cough in children. Intermediate data on multicentre, comparative randomized clinical trial	Antibiotiki i Khimioterapiya	59	16-24		https://www.scopus.com/inward/record.uri?eid=2-s2.0-84929000251&partnerID=40&md5=62aae080e91e3729e6b19d9350ade1cf	Included	

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Homeopathy	Gerhard I, Monga B, Roebuck P, Runnebaum B	1997	Homoeopathy versus conventional therapy in female infertility: Interim analysis of a randomized study.	Forschende Komplementärmedizin und klassische Naturheilverfahren		5 262-269			Included	
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.	Included	
Homeopathy	Gerhard, I.; Pateck, A.; Monga, B.; Blank, A.; Gorkow, C.	1998	Mastodynon bei weiblicher Sterilität: Randomisierte, plazenbkontrollierte, klinische Doppelblindstudie	Forschende Komplementärmedizin		5 272-278	DOI: 10.1159/000021154	https://pubmed.ncbi.nlm.nih.gov/9973660/	Included	
Homeopathy	Ghosh, S.; Ghosh, T.; Mondal, R.; Patra, S.; Das, S.; Ali, S.S.; Koley, M.; Saha, S.	2018	Efficacy of Arsenicum album 30cH in preventing febrile episodes following DPT-HepB-Polio vaccination: a randomized, double-blind, placebo-controlled clinical trial.	Complementary Therapies in Medicine		36 59-62	10.1016/j.ctim.2017.11.020		Included	
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.	Included	
Homeopathy	Gibson, R.G.; Gibson, S.L.M.; MacNeill, A.D.; Buchanan, W.W.	1980	The place for non-pharmaceutical therapy in chronic rheumatoid arthritis: a critical study of homoeopathy	The British homoeopathic journal	69 (3)	121-133	10.1016/S0007-0785(80)80040-8	A two-part trial is reported in which patients with rheumatoid arthritis were treated with homoeopathy. In the first part of the trial, 54 patients on homoeopathy were compared with 41 patients on salicylate over the course of a year. 66 per cent. of the patients on homoeopathy improved, as compared with 14.6 per cent. of the patients on salicylate. In the second part of the trial, 46 patients took part in a double-blind study in which homoeopathy was compared with placebo for a period of three months. The patients on homoeopathy improved significantly while those on placebo did not. It was also shown that it may well be possible to predict which patients are most likely to respond to homoeopathic treatment. No toxic effects were observed in any patient on homoeopathy whereas 39 per cent. of the patients on salicylate experienced toxic effects.	Included	

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Homeopathy	Gibson, R.G.; Gibson, S.L.M.; MacNeill, A.D.; Watson Buchanan, W.	1980	Homoeopathic therapy in rheumatoid arthritis: evaluation by double-blind clinical therapeutic trial	British journal of clinical pharmacology	9(5)	453-459	doi: 10.1111/j.1365- 2125.1980.tb05840.x http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1429952/	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-arthritis drug. The trial was carried out blind and significant results were achieved with the homeopathic medicine over the placebo in all areas measured.	Included	
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 1 year assessment, 11 of the 14 subjects were declared to be cured.	Included	
Homeopathy	Gleiss, A.; Frass, M.; Gaertner, K.	2016	Re-analysis of survival data of cancer patients utilizing additive homeopathy	Complementary Therapies in Medicine		27 65-67	10.1016/j.ctim.2016.06.001	In this short communication we present a re-analysis of homeopathic patient data in comparison to control patient data from the same Outpatient's Unit "Homeopathy in malignant diseases" of the Medical University of Vienna. In this analysis we took account of a probable immortal time bias. For patients suffering from advanced stages of cancer and surviving the first 6 or 12 months after diagnosis, respectively, the results show that utilizing homeopathy gives a statistically significant (p<0.001) advantage over control patients regarding survival time. In conclusion, bearing in mind all limitations, the results of this retrospective study suggest that patients with advanced stages of cancer might benefit from additional homeopathic treatment until a survival time of up to 12 months after diagnosis.	Included	
Homeopathy	Gmünder, 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	DOI: 10.1055/s-2002-34004 https://www.researchgate.net/publication/245853418_Die_Wirkung_von_klassischer_Homöopathie_im_Vergleich_mit_standardisierter_Physiotherapie_bei_der_Behandlung_von_chronischen_Kreuzschmerzen	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.	Included	

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Homeopathy	Goda, C.; Tamboli, P.; Patil, S.; Mhatre, S.V.K.	2010	Role of homoeopathic treatment in scabies infection in adivasi children attending ashram shalas (resident schools)	Indian Journal of Research in Homoeopathy	4(2)	33-40		A prospective, randomized controlled single blind study was carried during November 2004 to December 2007 to explore efficacy of homoeopathic treatment in tackling scabies infection and controlling the spread. 300 cases were enrolled and divided into 3 treatment groups i.e. constitutional, acute/sector group and placebo group. Scabies infection was diagnosed by a dermatologist and graded as per severity of infection and children were observed for 2 years. All treatment groups were subjected to standard hygiene measures during the course of study. Results were analysed at end of each year. 90% of children in constitutional group improved at the end of 1 year where as 27% from acute and 4% from placebo improved. at the end of second year, the rate of improvement of constitutional group rose to 98% where as 48% from acute and 12% from placebo improved. The prevalence of scabies in school dropped from 52% to 17%, at a time when prevalence of scabies in residential schools in the area did not show any reduction. The results demonstrated statistically significant improvement in constitutional group as compared to the response in acute and placebo group.	Included	
Homeopathy	Gofman, A.G.; Pyatnitskaya, I.N.; Valentik, Y.V.; Krylov, E.N.; Epstein, O.I.	2003	Proproten-100 in the therapy of patients with alcohol withdrawal syndrome	Bulletin of Experimental Biology and Medicine	135 (7 Suppl)	167-170	10.1023/a:1024756930413	The efficiency of Proproten-100 containing antibodies to S100 protein in ultralow doses and used to relieve somatovegetative and psychoneurological manifestations of the alcohol withdrawal syndrome was studied in a double-blind, placebo-controlled clinical trial. The preparation possessed anxiolytic, sedative, hypnagogic, and vegetostabilizing properties. Proproten-100 more rapidly relieved the alcohol withdrawal syndrome than standard drugs (by 2 times). Proproten-100 may be used in combination with detoxicating and symptomatic drugs to treat patients with severe disorders. The preparation did not cause side effects. Our observations indicate that Proproten-100 may be used alone (monotherapy) or in combination with standard pharmaceuticals for treatment of patients with the alcohol withdrawal syndrome.	Included	

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Homeopathy	Gonçalves, E.C.S.; França, F.M.G.	2007	Avaliação do uso de ansiolítico homeopático em procedimentos odontológicos como droga alternativa aos benzodiazepínicos (Title translated in English: Evaluation of the use of homeopathic anxiolytic in dental surgical procedures as alternative drugs to the benzodiazepines)	Revista Gaúcha de Odontologia	55 (2)	175-180		Objectives: To clinically evaluate the use of homeopathic anxiolytic such as Ansiodoron®, in order to help oral conscious sedation compared to the placebo (wheat flour based) in surgical procedures for implant. Final evaluation was performed through a questionnaire answered by the patients, after the surgical procedures. Method: Nineteen patients, age ranging from 20 to 70 years old, male and female, all presenting anxiety symptoms, using either homeopathic sedation or placebo for bone integration and bone graft implant surgeries procedures. Two experimental groups were selected: Group 1: patients who used homeopathic anxiolytics (n=17) and group 2: patients who took wheat flour placebo (n=17). The survey was done through a questionnaire used after the surgical procedures. Results: All the data was then presented in a table and submitted to Fisher's testings. Conclusion: The study demonstrated that the homeopathic medication Ansiodoron® was capable of reducing the anxiety significantly in the studied population when compared to the placebo.	Included	
Homeopathy	González de Vega C, Speed C, Wolfarth B, González J	2013	Traumeel vs. diclofenac for reducing pain and improving ankle mobility after acute ankle sprain: A multicentre, randomised, blinded, controlled and non-inferiority trial.	Int J Clin Pract		67 979-989			Included	
Homeopathy	González Rodríguez, E.; Barciela Calderón, J.; Rivacoba Novoa, E.	2002	Eficacia del tratamiento homeopático en la parodontitis simple (Title translated in English: Effectiveness of the homeopathic treatment in simple periodontitis)	Archivo médico de Camaguey	6 (Suppl 1)	731-738		Se realizó un estudio experimental, fase II temprana, en los pacientes que acudieron a la Clínica Estomatológica Provincial Docente (CEPD), en el periodo de noviembre de 1998 a febrero de 1999, con diagnóstico de periodontitis simple, con el objeto de determinar la eficacia del tratamiento homeopático con phosphoro. Se estudiaron un total de 25 pacientes, los que se dividieron en dos grupos de 13 y 12 pacientes cada uno como grupo estudio y control respectivamente. A ambos grupos se les realizó un tratamiento inicial en Periodoncia y se evaluó el estado periodontal mediante el Índice Periodontal de Russell y el Índice de Sangrado de Mühlmann, al inicio y al final del estudio. El grupo I fue tratado con phosphoro tres veces al día, en forma de gotas sublinguales a baja potencia (6 CH) y fue evaluado a los siete y 10 días. En el grupo II sólo se realizó el tratamiento inicial, no se utilizó ningún medicamento. Se demostró la eficacia del tratamiento homeopático ya que todos los pacientes mostraron una respuesta altamente satisfactoria y satisfactoria, no se obtuvo el mismo resultado con los que fueron tratados convencionalmente, donde sólo hubo una discreta mejoría del Índice de Sangrado, no así del Índice Periodontal de Russell. Se presentaron síntomas mínimos de	Included	

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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)	42675		<p>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 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.</p> <p>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. <i>No analysis of the results it was found</i></p>	Included	
Homeopathy	Gorelova EA; O. Y. Olisova; D. V. Usenko	2016	Outcomes and ways of optimizing treatment of rotavirus infection in children with atopic dermatitis	Infektsionnye Bolezni	14(1)	80-85	10.20953/1729-9225-2016-1-80-85	https://www.scopus.com/inward/record.uri?eid=2-s2.0-84998827915&doi=10.20953%2F1729-9225-2016-1-80-85&partnerID=40&md5=079ae11f356c1207e8a7f9abcd991fdb	Included	
Homeopathy	Graham, Margaret	2020	American Institute of Homeopathy Records at the Drexel University College of Medicine Legacy Center Archives and Special Collections.	American Journal of Homeopathic Medicine.	Vol 113 Issue 1	44082		The article discusses history of homeopathic medicine. Topics include The AIH records document the activity and evolution of homeopathic practice, pharmacology, and debate and policy, primarily from 1916 to 2000; and the homeopathy and HMC collections feature the early history of homeopathy in the United States, reflected in organizations and individuals, including Constantine Hering, and many early regional homeopathic societies.	Excluded	The citation is not for a study measuring health outcomes in humans with, or at risk of, a specific injury, disease, medical condition or pre-clinical.
Homeopathy	GRECHO, (Groupe de Recherches et d'Essais Cliniques en Homéopathie); U292 INSERM; ARC, (Association de Recherche en Chirurgie); GREPA, (Groupe de Recherche et d'Etude de la Paroi Abdominal)	1989	Evaluation de deux produit homéopathiques sur la reprise du transit après chirurgie digestive: un essai contrôlé multicentrique	La Presse Médicale		18 59-62			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Grimaldi-Bensouda, L.; Abenhaim, L.; Massol, J.; Guillemot, D.; Avouac, B.; Duru, G.; Lert, F.; Magnier, A.M.; Rossignol, M.; Rouillon, F.; Bégaud, B.	2016	Homeopathic medical practice for anxiety and depression in primary care: the EPI3 cohort study	BMC Complementary and Alternative Medicine		16 125	10.1186/s12906-016-1104-2	<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> <p>Background: The purpose of the study was to compare utilization of conventional psychotropic drugs among patients 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).</p> <p>Methods: This was one of those epidemiological</p>	Included	
Homeopathy	Grimaldi-Bensouda, L.; Bégaud, B.; Rossignol, M.; Avouac, B.; Lert, F.; Rouillon, F.; Bénichou, J.; Massol, J.; Duru, G.; Magnier, A.M.; Abenhaim, L.; Guillemot, D.	2014	Management of upper respiratory tract infections by different medical practices, including homeopathy, and consumption of antibiotics in primary care: the EPI3 cohort study in France 2007–2008	PLoS one	9 (3)	e89990	10.1371/journal.pone.0089990	<p>Background: Prescribing of antibiotics for upper respiratory tract infections (URTI) varies substantially in primary care.</p> <p>Objectives: To describe and compare antibiotic and antipyretic/anti-inflammatory drugs use, URTI symptoms' resolution and occurrence of potentially-associated infections in patients seeking care from general practitioners (GPs) who exclusively prescribe conventional medications (GP-CM), regularly prescribe homeopathy within a mixed practice (GP-Mx), or are certified homeopathic GPs (GP-Ho).</p> <p>Method: The EPI3 survey was a nationwide population-based study of a representative sample of 825 GPs and their patients in France (2007–2008). GP recruitment was stratified by self-declared homeopathic prescribing preferences. Adults and children with confirmed URTI were asked to participate in a standardized telephone interview at inclusion, one-, three- and twelve-month follow up. Study outcomes included medication consumption, URTI symptoms' resolution and potentially-associated infections (sinusitis or otitis media/externa) as reported by patients. Analyses included calibration to account for non-respondents and groups were compared using multivariate analyses adjusting for baseline differences with a propensity score.</p>	Included	

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Homeopathy	Grover AK, Goel R and Bhushan B.	2009	Double blind placebo-controlled trial of homeopathic medicines in management of withdrawals symptoms in opium addicts and its alkaloid derivatives-dependents.	Indian Journal of Research in Homoeopathy	3(1)	41-44	NA	<p>Objectives: To ascertain the efficacy of Homeopathic medicines in the management of withdrawal symptoms in Opium addicts & its alkaloid derivatives-dependents. Methods: 169 patients addicted primarily to opium, its alkaloid derivatives either natural or synthetic (Morphine, Codeine, Heroin, Pethidine and other Narcotic etc.) were enrolled for the study between September 2002 to August 2005. Only male patients within 15 - 50 yrs of age coming to the O.P.D. were admitted and included in the study. The study was conducted at Navijoti Drug Demand Reduction Training Institute, New Delhi. Indicated homeopathic medicines (on the basis of characteristic symptoms of each medicine) out of the selected six useful medicine was prescribed to manage withdrawal symptoms experienced by the enrolled patients. The medicines and placebo were coded. Approximately half of the patients were given medicines & other half received placebo. Assessment of progress made in each individual symptom was recorded for both the groups. Results: Action of medicines & placebo in relieving the withdrawal symptomatology of Opium Drug Dependents was recorded from 3rd day onward after starting the treatment. The action of each individual Homeopathic Medicine.</p>	Included	
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)	43040	10.1007/s00508-011-0104-y	<p>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.</p> <p>The aim of this study was to assess the real-life efficacy of classical homeopathic treatment and the potential to reduce conventional medication dosage. A prospective multicenter observational study was conducted by general practitioners specializing in homeopathy in nine Austrian test centers. Personal data and symptoms of allergic patients diagnosed with allergic conjunctivitis, allergic rhinitis, bronchial asthma and</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Gupta J, Kulshreshtha D, Lamba CD, Gupta P, Shinde V, Wadhwa B, Soren A, Arya J S, Koley M, Pramanik A, Parveen S, Kumar A.	2019	Homoeopathic medicine –Sepia for the management of menopausal symptoms: A multicentric, randomised, double-blind placebo-controlled clinical trial	Indian Journal of Research in Homoeopathy	13 (4)	219-28	10.4103/ijrh.ijrh_8_18	Background: Based on the results of Central Council for Research in Homoeopathy's previous study, wherein Sepia was indicated and prescribed in maximum number of cases, this study was planned to further validate efficacy of Sepia in the management of menopausal symptoms. Objectives: The study was conducted with the objectives of evaluating the efficacy of homoeopathic medicine – Sepia in the management of menopausal symptoms using 'The Greene Climacteric Scale' (GCS) and the quality of life using Utian Quality of Life (UQOL) scale. Materials and Methods: A randomised double-blind placebo-controlled clinical study was conducted from April 2012 to September 2014 at four research centres of Central Council for Research in Homoeopathy. Perimenopausal cases were screened (n = 471), and those fulfilling the eligibility criteria (n = 88) were enrolled and randomised to receive either homoeopathic intervention, i.e., Sepia (n = 44) or identical placebo (n = 44) and followed up for 6 months to assess them on predefined clinical parameters. The primary outcome was the change in the menopausal complaints assessed using GCS and the secondary outcome measure was change in UQOL scale. Results: Eighty-eight patients were	Included	
Homeopathy	Gupta J, Manchanda RK, Debata LP, Payal G, Choudhary S, Prusty A, Rakshit G, Singh V, Kumar A, Lamba CD	2018	A randomised comparative study to evaluate the efficacy of homoeopathic treatment –vs- standard allopathy treatment for acute adenolymphangitis due to lymphatic filariasis	Indian Journal of Research in Homoeopathy	12(2)	64-74	10.4103/ijrh.ijrh_40_17	Objective: The primary objective of the study was to compare the effectiveness of homoeopathic treatment with standard allopathic regimen in acute ADL and secondary objective was to assess the reduction in frequency, duration and intensity of subsequent attacks, improvement of the quality of life of patients. Methods: The study was designed as a comparative randomized trial conducted from October 2012 to April 2014, on 112 patients at Regional Research Institute, Puri, Odisha. The ADL patients enrolled were randomized to receive either homoeopathic treatment or standard allopathic treatment for a period of six months. The outcome parameters used were ADL score and WHO QOL Bref. Results: 112 Patients were considered for primary outcome analysis as per the intention to treat principle. (Homoeopathy= 55 and Allopathy= 57) and were analysed on 11th day of treatment. Both the treatments produced equal improvement in ADL scores. However, during the six months study period, the frequency, duration and intensity of attacks were better in Homoeopathy group compared to allopathy group. There was statistically significant improvement in Homoeopathy for Domain 4 of WHOQOL (P = 0.004) as compared to allopathy group. Medicines like <i>Asiimollicia</i> (n = 22), <i>Bhus</i>	Included	
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".	Included	

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Homeopathy	Hagens, C. von; Schiller, P.; Godbillon, B.; Osburg, J.; Klose, C.; Limprecht, R.; Strowitzki, T.	2012	Treating menopausal symptoms with a complex remedy or placebo: a randomized controlled trial	Climacteric : the journal of the International Menopause Society	15	358-367			Included	
Homeopathy	Haidvogel, M.; Riley, D.S.; Heger, M.; Brien, S.; Jong, M.; Fischer, M.; Lewith, G.T.; Jansen, G.; Thurneysen, A.E.	2007	Homeopathic and conventional treatment for acute respiratory and ear complaints: a comparative study on outcome in the primary care setting	BMC complementary and alternative medicine	7 (7)	N/A	10.1186/1472-6882-7-7	<p>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 homeopathic treatment, both in children and adults.</p> <p>Background: The aim of this study was to assess the effectiveness of homeopathy compared to conventional treatment in acute respiratory and ear complaints in a primary care setting.</p>	Included	
Homeopathy	Haila S, Koskinen A, Tenovu J.	2005	Effects of homeopathic treatment on salivary flow rate and subjective symptoms in patients with oral dryness: a randomized trial.	Homeopathy: the journal of the Faculty of Homeopathy	94 (3)	175-181	10.1016/j.homp.2005.03.002	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 un-stimulated 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.	Included	
Homeopathy	Halaška, M.; Beles, P.; Gorkow, C.; Sieder, C.	1999	Treatment of cyclical mastalgia with a solution containing a vitex agnus castus extract: results of a placebo-controlled double- blind study	Breast (Edinburgh, Scotland)	8	175-181	10.1054/brst.1999.0039		Included	
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.	Included	

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Homeopathy	Harrison, C.C.; Solomon, E.M.; Pellow, J.	2013	The effect of a homeopathic complex on psychophysiological onset insomnia in males: a randomized pilot study	Alternative Therapies in Health and Medicine	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	Included	
Homeopathy	Harrison, H.; Fixsen, A.; Vickers, A.	1999	A randomized comparison of homoeopathic and standard care for the treatment of glue ear in children	Complementary Therapies in Medicine		7 132-135			Included	
Homeopathy	Hart, O.; Mullee, M.A.; Lewith, G.; Miller, J.	1997	Double-blind, placebo-controlled, randomized clinical trial of homoeopathic arnica C30 for pain and infection after total abdominal hysterectomy	Journal of the Royal Society of Medicine		90 73-78			Included	
Homeopathy	Hati AK, et al.	2012	Constitutional, Organopathic and Combined Homeopathic Treatment of Benign Prostatic Hypertrophy: a Clinical Trial.	Homeopathy	101 (4)	217-223		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 frequency, urgency, hesitancy, intermittent flow, unsatisfactory urination, feeble stream, diminution of residual urine volume but there was no reduction in prostate size. Treatment response was highest with BCOM (38.24%) compared to OM (21.67%) and CM (20.15%).	Included	

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Homeopathy	Haynes, Deborah	2020	At the Cutting Edge: Interview with Rachel Roberts and Dr Alex Tournier	American Homeopath	Vol. 26	p26-29		The Homeopathy Research Institute conference took place in a historic location overlooking the Tower of London. The conference was a celebration of the tenth anniversary of the HRI and a tour-de-force of cutting-edge scientific research into homeopathy.	Excluded	The citation is not for a study measuring health outcomes in humans with, or at risk of, a specific injury, disease, medical condition or pre-clinical.
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.	Included	
Homeopathy	Heilmann, A.	1992	Ein injizierbares Kombinationspräparat (Engystol N) als Prophylaktikum des Grippalen Infektes	Biologische Medizin	21	225-229			Included	
Homeopathy	Hellhammer, J.; Schubert, M.	2013	Effects of a homeopathic combination remedy on the acute stress response, well-being, and sleep A double-blind, randomized clinical trial	Journal of alternative and complementary medicine (New York, N.Y.)	19	161-169			Included	
Homeopathy	Hernández García, S.; Rivero Giralt, N.; Rodríguez Arencibia, M.A.; Méndez Díaz, N.E.; Barrios Cruz, D.	2016	La homeopatía en el tratamiento de la cefalea vascular típica	Revista de Ciencias Médicas de Pinar del Río	20	281-290			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Hernández García, S.; Rodríguez Arencibia, M.A.; Hernández García, M.N.; Rangel Díaz, D.; Rodríguez Hernández, M.A.	2006	La Homeopatía: un reto en el tratamiento de la gingivostomatitis herpética aguda [Homeopathy: A challenge in the treatment of Acute Herpetic gingivostomatitis]	Revista de Ciencias Médicas de Pinar del Río	10(3)	41-50	http://scielo.sld.cu/pdf/rpr/v10n3/rpr05306.pdf	Oral diseases constitute one of the most common health problems world wide, being the most representative Acute Herpetic Gingivostomatitis. Aimed at assessing the effectiveness of homeopathic treatment in the control of this entity, clinical course, necessity of hospital admission and use of antibiotics, a descriptive, prospective, longitudinal and correlational study in 504 pediatric patients was carried out. These patients were divided into two groups: No. 1 study group, treated with low-potency homeopathic medications; No. 2 control group, where natural medications were also used (collutories of plantago major). The study was performed from September 2004 to January 2006, as statistic methods were established percentage mean, Chi square test and comparison K for proportions of independent groups, having as results that the most affected group of children was the group of 1 - 5 years old, prevailing masculine sex. The onset of ulcerations, bleedings and pain was of statistical significance (p > 1000 E 13), for 1 - 2 days, obtaining at the fourth day 79.5% of curing. None of the children studied during this period repeated the disease. The main conclusion was that homeopathy is a very useful method in the treatment of Acute Herpetic Gingivostomatitis.	Included	
Homeopathy	Heudel, P.E.; Van Praagh-Doreau, I.; Duvert, B.; Cauvin, I.; Hardy-Bessard, A.C.; Jacquin, J.P.; Stefani, L.; Vincent, L.; Dramais, D.; Guastalla, J.P.; Blanc, E.; Belleville, A.; Lavergne, E.; Pérol, D.	2018	Does a homeopathic medicine reduce hot flushes induced by adjuvant endocrine therapy in localized breast cancer patients? A multicenter randomized placebo-controlled phase III trial.	Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer		27 1879-1889	10.1007/s00520-018-4449-x		Included	

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Homeopathy	Heusser, P, Berger, S, Stutz M, Hüsler, A, Haerberli, A & Wolf, U	2009	Efficacy of Homeopathically Potentized Antimony on	Forsch Komplementmed		16 14-18	https://doi.org/10.1159/000196974	Background: Homeopathically potentized antimony 6x is traditionally used in anthroposophic medicine for an alleged pro-coagulatory effect in bleeding disorders. However, the scientific evidence base is yet insufficient. Results of a previous in vitro study suggested a slight increase of maximal clot firmness (MCF) and a tendency towards a shorter clotting time (CT). The objective of this study was to investigate the pro-coagulatory effects of antimony in vivo, and possible unexpected or adverse events. Participants and Methods: A randomized placebo controlled double blind crossover study was carried out in 30 healthy volunteers (15 males, 15 females). Each participant received intravenously 10 ml of antimony 6x and placebo in a randomized order at an interval of 1 month. Thrombelastography (TEG) was carried out immediately before and 30 and 60 min after the injection. Results: Statistically significant pro-coagulatory effects were observed 30 min after injection for CT in men ($p = 0.0306$), and for MCF in men and women combined ($p = 0.0476$). The effect of antimony was significantly larger on test day 1 than on test day 2, whereas the effect of placebo was similar on both test days. No unexpected adverse or adverse events causally related to	Included	
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.	Included	
Homeopathy	Hitzenberger, G.; Korn, A.; Dorcsi, M.; Bauer, P.; Wohlzogen, F.	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.	Included	
Homeopathy	Hitzenberger, G.; Rehak, P.H.	2005	The effect of a homeopathic drug on the blood pressure of hypertensive patients: a randomised double-blind controlled parallel-group comparative trial	Wiener medizinische Wochenschrift		155 392-396			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Hock, N, Juckel, G	2018	Homöopathie bei psychiatrischen Patienten - Für und Wider	Der Nervenarzt	89 (9)	1014-1019	https://doi.org/10.1007/s00115-018-0540-2	<p>Abstract</p> <p>The application of homeopathic treatment quickly becomes a matter of ideological confrontation; however, homeopathy is steadily gaining in sympathy in the population. Although the possible effectiveness and the modes of action are currently not scientifically elucidated and the study situation regarding homeopathic treatment in psychiatry is still manageable, there is a whole series of positive evidence for the effects of homeopathic remedies for mental disorders, such as depression, anxiety disorders and addiction. The most important studies are presented and the most important arguments are weighed up with respect to the pros and cons. It is clear that homeopathic remedies can only be used as an add-on and not alone. These remedies belong in the hands of physicians experienced in homeopathic and psychiatric psychopharmacology. It would be advisable to at least try out homeopathy for the well-being of the patient not only in the case of very mild disorders but also in severe chronic cases, since due to the generally good tolerability, no avoidable disadvantage should result.</p>	Excluded	The paper does not measure health outcomes of participants only generally discusses a broad range of studies.
Homeopathy	Hofmeyr, G.J.; Piccioni, V.; Blauhof, P.	1990	Postpartum homoeopathic arnica montana: a potency-finding pilot study	The British journal of clinical practice	44	619-621			Included	
Homeopathy	Hotta, L.M.; Adler, U.C.; Cesar, A.D.; Martinez, E.Z.; Demarzo, M.M.P.	2018	Homeopathy for Perennial Asthma in Adolescents: Pilot Feasibility Study Testing a Randomised Withdrawal Design.	Homeopathy : the journal of the Faculty of Homeopathy	107	143-149	10.1055/s-0038-1637009.		Included	
Homeopathy	Huber, R.; Prestel, U.; Bloss, I.; Meyer, U.; Lüdtke, R.	2010	Effectiveness of subcutaneous injections of a cartilage preparation in osteoarthritis of the knee - a randomized, placebo controlled phase II study	Complementary Therapies in Medicine	18	113-118	10.1016/j.ctim.2010.06.001		Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Hübner, R.; Haselen, R. van; Klein, P.	2009	Effectiveness of the homeopathic preparation Neurexan® compared with that of commonly used valerian-based preparations for the treatment of nervousness/restlessness: an observational study	TheScientificWorldJournal		9 733-745	10.1100/tsw.2009.95	Mild anxieties, nervousness, and restlessness are common in the general population and are commonly treated by complementary and alternative medical (CAM) therapies. A prospective, nonrandomized, noninterventonal, observational study, using conventional or CAM practices, was conducted in 49 German practices. Each practice could include up to 15 subjects treated with either the homeopathic preparation Neurexan or with combination formulations based on valerian extracts. There was no placebo group. Choice and doses of study therapies were at the respective physician's discretion. The planned treatment duration was 2 weeks. A total of 826 subjects were included in the study and 777 (553 Neurexan and 224 valerian) subjects were available for the final examination. Subjects receiving Neurexan tended to weigh less, to have fewer concomitant illnesses and slightly milder severity of nervousness/restlessness, and were likelier to be female than the subjects receiving valerian therapies. The summary score for nervousness/restlessness was reduced from 19.0 +/- 6.1 at baseline to 7.4 +/- 6.8 at the end of the observation period in the Neurexan group, a reduction of 11.5 +/- 7.3 score units. In the valerian group, the summary score was reduced from 21.4 +/- 6.0 to 12.6 +/- 7.3, a reduction of	Included	
Homeopathy	Ibishev KS	2009	Efficiency of combined therapy with impaza and type 5 phosphodiesterase inhibitors in prophylactics of posttraumatic erectile dysfunction	Bulletin of Experimental Biology and Medicine	148(2)	322-324	10.1007/s10517-009-0691-z	https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949090439&doi=10.1007%2fs10517-009-0691-z&partnerID=40&md5=5fbb65ff375c7180f9f011f1a41b4329	Included	
Homeopathy	Ibrahim, S.E.; Zohiery, A.K. el; Mobasher, S.A.; Eldin, A.B.; Mohamed, M.A.; Abdalla, A.A.	2015	Acupuncture versus homeopathy as a complementary therapy in patients with knee osteoarthritis	International Journal of Physical Medicine & Rehabilitation	3(2)	259	10.4172/2329-9096.1U000259		Included	

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)	Included/Excluded	Rationale for exclusion
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 (New York, N.Y.)	11(1)	155-160	https://doi.org/10.1089/acm.2005.11.155	<p>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.</p> <p>Objective: Alternative medical practices are common in the treatment of vertigo. This study compared the effects of Ginkgo biloba treatment with the homeopathic remedy Vertigoheel® (Biologische Heilmittel Heel GmbH, Baden-Baden, Germany).</p> <p>Design: Randomized, double-blinded, parallel group study.</p> <p>Subjects: One hundred and seventy (170) patients, ages 60–80 years, with atherosclerosis-related vertigo.</p> <p>Interventions: Patients were randomly allocated to receive treatment with either Vertigoheel (n = 87) or G. biloba (n = 83).</p>	Included	
Homeopathy	Itamura R, Hosoya R.	2003	Homeopathic Treatment of Japanese patients with intractable Atopic Dermatitis.	Homeopathy	92 (2)	108-114		<p>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.</p>	Included	
Homeopathy	Itamura R.	2007	Effect of homeopathic treatment of 60 Japanese patients with chronic skin disease.	Complement Ther Med,	15 (2)	115-120		<p>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.</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Ivashkin VT; E. A. Poluektova; A. B. Glazunov; M. A. Putilovskiy; O. I. Epstein	2019	Pathogenetic approach to the treatment of functional disorders of the gastrointestinal tract and their intersection: Results of the Russian observation retrospective program COMFORT	BMC Gastroenterology		20 Article number 2	10.1186/s12876-019-1143-5	Background: The aim of this study was to investigate the efficacy and safety of the novel complex drug, consisting of released-active form of antibodies to S-100 protein, tumor necrosis factor- α and histamine, (Kolofofort) under outpatient conditions in patients with functional dyspepsia (FD), irritable bowel syndrome (IBS), and FD-IBS overlap. Methods: The subjects of the observational noninterventonal retrospective program were the data of 14,362 outpatient records of patients with diagnosed FD, IBS, and/or overlap, who were observed by gastroenterologists from November 01, 2017, through March 30, 2018, who received the drug Kolofofort in monotherapy for 12 weeks, 2 tablets twice a day. To assess the presence and severity of symptoms of functional gastrointestinal disorders (FGID), the "7*7" questionnaire developed by a working group from the Russian Gastroenterological Association was used. The evaluated parameters included the proportion of patients: who had a 50% or more reduction in the total score; who have switched to the less severe category of the condition; who have switched to the "healthy" or "borderline ill" severity categories; and the change in the score in domains 1–7. Results: The final efficacy analysis included data from 9254 patients. A decrease in	Included	
Homeopathy	J. L. Dugina; V. I. Petrov; A. R. Babayeva; A. V. Martyshev-Poklad; E. V. Tcherevkova; O. I. Epstein; S. A. Sergeeva	2005	A randomized, open-label, comparative, 6-month trial of oral ultra-low doses of antibodies to tumor necrosis factor- α and diclofenac in rheumatoid arthritis	International Journal of Tissue Reactions	27(1)	15-21		https://www.scopus.com/inward/record.uri?eid=2-s2.0-15944411666&partnerID=40&md5=cbdf0dc5401ae9c4e99d88b3801b6436	Included	
Homeopathy	Jacobs J, Jimenez LM, Gloyds SS, Casares FE, Gaitan MP, Crothers D	1993	Homoeopathic treatment of acute childhood diarrhoea. A randomized clinical trial in Nicaragua.	British Homoeopathic Journal		82 83–86	https://doi.org/10.1016/S0007-0785(05)81029-4	A double-blind, randomized clinical trial to compare homoeopathic treatment versus placebo in the treatment of acute childhood diarrhoea was carried out in Leon, Nicaragua, in July 1990. 34 children aged 6 months to 5 years were randomized into active and placebo groups, both of which also received oral rehydration treatment. The mean duration of diarrhoea after treatment in the active group was 2.4 days, compared to 3.0 days in the placebo group, which was not statistically significant. Exploratory analysis revealed a statistically significant decrease ($p=0.04$) in the subgroup of patients for which an aetiological agent was found. There was also a significant difference in number of stools per day in the treated group ($p=0.002$) at the end of the treatment period. Since small numbers prevent a definitive conclusion from this study, further study with a larger sample size would seem appropriate.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Jacobs J, Jonas WB, Jimenez-Perez M, Crothers D	2003	Homeopathy for childhood diarrhea: combined results and metaanalysis from three randomized, controlled clinical trials	Pediatr Infect Dis J	22(3)	229-234	doi: 10.1097/01.inf.0000055096.25724.48	<p>Background: Previous studies have shown a positive treatment effect of individualized homeopathic treatment for acute childhood diarrhea, but sample sizes were small and results were just at or near the level of statistical significance. Because all three studies followed the same basic study design, the combined data from these three studies were analyzed to obtain greater statistical power.</p> <p>Methods: Three double blind clinical trials of diarrhea in 242 children ages 6 months to 5 years were analyzed as 1 group. Children were randomized to receive either an individualized homeopathic medicine or placebo to be taken as a single dose after each unformed stool for 5 days. Parents recorded daily stools on diary cards, and health workers made home visits daily to monitor children. The duration of diarrhea was defined as the time until there were less than 3 unformed stools per day for 2 consecutive days. A metaanalysis of the effect-size difference of the three studies was also conducted.</p> <p>Results: Combined analysis shows a duration of diarrhea of 3.3 days in the homeopathy group compared with 4.1 in the placebo group (P = 0.008). The metaanalysis shows a consistent</p>	Included	
Homeopathy	Jacobs, J.; Fernandez, E.A.; Merizalde, B.; Avila-Montes, G.A.; Crothers, D.	2007	The use of homeopathic combination remedy for dengue fever symptoms: a pilot RCT in Honduras	Homeopathy : the journal of the Faculty of Homeopathy	96	22-26			Included	
Homeopathy	Jacobs, J.; Guthrie, B.L.; Montes, G.A.; Jacobs, L.E.; Mickey-Colman, N.; Wilson, A.R.; Digiacomo, R.	2006	Homeopathic combination remedy in the treatment of acute childhood diarrhea in Honduras	Journal of alternative and complementary medicine (New York, N.Y.)	12	723-732			Included	
Homeopathy	Jacobs, J.; Herman, P.; Heron, K.; Olsen, S.; Vaughters, L.	2005	Homeopathy for menopausal symptoms in breast cancer survivors: a preliminary randomized controlled trial	Journal of alternative and complementary medicine (New York, N.Y.)	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.	Included	

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Homeopathy	Jacobs, J.; Jimenez, L.M.; Gloyd, S.S.; Gale, J.L.; Crothers, D.	1994	Treatment of acute childhood diarrhea with homeopathic medicine: a randomized clinical trial Nicaragua	Pediatrics	93 (5)	719-725	https://pediatrics.aappublications.org/content/93/5/719/tab-article-info	<p>In a randomised, placebo controlled trial with 81 children suffering from acute diarrhoea, individually prescribed homeopathic medicines were found to be superior to placebo.</p> <p>Objective. Acute diarrhea is the leading cause of pediatric morbidity and mortality worldwide. Oral rehydration treatment can prevent death from dehydration, but does not reduce the duration of individual episodes. Homeopathic treatment for acute diarrhea is used in many parts of the world. This study was performed to determine whether homeopathy is useful in the treatment of acute childhood diarrhea.</p> <p>Methodology. A randomized double-blind clinical trial comparing homeopathic medicine with placebo in the treatment of acute childhood diarrhea was conducted in León, Nicaragua, in July 1991. Eighty-one children aged 6 months to 5 years of age were included in the study. An individualized homeopathic medicine was prescribed for each child and daily follow-up was performed for 5 days. Standard treatment with oral rehydration treatment was also given.</p> <p>Results. The treatment group had a statistically significant ($P < .05$) decrease in duration of</p>	Included	
Homeopathy	Jacobs, J.; Jimenez, L.M.; Malthouse, S.; Chapman, E.; Crothers, D.; Masuk, M.; Jonas, W.B.	2000	Homeopathic treatment of acute childhood diarrhea: results from a clinical trial in Nepal	Journal of alternative and complementary medicine (New York, N.Y.)	6 (2)	131-139	https://doi.org/10.1089/acm.2000.6.131	<p>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.</p> <p>Objective: To investigate whether the finding in a previous study that homeopathic medicines decrease the duration of acute diarrhea in children could be replicated in a different study population.</p> <p>Design: Randomized, double-blind, placebo-controlled trial.</p> <p>Setting: Private, charitable health clinic in Kathmandu, Nepal.</p> <p>Subjects: A consecutive sample of 126 children, 6 months to 5 years of age, who presented during April through June, 1994, with more than three unformed stools in the previous 24 hours.</p> <p>Intervention: Children received either an individualized homeopathic medicine or placebo</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Jacobs, J.; Springer, D.; Crothers, D.	2001	Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial	The Pediatric infectious disease journal	20 (2)	177-183	https://doi.org/10.1097/00006454-200102000-00012	<p>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.</p> <p>Background. The use of antibiotics in the initial treatment of acute otitis media is currently being questioned. Homeopathy has been used historically to treat this illness, but there have been no methodologically rigorous trials to determine whether there is a positive treatment effect.</p> <p>Methods. A randomized double blind placebo control pilot study was conducted in a private pediatric practice in Seattle, WA. Seventy-five children ages 18 months to 6 years with middle ear effusion and ear pain and/or fever for no more than 36 h were entered into the study. Children received either an individualized homeopathic medicine or a placebo administered orally three times daily for 5 days, or until symptoms subsided, whichever occurred first. Outcome measures included the number of treatment failures after 5 days, 2 weeks and 6 weeks. Diary symptom scores during the first 3 days and</p>	Included	
Homeopathy	Jacobs, J.; Taylor, J.A.	2016	A randomized controlled trial of a homeopathic syrup in the treatment of cold symptoms in young children	Complementary Therapies in Medicine	29	229-234	10.1016/j.ctim.2016.10.013	<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 3days, 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 after beginning treatment among those receiving the cold syrup compared to placebo recipients.</p>	Included	
Homeopathy	Jacobs, J.; Williams, A.L.; Girard, C.; Njike, V.Y.; Katz, D.	2005	Homeopathy for Attention-Deficit/Hyperactivity Disorder: a pilot randomized-controlled trial	Journal of alternative and complementary medicine (New York, N.Y.)	11	799-806			Included	
Homeopathy	Jacques Grauwet, D	2011	Infecciones genitales por VPH tratadas por microimmunoterapia	Revista Médica de Homeopatía	4(3)	103-105	https://doi.org/10.1016/S1888-8526(11)70110-2	http://www.sciencedirect.com/science/article/pii/S1888852611701102	Included	

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Homeopathy	Jansen. G.R.H.J.; Veer, A.L.J. von der; Hagenaars, J.; Kuy, A. von der	1992	Lessons learnt from an unsuccessful clinical trial of homeopathy: results of a small-scale, double-blind trial in proctocolitis	The British homoeopathic journal		81 132-138			Included	
Homeopathy	Jawara N, Lewith G, Mullee M, Smith C.	1997	Homoeopathic Arnica and Rhus Toxicodendron for delayed onset muscle soreness: a randomized, double-blind, placebo-controlled trial	British Homoeopathic Journal		86 10-15			Included	
Homeopathy	Jeffrey, S.L.A.; Belcher, H.J.C.R.	2002	Use of arnica to relieve pain after carpal-tunnel release	Alternative therapies in health and medicine	8 (2)	66-68		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.	Included	
Homeopathy	Jenaer M; M. F. Henry; A. Garcia; B. Marichal	2000	Evaluation of 2LHERP in preventing recurrences of genital herpes	British Homeopathic Journal	89(4)	174-177	10.1054/homp.1999.0429	https://www.scopus.com/inward/record.uri?eid=2-s2.0-0033763255&doi=10.1054%2fhomp.1999.0429&partnerID=40&md5=7d8b6ed81865c78c7049ac2fd6bc908a	Included	
Homeopathy	Jobst D, Altiner A, Wegscheider K, Abholz H-H	2005	Helfen intramuskuläre Eigenblutgaben bei chronisch rezidivierenden Infekten der Atemwege? - Fußangeln auf dem Weg einer randomisierten Studie [Do autologous blood injections help against relapsing upper respiratory infections? - Traps on the way of doing a randomised trial].	Zeitschrift für Allgemeinmedizin		81 258-263			Included	
Homeopathy	Jonas, Wayne et al.	2001	A Systemic Review of the Quality of Homeopathic Clinical Trials	BMC Complementary Alternative Medicine	Vol 1 issue 12		10.1186/1472-6882-1-12	A systematic review comparing the quality of clinical-trial research in homeopathy to a sample of research on conventional therapies using a validated and system-neutral approach.	Excluded	The citation does not measure any health outcomes merely summarises the current state of research.
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.	Included	

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Homeopathy	Jong, M.C.; Ilyenko, L.; Kholodova, I.; Verwer, C.; Burkart, J.; Weber, S.; Keller, T.; Klement, P.	2016	A comparative randomized controlled clinical trial on the effectiveness, safety, and tolerability of a homeopathic medicinal product in children with sleep disorders and restlessness	Evidence-based complementary and alternative medicine: eCAM	2016	Article ID 9539030	10.1155/2016/9539030		Included	
Homeopathy	Jurcau R, Jurcau I, Vithoulkas 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 more notable findings from the research was that for the group given Aconite, anxiety and salivary cortisol were significantly reduced immediately pre- and post effort.	Included	
Homeopathy	Jyoti Biswas, Surjyo et al.	2005	Efficacy of the potentized homeopathic drug, Carcinosin 200, fed alone and in combination with another drug, Chelidonium 200, in amelioration of p-dimethylaminoazobenzene-induced hepatocarcinogenesis in mice	Journal of Alternative & Complementary Medicine.	Vol 11 issue 5	839-854	10.1089/acm.2005.11.839	This study was conducted to examine whether the potentized homeopathic remedy Carcinosin 200, fed alone and in combination with Chelidonium 200, has differential protective effects against p-dimethylaminoazobenzene (p-DAB)-induced hepatocarcinogenesis in mice.	Excluded	The citation is not for a study measuring health outcomes in humans with, or at risk of, a specific injury, disease, medical condition or pre-clinical.
Homeopathy	Kainz, J.; Kozel, G.; Haidvogel, M.; Smolle, J.	1996	Homeopathic versus placebo therapy of children with warts on the hands: a randomized, double-blind clinical trial	Dermatology (Basel, Switzerland)	193	318-320			Included	

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Homeopathy	Karow, J.H.; Abt, H.P.; Frohling, M.; Ackermann, H.	2008	Efficacy of Arnica montana D4 for Healing of Wounds after Hallux valgus Surgery compared to Diclofenac.	Journal of alternative and complementary medicine (New York, N.Y.)	14 (1)	17-25		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 pillules 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.	Included	
Homeopathy	Karp, J.C.; Sanchez, C.; Guilbert, P.; Mina, W.; Demonceaux, A.; Curé, H.	2016	Treatment with Ruta graveolens SCH 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: the journal of the Faculty of Homeopathy	105 (4)	299-308	10.1016/j.homp.2016.05.004	The aim in this study was to determine the possible effect of two homeopathic medicines, Ruta graveolens SCH 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 SCH 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 consumption in the two groups after 3 months of treatment. 40 patients (mean age 64.9±8.1 years) were recruited, 20 in each group. Two-thirds of the patients had joint pain before starting AI treatment. There was a significant difference in the evolution of mean composite pain score between T0 and T3 in the two groups (1.2 in	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Kass B, Icke K, Witt CM, Reinhold T	2020	Effectiveness and cost-effectiveness of treatment with additional enrollment to a homeopathic integrated care contract in Germany	BMC Health Serv Res	20(1)	872	doi: 10.1186/s12913-020-05706-4.	Background: A number of German statutory health insurance companies are offering integrated care contracts for homeopathy (ICCHs) that cover the reimbursement of homeopathic treatment. The effectiveness and cost-effectiveness of these contracts are highly debated. Methods: To evaluate the effectiveness and cost-effectiveness of treatment after an additional enrollment in an ICCH, a comparative, prospective, observational study was conducted in which participants in the ICCH (HOM group) were compared with matched (on diagnosis, sex and age) insured individuals (CON group) who received usual care alone. Those insured with either migraine or headache, allergic rhinitis, asthma, atopic dermatitis and depression were included. Primary effectiveness outcomes were the baseline adjusted scores of diagnosis-specific questionnaires (e.g. RQLQ, AQLQ, DLQI, BDI-II) after 6 months. Primary cost-effectiveness endpoints were the baseline adjusted total costs from an insurer perspective in relation to the achieved quality-adjusted life years (QALYs). Costs were derived from health claims data and QALYs were calculated based on SF-12 data. Results: Data from 2524 participants (1543 HOM group) were analyzed. The primary effectiveness outcomes after six months were	Included	
Homeopathy	Katz, T.; Fisher, P.; Katz, A.; Davidson, J.; Feder, G.	2005	The feasibility of a randomised, placebo-controlled clinical trial of homeopathic treatment of depression in general practice	Homeopathy : the journal of the Faculty of Homeopathy	94	145-152	10.1016/j.homp.2005.04.002		Included	
Homeopathy	Kaziro, G.	1984	Metronidazol (Flagyl) and Arnica montana in the prevention of post-surgical complications a comparative placebo controlled clinical trial	The British Journal of oral & maxillofacial surgery	22	42-49			Included	
Homeopathy	Keil, T.; Witt, C.M.; Roll, S.; Vance, W.; Weber, K.; Wegscheider, K.; Willich, S.N.	2008	Homoeopathic versus conventional treatment of children with eczema: a comparative cohort study	Complementary Therapies in Medicine	16 (1)	15-21	10.1016/j.ctim.2006.10.001	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 treated with conventional medicine. No adverse reactions were reported for either group Objectives: To assess, over a period of 12 months, whether homoeopathic treatment could influence eczema signs/symptoms and quality of	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Keshishyan ES; O. V. Bykova; M. N. Borisova; L. I. Minaycheva; N. L. Chernaya; M. V. Panteleeva; E. S. Sagutdinova; O. A. Perminova; O. S. Panina; T. A. Romanova; D. D. Gaynetdinova	2019	Therapy of perinatal brain injury outcomes: results of a multicenter double-blind placebo-controlled randomized study of tenoten for children (liquid dosage form)	Zhurnal neurologii i psikiatrii imeni S.S. Korsakova	119	33-39	10.17116/jnevro201911907233	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85072287968&doi=10.17116%2fjnevro201911907233&partnerID=40&md5=52e1f1993529be76b145f91fe9da450e	Included	
Homeopathy	Khitrov NA	2009	The use of artrofoon in the therapy of disorders of the paraarticular apparatus	Bulletin of Experimental Biology and Medicine	148(3)	478-481	10.1007/s10517-010-0741-6	https://www.scopus.com/inward/record.uri?eid=2-s2.0-77649184587&doi=10.1007%2fs10517-010-0741-6&partnerID=40&md5=c1f2a377cb147b7c0ec3ff476c454301	Included	
Homeopathy	Khokhlova ZA; O. A. Popova; K. I. Chujkova; V. L. Yakimov; Y. V. Minakova; E. I. Petrova	2017	Infectious mononucleosis at children: Features of the course of the disease depending on types of antiviral therapy	Jurnal Infekologii	9(3)	67-74	10.22625/2072-6732-2017-9-3-67-74	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85035782264&doi=10.22625%2f2072-6732-2017-9-3-67-74&partnerID=40&md5=d9248e26aca47c86844b89e21a0143ac	Included	
Homeopathy	Khuda-Bukhsh, A.R.; Banerjee, A.; Biswas, S.J.; Karmakar, S.R.; Banerjee, P.; Pathak, S.; Guha, B.; Haque, S.; Das, D.; De, A.; Boujedaini, N.	2011	An initial report on the efficacy of a millesimal potency arsenicum album 1m Q/3 in ameliorating arsenic toxicity in human living in a high risk arsenic village	Chinese journal of integrative medicine	9	596-604			Included	
Homeopathy	Khuda-Bukhsh, A.R.; Pathak, S.; Guha, B.; Karmakar, S.R.; Das, J.K.; Banerjee, P.; Biswas, S.J.; Mukherjee, P.; Bhattacharjee, N.; Choudhury, S.C.; Banerjee, A.; Bhadra, S.; Mallick, P.; Chakrabarti, J.; Mandal, B.	2005	Can homeopathic arsenic remedy combat arsenic poisoning in humans exposed to groundwater arsenic contamination? A preliminary report on first human trial	Evidence-based complementary and alternative medicine : eCAM	2	537-548			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Khurana A, Mittal R, Rath P, Moorthy K, Taneja D, Singh U, Mishra K, Manchanda RK.	2020	Ferrum phosphoricum 3X and Ferrum metallicum 3X in the treatment of iron deficiency anaemia in children: Randomized parallel arm study	Indian Journal of Research in Homoeopathy	14(3)	171-178	10.4103/ijrh.ijrh_91_19	<p>Background: Anaemia in children has significant adverse health consequences and is a major public health problem. Objective: The objective of this study is to identify efficacy of Ferrum phosphoricum 3X (FP) and Ferrum metallicum 3X (FM) in changing haemoglobin (Hb) levels in school-going children, 12–14 years of age with Iron Deficiency Anaemia (IDA). Materials and Methods: School children were screened for Hb levels using a portable haemoglobinometer at Noida, Kottayam, Guwahati and Imphal. Children with Hb levels ≥ 11.9 g% and ≥ 8 g% were investigated for IDA by measuring serum ferritin level and other parameters. Children enrolled were divided into two categories, i.e., mild (Hb 11–11.9 g%) and moderate anaemia (Hb between 8 and 10.9 g%). Children in both the groups were randomised into FP and FM groups and prescribed accordingly for 3 months. Hb levels were repeated after 3 months. Results: 2,878 children were screened and 792 (27.5%) were identified to have Hb between ≥ 11.9 g% and ≥ 8 g%. 102 (mild anaemia: FP-30; FM-29, moderate anaemia: FP-21, FM-22) were enrolled after investigations and consent. Significant increase in Hb was seen in children with moderate anaemia in FP group (9.95 ± 0.749–10.97 ± 1.51). Increase in Hb in other groups was not.</p>	Included	
Homeopathy	Kienle G	1973	Wirkung von Carbo Betulae D6 bei respiratorischer Partialinsuffizienz [Effect of Carbo betulae D6 in partial respiratory insufficiency]	Arzneimittel-Forschung/Drug Research		23 840-842			Included	
Homeopathy	Kim, L.; Riedlinger, J.; Baldwin, C.; Hilli, L.; Khalsa, S.; Messer, S.; Waters, R.	2005	Treatment of Seasonal Allergic Rhinitis using homeopathic preparation of common allergens in the southwest region of the US: a randomized, controlled clinical trial	The Annals of pharmacotherapy	39 (4)	617-624	https://doi.org/10.1345/aph.1e387	<p>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.</p> <p>Background: Studies using homeopathy have reported beneficial effects from treating allergy-related conditions.</p> <p>Objective: To investigate the effects of a homeopathic drug prepared from common allergens (tree, grass, weed species) specific to the Southwest region of the US.</p> <p>Methods: A 4-week, double-blind clinical trial comparing homeopathic preparations with placebo was conducted in the Phoenix metropolitan area during the regional allergy season from February to May. Participants</p>	Included	

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Homeopathy	Klein-Laansma, C.T.; Jong, M.; von Hagens, C.; Jansen, J.; van Wietmarschen, H.; Jong, M.C.	2018	Semi-Individualized Homeopathy Add-On Versus Usual Care Only for Premenstrual Disorders: a Randomized, Controlled Feasibility Study.	Journal of alternative and complementary medicine (new york, NY)	24 (7)	684-693	10.1089/acm.2017.0388	<p>Premenstrual syndrome and premenstrual dysphoric disorder (PMS/PMDD) bother a substantial number of women. Homeopathy seems a promising treatment, but it needs investigation using reliable study designs. The feasibility of organizing an international randomized pragmatic trial on a homeopathic add-on treatment (usual care [UC] + HT) compared with UC alone was evaluated. A multicenter, randomized, controlled pragmatic trial with parallel groups.</p> <p>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</p>	Included	
Homeopathy	Klopp, R.; Niemer, W.; Weiser, M.	2005	Microcirculatory effects of a homeopathic preparation in patients with mild vertigo: an intravital microscopic study	Microvascular research	69 (1-2)	10 - 16	10.1016/j.mvr.2004.11.005	<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. 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 > or = 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. Measurements were also made of partial oxygen pressure and the numbers of cell-wall adhering leucocytes, both of which were significantly increased in the test group compared to the control group. All of these parameters were associated with a reduction in the severity of the vertigo symptoms, both on patient as well as practitioner assessment.</p>	Included	
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>	Included	

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Homeopathy	Koley, M.; Saha, S.; Ghosh, S.	2015	A double-blind randomized placebo-controlled feasibility study evaluating individualized homeopathy in managing pain of knee osteoarthritis	Journal of Evidence-Based Complementary & Alternative Medicine	20	186-191	10.1177/2156587214568668		Included	
Homeopathy	Kolia-Adam N, Solomon E, Bond J, Deroukakis M	2008	The efficacy of Coffea cruda on insomnia: a double blind trial	Simillimum	21	91-99			Included	
Homeopathy	Kondyurina EG; A. L. Zaplatnikov; T. N. Yelkina; E. I. Burtseva; O. A. Gribanova; N. I. Pirozhkova; G. A. Mingalimova; I. O. Tyuleneva; S. V. Trushakova; E. A. Mukasheva	2016	Comprehensive evaluation of several treatment combinations used to manage acute respiratory infections in routine paediatric practice	Antibiotiki i Khimioterapiya	61	8 - 20		https://www.scopus.com/inward/record.uri?eid=2-s2.0-84995898074&partnerID=40&md5=714be1d5693817907bb8912c5919f16e	Included	
Homeopathy	Kondyurina EG; I. O. Tyuleneva; E. I. Burtseva; S. V. Trushakova; E. A. Mukasheva; A. A. Vinogradova; T. N. Elkina; V. V. Zelenskaya	2016	Evaluating changes in the clinical presentation of acute obstructive bronchitis in preschool children using antiviral therapy	Antibiotiki i Khimioterapiya	61	33-43		https://www.scopus.com/inward/record.uri?eid=2-s2.0-85035130601&partnerID=40&md5=aabd4ec31034cae11eda580c946597a7	Included	
Homeopathy	Kotlus, B.S.; Heringer, D.M.; Dryden, R.M.	2010	Evaluation of homeopathic Arnica montana for ecchymosis after upper blepharoplasty: a placebo-controlled, randomized, double-blind study	Ophthalmic plastic and reconstructive surgery	26	395-397			Included	
Homeopathy	Kozlovskaya LV; N. A. Mukhin; V. V. Rameev; I. A. Sarkisova; O. I. Epstein	2003	Potented Antibodies to Tumor Necrosis Factor- α in the Therapy of Patients with Rheumatoid Arthritis	Bulletin of Experimental Biology and Medicine	135-136(Suppl1)	152-154	10.1023/A:1024748728596	https://www.scopus.com/inward/record.uri?eid=2-s2.0-17444445919&doi=10.1023%2FA%3a1024748728596&partnerID=40&md5=62a6631775647fca7e8fc4a047b8df1f	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Krylov, E.N.	2003	Psychotropic activity of the antialcohol preparation Proproten-100	Bulletin of Experimental Biology and Medicine	135 (7 Suppl)	176-180	10.1023/a:1024761031322	Antidepressant activity of Proproten-100 (antibodies to brain-specific S100 protein in ultralow doses) in patients with stage II alcohol dependence and alcohol withdrawal syndrome was studied in an open comparative clinical trial. The tricyclic antidepressant amitriptyline and benzodiazepine tranquilizer phenazepam served as reference preparations. Anxiolytic activity of Proproten-100 was highly competitive with that of phenazepam. Proproten-100 produced a stronger thymoleptic effect than amitriptyline. The preparation possessed activating properties, affected alcohol addiction, and did not cause side effects. Proproten-100 should undergo clinical tests during the therapy of neurotic, neurosis-like, and subdepressive borderline disorders.	Included	
Homeopathy	Kudin MV; S. A. Tarasov; M. V. Kachanova; A. V. Skripkin; Y. N. Fedorov	2009	Anaferon (pediatric formulation) in prophylactics of acute respiratory viral infection in children	Bulletin of Experimental Biology and Medicine	148(2)	279-282	10.1007/s10517-009-0703-z	https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949089123&doi=10.1007%2fs10517-009-0703-z&partnerID=40&md5=626df40601813048c9ea1b7e01271ad5	Included	
Homeopathy	Kumar, A.; Mishra, N.	1994	Effect of homeopathic treatment on filiriasis: a single-blind, 69-month follow-up study in an endemic village in Orissa	The British homoeopathic journal	83 (4)	216-219		A single blind follow-up study was undertaken to assess the effect of homeopathic treatment on microfilarial clearance and frequency of filarial fevers in an endemic village, India, State of Orissa. Homeopathic treatment effectively reduced the frequency of filarial fevers by 20 per cent ($P<0.05$) among amicrofilaraemic cases, with a higher reduction in cases with genital involvement (36%) and mastitis (57%). However, among symptomatic microfilaraemia cases, the frequency of filarial fever (attack) had doubled ($p<0.05$) following treatment. There was no additional effect on microfilaria clearance in asymptomatic carriers.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Kundu, T.; Shaikh, A.; Kutty, A.; Nalvade, A.; Kulkarni, S.; Kulkarni, R.; Kanjaksha, G.	2012	Homeopathic medicines substantially reduce the need for clotting factor concentrates in haemophilia patients: results of a blinded placebo controlled cross over trial	Homeopathy : the journal of the Faculty of Homeopathy	101 (1)	38-43	10.1016/j.homp.2011.10.004	<p>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.</p> <p>To investigate the effectiveness of individualised homeopathic medicines in reducing the requirement of factor concentrates in haemophilia patients. In a single blind placebo controlled cross over trial 28 consecutive persons with haemophilia (PWH) with severe (24) or moderately severe (4) disease received standard management with placebo homeopathy for 1 year and active homeopathic treatment in the</p>	Included	
Homeopathy	Kupriyanov YU; P. I. Rasner; I. M. Rokhlikov; A. A. Akrikidi; V. V. Soloviev; A. A. Markov; E. V. Nozdrin; L. A. Logvinov; R. P. Vasilevskiy; K. S. Skrupskiy; D. Y. Pushkar; M. A. Putilovskiy; O. I. Epstein	2019	The experience of using drug afalaza for treatment of lower urinary symptoms in treatment-naïve patients with benign prostatic hyperplasia	Urologia	2019(3)	36-42	10.18565/urology.2019.3.36-42	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85069775050&doi=10.18565%2furology.2019.3.36-42&partnerID=40&md5=5c2ccb0b80ea9308a924c0bf05923d59	Included	
Homeopathy	Kurz, C.; Nagele, F.; Zorzi, M.; Karras, H.; Einzelsberger, H.	1993	Bewirkt Homöopathie eine Verbesserung der Reizblasensymptomatik?	Gynakologisch-geburtshilfliche Rundschau	33(Suppl 1)	330-331			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Küstermann, R.W.; Weiser, M.; Klein, P.	2001	Antihomotoxic treatment of conjunctivitis - results of a prospective, controlled, observational cohort study	Biologische Medizin	30 (3)	126-131		<p>Objective: Assessment of therapeutic non-inferiority of the homeopathic remedy Oculoheel (eye drops) compared with tetryzoline in the treatment of conjunctivitis. Patients and Methods: 769 patients with conjunctivitis were treated either with Oculoheel (n = 456) or tetryzoline (n = 313) in a prospective, controlled cohort study. The treatments were compared by an analysis of variance with baseline values of efficacy parameters as covariates. Efficacy parameters were the mean symptom score and the sum of 5-point rating scale scores of 9 specific conjunctivitis symptoms and the global assessment of the investigators.</p> <p>Results: For both mean symptom score and the sum of score, the intensity of the baseline symptoms was reduced significantly during the treatment. The analysis of variance revealed with a probability of 95%, that the difference between the treatments was less than 5% of the maximum score range. Thus, Oculoheel was shown not to be inferior to tetryzoline with regard to a clinically relevant reduction of the specific conjunctivitis symptoms. The global assessment revealed that a treatment with Oculoheel was rated "very good" or "good" in 88% of the cases (tetryzoline group: 95%). Tolerability was excellent for both treatments.</p> <p>Background: Homeopathic prescribing is typically associated with a subjective improvement in a patient's sense of well-being. Homeopathy is often used in the treatment of infections in clinical practice. This study asked whether homeopathy causes a greater improvement in sensation of well-being than placebo and whether it changes immune function as evidenced by CD4 levels. Methods: Consecutive patients presenting to Albert Street Medical Clinic were asked to enter the study. Approximately 95% accepted. Thirty females and six males were admitted to a prospective, double-blind, randomized, placebo-controlled cross-over study. Data were analysed on an intention-to-treat basis. Visual analogue scales (VAS) of 'sensation of well-being' and CD4 levels were the variables which were measured. Findings: Patients receiving homeopathy had significantly improved clinical response. Analysis of the cross-over study yielded a between-group P = 0.28 for Mental VAS and P = 0.002 for Physical VAS. Analysis of CD4 levels for the cross-over study yielded P = 0.841. Analysis of the results for the first arm of the cross-over study yielded P = 0.014 for Physical VAS, and P = 0.009 for Mental VAS. Changes in CD4 levels were not significant with P = 0.119. Analysis of baseline and final CD4 levels</p>	Included	
Homeopathy	Kuzeff RM	1998	Homeopathy, sensation of well-being and CD4 levels: a placebo-controlled, randomized trial	Complementary therapies in medicine	6(1)	4-9	https://doi.org/10.1016/S0965-2299(98)80050-2	<p>Background: Homeopathic prescribing is typically associated with a subjective improvement in a patient's sense of well-being. Homeopathy is often used in the treatment of infections in clinical practice. This study asked whether homeopathy causes a greater improvement in sensation of well-being than placebo and whether it changes immune function as evidenced by CD4 levels. Methods: Consecutive patients presenting to Albert Street Medical Clinic were asked to enter the study. Approximately 95% accepted. Thirty females and six males were admitted to a prospective, double-blind, randomized, placebo-controlled cross-over study. Data were analysed on an intention-to-treat basis. Visual analogue scales (VAS) of 'sensation of well-being' and CD4 levels were the variables which were measured. Findings: Patients receiving homeopathy had significantly improved clinical response. Analysis of the cross-over study yielded a between-group P = 0.28 for Mental VAS and P = 0.002 for Physical VAS. Analysis of CD4 levels for the cross-over study yielded P = 0.841. Analysis of the results for the first arm of the cross-over study yielded P = 0.014 for Physical VAS, and P = 0.009 for Mental VAS. Changes in CD4 levels were not significant with P = 0.119. Analysis of baseline and final CD4 levels</p>	Included	

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Homeopathy	Kynigos I, M. Bertrand, M.-P. Gubser, E. Keller, J.-L. Demangeat	2015	Apport de l'homéopathie dans les situations à risque de retard de montée laiteuse : une étude pilote [Contribution of Homeopathy in Situations at Risk for Delayed Onset of Lactation: A Pilot Study]	Rev. Méd. Périnat		7 38-45	DOI 10.1007/s12611-015-0313-4	Three groups of 100 women deemed to present a risk of delay in lactation were given either Lac caninum 5CH, or an association of Agnus castus 5CH + Ricinus communis 4CH, or no treatment at all. No effect of the homeopathic remedies on the onset of lactation was found among multiparous women nor any effect of Lac Caninum whatever the parity or the mode of delivery. On the contrary, among primiparous women, except cases of scheduled caesarean section, Agnus castus + Ricinus communis led to a very significant reduction in the delay of lactation, reaching 8h, compared to the group treated with Lac caninum and to the group without treatment (p=0.009). Among vaginal deliveries, the effect was more marked in case of spontaneous onset of labor.	Included	
Homeopathy	La Pine MP, Malcomson FN, Torrance JM, Marsh NV	2006	Night Shift: Can a Homeopathic Remedy Alleviate Shift Lag?	Dimensions of Critical Care Nursing	25(3)	130-136	https://journals.lww.com/dccjournal/Fulltext/2006/05000/Night_Shift__Can_a_Homeopathic_Remedy_Alleviate.15.aspx	Night shift nurses are subject to shift lag or circadian dysrhythmia, which may result in physical and mental symptoms ranging from fatigue, irritability, depression, and apathy to gastrointestinal, cardiovascular, and sleep disorders. This study investigated the effect a homeopathic remedy No-Shift-Lag had on the night shift nurses in an intensive care unit. The study was a randomized, double-blind, placebo-controlled, crossover trial. The measures included an objective computer-based vigilance test and a series of subjective questionnaires.	Included	
Homeopathy	Labrecque, M.; Audet, D.; Latulippe, L.G.; Drouin, J.	1992	Homoeopathic treatment of plantar warts	Canadian Medical Association journal		146 1749-1753			Included	
Homeopathy	Lamba CD, Oberai P, Manchanda RK, Rath P, Bindu PH, Padmanabhan M.	2018	Evaluation of homoeopathic treatment in polycystic ovary syndrome: A single-blind, randomised, placebo controlled pilot study	Indian Journal of Research in Homoeopathy	12(1)	35-45	10.4103/ijrh.ijrh_18_18	Background and Objectives: This study was conducted with the primary objective of evaluating efficacy of Homoeopathy in establishing the menstrual regularity with improvement in either ultrasonological findings or hirsutism/acne. The quality of life was also assessed using polycystic ovary syndrome questionnaire (PCOSQ). Materials and Methods: A single-blind, randomised, placebo-controlled pilot study was conducted from February 2014 to May 2015 at two research centres. The cases fulfilling the eligibility criteria were enrolled (n = 60) and randomised to either the homoeopathic intervention (HI) (n = 30) or identical placebo (P) (n = 30) with uniform lifestyle modification (LSM) for 6 months. Results: The menstrual regularity with improvement in other signs/symptoms was observed in 60% of the cases (n = 18) in HI + LSM group and none (n = 0) in control group (P = 0.001). Statistically significant difference (P = 0.016) was observed in reduction of intermenstrual duration (from 76.1 ± 37.7 to 46.6 ± 38.7 days) in HI + LSM in comparison to placebo + LSM group (from 93.0 ± 65.2 to 93.9 ± 96.2 days). In PCOSQ, also, significant improvement was observed in HI group in domains of weight, fertility, emotions and menstrual problems (P <	Included	

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)	Included/Excluded	Rationale for exclusion
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.	Included	
Homeopathy	Launsø, L.; Kimby, C.K.; Henningsen, I.; Fønnebø, V.	2006	An exploratory retrospective study of people suffering from hypersensitivity illnesses who attend medical or classical homeopathic treatment	Homeopathy: the journal of the Faculty of Homeopathy	95 (2)	73-80	10.1016/j.homp.2006.01.006	<p>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.</p> <p>The objective of this study is to describe patients who had treatment for hypersensitivity illnesses by general practitioners (GPs) or classical homeopaths (CHs) and the patients' self-reported effectiveness of the treatment received. The data stems from an exploratory retrospective study amongst 88 Danish patients (response rate 58%) suffering from hypersensitivity illnesses, who chose treatment from one of six GPs or one of 10 CHs who participated in the project. The patients themselves selected their treatment. The GPs or the CHs considered that the patient's treatment was complete or that the patient was in a situation of current 'maintenance treatment'. The patients' primary reason for consulting the GP or the CH was that they were suffering from hypersensitivity illnesses. No significant difference was found between the two groups of</p>	Included	
Homeopathy	Leaman, A.M.; Gorman, D.	1989	Cantharis in the early treatment of minor burns	Archives of emergency medicine	6	259-261			Included	
Homeopathy	Lewith, G.T.; Watkins, A.D.; Hyland, M.E.; Shaw, S.; Broomfield, J.A.; Dolan, G.; Holgate, S.T	2002	Use of ultramolecular potencies of allergen to treat asthmatic people allergic to house dust mite: double blind randomised controlled clinical trial	BMJ : British medical journal / British Medical Association	324	520			Included	
Homeopathy	Li, L.	2010	The effect of Neuragen PN on neuropathic pain: a randomized, double blind, placebo controlled clinical trial	BMC complementary and alternative medicine	10	22	10.1186/1472-6882-10-22		Included	
Homeopathy	Linde, K	1999	Gibt es gesicherte Therapien in der Homöopathie?	Der Internist	40 (12)	1271-1274	https://doi.org/10.1007/s001080050466		Excluded	Article does not measure health outcomes from the use of homeopathic interventions.

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Lipman D, Sexton G, Schlessler J	1999	A Randomized Double-Blind Placebo-Controlled Evaluation of the Safety and Efficacy of a Natural Over-The-Counter (OTC) Medication in the Management of Snoring	Sleep and Breathing		3 53-56	https://doi.org/10.1007/s11325-999-0053-0	More than 40 million American adults snore. Habitual snoring afflicts 44% of adult males and 28% of females. Uncomplicated snoring is generally due to vibration of the palatal soft tissues or the tongue base, causing intermittent airway obstruction. Loudness is correlated with the degree of vibration and/or obstruction. The tendency, frequency, duration, intensity, and sequelae of snoring are influenced by myriad structural, physiological, environmental and pharmacological factors. Uncomplicated, nonapneic snoring is treated in a wide variety of ways, ranging from self-help methods, such as positional therapy, to laser surgery. The purpose of this report is to evaluate the safety and efficacy of a natural medication for snoring in a randomized double-blind placebo-controlled trial. The treatment is significantly more effective than placebo. Neither side effects nor intolerance to the product was reported.	Included	
Homeopathy	Liu L-L, Wan K-S, Cheng C-F, Tsai M-H, Wu Y-L, Wu W-F ; S: 119-125.	2013	Effectiveness of MORA electronic homeopathic copies of remedies for allergic rhinitis: A short-term, randomized, placebo-controlled pilot study	Eur J Integr Med		5 119-125			Included	
Homeopathy	Loeb, M.; Russell, M.L.; Neupane, B.; Thanabalan, V.; Singh, P.; Newton, J.; Pullenayegum, E.	2018	A randomized, blinded, placebo-controlled trial comparing antibody responses to homeopathic and conventional vaccines in university students. Vaccine. 2018	Vaccine	36(48)	7423-7429	10.1016/j.vaccine.2018.08.082	Background: Homeopathic vaccines are licensed in many countries but scientific data to support their use are sparse. The goal of this study was to compare the antibody response of homeopathic and conventional vaccines and placebo in young adults. We hypothesized that there would be no significant difference between homeopathic vaccines and placebo, while there would be a significant increase in antibodies in those received conventional vaccines. Methods: A randomized blinded placebo-controlled trial was conducted where 150 university students who had received childhood vaccinations were assigned to diphtheria, pertussis, tetanus, mumps, measles homeopathic vaccine, placebo, or conventional diphtheria, pertussis, tetanus (Tdap) and mumps, measles, rubella (MMR) vaccines. The primary outcome was a \geq two-fold increase in antibodies from baseline following vaccination as measured by ELISA. Participants, investigators, study coordinator, data blood drawers, laboratory technician, and data analyst were blinded. Results: None of the participants in either the homeopathic vaccine or the placebo group showed a \geq two-fold response to any of the	Included	
Homeopathy	Lökken, P.; Straumshelm, P.A.; Tveiten, D.; Skjelbred, P.; Borchgrevink, C.F.	1995	Effect of homoeopathy on pain and other events after acute trauma: placebo controlled trial with bilateral oral surgery	BMJ : British medical journal / British Medical Association		310 1439-1441			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	López Vantour, Ana Caridad; Quevedo Peillon, Karelia; Marquez Filiu, Maricel; García Colome, . María Elena; Quinzán Luna, Ana Maria	2017	Efectividad del tratamiento homeopático en extracciones complicadas o laboriosas / Effectiveness of homeopathic treatment in complicated or laborious extractions	Medisan	21(10)Oct	N/A	https://www.scienceopen.com/document?vid=22ee40bc-ac82-4175-b824-95709e64eaa6	A therapeutic intervention study was carried out in 70 patients from 19 to 75 years, belonging to "Camilo Torres Restrepo" University Polyclinic in Santiago de Cuba, from June, 2014 to February, 2015, with the aim of evaluating the effectiveness of homeopathic treatment with Hypericum and Arnica montana in complicated or difficult tooth extractions in these patients. For this purpose, two groups were made in an alternate way: a study group which received homeopathic treatment, and a control group, to which the conventional therapy was applied. Clinical exam and interrogation were carried out to those who were affected and the variables were collected in a chart for data. To evaluate the results Chi square non parametric test was applied. It was concluded that the homeopathic treatment was more effective than the conventional one, since it decreased the symptoms and signs in the shortest possible time	Included	
Homeopathy	Lotan, A.M.; Gronovich, Y.; Lysy, I.; Binenboym, R.; Eizenman, N.; Stuchiner, B.; Goldstein, O.; Babai, P.; Oberbaum, M.	2020	Arnica montana and Bellis perennis for seroma reduction following mastectomy and immediate breast reconstruction: randomized, double-blind, placebo- controlled trial	European Journal of Plastic Surgery	43	285-294	10.1007/s00238-019-01618-7	Background Seroma is a common surgical complication created by the inflammatory process that follows mastectomy and reconstruction [9–15]. It is, therefore, common practice to insert surgical drains, which often remain in place for long periods and delay recovery [26, 27]. In light of the many advantages of homeopathic treatment, there has been a global trend of integrating this with conventional medicine [29]. In this study, we examined the effect of Arnica montana and Bellis perennis on seroma prevention after mastectomy and breast reconstruction. Methods This was a prospective double-blinded randomized analysis of 55 consecutive patients (78 breasts), who underwent mastectomy and immediate breast reconstruction between January 2016 and August 2017. Patients were randomly assigned and treated with Arnica montana and Bellis perennis or placebo from surgery and up to the time of drain removal. Results The mean patient age was 47.9 years. Comorbidities included obesity, diabetes mellitus, essential hypertension, fibromyalgia, and hypothyroidism (1, 4, 6, 2, and 4 patients respectively). Age, body mass index, mastectomy type, and lymph node dissection were similar among groups. Forty-two breasts underwent one-stage procedure, and the	Included	
Homeopathy	Lotti T	2015	Successful combination treatment for psoriasis with phototherapy and low-dose cytokines: A spontaneous, retrospective observational clinical study	Hautarzt	66(11)	849-854	10.1007/s00105-015-3698-6	https://www.scopus.com/inward/record.uri?eid=2-s2.0-84946475035&doi=10.1007%2fs00105-015-3698-6&partnerID=40&md5=12724bcd69f7a6564f064cd5d3b69338	Included	
Homeopathy	Lotti T; J. Hercogova; U. Wollina; A. Chokoeva; Z. Zarrab; S. Gianfaldoni; e. al.	2015	Vitiligo: Successful combination treatment based on oral low dose cytokines and different topical treatments	Journal of Biological Regulators & Homeostatic Agents	29	53-58			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Lozada, C.J.; Rio, E. del; Reitberg, D.P.; Smith, R.A.; Kahn, C.B.; Moskowitz, R.W.	2017	A double-blind, randomized, saline-controlled study of the efficacy and safety of co-administered intra-articular injections of Tr14 and Ze14 for treatment of painful osteoarthritis of the knee: the MOZArT trial	European Journal of Integrated Medicine		13 54-63	10.1016/j.eujim.2017.07.005		Included	
Homeopathy	Lyrio C, Siqueira CM, Veiga VF, Homsani F, Marques AL, Biolchini J, Dantas F, de Matos HJ, Passos SRL, Couceiro JN, Holandino C	2011	The use of homeopathy to prevent symptoms of human flu and acute respiratory infections: a double-blind, randomized, placebo-controlled clinical trial with 600 children from Brazilian Public Health Service		10(36)	174-176	https://highdilution.org/index.php/ijhdr/article/view/499	In Brazil, homeopathy was implemented in the Public Health Service through the National Policy on Complementary and Integrative Practices of the Health Ministry, published in 2006. Homeopathy appears as a very interesting therapy to be used in the Public Health Services since its medicines are compounded at a very low cost. Considering this interesting scenario to develop research in the Public Health, the Family Health Program (FHP) in Petropolis and the Faculty of Pharmacy at UFRJ started a partnership with the Roberto Costa Institute. A homeopathy clinical trial, employing a control protocol (double-blind, randomized, placebo-controlled), was developed as a result of this partnership starting in April 2009 and ending in April 2010. This clinical trial, approved by the Ethics Committee at UFRJ, number 194/08, aimed to evaluate the efficacy of two types of biotherapies to prevent symptoms of both flu and acute respiratory infections, compared to placebo (ethanol 30%). The biotherapies tested were ARI (Acute Respiratory Infection) and InluBio. ARI is a homeopathic complex containing three different microorganisms related to respiratory infection while InluBio is a biotherapeutic compounded from infectious influenza A virus. Before the development of this clinical trial, ARI had been	Included	
Homeopathy	Maas HPJA	1993	Ulcerative Colitis treated with Homeopathy.	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 homeopathy over periods of up to 19 years. Of these 24, 16 patients were assessed as having good outcomes.	Included	

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Homeopathy	Macías-Cortés, E.d.C.; Llanes-González, L.; Aguilar-Faisal, L.; Asbun-Bojalil, J.	2015	Individualized 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	10.1371/ journal.pone.0118440	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 homeopathy and fluoxetine are effective and safe antidepressants for climacteric women. Homeopathy and fluoxetine were significantly different from placebo in response definition only. Homeopathy, but not fluoxetine, improved menopausal symptoms scored by Greene Climacteric Scale.	Included	
Homeopathy	Macías-Cortés, E.d.C.; Llanes-González, L.; Aguilar-Faisal, L.; Asbun-Bojalil, J.	2017	Is metabolic dysregulation associated with antidepressant response in depressed women in climacteric treated with individualized homeopathic medicines or fluoxetine? The HOMDEP-MENOP study	Homeopathy: the journal of the Faculty of Homeopathy		106 3-10	10.1016/j.homp.2016.11.002		Included	
Homeopathy	Macías-Cortés, E.D.C.; Llanes-Gonzalez, L.; Aguilar-Faisal, L.; Asbun-Bojalil, J.	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. 2018	Homeopathy : the journal of the Faculty of Homeopathy	107 (3)	202-208	10.1055/s-0038-1654709	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 depression, after adjusting for sexual abuse, domestic violence and marital dissatisfaction.	Included	

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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.	Included	
Homeopathy	Maiko, O.J.	2002	Homöopathische Therapie der Gonarthrose mit Zeel T (Title translated in English: Homeopathic therapy of gonarthrosis with Zeel T)	Biologische Medizin	31 (2)	68-74		Objectives: Comparison of the efficacy of NSAID-treatment alone vs. combined Zeel T/NSAID-treatment of gonarthrosis, Patients: 80 patients with osteoarthritis of the knee in advanced stage, often intensified by synovitis and/or periarthritis were allocated to the allopathic treatment group or to the combined allopathic-homeopathic treatment group. The duration of the treatment was 4 weeks. The patients were observed for a period of maximal 12 months. The efficacy of the different therapies was compared by the evaluation of osteoarthritis-specific parameters and by ultra-sound examinations. Results: Improvements of the specific symptoms were more frequently observed in patients treated with the combined allopathic-homeopathic. Additionally, a more pronounced and longer therapeutical effect was obtained. Good efficacy results were observed especially for periarthritis and low and medium degrees of synovitis. Conclusions: The improvement in the clinical and ultrasound data was more pronounced in patients treated with a combined allopathic-homeopathic therapy including Zeel T and were constant during the 12 months period of observation.	Included	
Homeopathy	Maiwald, L.; Weinfurtnner, J.; Mau, J.; Connert, W.	1988	Treatment of common cold with a combination homeopathic preparation compared with acetylsalicylic acid A controlled, randomized single-blind study [german] therapie des grippalen infekts mit einem homöopathischen kombinationspräparat im vergleich zu acetylsalicylsäure Kontrollierte, randomisierte einfachblindstudie	Arzneimittel-Forschung	38	578-582			Included	

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Homeopathy	Malapane E, Solomon EM, Pellow J.	2014	Efficacy Of A Homeopathic Complex On Acute Viral Tonsillitis.	Journal of alternative and complementary medicine (New York, N.Y.)	20 (11)	868-873	10.1089/acm.2014.0189	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 symptoms compared with the placebo group: pain associated with tonsillitis, pain on swallowing, erythema and inflammation of the pharynx, and tonsil size	Included	
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	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Manchanda RK, Oberai P, Roja V, Singh S, Singh N, Khan T, Prasad R, Singh JR	2015	Evaluation of homeopathic medicines as add-on to institutional management protocol in Acute Encephalitis Syndrome: An exploratory observational comparative study	Indian Journal of Research in Homoeopathy	9(1)	34-41	10.4103/0974-7168.154347	Background: Acute Encephalitis Syndrome (AES) treated according to Institutional Management Protocol (IMP) has considerable mortality and morbidity. The study was undertaken to evaluate the effect of homeopathic treatment (H) as an add-on to IMP (IMP + H) for children affected with AES. Materials and Methods: This was an exploratory observational study carried out in the IPD setting (epidemic ward) of Baba Rhaghav Das Medical College and Nehru Hospital, Uttar Pradesh (July to November 2012) using convenience sampling. Children whose guardians gave consent were treated with IMP + H and rest remained on IMP only. Glasgow outcome scale was used at discharge for the final outcome. Results: 151 children (121 in IMP + H and 30 in only IMP) diagnosed with AES (aged 6 months to 18 years) were enrolled. The results showed 12 (9.9%) death out of 121 children administered IMP + H whereas it was 13 (43%) out of 30 children on IMP alone. Proportional odds analysis with covariate adjustment showed added benefit of Homeopathy in children with AES as compared to IMP alone (adjusted odds ratio, 0.17, 95% confidence interval 0.06-0.45, P = 0.0001). The most useful medicines are Belladonna, Stramonium, Arsenic album, Heliosorus, Rhus toxicaria and Cuprum metallicum. Objectives: This study was undertaken to compare the effects of IH with standard allopathic (SA) treatment. Methods: A randomized controlled, open-label, comparative trial, was conducted, in which alcohol dependents were screened verbally using the CAGE scale. The participants 80 patients fulfilling the inclusion criteria were randomized either IH (n=40) or SA (n=40) and treated cum followed up for 12 months. The primary outcome was more than 50% reduction in the Severity of Alcohol Dependence Questionnaire [SADQ] rating scale at 12 th month. Data analysis was done for both intention-to-treat (ITT) and per-protocol (PP) populations. Results: ITT analysis reflected 80% (n = 32) of the patients in IH and 37.5% (n = 15) of the patients in the SA responding to treatment with absolute difference of 42.5% (95% confidence interval [CI]: 23.0, 61.6) and estimated effect: 6.6 (95% CI: 2.4, 18.2, P = 0.0002). A significant difference favoring IH was also observed in three out of four domains of WHO QOL-BREF. Statistically significant difference was found in the number of drinking days (median difference: 724.00; CI: 739.0-78.0; P = 0.001) and number of drinks per drinking day (median difference: 76.3 [95% CI: 71.3-81.3]; P = 0.004). Favoring IH. The results showed	Included	
Homeopathy	Manchanda, R.K.; Nair, K.R.J.; Varanasi, R.; Oberai, P.; Bhuvaneshwari, R.; Bhalerao, R.; Gnnanaprakasham, M.; Padmanabhan, M.; Siddiqui, V.A.	2016	A randomized comparative trial in the management of alcohol dependence Individualized homoeopathy versus standard allopathic treatment	Indian Journal of Research in Homoeopathy	10(3)	172-181	10.4103/0974-7168.188236	compare the effects of IH with standard allopathic (SA) treatment. Methods: A randomized controlled, open-label, comparative trial, was conducted, in which alcohol dependents were screened verbally using the CAGE scale. The participants 80 patients fulfilling the inclusion criteria were randomized either IH (n=40) or SA (n=40) and treated cum followed up for 12 months. The primary outcome was more than 50% reduction in the Severity of Alcohol Dependence Questionnaire [SADQ] rating scale at 12 th month. Data analysis was done for both intention-to-treat (ITT) and per-protocol (PP) populations. Results: ITT analysis reflected 80% (n = 32) of the patients in IH and 37.5% (n = 15) of the patients in the SA responding to treatment with absolute difference of 42.5% (95% confidence interval [CI]: 23.0, 61.6) and estimated effect: 6.6 (95% CI: 2.4, 18.2, P = 0.0002). A significant difference favoring IH was also observed in three out of four domains of WHO QOL-BREF. Statistically significant difference was found in the number of drinking days (median difference: 724.00; CI: 739.0-78.0; P = 0.001) and number of drinks per drinking day (median difference: 76.3 [95% CI: 71.3-81.3]; P = 0.004). Favoring IH. The results showed	Included	

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Homeopathy	Marinone, C.; Bastard, M.; Bonnet, P.A.; Gentile, G.; Casanova, L.	2017	Efficacité d'un traitement préventif par Influenzinum en période hivernale contre la survenue d'un syndrome grippal (Title translated in English: Effectiveness of preventive treatment by influenza-zin in the winter period against the onset of influenza-like illnesses)	Thérapie: Journal de la Société française de pharmacologie et de thérapeutique	72 (4)	465-474	10.1016/j.therap.2016.12.011	<p>Aim: In vitro Influenzinum induce a cellular change. We present the results of the first study examining the effectiveness of Influenzinum against influenza-like illnesses.</p> <p>Method: Retrospective cohort study during winter 2014-2015. After influenza epidemic, a self-assessment questionnaire was offered to patients presenting for a consultation. The primary endpoint was the declaration of an influenza-like illness. The exposed patients (treated by Influenzinum) were matched to two non-exposed patients (untreated) with a propensity score. A conditional logistic model expressed influenza-like illness risk reduction provided by the Influenzinum.</p> <p>Results: The cohort included 3514 patients recruited from 46 general practitioners. After matching, the treated group (n=2041) and the untreated group (n=482) did not differ on variables collected. Influenzinum preventive therapy does not significantly alter the likelihood of influenza-like illness (adjusted odds ratio=0,91 [0,62 to 1,35], p=0,64).</p> <p>Conclusion: Influenzinum preventive therapy did not appear effective in preventing influenza-like illness.</p>	Included	
Homeopathy	Markowska, J.; Madry, R.	2009	Comparison of the effectiveness of treatment with hyaluronic acid formulation and Ovarium compositum in women with dystrophies of the vulva	Przegląd Menopauzalny	8 (2)	87-89		<p>The aim of the study was to compare treatment effectiveness of vulvar dystrophy in three groups of women treated with Cicatridina, Ovarium compositum, and both drugs used simultaneously.</p> <p>Material and methods: In our study we included 42 women aged 26-85 with average age of 62, in whom vulvar dystrophy was diagnosed. Cicatridina cream was applied locally on the dysplastic vulvar cells, and Ovarium compositum was administered as intramuscular injections.</p> <p>Results and conclusions: Cicatridina is an effective drug in the therapy of local vulvar dystrophy; in 92.8% of studied women a positive response was achieved. After homeopathic treatment with Ovarium compositum a positive response is achieved in 85.7% of women with dystrophies of the vulva.</p>	Included	
Homeopathy	Maronna U	2000	Comparison of the efficacy and tolerability of Zeel comp and Diclofenac for the oral treatment of osteoarthritis: Results of a Double blind equivalence study.	International Journal for Biomedical Research and Therapy	29(3)	157-158			Included	
Homeopathy	Martin-Martin LS; F. Giovannangeli; E. Bizzi; U. Massafra; E. Ballanti; M. Cassol; A. Migliore	2017	An open randomized active-controlled clinical trial with low-dose SKA cytokines versus DMARDs evaluating low disease activity maintenance in patients with rheumatoid arthritis	Drug Design, Development and Therapy		11 985-994	10.2147/DDDT.S118298	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85017273946&doi=10.2147%2FDDDT.S118298&partnerID=40&md5=e52765d87db119f36b3323a8358fa3b9	Included	
Homeopathy	Master, F.	1987	A study of homeopathic drugs in essential hypertension	The British homoeopathic journal	76 (3)	120-121		https://www.thieme-connect.de/media/10.1055-s-00039246/198703/lookinside/10-1016-s0007-0785(87)80056-x-1.jpg	Included	

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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		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 valid SF symptoms. A total of 89 different combinations of SF symptoms was observed, the most common being temperature >38_C + cough + runny nose (n = 170; 15.1%). A total of 44 different homeopathic medicines (or combinations of medicines) were used at the first.	Included	
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.	Included	

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Homeopathy	Mathie, RT, Ulbrich-Zürni, S et al	2018	Systematic review and meta-analysis of randomised, other-than-placebo controlled, trials of individualised homeopathic treatment	Homeopathy	107 (4)	229-243	https://doi.org/10.1055/s-0038-1667129	<p>Abstract</p> <p>Background: This study focuses on randomised controlled trials (RCTs) of individualised homeopathic treatment (IHT) in which the control (comparator) group was other than placebo (OTP).</p> <p>Aims: To determine the comparative effectiveness of IHT on health-related outcomes in adults and children for any clinical condition that has been the subject of at least one OTP-controlled trial. For each study, to assess the risk of bias and to determine whether its study attitude was predominantly 'pragmatic' or 'explanatory'.</p> <p>Methods: Systematic review. For each eligible trial, published in the peer-reviewed literature up to the end of 2015, we assessed its risk of bias (internal validity) using the seven-domain Cochrane tool, and its relative pragmatic or explanatory attitude (external validity) using the 10-domain PRECIS tool. We grouped RCTs by whether they examined IHT as an alternative treatment (study design Ia), adjunctively with another intervention (design Ib), or compared with a no-intervention group (design II). For each RCT, we identified a 'main outcome measure' to</p>	Included	
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.	Included	
Homeopathy	Matusiewicz, R.; Rotkiewicz-Piorun, A.	1997	Behandlung schwerer Formen von kortikoidabhängigem Bronchialasthma mit Immunsuppressiva und Antihomotoxischen Mitteln (Title translated in English: Treatment of severe forms of bronchial asthma with corticosteroid-dependent immunosuppressive antihomotoxic agents)	Biologische Medizin	26 (2)	67-72			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Mazzocchi, A.; Montanaro, F.	2012	Observational study of the use of Symphytum SCH in the management of pain and swelling after dental implant surgery	Homeopathy: the journal of the Faculty of Homeopathy	101 (4)	211-216	10.1016/j.homp.2012.07.002	Objective: To assess the effect of Symphytum SCH on the postoperative pain and swelling after placement of a titanium dental implant. Material and methods: Data on pain and swelling following pure titanium implants were reviewed. Patients were treated postoperatively with ketoprofen only or ketoprofen and Symphytum SCH, according to the treating dentist's usual practice. Demographics and baseline characteristics were recorded and compared. Pain and swelling were compared between the two treatment groups using the Wilcoxon rank sum test and ordinal logistic regression, estimating odds ratios and confidence intervals. Results: 100 implants in 57 patients (28 males, 29 females) were treated with ketoprofen alone; 100 implants in 60 patients (14 males, 46 females) with ketoprofen and Symphytum. The group treated with ketoprofen and Symphytum appeared to have a better response in terms of both pain and swelling. Ordinal logistic regression: pain 0.23, 95% CI 0.13-0.41; swelling 0.24, 95% CI 0.13-0.44. Correction for demographics and implant characteristics greatly widened the confidence intervals so that the results were no longer statistically significant (pain: OR = 0.15, 95% CI 0.07-0.34.56; swelling OR = 0.18, 95% CI 0.07-0.46.78).	Included	
Homeopathy	McCutcheon LE.	1996	Treatment of anxiety with a homeopathic remedy.	Journal of Applied Nutrition	48 (1-2)	2-6		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.	Included	
Homeopathy	Medhurst, Robert	2020	Update on Recent Research in Homeopathy.	Journal of Aust. Traditional Medicine Society	Vol 26	20-21		The article presents studies of human and animal research on homeopathy. They include "Management of distress during climacteric years by homeopathic therapy" by C. Nayak et al., "Homeopathic dilutions of TNF-alfa in psoriasis and rheumatoid arthritis" by A. Alecu et al., and "The effect of a homeopathic complex on psychophysiological onset insomnia in males: a randomized pilot study" by C. C. Harrison et al.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Mehra P	2014	Usefulness of Homoeopathy in Essential Hypertension: An Exploratory Interventional Trial.	Homeopathy	103 (1)	88		This examined the usefulness of homeopathic medicines in the management of essential hypertension (EH). The study was conducted at the Dharam Kiran Govt. Homeopathic 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 16 and Wilcoxon's signed rank test.16 (53.33%) cases showed marked improvement, 8 (26.67%) cases improved moderately, 3 (10%) showed no improvement and 3 (10%) cases dropped out. Arsenicum album, Natrium muraticum, Nuxvomica, Aesculum and Lycopodium were found.	Included	
Homeopathy	Meissner K, Ziep D	2011	Organ-specificity of placebo effects on blood pressure	Auton Neurosci	164	62-66	doi: 10.1016/j.autneu.2011.06.006	There is increasing evidence that verbal suggestions accompanying placebo interventions can alter autonomic functions. The underlying mechanisms of these changes are not well understood. However, previous studies point at the specificity of such effects. The aim of the experiment was to lower blood pressure by a placebo intervention and to investigate the specificity of autonomic changes. Forty-five healthy participants received a single administration of an active drug (a homeopathic remedy), an identically-looking placebo drug, or no drug. Active drugs and placebo drugs were administered in a double-blind design and were accompanied by verbal suggestions of a blood-pressure lowering effect. Systolic and diastolic blood pressure, the electrocardiogram, electrodermal activity, and the electrogastrogram were recorded during 30min before and after the intervention, and changes in situational anxiety were assessed. Results indicated a decrease of systolic blood pressure in the placebo group, as compared to the control group. Diastolic blood pressure levels, heart rate, respiratory sinus arrhythmia, skin conductance, gastric slow-wave frequency and situational anxiety did not change differentially between groups. In conclusion, the reduction in systolic blood pressure following the	Excluded	The study is of healthy participants.
Homeopathy	Merklinger S, Messemer C, Niederle S	1995	Ekzembehandlung mit cardiospermum halicacabum: Cardiospermum-Salbe und Salbengrundlage im Halbseitenvergleich - eine kontrollierte Studie [Treatment of eczema with Cardiospermum halicacabum: Cardiospermum ointment and the ointment vehicle - a controlled study]	Zeitschrift für Phytotherapie	16	263-266			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Mesquita, L.P.	1987	Homoeopathy and physiotherapy, with special reference to osteoarthropathy	The British homoeopathic journal	76 (1)	16-18		A study was carried out to make scientific assessment of the efficacy of homoeopathic treatment for osteoarthropathy. One hundred and sixty patients with this diagnosis who were attending the Physical Medicine Unit (SMFR) of the IASERJ Central Hospital were included in the study which compared the combination of physical therapy and homoeopathic treatment with one of physical therapy and conventional medical treatment, to determine the limits for improvement and their probable causes. Hypotheses were tested and revealed outstanding results to the effect that 92% of patients treated with physical medicine and homoeopathy could be discharged. The results confirm that homoeopathy used in conjunction with physical medicine gives more rapid and lasting results in cases of osteoarthropathy.	Included	
Homeopathy	Michael, J.; Singh, S.; Sadhukhan, S.; Nath, A.; Kundu, N.; Magotra, N.; Dutta, S.; Parewa, M.; Koley, M.; Saha, S.	2019	Efficacy of individualized homeopathic treatment of insomnia: Double-blind, randomized, placebo-controlled clinical trial	Complementary Therapies in Medicine	43	53-59	10.1016/j.ctim.2019.01.007	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-significant ($P > 0.01$) for rest of the outcomes.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Michalsen, A.; Palm, J.; Samer, H.; Wollmann, J.C.; Tausend, S.; Klein, I.; Schnitker, J.	2017	Wirksamkeit und Verträglichkeit eines homöopathischen Komplexmittels (Sinusitis Hevert SL) bei akuter, unkomplizierter Rhinosinusitis: Eine multizentrische, randomisierte, doppelblinde, placebokontrollierte Studie an erwachsenen Patienten	Complementary Medicine Research		24 139-146	10.1159/000471922	Background: We aimed to assess the efficacy and safety of the complex homeopathic remedy Sinusitis Hevert SL in patients with acute rhinosinusitis. Methods: In a randomized, placebo-controlled clinical trial, patients with symptoms existing for ≤ 3 days, with mild to moderate facial pain and a Major Rhinosinusitis Symptom Score (MRSS) of ≥ 8 and ≤ 14 were included and treated with either Sinusitis Hevert SL or placebo for 15 days (day 0 first presentation plus 14 days of treatment). Primary endpoints were the responder rate (reduction of MRSSpat $\geq 50\%$) at the final visit and the remission rate (5 main symptoms vanished). Further outcomes included the assessment of efficacy by the investigator (4-point scale) and the Sino-Nasal Outcome Test 20 German Adapted Version (SNOT-20 GAV; patient assessed). Results: Of 314 included patients, 308 were treated: 153 with verum and 155 with placebo. 265 patients completed the trial validly (Valid Completers). The primary outcomes were not significantly different between groups (responder rate MRSSpat 85.6% vs. 80.6%; $p = 0.243$; remission rate 31.4% vs. 37.4%; $p = 0.264$). In the Valid Completers analysis, the MRSSpat responder rate in the verum group was significantly higher (92.1% vs. 83.5%; $p =$	Included	
Homeopathy	Migliani 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.	Included	
Homeopathy	Milewska G, Trzebiatowska- Trzeciak O.	1993	Homoeopathic 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.	Included	
Homeopathy	Misael P.C.E., de Guadalupe T.M.B.M., Paola del C.S.G.M., Carlos R.L.J.	2014	Effect of Cynara scolymus (artichoke) in homeopathic doses on body mass index in obese and overweight patients.	Biomedical and Pharmacology Journal	7(2)	525-533			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Misra P, Nayak C, Chattopadhyay A et al	2020	Individualized Homeopathic Medicines in Chronic Rhinosinusitis: Randomized, Double-Blind, Placebo-Controlled Trial	Homeopathy	Aug	Online ahead of print	doi: 10.1055/s-0040-1715842	<p>Background: Chronic rhinosinusitis (CRS) is a common disorder, with up to an estimated 134 million Indian sufferers, and having significant impact on quality of life (QOL) and health costs. Despite the evidence favoring homeopathy in CRS being inadequate, it is highly popular. This trial attempts to study the efficacy of individualized homeopathy (IH) medicines in comparison with placebo in patients with CRS.</p> <p>Methods: A double-blind, randomized (1:1), placebo-controlled, preliminary trial (n = 62) was conducted at the National Institute of Homoeopathy, West Bengal, India. Primary outcome measure was the sino-nasal outcome test-20 (SNOT-20) questionnaire; secondary outcomes were the EQ-5D-5L questionnaire and EQ-5D-5L visual analog scale scores, and five numeric rating scales (0-10) assessing intensity of sneezing, rhinorrhea, post-nasal drip, facial pain/pressure, and disturbance in sense of smell, all measured at baseline and after the 2nd and 4th months of intervention. Group differences and effect sizes (Cohen's d) were calculated on the intention-to-treat sample.</p> <p>Results: Groups were comparable at baseline. Attrition rate was 6.5% (4/1 + placebo-2).</p>	Included	
Homeopathy	Mkrtumyan A; T. Romantsova; S. Vorobiev; A. Volkova; N. Vorokhobina; S. Tarasov; M. Putilovskiy; E. Andrianova; O. Epstein	2018	Efficacy and safety of Subetta add-on therapy in type 1 diabetes mellitus: The results of a multicenter, double-blind, placebo-controlled, randomized clinical trial	Diabetes Research and Clinical Practice	142	1 - 9	10.1016/j.diabres.2018.04.044	<p>To examine efficacy of Subetta as an add-on to insulin therapy in patients with type 1 diabetes mellitus (T1DM) a multicenter, double-blind, placebo-controlled, randomized clinical trial was performed. Derived by technological treatment of antibodies to insulin receptor β-subunit and endothelial NO synthase Subetta was previously proved to activate insulin signaling pathway.</p> <p>Methods A total of 144 randomized patients with poor glycemic control in basal-bolus insulin regime were included in intention-to-treat analysis in Subetta add-on therapy or placebo (n = 72 in both groups). Hemoglobin A1c (HbA1c), fasting plasma glucose (FPG), basal and prandial insulin doses, number of hypoglycemia episodes confirmed by self-monitoring of blood glucose were recorded for 36 weeks.</p> <p>Results The baseline characteristics of subjects did not differ between the two groups. HbA1c mean (\pmstandard deviation) change was $-0.59 \pm 0.99\%$ (95% CI -0.84 to -0.37) after 36 weeks in Subetta (vs. $-0.20 \pm 1.14\%$; 95% CI -0.44 to 0.11 in placebo; $p = 0.028$).</p>	Included	
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 homoeopathic 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.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Moiloe, M.R.; Brodie, K J.; Roohanie, J.	2006	The efficacy of phytolacca decandra in the treatment of fibroadenoma of the breast	American journal of homeopathic medicine: the journal of the American Institute of Homeopathy		99 116-119			Included	
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%.	Included	
Homeopathy	Mokeeva MV	2009	Epidemiology and therapy of chronic herpes virus infection with genital herpes manifestations	Bulletin of Experimental Biology and Medicine	148(2)	301-304	10.1007/s10517-009-0697-6	https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949138923&doi=10.1007%2fs10517-009-0697-6&partnerID=40&md5=48233ef9eff7238f2d4bb8dacf0959df	Included	
Homeopathy	Mokkapatti, R.	1992	An experimental double-blind study to evaluate the use of euphrasia in preventing conjunctivitis	The British homoeopathic journal		81 22-24			Included	
Homeopathy	Möllinger H, et al.	2004	A double-blind, randomized, homeopathic pathogenetic trial with healthy persons: comparing two high potencies.	Forsch Komplementarmed 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.	Included	
Homeopathy	Mondal, Jesmin. Kumar Panigrahi, Ashis. Rahman Khuda-Buksh, Anisur	2014	Anticancer potential of Conium maculatum extract against cancer cells in vitro: Drug-DNA interaction and its ability to induce apoptosis through ROS generation	Pharmacognosy Magazine	Vol 10 issue 3	524-533	10.4103/0973-1296.139792	Conium maculatum extract is used as a traditional medicine for cervix carcinoma including homeopathy. However, no systematic work has so far been carried out to test its anti-cancer potential against cervix cancer cells in vitro. Thus, in this study, we investigated whether ethanolic extract of conium is capable of inducing cytotoxicity in different normal and cancer cell lines including an elaborate study in HeLa cells.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Morawiec-Bajda, A.	1999	Die Bedeutung vestibulär evozierter myogener Potentiale als Methode zur Beurteilung pharmakologischer Effekte (Title translated in English: Vestibular evoked myogenic potentials as a method to assess pharmacologic effects)	Biologische Medizin	28 (2)	69-75			Included	
Homeopathy	Morris, M.; Pellow, J.; Solomon, E.M.; Tsele-Tebakang, T.	2016	Physiotherapy and a homeopathic complex for chronic low-back pain due to osteoarthritis: a randomized, controlled pilot study	Alternative Therapies in Health and Medicine		22 48-56			Included	
Homeopathy	Mourão L, Carillo R Jr, Linares SM, Canabarro A, Fischer RG.	2019	Homeopathy and Periodontal Treatment in Type II Diabetic Patients: a 1-Year Randomized Clinical Trial.	Braz Dent J	30 (2)	139-145	10.1590/0103-6440201902124	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.	Included	
Homeopathy	Mourão LC, Cataldo DM, Moutinho H, Fischer RG, Canabarro A.	2014	Additional effects of homeopathy on chronic periodontitis: a 1-year follow-up randomized clinical trial	Complement Ther Clin Pract	20(3)	141-6		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.	Included	
Homeopathy	Mourão LC, Moutinho H, Canabarro A	2013	Additional benefits of homeopathy in the treatment of chronic periodontitis: A randomized clinical trial.	Complement Ther Clin Pract		19 246-250			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Mousavi, F.; Mojaver, Y.N.; Asadzadeh, M.; Mirzazadeh, M.	2009	Homeopathic treatment of minor aphthous ulcer: a randomized, placebo-controlled clinical trial	Homeopathy : the journal of the Faculty of Homeopathy	98 (3)	137-141	https://doi.org/10.1016/j.homp.2009.05.006	<p>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.</p> <p>Objective: The objectives of this study were to clinically determine the efficacy of individualised homeopathy in the treatment of minor recurrent aphthous ulceration (MIRAU).</p> <p>Design & intervention: A randomized, single blind, placebo-controlled clinical trial of individualised homeopathy. One hundred patients with minor aphthous ulcer were treated with individualised homeopathic medicines or placebo and followed up for 6 days. Patients</p>	Included	
Homeopathy	Mousavi, F.; Sherafati, S.; Mojaver, Y.N.	2009	Ignatia in the treatment of oral lichen planus	Homeopathy : the journal of the Faculty of Homeopathy	98	40-44	https://doi.org/10.1016/j.homp.2008.11.007	<p>Objective: To evaluate the effectiveness of Ignatia homeopathic 30C in management of oral lichen planus (OLP).</p> <p>Methods and materials: In this single blind randomized control clinical trial, 30 consecutive patients with oral lesions consistent clinically and histologically with erosive and/or atrophic OLP were recruited. The patients were randomly divided into two groups to receive Ignatia or placebo. They were treated for 4 months.</p> <p>Results: Mean lesion sizes and mean pain measures differed between control and treatment groups favouring Ignatia (p<0.05).</p> <p>Conclusion: Our results suggest that Ignatia has a beneficial effect in treatment of OLP in selected patients.</p>	Included	
Homeopathy	Mudrova OA; N. B. Schekolova; F. A. Borikov	2016	The efficacy of divasa in the early recovery period of ischemic stroke	Zhurnal Nevrologii i Psihiatrii imeni S.S. Korsakova	116(Special Issue)	48-54	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85007047595&doi=10.17116%2fjnevro20161163248-53&partnerID=40&md5=d360aa753d272219447293b606ee9aa9	Included		

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Müller-Krampe, B.; Gottwald, R.; Weiser, M.	2002	Behandlung von akuten fieberhaften Infekten mit einem modernen Homöopathikum (Title translated in English: Treatment of acute feverish infections with a modern homeopathic drug)	Biologische Medizin	31 (2)	79-85		<p>Studiendesign: Multizentrische, prospektive, referenzkontrollierte Kohortenstudie</p> <p>Zielsetzung: Vergleich der Wirksamkeit und Verträglichkeit von Viburcol und Paracetamol bei der symptomatischen Behandlung von akuten fieberhaften Infekten bei Kindern unter 12 Jahren.</p> <p>Auswertung</p> <p>Patientenkollektiv:</p> <ul style="list-style-type: none"> o Insgesamt 767 Patienten unter 12 Jahren mit akuten fieberhaften Infekten wurden in die Untersuchung eingeschlossen (Viburcol N: 361 Patienten, Durchschnittsalter 2,02 Jahre), Paracetamol: 406 Patienten, Durchschnittsalter 5,32 Jahre). o Die meisten Kinder waren 1-5 Jahre alt. o Übereinstimmend waren banale Erkältungen, Rhinitiden, Halsschmerzen, Bronchitiden und Otitiden in beiden Gruppen die häufigste Ursache der akuten fieberhaften Symptomatik. <p>Angaben zur Behandlung:</p> <ul style="list-style-type: none"> o 60 % der Viburcol N-Patienten erhielten das Homöopathikum in einer Regeldosierung von 2- bis 3-mal 1 Zäpfchen täglich. Die Regeldosierung wurde in 29 % der Fälle mit einer Akutdosierung (mehrmals täglich 1 Zäpfchen zu Beginn nach Maßgabe des Arztes) kombiniert, in 11 % der Fälle kam ausschließlich die Akutdosierung zum Einsatz. <p>In this observational cohort study, 767 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.</p> <p>Background: Gastrointestinal spasms and cramps are common in children as well as in adults. Alternative medical practices such as chiropractic and homeopathy are becoming increasingly popular in Europe and the USA. The effectiveness and tolerability of the homeopathic preparation Spascupreel was compared with that of hyoscine butylbromide treatment in children <12 years of age. Methods: An observational cohort study in 767 children <12 years was conducted over a 1 week treatment period. The efficacy of the respective therapies were evaluated on the effect on severity of spasms and clinical symptoms (crying/fever/ sleep).</p>	Included	
Homeopathy	Müller-Krampe, B.; Oberbaum, M.; Klein, P.; Weiser, M.	2007	Effects of Spascupreel versus hyoscine butylbromide for gastrointestinal cramps in children	Pediatrics international : official journal of the Japan Pediatric Society	49 (3)	328-334	10.1111/j.1442-200X.2007.02382.x	<p>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.</p>	Included	
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		<p>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.</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Nahler G, Metelman H, Sperber H (1998). Treatment of osteoarthritis of the knee with a homeopathic medicine - Results of a randomised controlled clinical trial in comparison to hyaluronic acid. 1998;16(2):186-191.	1998	Treatment of osteoarthritis of the knee with a homeopathic medicine - Results of a randomised controlled clinical trial in comparison to hyaluronic acid.	Biomedical therapy	16(2)	186-191	http://www.biopathica.co.uk/Articles/Arthritis%20Rheumatic%20Conditions%20Sporting%20Injuries/3%20Treating%20Osteoarthritis%20of%20the%20Knee%20with%20Homeopathic%20Prepa.pdf		Included	
Homeopathy	Naidoo, P.; Pellow, J.	2013	A randomized placebo-controlled pilot study of Cat saliva 9C and Histaminum 9C in cat allergic adults	Homeopathy: the journal of the Faculty of Homeopathy	102 (2)	123-129	10.1016/j.homp.2013.02.007	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.	Included	
Homeopathy	Nair, K. R., Gopinadhan, S., Kurup, T. N., Aggarwal, A., Varanasi, R., Nayak, D., ... & Singh, H.	2014	Homoeopathic Genus Epidemicus' Bryonia alba as a prophylactic during an outbreak of Chikungunya in India: A cluster-randomised, double-blind, placebo-controlled trial	Indian Journal of Research in Homeopathy	8(3)	160-165	DOI: 10.4103/0974-7168.141739	<p>This is a cluster- randomised, double- blind, placebo -controlled trial conducted in Kerala for prevention of chikungunya during the epidemic outbreak in August-September 2007 in three panchayats of two districts. Cluster analysis showed significant difference between homeopathy group and control group [rate ratio = 0.76 (95% CI 0.14 - 5.57), P value = 0.03]. The result reflects a 19.76% relative risk reduction by Bryonia alba 30C as compared to placebo. Conclusion: Bryonia alba 30C as genus epidemicus was better than placebo in decreasing the incidence of chikungunya in Kerala.</p> <p>Objective: The objective was to assess the usefulness of homoeopathic genus epidemicus (Bryonia alba 30C) for the prevention of chikungunya during its epidemic outbreak in the state of Kerala, India. Materials and Methods: A cluster- randomised, double- blind, placebo - controlled trial was conducted in Kerala for prevention of chikungunya during the epidemic outbreak in August-September 2007 in three panchayats of two districts. Bryonia alba 30C/placebo was randomly administered to 167 clusters (Bryonia alba 30C = 84 clusters; placebo = 83 clusters) out of which data of 158</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Naude, D.F.; Couchman, I.M.S.; Maharaj, A.	2010	Chronic primary insomnia: efficacy of homeopathic simillimum	Homeopathy : the journal of the Faculty of Homeopathy	99(1)	63-68	https://doi.org/10.1016/j.homp.2009.11.001	<p>This study was done by a team from the Department of Homeopathy 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 treatment, when compared to that using the placebo control.</p> <p>Aim/Purpose The purpose of this randomised, double-blind, placebo-controlled study was to evaluate the efficacy of homeopathic simillimum in the treatment of chronic primary insomnia.</p> <p>Method 30 participants were selected in accordance with DSM-IV-TR (2000) criteria. 2017, 42 pages.</p>	Included	
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		<p>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) enrolled in the study, 247 patients (123 males and 124 females) were assessed. All patients who attended at least three follow-up appointments and baseline curve conduction studies were included in the analysis.). A statistically significant improvement in DDSPSS</p>	Included	

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)	Included/Excluded	Rationale for exclusion
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 and improvements in the blood cholesterol, triglycerides and VLDL profiles of the study subjects.</p>	Included	
Homeopathy	Nayak C, Singh V, Singh K, Singh H, Oberai P, Roja V, Padmanabhan M, Prasad S, Arya MD, Mohanan PG, Singh O, John MD, Singh NBK, Bhagat SR, Ramteke S	2010	A multi-centric open clinical trial to evaluate the usefulness of 13 predefined homeopathic medicines in the management of acute rhinitis in children.	Int J High Dilution Res	9(30)	30-42	NA	<p>Aims : The study aimed to evaluate the effect of a group of homoeopathic medicines in children with acute rhinitis. Materials and Methods : In this multi-centric open clinical trial, a total of 784 children (408 males; 384 females) aged 6 months to 15 years, presenting symptoms of acute rhinitis were enrolled from 7 Institutes/ Units under the Central Council for Research in Homoeopathy (India). Symptoms were assessed using an acute rhinitis symptom score (ARSS). A total of 13 homoeopathic medicines were shortlisted after repertorizing the nosological symptoms of acute rhinitis in children and the results were analyzed. The medicines were prescribed in dilution 6c and doses were repeated from few minutes to few hours as per the need of the case. Appearance of any change (improvement or worsening) was followed by placebo/change in dilution or change in medicine according to the response of the patient. The follow up period was up to the seventh day of illness. Results : Out of 784 children enrolled, 638 children were followed up and analyzed. A significant change in the score from the baseline (p<0.05) was observed. Twelve medicines were found to be useful in 638 children suffering from acute rhinitis and among them Nux-v (n=109), <i>Mor</i> (n=106) and <i>Bell</i> (n=98) were the most</p>	Included	

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Homeopathy	Nayak C, Singh V, Singh VP, Oberai P, Roja V, Shitanshu SS, Sinha MN, Deewan D, Lakhera BC, Ramteke S, Kaushik S, Sarkar S, Mandal NR, Mohanan PG, Singh JR, Biswas S, Mathew G	2012	Homeopathy in chronic sinusitis: a prospective multi-centric observational study	Homeopathy	101(2)	84-91	https://doi.org/10.1016/j.homp.2012.02.002	<p>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.</p> <p>Objective: The primary objective was to ascertain the therapeutic usefulness of homeopathic medicine in the management of chronic sinusitis (CS).</p> <p>Materials and methods: Multicentre observational study at Institutes and Units of the Central Council for Research in Homoeopathy, India. Symptoms were assessed using the chronic sinusitis assessment score.</p>	Included	
Homeopathy	Nayak C., Singh V, Gupta J, Ali Mohd. S, Pal R, Arya MD, et al.	2012	Homoeopathic individualized LM-potencies versus Centesimal potencies for pain management of cervical spondylosis: A multicenter prospective randomized exploratory clinical study.	Indian Journal of Research in Homoeopathy	6(4)	16-23	NA	<p>Objective: Primary objective was to assess the feasibility for a further definite study to compare the effectiveness of LM-vs-CM homoeopathic potencies in reducing pain due to cervical spondylosis. Method: A multi center prospective randomized clinical pilot study was conducted by Central Council for Research in Homoeopathy at its three centers during June 2009 - June 2010. Out of 148 patients screened, 56 patients were enrolled and randomized as per the pre-set inclusion criteria. However 54 patients, LM group (n=28) and CM group (n=26) were analyzed. Pain was assessed using visual analog scale. The primary end point for pain from 1 to 60 days was calculated using Area under the curve method. Secondary outcome was to assess the quality of life using WHO QoL Bref questionnaire. Medicines were prescribed to the enrolled patients on the basis of their totality of symptoms and according to principles of homeopathy. Results: AUC for pain was significantly less in the LM group [Median (IQR): 112 (86 to 299); p= 0.007] after the prescription of homeopathic medicines. Overall quality of life of the patients after homeopathic medication showed significant improvement in the WHO-BREF domains: Physical, psychological, and Environmental only. Conclusion: Homoeopathic</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Nayak, D.; Chadha, V.; Jain, S.; Nim, P.; Sachdeva, J.; Sachdeva, G.; Vivekanand, K.; Khurana, A.; Raheja, S. M.; Manchanda, R. K.	2019	Effect of Adjuvant Homeopathy with Usual Care in Management of Thrombocytopenia Due to Dengue: A Comparative Cohort Study	Homeopathy	108 (3)	150-157	10.1055/s-0038-1676953	<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/mm³) was the main outcome measure. Kaplan-Meier analysis enabled comparison of the time taken to reach a platelet count of 100,000/mm³. 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/mm³ was nearly 2 days earlier in the H+UC group compared with UC alone (H+UC: 3.44 days ± standard error of the mean [SEM] 0.18; 95% CI, 3.08 to 3.80; UC: 5.28 days ± SEM 0.29; 95% CI, 4.71 to 5.86; p < 0.001).</p> <p>Background: Dengue is an emerging threat to public health. At present, no clear modalities are available for the prevention and management of thrombocytopenia due to dengue. This article reports the clinical outcomes of integrative homeopathic care in a hospital setting during a severe outbreak of dengue in New Delhi, India.</p>	Included	
Homeopathy	Neimark AI; B. A. Neimark; N. A. Nozdrachev; Y. S. Kondrateva; D. V. Borisenko; D. O. Arkhipov; A. A. Makarova; P. A. Oberemok	2018	Afalaza in the management of patients with chronic pelvic pain syndrome	Urologiia (Moscow, Russia : 1999)		1 106-111		<p>https://www.scopus.com/inward/record.uri?eid=2-s2.0-85048906147&partnerID=40&md5=708ec6574d88872f0a70e611bb78486f</p>	Included	
Homeopathy	Neimark AI; R. T. Aliev; N. I. Muzalevskaya; S. V. Krainichenko; E. N. Vorob'eva; T. S. Tarasova	2009	Use of impaza in the treatment of erectile dysfunction in patients with essential hypertension and CHD	Bulletin of Experimental Biology and Medicine	148(2)	328-331	10.1007/s10517-009-0689-6	<p>https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949108392&doi=10.1007%2fs10517-009-0689-6&partnerID=40&md5=d3b8bc1f5ee557a5b2c40a94d9d3e7b3</p>	Included	

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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 significance (24.9mm versus 27.9mm, P=0.17). Between-group differences were most pronounced 12-36 hours post-exercise. 2 subjects in the arnica group experienced mild side effects (slight tingling, itching) that did not lead to discontinuation of the treatment.	Included	
Homeopathy	Noskov, S.M.; Snigireva, A.V.; Dolgova, L.N.; Somova, M.A.; Polyakov, D.P.	2003	The use of homeopathic preparation Vozraston in the therapy of patients with rheumatoid arthritis	Bulletin of Experimental Biology and Medicine	135 (7 (Suppl))	94-95	10.1023/a:1024703418601	We studied clinical and psychosomatic characteristics in 34 patients with rheumatoid arthritis. Sixteen patients received Vozraston (without considering the individual sensitivity) in addition to standard therapy. No changes in clinical and psychoemotional parameters were revealed. Vozraston reduced pain syndrome and increased the tone of the sympathetic nervous system.	Included	
Homeopathy	Novak, M.R.	2013	The SULPYCO method: an observational study on the efficacy of low-dose sulpiride combined with a complex homeopathic preparation for the treatment of depressive syndrome	Integrative medicine (Encinitas, Calif.)	12 (6)	19-22		Sulpiride is a commonly used treatment for depression in Europe and Japan. This is a study on the use of low-dose sulpiride in combination with a complex homeopathic preparation based on the Krebs-cycle elements for the treatment of depression. Design: The author designed a relatively small, nonrandomized, observational study. Setting: A private neurology clinic. Participants: The participants were 67 women aged 28-55 y, with depressive symptoms diagnosed by a psychiatrist, who were seeking alternative forms of therapy. They reported that they had received no benefit from conventional antidepressant treatments. Intervention: The treatments for the 3 groups were as follows: (1) the S/H group received a low dose of sulpiride (20 mg) and a homeopathic remedy (n = 25), (2) the S group received sulpiride only (n = 27), and (3) the H group received the homeopathic remedy only (n = 15). Participants received the treatments parenterally as once-daily subcutaneous injections for 3 mo. Outcome Measures: Depressive symptoms were assessed semiquantitatively before and after treatment using the Hamilton rating scale for depression (HAMD). Results: The HAMD score significantly decreased in the group treated with the combination of sulpiride and homeopathy from	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Nunes, Laila de Souza.	2008	Contribution of homeopathy to the control of an outbreak of dengue in Macaé, Rio de Janeiro	International Journal of High Dilution Research	7(25)	186-192	Not available	https://homeopathyplus.com/denguehomeopathy.pdf	Included	
Homeopathy	Nunes, Laila de Souza.	2016	Experiência de Macaé/RJ com homeopatia e dengue, 2007-2012 / Homeopathy and dengue: Macaé, Rio de Janeiro, Brazil, 2007-2012	Rev. homeopatia (São Paulo)	79(1/2)	1-16	https://pesquisa.bvsalud.org/portal/resource/en/lil-788867	The first documented dengue epidemic took place in Brazil in 1981-1982; from that time onwards dengue became endemic, with periodic epidemic outbreaks associated with the introduction of new serotypes. In Macaé, Rio de Janeiro, epidemic outbreaks occurred in 2002, 2007 and 2010. The Municipal Health Secretary consequently established an ongoing multi-sector policy for control of dengue, which began to include homeopathy starting 2007. The present article analyzes the results of prophylactic application of homeopathic medicines and the criteria to choose them from 2007 to 2012. Homeopathy was easily implemented, with low cost and was massively accepted by the local population...	Included	
Homeopathy	Oberai P., Indira B., Varanasi R., Rath P., Sharma B., Soren A	2016	A multicentric randomized clinical trial of homoeopathic medicines in fifty millesimal potencies vis-à-vis centesimal potencies on symptomatic uterine fibroids	Indian Journal of Research in Homoeopathy	10(1)	24-35	10.4103/0974-7168.179148	Objective: The primary objective was to evaluate the effects of homoeopathic medicines in fifty millesimal (LM) potencies vis-à-vis centesimal (CH) potencies on symptomatic uterine fibroids. Materials and Methods: A multicentric randomized clinical trial was conducted at six centers under the Central Council for Research in Homoeopathy. Patients were screened for symptomatic uterine fibroids with the preset inclusion and exclusion criteria. A consultant specialized in obstetrics and gynecology was engaged at each center to screen and follow-up the enrolled patients. Homoeopathic physicians engaged in the study were responsible for prescription and follow up for 12 months. The primary outcome was changes in symptoms of uterine fibroid on a visual analog scale (VAS) of 0-10 and findings through ultrasonography (USG) between LM and CH potencies. The secondary outcome was to assess the changes in uterine fibroid symptom quality of life questionnaire (UFSQOL). Data analysis was done as per intention to treat (ITT) analysis. Results: Of 216 patients enrolled in the study (LM: 108 and CH: 108), 209 patients were analyzed under modified ITT (LM: 106, CH: 103). Both LM and CH potencies were equally effective in reducing the symptoms (percentage change) due to uterine fibroid on	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Oberai, P.; Gopinadhan, S.; Varanasi, R.; Mishra, A.; Singh, V.; Nayak, C.	2013	Homoeopathic management of attention deficit hyperactivity disorder: a randomised placebo-controlled pilot trial	Indian Journal of Research in Homoeopathy	7(4)	158-167	10.4103/0974-7168.123389	Objective: To evaluate the usefulness of individualised homoeopathic medicines in treatment of Attention Deficit Hyperactivity Disorder (ADHD). Design: Randomised placebo-controlled single-blind pilot trial. Setting: Central Research Institute (Homoeopathy), Kottayam, Kerala, India from June 2009 to November 2011. Participants: Children aged 6-15 years meeting the Diagnostic Statistical Manual of mental disorders (DSM-IV) criteria for ADHD. Interventions: A total of 61 patients (Homoeopathy = 30, placebo = 31) were randomised to receive either individualised homoeopathic medicine in fifty millesimal (LM) potency or placebo for a period of one year. Outcome measures: Conner's Parent Rating Scale-Revised: Short (CPRS-R (S)), Clinical Global Impression-Severity Scale (CGI-SS), Clinical Global Impression-Improvement Scale (CGI-IS) and Academic performance. Results: A total of 54 patients (homoeopathy = 27, placebo = 27) were analysed under modified intention to treat (ITT). All patients in homoeopathy group showed better outcome in baseline adjusted General Linear Model (GLM) repeated measures ANCOVA for oppositional, cognition problems, hyperactivity and ADHD Index (domains of CPRS-R (S)) and CGI-IS at T3, T6, T9 and T12 ($P = 0.0001$). The mean	Included	
Homeopathy	Oberai, P.; Varanasi, R.; Padmanabhan, M.; Upadhyaya, A.; Singh, S.; Singh, S.P., Vikram, D.; Khan, T.; Prasad, R.; Gupta, A.K.; Singh, J.R.; Manchanda, R.K.	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. 2018	Homeopathy : the journal of the Faculty of Homeopathy	107 (3)	161-171	10.1055/s-0038-1656715.	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 interval [CI]: 0.36 to 0.68), with absolute risk reduction of 15.0% (95% CI: 8.6 to 21.6%).	Included	

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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.	Included	
Homeopathy	Oberbaum M, Yaniv I, Ben Gal Y, Stein J, Ben Zvi N, Freedman LS, et al.	2001	A randomized, controlled clinical trial of the homeopathic medication TRAUMEEL S in the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation.	Cancer	92(3)	684-90	doi: 10.1002/1097-0142(20010801)92:3<684::aid-cnrcr1371>3.0.co;2-#	A randomized, placebo-controlled, double-blind clinical trial was conducted in patients who had undergone stem cell transplantation. This study indicates that prophylactic use of homeopathy before symptom onset may reduce significantly the severity and duration of chemotherapy-induced stomatitis in children undergoing bone marrow transplantation.	Included	
Homeopathy	Oberbaum, M.; Galoyan, N.; Lerner-Geva, L.; Singer, S.R.; Grisaru, S.; Shashar, D.; Samueloff, A.	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	Complementary Therapies in Medicine	13(2)	87-90	10.1016/j.ctim.2005.03.006	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.	Included	
Homeopathy	Pach, D.; Brinkhaus, B.; Roll, S.; Wegscheider, K.; Icke, K.; Willich, S.N.; Witt, C.M.	2011	Efficacy of injections with Disci/Rhus toxicodendron Compositum for chronic low back pain: a randomized placebo-controlled trial	PloS one	6(11)	e26166	10.1371/journal.pone.0026166		Included	
Homeopathy	Padilha RQ, Riera R, Atallah AN	2011	Homeopathic Plumbum metallicum for lead poisoning: a randomized clinical trial	Homeopathy	100(3)	116-121	DOI: 10.1016/j.homp.2010.11.007	https://pubmed.ncbi.nlm.nih.gov/21784327/	Included	
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.	Included	

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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.	Included	
Homeopathy	Palchun, V.T.; Polyakova, T.S.; Polivoda, A.M.	2008	Vocara edication for acute and exacerbated chronic tonsillopharyngitis in adults [russian]	Vestnik otorinolaringologii		1 57-58	https://pubmed.ncbi.nlm.nih.gov/18454060/		Included	
Homeopathy	Palm J, Kishchuk VV, Ullied Å, Fernández JP, De Jaegere S, Jong MC, Keller T, Kosakovskiy A, Kompaniets K, Mityuryayeva-Korniiko I, Pukhlik SM, Tretiakovich Z, Weber S, Wienhold K, Klement P.	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.	Included	
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.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Pannek, J.; Pannek-Rademacher, S.; Jus, M.S.; Wöllner, J.; Krebs, J.	2019	Usefulness of classical homeopathy for the prophylaxis of recurrent urinary tract infections in individuals with chronic neurogenic lower urinary tract dysfunction.	The journal of spinal cord medicine	42(4)	453-459	10.1080/10790268.2018.1440692	<p>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.</p> <p>Context/Objective: to investigate the usefulness of classical homeopathy for the prevention of recurrent urinary tract infections (UTI) in patients with spinal cord injury (SCI). Design: prospective study. Setting: rehabilitation center in Switzerland. Participants: patients with chronic SCI and ≥ 3 UTI/year. Interventions: Participants</p>	Included	
Homeopathy	Pannek, J.; Pannek-Rademacher, S.; Wöllner, J.	2018	Treatment of complicated urinary tract infections in individuals with chronic neurogenic lower urinary tract dysfunction: Are antibiotics mandatory?	Urologia Internationalis	100 (4)	434-439	10.1159/000487245	<p>Introduction: Urinary tract infections (UTI) in patients with neurogenic lower urinary tract dysfunction (NLUTD) are defined as complicated UTI requiring antibiotic treatment. As the emergence of multiresistant strains is a serious problem, we assessed the feasibility of nonantibiotic treatment of UTI in patients with NLUTD.</p> <p>Materials and methods: In a prospective study evaluating the usefulness of UTI prophylaxis, participants could opt for either antibiotic or nonantibiotic treatment of breakthrough UTI. If either symptoms persisted for 48 h or a febrile UTI occurred, antibiotic treatment based on microbiological testing was mandatory. Treatment efficacy, complications, and emergency hospital visits were assessed.</p> <p>Results: Within the observation period (1 year), the 25 participants developed 206 UTI. Seven febrile UTI required immediate antibiotic treatment. Of the remaining 199 UTI, patients chose antibiotic treatment in 104 events, whereas in 95 events, patients chose either nonantibiotic interventions (n = 80) or no treatment at all (n = 15). Success rates were</p>	Included	

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Homeopathy	Papp, R.; Schuback, G.; Beck, E.; Burkard, G.; Bengel, J.; Lehrl, S.; Belon, P.	1998	Oscillococcinum in patients with influenza-like syndromes: a placebo-controlled doubleblind evaluation	The British homoeopathic journal	87	69-76	https://doi.org/10.1054/homp.1999.0208	<p>Abstract</p> <p>A controlled clinical trial was conducted to assess the effectiveness of OscillococcinumR in the treatment of patients with influenza-like syndromes. 188 patients received the test drug and 184 patients were assigned to the placebo. Data were recorded by the participating physicians at the beginning of the treatment, after 48 hours and after 7–10 days. During the first few days, the patients recorded their rectal temperature twice a day (mornings and evenings), 9 symptoms on a rating scale (cough, catarrh, sore throat, muscle pain, etc.), and use of medication. Recovery was defined as follows: 'rectal temperature<37.5°C and no headache or muscle pain'. Effectiveness was defined as a statistically significant greater decrease in symptoms after 48 hours in the verum group or a shorter duration of symptoms in comparison to the placebo group. After 48 hours the symptoms of the patients in the verum group were significantly milder (P=0.023) than in the placebo group. The number of patients with no symptoms was significantly higher in the verum group from the second day onwards (verum: 17.4%, placebo: 6.6%) until the end of the patients' recording (day 5 in the evening: verum: 73.7%, placebo: 67.7%). The biggest group difference was recorded for</p>	Included	
Homeopathy	Parfenov VA; P. R. Kamchatnov; O. V. Vorobyova; A. V. Gustov; K. S. Glushkov; O. B. Doronina	2017	Results of multicenter study of efficacy and safety of divaza in the treatment of the asthenic and mild to moderate cognitive disorders in elderly and senile subjects	Zhurnal Nevrologii i Psihiatrii imeni S.S. Korsakova	117(9)	43-50	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85031751195&doi=10.17116%2fjnevro20171179143-50&partnerID=40&md5=db972edaa4ee5982160dc56c37404890		Included	
Homeopathy	Parfenov VA; S. A. Zhirolupov; K. V. Nikulina; I. E. Poverennova; V. G. Lapatuhin; M. G. Zhestikova; N. G. Zhukova; A. B. Glazunov	2018	Diagnosis and treatment of cognitive impairment in patients with chronic cerebral ischemia: The results of the observational Russian program diamant	Zhurnal Nevrologii i Psihiatrii imeni S.S. Korsakova	118(6)	15-23	https://www.scopus.com/inward/record.uri?eid=2-s2.0-85050716522&doi=10.17116%2fjnevro20181186115&partnerID=40&md5=5f2ae55ec82a99ade628f9723f7a2519		Included	
Homeopathy	Paris A, Schmidlin S, Mouret S, Hodaj E, Marijnen P, Boujedaini N, Polosan M, Cracowski JL	2012	Effect of Gelsemium 5CH and 15CH on anticipatory anxiety: a phase III, single-centre, randomized, placebo-controlled study	Fundamental and Clinical Pharmacology	26(6)	751-60	https://doi.org/10.1111/j.1472-8206.2011.00993.x		Included	
Homeopathy	Paris, A.; Gonnet, N.; Chaussard, C.; Belon, P.; Rocourt, F.; Saragaglia, D.; Cracowski, J.L.	2008	Effect of homeopathy on analgesic intake following knee ligament reconstruction: a phase III monocentre randomized placebo controlled study	British journal of clinical pharmacology	65	180-187	10.1111/j.1365-2125.2007.03008.x		Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Parshina, S.S.; Golovacheva, T.V.; Afanasyeva, T.N.; Panchenko, O.V.; Baldina, A.A.; Starostina, N.V.; Lyalchenko, I.F.; Egorova, L.P.	2000	Results of pumpan therapy for three severe angina pectoris [russian]	Terapevticheskiy arkhiv	72 (9)	36-41		Aim: To assess validity of adjuvant use of pumpan, a homeopathic compound, in patients with unstable angina pectoris and angina of effort (functional class III-IV) receiving conventional treatment. Material and methods: A direct open controlled trial for 15 months performed initially in hospital, then outpatiently, covered 49 patients with severe angina. Examination of the patients included evaluation of clinical condition and the disease course, lipid metabolism, hemostasis, blood plasma electrolytes, aminotransferases, echo-CG, bicycle exercise, rheoencephalography, ultrasonic dopplerography of head and neck vessels. Results: Pumpan produced a positive effect total nonspecific systemic resistance improved, number of hospitalizations reduced, intracardiac hemodynamics improved in some cases with severe angina. Conclusion: Homeopathic compound pumpan can be recommended in the treatment of severe angina to reinforce antianginal effect, improve the disease clinical course, to obtain a hypocoagulative and hypcholesterolemic effect, to normalize intracardiac hemodynamics, to raise myocardial performance and intracoronary reserve as well as nonspecific resistance of the body.	Included	
Homeopathy	Patel M, Pawaskar N, Mundra P, Tamboli P, and Kothare G	2010	An approach to acute diarrhoeal disorders through sector and constitutional homeopathic treatment in tribal children attending Balwadis	Indian Journal of Research in Homoeopathy	4(4)	36-48	NA	Introduction: Diarrhoea is one of the most frequently encountered problems in pediatric age group. The severity of diarrhoeal infections varies from patients to patient and from few loose motions without much discomfort to severe dehydration. Our literature review has shown usefulness of homeopathic acute medicines in treating acute diarrhoea. There are a number of clinical studies which have verified this aspect. But at the same time it has also been observed that few cases improve without any treatment. Recurrence of diarrhoea is the major concern as it affects the growth of the child. Hence this study was undertaken to verify the efficacy of acute medicine in the management of diarrhoea and exploring the role of Constitutional medicine in preventing the recurrence. Methodology: A sample size of 300 children was selected from 10 Anganwadi (Balwadi – day care centre) from the tribal population having a known high prevalence of diarrhoea. Randomized case control, single, blinded method was used to prove the efficacy of the acute medicines. For this purpose, the sample was divided into three groups viz. Acute remedy group, Acute remedy followed by Constitutional and Placebo group as a control. Basic hygienic measures were explained to the parents and they were followed up regularly. Results: Results of	Included	
Homeopathy	Paterson, C.; Ewings, P.; Brazier, J.E.; Britten, N.	2003	Treating dyspepsia with acupuncture and homeopathy: reflections on a pilot study by researchers, practitioners and participants	Complementary Therapies in Medicine		11 78-84			Included	
Homeopathy	Patil, A.S.; Jadhav, A.B.; Arya, M.P.	2014	Effect of biochemic preparation of Ferrum phos 3x on blood neutrophils	Der Pharmacia Lettre		6 169-171			Included	

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Homeopathy	Patil, H.A.; Patil, J.; Kerudi, V.V.; Jaltare, P.; Hamid, T.; Sharan, J.S.; Tekale, P.D.	2018	Comparison of the efficacy of ibuprofen and belladonna in the control of orthodontic separator pain.	Indian Journal of Research in Homoeopathy	12(1)	29-34	10.4103/ijrh.ijrh_64_17	Background: The purpose of this study was to compare the efficacy of ibuprofen and Belladonna in the control of orthodontic pain and to ascertain the pain relief by Belladonna in comparison with ibuprofen during orthodontic separation. Materials and Methods: Patients, between 20 and 35 years of age, 51 females and 21 males, were included in this study. Patients were randomly divided into two groups; one group was assigned to ibuprofen 400 mg and second group was allocated to Belladonna 6C group. Patients were given two doses of medication of their respective groups, 1 h before placement of elastomeric separators (Ormco Separators, Ormco Corporation, CA, USA) which was administered in the department and one dose 6 h after the placement. Pain scores recorded on visual analogue scale (VAS). VAS was a 10 cm scale with millimetre calibration to record their pain at the following intervals, 2 h after placement, 6 h after placement, bedtime, day 1 morning, day 2 morning, day 3 morning and day 5 morning. Results: Post hoc comparisons indicated that there was no difference between the two groups at 2 h ($P = 0.77$), 6 h ($P = 0.073$), 1 day ($P = 0.120$), 2 days ($P = 0.283$), 3 days ($P = 0.363$), 5 days ($P = 0.622$) and 7 days ($P = 0.622$). Conclusion: The efficacy of Belladonna 6C was comparable to ibuprofen in the control of orthodontic separator pain.	Included	
Homeopathy	Peckham, E.J.; Relton, C.; Raw, J.; Walters, C.; Thomas, K.; Smith, C.; Kapur, K.; Said, E.	2014	Interim Results of a Randomised Controlled Trial of Homeopathic Treatment for Irritable Bowel Syndrome.	Homeopathy: the journal of the Faculty of Homeopathy	103 (3)	172-177	10.1016/j.homp.2014.05.001	<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 results should be interpreted with caution due to the low number of participants in the study (93 people completed the study).</p> <p>A UK research team randomly assigned 94 people diagnosed with irritable bowel syndrome (IBS) to</p>	Included	
Homeopathy	Pedrero-Escalas, M.F.; Jimenez-Antolin, J.; Lassaletta, L.; Diaz-Saez, G.; Gavilán, J.	2016	Hospital clinical trial: homeopathy (Agraphis nutans 5CH, Thuya occidentalis 5CH, Kalium muriaticum 9CH and Arsenicum iodatum 9CH) as adjuvant, in children with otitis media with effusion	International Journal of Pediatric Otorhinolaryngology		88 217-223	10.1016/j.ijporl.2016.06.039		Included	

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Homeopathy	Pellow J, Swanepoel M	2013	A randomised pilot study on the efficacy of milking cream and a homeopathic complex topical cream on diaper dermatitis	Health SA Gesondheid	18	#680			Included	
Homeopathy	Pérol, D.; Provençal, J.; Hardy-Bessard, A.C.; Coeffic, D.; Jacquin, J.P.; Agostini, C.; Bachelot, T.; Guastalla, J.P.; Pivot, X.; Martin, J.P.; Bajard, A.; Ray-Coquard, I.	2012	Can treatment with Cocculine improve the control of chemotherapy-induced emesis in early breast cancer patients? A randomized, multi-centered, double-blind, placebo-controlled phase III trial	BMC cancer	12	603			Included	
Homeopathy	Peshekhonova LK; Y. N. Chernov; N. A. Barsukova; D. V. Peshekhonov	2009	Clinical efficiency and tolerability of artrofoon in patients with rheumatoid arthritis associated with osteopenic syndrome	Bulletin of Experimental Biology and Medicine	148(3)	468-469	10.1007/s10517-010-0738-1	https://www.scopus.com/inward/record.uri?eid=2-s2.0-77649179586&doi=10.1007%2fs10517-010-0738-1&partnerID=40&md5=4e45141a5361ecfa571abada4a836d854	Included	
Homeopathy	Petrov VI; A. R. Babaeva; E. V. Cherevkova; M. V. Kachanova; Y. A. Zabolotneva; S. A. Tarasov; Y. L. Dugina; S. A. Sergeeva	2009	Efficiency and safety of long-term artrofoon treatment in rheumatoid arthritis	Bulletin of Experimental Biology and Medicine	148(3)	486-488	10.1007/s10517-010-0743-4	https://www.scopus.com/inward/record.uri?eid=2-s2.0-77649188874&doi=10.1007%2fs10517-010-0743-4&partnerID=40&md5=ef438c1e4a7e8b81e747c586f7233f7a	Included	
Homeopathy	Petrov VI; A. R. Babaeva; E. V. Cherevkova; O. I. Epstein; S. A. Sergeeva	2003	Efficiency of Potentiated Antibodies to Tumor Necrosis Factor- α (Artrofoon) in the Therapy of Patients with Rheumatoid Arthritis	Bulletin of Experimental Biology and Medicine	135-136(Suppl1)	155-158	10.1023/A:1024700812666	https://www.scopus.com/inward/record.uri?eid=2-s2.0-17444441969&doi=10.1023%2fA%3a1024700812666&partnerID=40&md5=46e851d95badc70cf17b4d492a33f433	Included	
Homeopathy	Petrov, V.I.; Vekel'yan, A.S.; Martyushev, A.V.; Sergeeva, S.A.; Smolenov, I.V.; Epstein, O.I.	2003	Impaza and sildenafil: comparison of clinical effectiveness in patients with erectile dysfunction	Bulletin of Experimental Biology and Medicine	135(Suppl 7)	150-151	10.1023/A:1024796611758		Included	

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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)	44176		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.	Included	
Homeopathy	Pilat, C. , Frech, T., Wagner, A., Krüger, K., Hillebrecht, A., Pons-Kühnemann, J., Scheibelhut, C., Bodeker, R.-H., Mooren, F.-C.	2015	Exploring effects of a natural combination medicine on exercise-induced inflammatory immune response: A double-blind RCT	Scandinavian Journal of Medicine and Science in Sports	25(4)	534-542			Included	
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.	Included	
Homeopathy	Plezbert JA, Burke JR	2005	Effects of the homeopathic remedy arnica on attenuating symptoms of exercise-induced muscle soreness	J Chiropr Med.	4(3)	152-161	https://dx.doi.org/10.1016%2F50899-3467(07)60124-4		Included	

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Homeopathy	Pomposelli, R.; Piasere, V.; Andreoni, C.; Costini, G.; Tonini, E.; Spalluzzi, A.; Rossi, D.; Quarengli, C.; Zanolin, M.E.; Bellavite, P.	2009	Observational study of homeopathic and conventional therapies in patients with diabetic polyneuropathy	Homeopathy : the journal of the Faculty of Homeopathy	98 (1)	17-25	10.1016/j.homp.2008.11.006	<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> <p>Methods: The feasibility and outcomes of homeopathic therapy in a group of type-2 diabetes mellitus patients with diabetic neuropathy were studied in a prospective observational study. Patients were followed from</p>	Included	
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>	Included	
Homeopathy	Pushkar D; A. Vinarov; L. Spivak; K. Kolontarev; M. Putilovskiy; E. Andrianova; O. Epstein	2018	Efficacy and safety of afalaza in men with symptomatic benign prostatic hyperplasia at risk of progression: A multicenter, double-blind, placebo-controlled, randomized clinical trial	Central European Journal of Urology	71(4)	427-435	10.5173/cej.2018.1803	<p>https://www.scopus.com/inward/record.uri?eid=2-s2.0-85065229638&doi=10.5173%2fcej.2018.1803&partnerID=40&md5=dbd5e32fd5cbe932e768dbe3a5b426f4</p>	Included	

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Homeopathy	Qutubuddin, M.; Singh, S.M.; Nayak, C.; Koley, M.; Saha, S.	2018	Efficacy of individualized homeopathy in bronchial asthma in adults: double-blind, randomized, placebo-controlled, clinical trial in the context of usual care.	Advances in integrative medicine	6(2)	58-65	10.1016/j.aimed.2018.08.005	<p>Background. Asthma remains a major public health problem despite recent advances in management. Sizeable minorities of asthma patients prefer complementary therapies, including homeopathy, for treatment. This trial examines whether usual care plus individualized homeopathy (UC + IH) can produce significantly different treatment effects compared to usual care plus placebo (UC + P) in adults suffering from bronchial asthma.</p> <p>Methods In this double-blind, randomized, placebo-controlled, parallel arm, efficacy trial, 140 adults suffering from bronchial asthma were randomized to receive either UC + IH (verum: n = 70) or UC + P (control: n = 70). The trial was of 3.5 years duration. Spirometric measures, blood eosinophil percentage and serum immunoglobulin E were primary outcomes and symptom severity and different questionnaire scores were secondary outcomes; measured at baseline, and after 3 and 6 months.</p> <p>Results Eighteen patients dropped out (verum: 8, control: 10). Intention to treat sample (n = 140) was analyzed. The two trial arms were comparable at baseline.</p>	Included	
Homeopathy	Raak, C.; Krueger, P.; Klement, P.; De Jaegere, S.; Weber, S.; Keller, T.; Ilyenko, L.; Martin, D.; Ostermann, T.	2019	Effectiveness of a homeopathic complex medicine in infantile colic: A randomized multicenter study	Complementary Therapies in Medicine	45	136-141	10.1016/j.ctim.2019.05.026	<p>Abstract Objectives: Infantile colic is a common benign disease occurring in early infancy that may have a great impact on family life. In the present study, the effectiveness and safety of the complex homeopathic medicine Enterokind was compared with Simethicone for treating infantile colic.</p> <p>Design and setting: Current data were drawn from a prospective, multicenter, randomized, 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.</p> <p>Main outcome measures: 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.</p> <p>Results: Data from 125 infants ≤ 6 months with infantile colic were analyzed. The differences in total complaints and objective symptoms scores between baseline and day 10, estimated from the</p>	Included	
Homeopathy	Rabe, A.; Klein, P.; Weiser, M.	2003	Behandlung von kreislaufbedingtem Schwindel: Vergleich des Komplexhomöopathikums Vertigoheel mit Dimenhydrat (Title translated in English: Therapy of cardiovascular vertigo: comparison of the homeopathic complex preparation vertigoheel with dimenhydrat)	Biologische Medizin	32 (4)	176-178			Included	

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)	Included/Excluded	Rationale for exclusion
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	10.1111/j.1742-1241.2004.00150.x	<p>treatments for mild viral infections are usually directed at providing symptomatic relief. The effectiveness of the homeopathic remedy Gripp-Heel was compared with that of conventional treatments in a prospective, observational cohort study in 485 patients with mild viral infections and symptoms such as fever, headache, muscle pain, cough or sore throat. Practitioners specialised in homeopathy or conventional treatment, or practised both to similar extents. As evaluated by the practitioners, the homeopathic therapy was effective to similar or greater degree than the conventional therapies: 67.9% of patients were considered asymptomatic at the end of Gripp-Heel therapy vs. 47.9% of patients in the control group. Practitioners judged homeopathic treatments as 'successful' in 78.1% of cases vs. 52.2% for conventional therapies. Tolerability and compliance were good in both treatment groups, with the verdict 'very good' given for 88.9% of patients in the homeopathic group vs. 38.8% in the conventional treatment group.</p> <p>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</p>	Included	
Homeopathy	Rafalsky V; A. Averyanov; B. Bart; E. Minina; M. Putilovskiy; E. Andrianova; O. Epstein	2016	Efficacy and safety of Ergoferon versus oseltamivir in adult outpatients with seasonal influenza virus infection: a multicenter, open-label, randomized trial	International Journal of Infectious Diseases		51 47-55	10.1016/j.ijid.2016.09.002	<p>https://www.scopus.com/inward/record.uri?eid=2-s2.0-84992458129&doi=10.1016%2fj.ijid.2016.09.002&partnerID=40&md5=64a094730e7c654ce765fe1265331b40</p>	Included	
Homeopathy	Rahlf's VW, Mössinger P	1979	Asa foetida bei colon irritabile – Doppelblindversuch (Asa foetida in the treatment of the irritable colon – a double-blind trial).	Deutsche Medizinische Wochenschrift	104(4)	140-143			Included	
Homeopathy	Rahlf's VW, Mössinger P	1976	ur behandlung des colon irritabile. Ein multizentrischer plazebokontrollierter doppelblindversuch in der allgemeinen praxis (Treatment of irritable colon. A multicenter placebo-controlled double-blind study in general practice).	Arzneimittel-Forschung;	6(12)	2230-2234			Included	
Homeopathy	Ramelet, A.A.; Buchheim, G.; Lorenz, P.; Imfeld, M.	2000	Homoeopathic arnica in postoperative haematomas: a double-blind study	Dermatology (Basel, Switzerland)		201 347-348			Included	
Homeopathy	Ramos Padilla, K.; Echeverría Cruz, Y.; Hernández Echevarría, D.C.; Hidalgo Musa, M.	2015	Sedación con medicamentos y homeopatía para estudio electroencefalográfico en niños	Revista de Ciencias Médicas de Pinar del Río		19 803-810			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Rao P, Prasanna M N.	2008	Immunological studies on Rheumatoid Arthritis treated with Homeopathic drugs: Results of the Pilot Study.	Indian Journal of Research in Homoeopathy	2(4)	42-49		Introduction & Objective: Rheumatoid Arthritis (RA), a systemic disease, is characterized by a chronic inflammatory reaction in the synovium of joints. The inflammation is mediated by inflammatory cytokines. The objective of the study was to evaluate efficacy of homeopathic drugs and changes in the cytokine profile of rheumatoid arthritis patients treated with homeopathic drugs. Materials and Methods: A total of 35 rheumatoid arthritis patients and 10 healthy controls completed this pilot study. The patients were treated with Rhus tox. (8), Pulsatilla (8) and Medorrhinum (9) according to totality of symptoms. The control group (10) received placebo. The patients were evaluated for disease activity at the time of enrollment in the study and after 3 weeks of therapy. Serum cytokine levels (IL-17, IL-17, IL-2, IL-6 and TNF-?) were measured at baseline and after 3 weeks of treatment. Result: Patients receiving Rhus tox. showed significant improvement in Patient Visual Analogue Score (VAS) for global assessment of disease after 3 weeks of therapy compared to placebo group(p = 0.03). Patients receiving Pulsatilla showed a significant improvement in tender joint count (p = 0.01) at the end of 3 weeks compared to baseline. They also showed significant decrease in ESR (p = 0.001) as compared to baseline.	Included	
Homeopathy	Rastogi, D.P.; Singh, V.P; Singh, V.; Dey, S.K.; Rao, K.	1999	Homeopathy in HIV infection: a trial report of double-blind placebo controlled study	The 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 homoeopathic medicine. Using numbers of pre and post treatment CD4+ve T-lymphocytes as a measure, it was found that homoeopathic treatment was successful for symptomatic HIV sufferers, but not for asymptomatic sufferers.	Included	
Homeopathy	Razlog R, Pellow J, White SJ	2012	A pilot study on the efficacy of Valeriana officinalis mother tincture and Valeriana officinalis 3x in the treatment of attention deficit hyperactivity disorder.	Health SA Gesondheid		17 #603			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Reddy E S, Sharma PK, Raj P P.	2018	A clinical study on effect of Plantago in gingivitis by assessing bleeding and plaque index	Indian Journal of Research in Homoeopathy	12(3)	132-138	10.4103/ijrh.ijrh_69_17	Background: Gingival inflammation and plaque formation are a major health problem in worldwide. Objective: The objective of the study was to assess the variation of parameters of bleeding and plaque index (PI) in Gingivitis before, during and after intervention with Plantago. Materials and Methods: Thirty gingivitis patients were divided into two groups: control and test groups. Subjects were instructed to use toothpaste twice daily using the bass method up to 6 months. Clinical data were assessed at baseline, 3 months and 6 months which include an analysis of PI, Gingival Index (GI) and bleeding on probing (BOP). Results: Over a period of 6 months, there was a significant reduction in all the clinical parameters which includes GI, PI and BOP in test group with t-test ($P = 0.001$). i.e., Plantago showed significant effect compared to the control group. Repeated-measures ANOVA also showed a significant difference ($P = 0.0001$). Conclusion: There is a significant mean reduction in PI, GI and BOP in gingivitis before, during and after homoeopathic treatment with Plantago.	Included	
Homeopathy	Reilly, D.; Taylor, M.A.	1985	Potent placebo or potency? A proposed study model with initial findings using homoeopathically prepared pollens in hayfever	The British homoeopathic journal		74 65-75	https://doi.org/10.1016/S0007-0785(85)80038-7		Included	
Homeopathy	Reilly, D.; Taylor, M.A.; Beattie, N.G.B.; Campbell, J.H.; McSharry, C.; Aitchison, T.C.; Carter, R.; Stevenson, R.D.	1994	Is evidence for homeopathy reproducible?	Lancet		344 1601-1606	https://doi.org/10.1016/S0140-6736(94)90407-3	We tested, under independent conditions, the reproducibility of evidence from two previous trials that homoeopathy differs from placebo. The test model was again homoeopathic immunotherapy. 28 patients with allergic asthma, most of them sensitive to house-dust mite, were randomly allocated to receive either oral homoeopathic immunotherapy to their principal allergen or identical placebo. The test treatments were given as a complement to their unaltered conventional care. A daily visual analogue scale of overall symptom intensity was the outcome measure. A difference in visual analogue score in favour of homoeopathic immunotherapy appeared within one week of starting treatment and persisted for up to 8 weeks ($p = 0.003$). There were similar trends in respiratory function and bronchial reactivity tests. A meta-analysis of all three trials strengthened the evidence that homoeopathy does more than placebo ($p = 0.0004$). Is the reproducibility of evidence in favour of homoeopathy proof of its activity or proof of the clinical trial's capacity to produce false-positive results?	Included	

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Homeopathy	Reilly, D.; Taylor, M.A; McSharry, C.; Aitchison, T.C.	1986	Is homeopathy a placebo response? Controlled trial of homeopathic potency, with pollen in hayfever as model	Lancet		328 881-885	https://doi.org/10.1016/s0140-6736(86)90410-1	<p>The hypothesis that homeopathic potencies are placebos was tested in a randomised, double-blind, placebo-controlled trial. The study model chosen compared the effects of a homeopathic preparation of mixed grass pollens with placebo in 144 patients with active hayfever. The homeopathically treated patients showed a significant reduction in patient and doctor assessed symptom scores. The significance of this response was increased when results were corrected for pollen count and the response was associated with a halving of the need for antihistamines. An initial aggravation of symptoms was noted more often in patients receiving the potency and was followed by an improvement in that group. No evidence emerged to support the idea that placebo action fully explains the clinical responses to homeopathic drugs.</p> <p>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.</p>	Included	
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.	Included	
Homeopathy	Relton, C.; O'Cathain, A.; Nicholl, J.	2012	A "pilot cohort multiple randomised controlled trial" of treatment by a homeopath for women with menopausal hot flushes	Contemporary clinical trials		33 853-859			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Relton, C.; Smith, C.; Raw, J.; Walters, C.; Adebajo, A.O.; Thomas, K.J.; Young, T.A.	2009	Healthcare provided by a homeopath as an adjunct to usual care for Fibromyalgia (FMS): results of a pilot randomised controlled trial	Homeopathy : the journal of the Faculty of Homeopathy	98 (2)	77-82	https://doi.org/10.1016/j.homp.2008.12.004	<p>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.</p> <p>Objectives To assess the feasibility of a Randomised Controlled Trial (RCT) design of usual care compared with usual care plus adjunctive care by a homeopath for patients with Fibromyalgia syndrome (FMS).</p> <p>Methods 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.</p> <p>Background: Recent meta-analyses of randomized controlled trials in homeopathy have suggested that homeopathy is more than a placebo response. Objective: Comparison of the effectiveness of homeopathy in primary care with conventional medicine in primary care for these</p>	Included	
Homeopathy	Riley, D.; Fisher, M.; Singh, B.; Haidvogel, M.; Heger, M.	2001	Homeopathy and conventional medicine: an outcomes study comparing effectiveness in a primary care setting	Journal of alternative and complementary medicine (New York, N.Y.)	7 (2)	149-159	10.1089/107555301750164226	<p>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.</p> <p>Background: Recent meta-analyses of randomized controlled trials in homeopathy have suggested that homeopathy is more than a placebo response. Objective: Comparison of the effectiveness of homeopathy in primary care with conventional medicine in primary care for these</p>	Included	
Homeopathy	Rivero, Y.A.; Rosales, O.P.; López, M.G.; Díaz, D.S.; Yanes, J.L.; Jiménez, A.Y.P.	2017	Evaluación de la eficacia de la homeopatía en el tratamiento de la psoriasis vulgar.	Revista Medica electronica de ciego de avila		23	http://www.revmediciego.sld.cu/2/index.php/mediciego/article/view/541/1122		Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Robertson, A.; Suryanarayana n, R.; Banerjee, A.	2007	Homeopathic Arnica montana for post-tonsillectomy analgesia: a randomised placebo control trial	Homeopathy : the journal of the Faculty of Homeopathy	96 (1)	17-21	https://doi.org/10.1016/j.homp.2006.10.005	<p>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.</p> <p>Objective: To evaluate the efficacy of Homeopathic Arnica in reducing the morbidity following tonsillectomy.</p> <p>Methods: Randomised double blind, placebo controlled trial at a tertiary referral centre. 190 patients over the age of 18 undergoing tonsillectomy were randomised into intervention and control groups receiving either Arnica 30c or identical placebo, 2 tablets 6 times in the first post-operative day and then 2 tablets twice a day for the next 7 days. The primary outcome measure was the change in pain scores (visual analogue scale) recorded by the patient on a questionnaire over 14 days post-operatively; Secondary outcome measures were: analgesia consumption, visits to the GP or hospital, antibiotic usage, the day on which their</p>	Included	
Homeopathy	Robinson T.	2006	Responses to homeopathic treatment in National Health Service general practice.	Homeopathy	95 (1)	n/a		<p>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.</p>	Included	
Homeopathy	Rodríguez Gutiérrez, G.M.; Tan Suárez, N.; Landrián Díaz, C.I.; Arias Herrera, S.R.	2008	Eficacia de la terapia homeopática contra tratamiento convencional en extracciones de dientes temporales	Revista Archivo médico de Camaguey		12 1-9			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Roll, S.; Reinhold, T.; Pach, D.; Brinkhaus, B.; Icke, K.; Staab, D.; Jäckel, T.; Wegscheider, K.; Willich, S.N.; Witt, C.M.	2013	Comparative effectiveness of homeopathic vs. conventional therapy in usual care of atopic eczema in children: long-term medical and economic outcomes	PLoS one	8 (1)	e54973	10.1371/journal.pone.0054973	<p>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.</p> <p>Background: One in five children visiting a homeopathic physician suffers from atopic eczema.</p> <p>Objectives: We aimed to examine the long-term effectiveness, safety and costs of homeopathic vs. conventional treatment in usual medical care of children with atopic eczema.</p>	Included	
Homeopathy	Rossi E, et al.	2016	Homeopathic Therapy in Pediatric Atopic Diseases: Short- and Long-Term Results.	Homeopathy	105 (3)	217-224		<p>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.</p>	Included	

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)	Included/Excluded	Rationale for exclusion
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 examined; 28/40 (70%) had a complete disappearance of AD, 12/40 children (30.0%) were still affected by AD; 8/40 (20%) had asthma and 8/40 patients had, or developed, allergic rhinitis.</p>	Included	
Homeopathy	Rostock, M.; Naumann, J.; Guethlin, L.; Bartsch, H.H.; Walach, H.	2011	Classical homeopathy in the treatment of cancer patients - a prospective observational study of two independent cohorts	BMC Cancer	11 (19)	N/A	10.1186/1471-2407-11-19	<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> <p>Background: Many cancer patients seek homeopathy as a complementary therapy. It has rarely been studied systematically, whether homeopathic care is of benefit for cancer patients. Methods: We conducted a prospective observational study with cancer patients in two</p>	Included	
Homeopathy	Rottey, E.E.D.; Verleye, G.B.; Liagre, R.L.P	1995	Het effect van een homeopathische bereiding van micro organismen bij de preventie van griepsymptomen: Een gerandomiseerd dubbel-blind onderzoek in de huisartspraktijk	TIG: Tijdschrift voor integrale geneeskunde		11 54-58			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Saeed-ul-Hassan, S.; Tariq, I.; Khalid, A.; Karim, S.	2013	Comparative clinical study on the effectiveness of homeopathic combination remedy with standard maintenance therapy for dengue fever	Tropical Journal of Pharmaceutical Research	12 (5)	767-770	10.4314/tjpr.v12i5.16	<p>Purpose: To investigate the effectiveness of homeopathic combination remedy compared with standard maintenance therapy for the treatment of dengue fever. Method: A total of 50 patients with dengue fever were divided into two equal groups. Group 1 was treated with homeopathic combination remedy for consecutive 6 days while standard maintenance therapy was similarly given to Group 2 patients. Their full blood count (FBC) including platelet count (PLT), white blood cell count (WBC) and hematocrit level (HCT) were recorded. The parameters were monitored daily in order to determine between the two groups. Results: Following the six-day homeopathic combination remedy, PLT count increased from $(95.60 \pm 0.04) \times 103$ to $(311 \pm 0.13) \times 103/\mu\text{L}$, and WBC from $(79.5 \pm 0.05) \times 104$ to $(90.3 \pm 0.02) \times 104/\mu\text{L}$. However, HCT decreased from 48.02 ± 6.70 to $42.32 \pm 3.42\%$. On the other hand, standard maintenance therapy increased PLT count from $(73.44 \pm 0.04) \times 103$ to $(239.00 \pm 0.04) \times 103/\mu\text{L}$ and WBC from $(53.50 \pm 0.02) \times 104$ to $(79.40 \pm 0.02) \times 104/\mu\text{L}$, but decreased HCT from 42.30 ± 2.48 to $39.68 \pm 4.35\%$. A significant difference was seen in the PLT count, WBC and HCT level between the two therapies ($p = 0.012, 0.003$ and 0.021 respectively). Conclusion: The homeopathic</p>	Included	
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, haemorrhoids, cough, dysfunctional uterine bleeding, chronic suppurative otitis media, and conjunctivitis.</p>	Included	

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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, 20.8% negative, and 18.2% showed no change. Chronic conditions (93.2%) were chiefly encountered. A total of 434 medical conditions and 52 varieties were reported overall. The most frequently treated conditions were leucorrhoea (20.5%), irregular menses (12.3%), dysmenorrhoea (12.3%), and the most common cardiovascular disorder posing a major public health challenge to the population. Homoeopathy, although widely used in hypertension, is assumed to have nothing but placebo effects and its specific clinical effects are frequently ascribed as implausible. Aims: To evaluate whether individualized homoeopathy can produce any significant effect different from placebo in essential hypertension by comparing the lowering of blood pressure between groups. Settings and Design: A prospective, double-blind, randomized, placebo-controlled, parallel-arm clinical trial was conducted at the Outpatient Clinic of the Mahesh Bhattacharyya Homoeopathy Medical College and Hospital, West Bengal. Material and Methods: Out of 233 hypertensives assessed for eligibility, 150 were enrolled and randomized (verum/homoeopathy 70, control/placebo 80). A total of 18 dropped out and 132 were regular (verum 64, control 68). The outcome measures were assessed after three months and six months. Statistical Analysis: The intention-to-treat population was subjected to statistical analysis. Group differences were tested using the ?2 test and independent t test. Repeated measure (ANOVA) was performed to compare the data of two groups obtained.	Included	
Homeopathy	Saha S, Koley M, Hossain SI, Mundle M, Ghosh S, Nag G, Datta AK, Rath P	2013	Individualized homoeopathy versus placebo in essential hypertension: A double-blind randomized controlled trial	Indian Journal of Research in Homoeopathy	7(2)	62-71	10.4103/0974-7168.116629	Background: Hypertension is the most common cardiovascular disorder posing a major public health challenge to the population. Homoeopathy, although widely used in hypertension, is assumed to have nothing but placebo effects and its specific clinical effects are frequently ascribed as implausible. Aims: To evaluate whether individualized homoeopathy can produce any significant effect different from placebo in essential hypertension by comparing the lowering of blood pressure between groups. Settings and Design: A prospective, double-blind, randomized, placebo-controlled, parallel-arm clinical trial was conducted at the Outpatient Clinic of the Mahesh Bhattacharyya Homoeopathy Medical College and Hospital, West Bengal. Material and Methods: Out of 233 hypertensives assessed for eligibility, 150 were enrolled and randomized (verum/homoeopathy 70, control/placebo 80). A total of 18 dropped out and 132 were regular (verum 64, control 68). The outcome measures were assessed after three months and six months. Statistical Analysis: The intention-to-treat population was subjected to statistical analysis. Group differences were tested using the ?2 test and independent t test. Repeated measure (ANOVA) was performed to compare the data of two groups obtained.	Included	
Homeopathy	Sajedi F, Alizad V, Alaeddini F, Fatemi R, Mazaherinezhad A	2008	The effect of adding homeopathic treatment to rehabilitation on muscle tone of children with spastic cerebral palsy.	Complementary Therapies in Clinical Practice		14 33–37			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Saruggia, M.; Corgi, E.	1992	Effects of homeopathic dilutions of china rubra on intradialytic symptomatology in patients treated with chronic haemodialysis	The British homeopathic journal	81 (2)	86-88	https://doi.org/10.1016/S0007-0785(05)80502-2	<p>The effect of the homeopathic medicine China rubra 9CH on symptoms reported by 35 patients with end stage renal failure on regular haemodialysis was investigated. The trial was double-blind, placebo-controlled with a run-in phase and crossover. Assessment was by a questionnaire of symptoms. Statistically significant improvements of asthenia, lethargy and headache were detected on active treatment compared to placebo. There was no significant change in nausea and vomiting.</p> <p>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.</p>	Included	
Homeopathy	Schirmer, K.P.; Fritz, M.; Jäckel, W.H.	2000	Wirksamkeit von Formica rufa und Eigenblut-injektionen bei Patienten mit Ankylosierender Spondylitis: Eine doppelblinde, randomisierte Studie	Zeitschrift für Rheumatologie		59 21-329			Included	
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.	Included	
Homeopathy	Schmacke, N	2020	Homöopathie: Heilslehre "ohne Substanz"	Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz	63 (5)	541-547	https://doi.org/10.1007/s00103-020-03125-8	<p>Abstract</p> <p>Homeopathy is one of the frequently used alternative healing methods in Germany. This article is intended to discuss and analyze why homeopathy should not be part of medicine and should rather be understood as a concept of belief that lies outside of scientific methods. The clinical, legal, and political dimensions of the homeopathy debate are explained. Finally, the question of the legitimacy of placebo applications is discussed in light of the demand for patient-centered medicine.</p>	Excluded	Article does not measure health outcomes from the use of homeopathic interventions.
Homeopathy	Schmidt, C.	1996	A double-blind, placebo-controlled trial: Arnica montana applied topically to subcutaneous mechanical injuries	American journal of homeopathic medicine : the 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 the preparation containing Arnica 1X was reported to be superior to that containing Arnica 6C.	Included	

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)	Included/Excluded	Rationale for exclusion
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)	109-14	https://doi.org/10.1016/j.explore.2005.12.008	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%).	Included	
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 no 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.	Included	
Homeopathy	Schneider, C.; Schneider, B.; Hanisch, J.; Haselen, R. van	2008	The role of a homeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study	Complementary Therapies in Medicine	16 (1)	22-27	10.1016/j.ctim.2007.04.004	<p>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.</p> <p>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</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Schreier T, Hartmann M, Petzoldt D, Monga B, Roebuck P, Runnebaum B, Gerhard J	1997	Homöopathie versus konventionelle Therapie bei männlicher Unfruchtbarkeit - Zwischenbericht einer randomisierten Studie [Homoeopathy versus conventional treatment in male infertility - interim report of a randomized study].	Forschende Komplementärmedizin und Klassische Naturheilkunde		4 325-331			Included	
Homeopathy	Schröder, D.; Weiser, M.; Klein, P.	2003	Efficacy of a homeopathic Crataegus preparation compared with usual therapy for mild (NYHA II) cardiac insufficiency: results of an observational cohort study	European journal of heart failure	5 (3)	319-326	10.1016/s1388-9842(02)00237-4	<p>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.</p> <p>Objectives: To compare the efficacy of the homeopathic Crataegus preparation Cralonin for non-inferiority to standard treatment for mild cardiac insufficiency. Methods: Multicentre non-randomised cohort study in patients aged 50-75 years in New York Heart Association class II. Patients received Cralonin (n=110) or ACE inhibitor/diuretics (n=102) for 8 weeks. To adjust for confounding by baseline factors, populations were stratified according to propensity score. After adjusting, there were no statistically significant differences between treatment groups. Treatment efficacy was assessed on 15 variables. A stringent non-inferiority criterion for the upper limit of the 97.5% one-sided confidence interval of the treatment difference was set to 0.2x the standard deviation (S.D.). Results: Both treatment regimens improved scores on most variables studied, with the greatest effect on double product after exercise.</p>	Included	
Homeopathy	Seeley, B.; Denton, A.; Ahn, M.; Maas, C.	2006	Effect of homeopathic arnica montana on bruising in face-lifts: results of a randomized, double-blind, placebo-controlled clinical trial	Archives of facial plastic surgery	8 (1)	54-59	https://doi.org/10.1001/archfaci.8.1.54	<p>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 significant reduction in bruising when compared to placebo.</p> <p>Objectives: To design a model for performing reproducible, objective analyses of skin color changes and to apply this model to evaluate the efficacy of homeopathic Arnica montana as an antiechymotic agent when taken perioperatively.</p> <p>Methods: Twenty-nine patients undergoing rhytidectomy at a tertiary care center were treated perioperatively with either homeopathic A. montana or placebo in a double-blind fashion. Postoperative photographs were analyzed using a novel computer model for color changes, and subjective assessments of postoperative ecchymosis were obtained.</p> <p>Results: No subjective differences were noted between the treatment group and the control group, either by the patients or by the professional staff. No objective difference in the degree of color change was found. Patients</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Selkova, E.; Semenenko, T.; Gorbachev, I.	2005	Use of Oscillocochin for the prevention and treatment of influenza and acute respiratory viral infections	Infectionni Bolezni		3 20-24			Included	
Homeopathy	Sencer, S.F.; Zhou, T.; Freedman, L.S.; Ives, J.A.; Chen, Z.; Wall, D.; Nieder, M.L.; Grupp, S.A.; Yu, L.C.; Sahdev, I.; Jonas, W.B.; Wallace, J.D.; Oberbaum, M.	2012	Traumeel S in preventing and treating mucositis in young patients undergoing SCT: a report of the Children's Oncology Group	Bone marrow transplantation		47 1409-1414			Included	
Homeopathy	Senel, E	2019	Evolution of homeopathy: A scientometric analysis of global homeopathy literature between 1975 and 2017	Complementary Therapies in Clinical Practice		34 165-173	https://doi.org/10.1016/j.ctcp.2018.11.018	<p>Abstract</p> <p>Objective: Scientometrics is the evaluation of scientific literature in a certain field. Although popularity and use of homeopathy have increased in the recent years, scientific literature lacks a bibliometric or scientometric evaluation of homeopathy literature.</p> <p>Methods: We collected all data of this study from four databases provided by Web of Science. All documents published between 1975 and 2017 were included. The keywords we searched for in detail were "homeopathy", "homeopathic", "homoeopathy" and "homoeopathic". We used Spearman's correlation test to investigate a possible correlation between publication numbers or the productivity and features of the countries. We created infographics and infomaps by using GunnMap and VOSviewer sources. Gross domestic product (GDP) ranking data of countries was procured from The World Data Bank.</p> <p>Results: Our search retrieved a total of 4183 articles. The great majority of documents were original articles (n = 3043, 72.75%). The UK dominated homeopathy literature with 950 articles followed by the USA, Germany, India and Brazil (n = 636, 590, 277 and 246 items).</p>	Excluded	Article does not measure health outcomes from the use of homeopathic interventions.
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.	Included	
Homeopathy	Sevar R.	2006	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.	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Shackleton, M.F.; Tondora, C.M.; Whiting, S.; Whitney, M.	2000	The effect of homeopathic coca on high altitude mountain sickness: Mt. Everest base camp	Complementary Health Practice Review	6 (1)	45-55	10.1177/153321010000600107	<p>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.</p> <p>Homeopathic coca was tested among high altitude trekkers en route to the Mt. Everest base camp to determine its effect on mountain sickness symptoms. Study participants (n = 24) took homeopathic coca while ascending from 8,000 ft. to 17,600 ft. Measurements included: heart rate, oxygen saturation, and a questionnaire detailing the occurrence and severity of symptoms. Questionnaire items regarding nausea, headaches, difficulty breathing while asleep all demonstrated statistical significance in the experimental group. Oxygen saturation in the experimental group was significantly higher. In this placebo-controlled, single-blinded, non-randomized study, homeopathic coca significantly reduced the effects of altitude on trekkers in the experimental group when compared with placebo.</p>	Included	
Homeopathy	Shafei HF, Abdel Dayem SM, Mohamed NH.	2012	Individualised Homeopathy in a Group of Egyptian Asthmatic Children.	Homeopathy	101 (4)	2240230		<p>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.</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Sharma B, Mehra P, Oberai P, Roja V, Reddy G, Arya D D, Raja Kumar B, Mohanani P G, Prusty AK, Padmanabhan M, Manchanda RK.	2018	Homoeopathic treatment for lower urinary tract symptoms in men with benign prostatic hyperplasia: An open label randomised multicentric placebo-controlled clinical trial	Indian Journal of Research in Homoeopathy	12(3)	113-124	10.4103/ijrh.ijrh_36_18	Objectives: The objectives of the study are to evaluate the effectiveness of Homoeopathic Constitutional remedy (HC) and Homoeopathic Constitutional + Organ remedy (HCOM) in comparison to Placebo (PL) in cases of benign prostatic hyperplasia (BPH) using International Prostate Symptom Score (IPSS), ultrasonographic changes in prostate volume, post-void residual urine, uroflowmetry and in WHO Quality of Life (QOL)-BREF. Materials and Methods: A multicentric, three-armed, randomised clinical trial was conducted at five centres. Patients were enrolled following the pre-defined inclusion and exclusion criteria, randomised into three groups in 2:2:1 ratio and were followed up for 6 months. The statistical analysis was done with modified intention-to-treat principle (mITT). Results: Out of 461 patients screened, 254 patients were enrolled in the study and 241 patients were analysed as per mITT. The mean changes in IPSS and QOL due to urinary symptoms from baseline to end of study had shown a positive trend in all the three groups. However, in HC group, the changes were more prominent as compared to the other two groups. There was no difference between HC and HCOM groups and they were equally effective in terms of managing lower urinary tract symptoms due to BPH. With regard	Included	
Homeopathy	Shealy, C.N.; Thomlinson, R.P.; Cox, R.H.; Borgmeyer, V.	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.	Included	
Homeopathy	Shipley, M.; Berry, H.; Broster, G.; Jenkins, M.; Clover, A.; Williams, I.	1983	Controlled trial of homoeopathic treatment of Osteoarthritis	Lancet	321(8319)	97-98			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Shukla P, Nayak C, Baig MQ, Misra P.	2020	Effects of pre-defined Homoeopathic medicines to mitigate adverse dermatological effects of radiotherapy and vomiting of chemotherapy in breast carcinoma: A randomised, double-blind, placebo- controlled, pilot trial in the context of usual care	Indian Journal of Research in Homoeopathy	14 (3)	189-199	10.4103/ijrh.ijrh_8_19	Background: Radiotherapy and chemotherapy are used in breast cancer, but they cause an array of adverse effects including dermatological changes and vomiting. Objective: The objective of the study was to examine whether Usual Care (UC) plus pre-defined homoeopathic remedies can produce different effect beyond UC plus placebo in dermatological adverse effects of radiotherapy and vomiting of chemotherapy in breast carcinoma. Methods: In this double-blind, randomised, placebo-controlled, parallel-arm trial, 88 females suffering from dermatological adverse effects due to radiotherapy (n = 41) or vomiting due to chemotherapy (n = 47) were randomised to receive either UC + Homoeopathy (verum; n = 44) or UC + Placebo (control; n = 44). The outcome measures were the number of responders showing any reduction of grades of Acute Radiation Morbidity Scoring Criteria (ARMSC) of the Radiation Therapy Oncology Group and Common Toxicity Criteria (CTC) for vomiting, measured at baseline and after 7 and 14 days. Relative Risk (RR) with 95% Confidence Intervals (CIs) was assessed; Chi-square tests were run to report P values. Results: A protocol-compliant sample (n = 80; 8 dropped out, verum: 4, control: 4) was analysed. The number of responders as per the ARMSC score after 7 days	Included	
Homeopathy	Siebenwirth, J.; Lüdtk, R.; Remy, W.; Rakoski, J.; Borelli, S.; Ring, J.	2009	Wirksamkeit einer klassisch-homöopathischen Therapie bei atopischem Ekzem: Eine randomisierte, placebokontrollierte Doppelblindstudie	Forschende Komplementärmedizin	16	315-323			Included	
Homeopathy	Simpson, J.J.; Donaldson, I.; Davies, W.E.	1998	Use of homeopathy in the treatment of tinnitus	British journal of audiology	32	227-233			Included	
Homeopathy	Singer, S.R.; Amit-Kohn, M.; Weiss, S.; Rosenblum, J.; Lukasiewicz, E.; Itzhaki, M.; Oberbaum, M.	2007	Efficacy of a homeopathic preparation in control of post-operative pain: a pilot clinical trial	Acute pain : international journal of acute pain management	9	7-12			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Singer, S.R.; Amit-Kohn, M.; Weiss, S.; Rosenblum, J.; Maoz, G.; Samuels, N.; Lukasiewicz, E.; Freedman, L.; Paltiel, O.; Itzhaki, M.; Niska, M.; Oberbaum, M.	2010	Traumeel S for pain relief following Hallux Valgus surgery: a randomized controlled trial	BMC clinical pharmacology	0.422916667	N/A	https://doi.org/10.1186/1472-6904-10-9	<p>Background: In spite of recent advances in post-operative pain relief, pain following orthopedic surgery remains an ongoing challenge for clinicians. We examined whether a well known and frequently prescribed homeopathic preparation could mitigate post-operative pain.</p> <p>Method We performed a randomized, double blind, placebo-controlled trial to evaluate the efficacy of the homeopathic preparation Traumeel S® in minimizing post-operative pain and analgesic consumption following surgical correction of hallux valgus. Eighty consecutive patients were randomized to receive either Traumeel tablets or an indistinguishable placebo, and took primary and rescue oral analgesics as needed. Maximum numerical pain scores at rest and consumption of oral analgesics were recorded on day of surgery and for 13 days following surgery.</p> <p>Results Traumeel was not found superior to placebo in minimizing pain or analgesic consumption over the 14 days of the trial, however a transient reduction in the daily maximum post-operative pain score favoring the Traumeel arm was observed on the 4th day.</p>	Included	
Homeopathy	Sinha, M.N.; Siddiqui, V.A.; Nayak, C.; Singh, V.; Dixit, R.; Dewan, D.; Mishra, A.	2012	Randomized controlled pilot study to compare homeopathy and conventional therapy in acute otitis media	Homeopathy : the journal of the Faculty of Homeopathy	101 (1)	5-12	https://doi.org/10.1016/j.homp.2011.08.003	<p>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.</p> <p>Eighty Individualized Homeopathy Reduces Symptoms of Chronic Chikungunya in Haiti: A Pilot Data-Collection Project. children suffering from J498this 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</p>	Included	
Homeopathy	Siqueira CM, Homsani F, da Veiga VF, Lyrio C, Mattos H, Passos SR, Couceiro JN, Quaresma CH.	2016	Homeopathic medicines for prevention of influenza and acute respiratory tract infections in children: blind, randomized, placebo-controlled clinical trial	Homeopathy	105(1)	71-7	doi: 10.1016/j.homp.2015.02.006	<p>This pragmatic clinical trial was conducted in the Brazilian Public Health System in Petrópolis (BPHSP) with children aged from 1 to 5 years old. These results suggested that the use of homeopathic medicines minimized the number of flu and acute respiratory infection symptomatic episodes in children.</p>	Included	

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Homeopathy	Smith, S.A.; Baker, A.E.; Williams, J.H.	2002	Effective treatment of seborrheic dermatitis using a low dose oral homeopathic medication consisting of potassium bromide, sodium bromide, nickel sulfate, and sodium chloride in a double-blind, placebo-controlled study	Alternative medicine review : a journal of clinical therapeutic	7(1)	59-67	NA	<p>41 patients with seborrheic 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.</p> <p>Background: Topical over-the-counter remedies exist to aid in the control of seborrheic dermatitis and chronic dandruff on a superficial level. Low-dose systemic oral nickel and bromide therapy has shown promise in providing improvement and eventual clearing of the disease.</p> <p>Objective: The purpose of this study was to further evaluate the effect of an orally administered low-dose, homeopathic mineral therapy (Potassium bromide 1X, Sodium bromide 2X, Nickel sulfate 3X, Sodium chloride 6X) on seborrheic dermatitis and chronic dandruff.</p> <p>Methods: Forty-one patients with seborrheic dermatitis and/or chronic dandruff were assigned to one of two treatment groups: Active (containing the medication) or placebo (vehicle). Study medication was administered in a placebo-controlled, randomly-selected, double-blind study for 10 weeks. At the end of 10 weeks all patients crossed over to the active medication.</p>	Included	
Homeopathy	Solanki, M.; Gandhi, P.M.	1995	Is homeopathy only placebo therapy?	The homoeopathic heritage	20	707-713			Included	
Homeopathy	Sorrentino L, Piraneo S, Riggio E, Basilicò S, Sartani A, Bossi D, Corsi F.	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 Interclut Ethnopharmacol	6(1)	1-8		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.	Included	
Homeopathy	Sotnikova LS; N. M. Shevtsova; E. Y. Sherstoboev; V. V. Zhdanov; A. M. Dygai	2009	Complex application of preparation containing ultralow doses of antibodies for the treatment of anemia caused by pubertal uterine bleedings	Bulletin of Experimental Biology and Medicine	148(3)	505-507	10.1007/s10517-010-0748-z	https://www.scopus.com/inward/record.uri?eid=2-s2.0-77649190351&doi=10.1007%2Fs10517-010-0748-z&partnerID=40&md5=5670e620ce261c7491f93f2a67be823d	Included	
Homeopathy	Souza, L.M.A.; Dantas, A.L.L.; Ribeiro, A.O.; Ramacciato, J.C.; Motta, R.H.L.	2011	Ação Anti-Edematosa: Arnica montana 6ch X Diclofenaco de Sódio 50 mg	Pesquisa Brasileira em Odontopediatria e Clínica Integrada	11(4)	491-496	10.4034/PBOCI.2011.114.06		Included	

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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.	Included	
Homeopathy	Stagnara, J.; Besse, P.; El Kebir, S.; Bordet, M.F.	2018	Symptoms associated with teething and response to three treatments, including homeopathic medicine: a multicenter prospective observational study among 190 French pediatricians.	Minerva Pediatrica	70 (6)	519-528	10.23736/S0026-4946.16.04585-0	Background: Primary tooth eruption in infants is associated with a range of local and systemic symptoms although this remains a subject of much debate. In addition, data are limited on the role of physicians in managing infant teething, and on the benefit of homeopathic treatments. Methods: We conducted an observational, multicenter, prospective survey evaluating teething symptoms, and symptom course following routine medical management by French pediatricians in 597 infants aged from 3 to 24 months. We also examined the response to treatment with routinely prescribed teething medications; the homeopathic agent, Camilia® and topically applied gingival agents (Delabarre® or Dolodent®). Results: Most infants (96.6%) had buccogingival symptoms and 93.3% had at least one general symptom. Fever (≥38 °C) was reported in 15.2% of infants. For teething, 212 infants were prescribed Camilia®, 172 a gingival solution (Delabarre® or Dolodent®) and 213 received Camilia® along with a gingival agent. Infants prescribed both a homeopathic and a gingival treatment had a significantly higher number of symptoms at presentation compared with those prescribed a single agent. There were no significant differences in symptom course across these three treatment groups. Systemic	Included	
Homeopathy	Stam, C, Bonnet, MS & van Haselen, RA	2001	The efficacy and safety of a homeopathic gel in the treatment of acute low back pain: a multicentre, randomised, double-blind comparative clinical trial.	British Homeopathic Journal	90(1)	21-28	doi: 10.1054/homp.1999.0460	Acute low back pain is a very common condition in Western industrialised countries. In most cases analgesics or topical medications are prescribed at first encounter with the general practitioner (GP). The aim of this study was to investigate whether the homeopathic gel Spiroflor SRL gel (SRL) is equally effective and better tolerated than Cremor Capsici Compositus FNA (CCC) in patients with acute low back pain. A multi-centre, randomised, double-blind, controlled clinical trial was conducted in the practices of 19 GPs in the districts of Bristol and Manchester, UK. One hundred and sixty-one subjects suffering from acute low back pain were treated for one week either with SRL or with CCC. Pain was scored on a 100 mm visual analogue scale (VAS). Main efficacy parameter VAS reduction was compared between treatments. Evaluation of safety was primarily based on the number of subjects with adverse events (AEs), withdrawals due to an AE and adverse drug reactions (ADRs). The mean difference between the VAS reduction in the SRL group and the CCC group adjusted for VAS at baseline and age was -0.6mm (90% CI = -6.5-5.3mm). Fewer subjects in the SRL group (11%) experienced an AE than in the CCC group (26%). The same applies to the number of subjects with an ADR (3/81 = 4% vs 18/74 = 24%) and the	Included	

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Homeopathy	Steckelbroeck, V.; Hübner, F.; Klein, P.	1999	Arzneimittelgabe bei rigidem Muttermund - eine vergleichende Untersuchung (Title translated in English: Drug administration in case of a rigid cervix - a comparative examination)	Biologische Medizin	28 (2)	76-80			Included	
Homeopathy	Steinmann, D.; Eilers, V.; Beynenson, D.; Buhck, H.; Fink, M.	2012	Effect of Traumeel S on pain and discomfort in radiation-induced oral mucositis: a preliminary observational study	Alternative Therapies in Health and Medicine	18 (4)	12 - 18		Context: Painful oral mucositis is an almost inevitable side effect of radiotherapy of head and neck tumors that simultaneous chemotherapy intensifies and that is notoriously difficult to treat. In a previous study, chemotherapy-induced stomatitis in children undergoing bone marrow transplantation responded well to the homeopathic complex remedy Traumeel S. Objective: To evaluate the efficacy of Traumeel S in the management of radiation-induced oral mucositis in patients with head and neck tumors. Design: The research team designed a nonrandomized, prospective, observational study with matched pairs. Setting: The research team performed the study in a tertiary cancer-care center at the Institute of Radiotherapy and Special Oncology, Medical School Hanover, Germany. Participants: The participants were 20 patients who were receiving radiotherapy or radiochemotherapy for head and neck tumors. Intervention: Five times per day during the observational period, participants self-administered daily mouth rinses with either sage tea (<i>Salvia officinalis</i> , control group) or Traumeel S solution (intervention group). Outcome measures: Two independent physicians determined the grade of oral mucositis at least once per week and the research team derived	Included	
Homeopathy	Steinsbekk A, Fønnebo V, Lewith G, Bentzen N	2005	Homeopathic care for the prevention of upper respiratory tract infections in children: a pragmatic, randomised, controlled trial comparing individualised homeopathic care and waiting-list controls.	Complementary Therapies in Medicine	13(4)	231-8	doi: 10.1016/j.ctim.2005.06.007	This is a open, pragmatic, randomised parallel-group trial, There was a significant difference in median total symptom score in favour of homeopathic care compared to the control group. The difference in the median number of days with URTI symptoms was statistically significant with 8 days in the homeopathic group and 13 days in the control group.	Included	
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)	42644		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.	Included	

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Homeopathy	Steinsbekk, A.; Bentzen, N.; Fønnebo, V.; Lewith, G.	2005	Self treatment with one of three self selected, ultramolecular homeopathic medicines for the prevention of upper respiratory tract infections in children: a double-blind randomized placebo controlled trial	British journal of clinical pharmacology		59 447-455			Included	
Homeopathy	Stepanova, Y.E.; Gotovyakhina, T.V.; Korneenkov, A.A.; Koren, E.E.	2017	Kompleksnoe lechenie disfonii u lits golosorechevykh professii.	Vestnik otorinolaringologii		82 48-53	10.17116/otorino201782348-53		Included	
Homeopathy	Stevinson, C.; Devaraj, V.S.; Fountain-Barber, A.; Hawkins, S.; Ernst, E.	2003	Homeopathic Arnica for prevention of pain and bruising: randomized placebo-controlled trail in hand surgery	Journal of the Royal Society of Medicine		96 60-65			Included	
Homeopathy	Straumsheim, P.; Borchgrevink, C.; Mowinkel, P.; Kierulf, H.; Hafslund, O.	2000	Homeopathic treatment of migraine: a double blind, placebo controlled trial of 68 patients	The British homoeopathic journal		89 4-7			Included	
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.	Included	
Homeopathy	Strösser, W.; Weiser, M.	2002	Behandlung von nichtvestibulärem Schwindel mit einem modernen Homöopathikum (Title translated in English: Therapy of non-vestibular vertigo with a modern homeopathic preparation)	Biologische Medizin	31 (1)	4-9			Included	
Homeopathy	Strösser, W.; Weiser, M.	2000	Patienten mit Gonarthrose gewinnen ihre Mobilität zurück: Homöopathikum im Doppelblind-vergleich	Biologische Medizin		29 295-299			Included	

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Homeopathy	Subramanyam, V.; Mishra, N.; Rai, Y.; Rakshit, G.; Pattnaik, N.	1990	Homoeopathic treatment of filariasis: experience in an indian rural setting	The British homoeopathic journal	79 (3)	157-160	https://doi.org/10.1016/S0007-0785(05)80335-7	A single-blind study was conducted to assess the effect of homoeopathic treatment on cases of bancroftian filariasis. Based on the predominant symptom, the filariasis cases were grouped as adenitis, genitalia involvement, lymphoedema and mastitis. Effect of treatment with homoeopathic drugs were assessed by comparing with groups treated with placebo. Filariasis cases treated with homoeopathic medicines showed a better improved/not improved ratio (2.0) compared with cases treated with placebo (0.46). The results indicate that the improvements derived from homoeopathic medicines are statistically highly significant (p<0.001).	Included	
Homeopathy	Tan Suárez, N.; Hidalgo García, C.R.; Tan Suárez, N.T.; Rodríguez Gutiérrez, G.M.; Fernández Carmenate, N.	2008	Tratamiento homeopático vs alvogyl en la alveolitis dental (Title translated in English: Homeopathic treatment vs. alvogyl in dental alveolitis)	Archivo médico de Camaguey	12 (3)	N/A	http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S1025-0252008000300008	Background: The homeopathic remedy has been used in Odontology for the treatment of different conditions, including dental alveolitis. Objective: To compare the efficacy of homeopathic treatment and Alvogyl in dental alveolitis. Method: A late, single-center, open and sequential phase II clinical trial was carried out at the "Ignacio Agramonte" stomatological clinic, from November 2005 to May 2007. The sample consisted of 134 patients divided into study group (treated with homeopathy) and control (treated with Alvogyl), which in turn were divided into two subgroups (I and II) according to their severity. Antibiotics were indicated in both subgroups II, to avoid further complications. The result of the treatment was determined clinically at 24, 48 and 72 hours according to a scale established by the author, where the variables inflammation and pain were considered. Results: The most significant results were obtained at 48 hours in the less severe subgroups (I). In the most severe cases, it took more than 72 hours for the complete remission of signs and symptoms. There was slightly higher efficacy for Alvogyl treatment. Conclusions: Most of the patients expressed their satisfaction with the treatment received. The homeopathic aggravations identified were minimal. No adverse reactions were found to	Included	

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Homeopathy	Tavares-Silva, C.; Holandino, C.; Homsani, F.; Luiz, R.R.; Prodestino, J.; Farah, A.; Lima, J.P.; Simas, R. C.; Castilho, C.V.V.; Leitao, S.G.; Maia, L.C.; Fonseca-Goncalves, A.	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	10.1016/j.phymed.2019.152869	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 baseline (4.91 ± 1.87). MO showed better results compared to PD (p = 0.018) and Placebo (p = 0.050), and similar result compared to MO+PD (p = 0.724). The sleep diary results and TAS results were not influenced by any of the treatments. No side effects were observed after treatments.	Included	
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 receive a homeopathic combination product for cold and cough, or a placebo. Parents were instructed to give a dose of study medication as needed for the relief of URTI symptoms up to 6 times per day for three days. Parents recorded changes in symptoms 1 hour after each dose, as well as changes in overall severity of URTI.	Included		

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Homeopathy	Taylor, J.A.; Jacobs, J.	2011	Homeopathic ear drops as an adjunct to standard therapy in children with acute otitis media	Homeopathy : the journal of the Faculty of Homeopathy	100 (3)	109-115	https://doi.org/10.1016/j.homp.2011.03.002	<p>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.</p> <p>Objective: To assess the effectiveness of a homeopathic ear drop for treatment of otalgia in children with acute otitis media (AOM).</p> <p>Methods: Children with AOM were enrolled in the study at the time of diagnosis and randomized to receive either standard therapy alone or standard therapy plus a homeopathic ear drop solution that was to be used on as needed basis for up to 5 days. Parents of children in both treatment groups rated the severity of 5 AOM symptoms twice daily for 5 days in a symptom diary. A symptom score was computed for each assessment with lower scores denoting less severe symptoms. Parents of children</p>	Included	
Homeopathy	Taylor, M.A; Reilly, D.; Llewellyn-Jones, R.H.; McSharry, C.; Aitchison, T.C.	2000	Randomised controlled trial of homoeopathy versus placebo in perennial allergic rhinitis with overview of four trial series	BMJ : British medical journal / British Medical Association	321 (7259)	471-476	https://dx.doi.org/10.1136%2Fbmj.321.7259.471	<p>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.</p> <p>Objective To test the hypothesis that homoeopathy is a placebo by examining its effect in patients with allergic rhinitis and so contest the evidence from three previous trials in this series.</p> <p>Design Randomised, double blind, placebo controlled, parallel group, multicentre study.</p> <p>Setting Four general practices and a hospital ear, nose, and throat outpatient department.</p> <p>Participants 51 patients with perennial allergic rhinitis.</p> <p>Intervention Random assignment to an oral 30c homoeopathic preparation of principal inhalant allergen or to placebo.</p>	Included	

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Homeopathy	Teixeira, M.Z.; Podgaec, S.; Baracat, E.C.	2017	Potentized estrogen in homeopathic treatment of endometriosis-associated pelvic pain: a 24-week, randomized, double-blind, placebo-controlled study	European Journal of Obstetrics Gynecology and Reproductive Biology	211	48-55	10.1016/j.ejogrb.2017.01.052	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 Health Survey Questionnaire, depression symptoms on Beck Depression Inventory (BDI), and anxiety symptoms on Beck Anxiety Inventory (BAI). An analysis of the results showed that potentised oestrogen (12C, 18C and 24C) at a dose of 3 drops twice daily for 24 weeks was significantly more	Included	
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.	Included	
Homeopathy	Thiel, W.; Borho, B.	1991	Therapie von frischen, traumatischen Blutergüssen der Kniegelenke (Hämarthros) mit Traumeel N Injektionslösung	Biologische Medizin	20	506-515			Included	
Homeopathy	Thinesse-Mallwitz, M.; Maydannik, V.; Keller, T.; Klement, P.	2015	A homeopathic combination preparation in the treatment of feverish upper respiratory tract infections: an international randomized controlled trial	Forschende Komplementärmedizin	22	163-170	10.1159/000430762		Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Thomas G; H. Cluzel; J. Lafon; J. Bruhwyl; B. Lajeune	2016	Efficacy of 2LPAPI®, a Micro-Immunotherapy Drug, in Patients with High-Risk Papillomavirus Genital Infection	Advances in Infectious Diseases		6	41821		Included	
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 last-observation-carried-forward, although completers did better than non-completers (p<0.001). The overall clinical significance of improvements was at least moderate. A repeated measures ANOVA test also showed statistically significant improvements (p<0.001).	Included	
Homeopathy	Thompson, E.A.; Montgomery, A.; Douglas, D.; Reilly, D.	2005	A pilot, randomized, double-blinded, placebo-controlled trial of individualized homeopathy for symptoms of estrogen withdrawal in breast-cancer survivors	Journal of alternative and complementary medicine (New York, N.Y.)		11 13-20			Included	
Homeopathy	Thompson, E.A.; Shaw, A.; Nichol, J.; Hollinghurst, S.; Henderson, A.J.; Thompson, T.; Sharp, D.	2011	The feasibility of a pragmatic randomised controlled trial to compare usual care with usual care plus individualised homeopathy, in children requiring secondary care for asthma	Homeopathy : the journal of the Faculty of Homeopathy		100 122-130			Included	
Homeopathy	Tikhomirova OV; I. V. Razd'yakonova ; M. K. Bekhtereva; G. F. Zheleznikova; N. E. Monakhova; A. K. Sirotkin	2009	Clinical and immunological efficiency of anaferon (pediatric formulation) in calicivirus infection in children	Bulletin of Experimental Biology and Medicine	148(2)	287-290	10.1007/s10517-009-0701-1	https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949088834&doi=10.1007/2fs10517-009-0701-1&partnerID=40&md5=a6c0e1d0d4b6fad6d3f0564e80a969c	Included	

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Homeopathy	Timchenko VN; E. B. Pavlova; T. M. Chernova; S. L. Bannova; T. I. Savel'eva; S. A. Tarasov; M. V. Kachanova; M. A. Siver'yanova	2009	Evaluation of the efficiency and safety of anaferon (pediatric formulation) in the treatment of chickenpox in children	Bulletin of Experimental Biology and Medicine	148(2)	291-294	10.1007/s10517-009-0698-5	https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949143198&doi=10.1007%2fs10517-009-0698-5&partnerID=40&md5=bd25844554aa7bd438e2720c6fc4eaeab	Included	
Homeopathy	Tiwari, N.; Tamboli, P.; Phansalkar, S.; Jain, C.	2008	Diabetes mellitus – Defining scope and clinical approach for homeopathic management	Indian Journal of Research in Homoeopathy	2(3)	28-36		The study was undertaken to explore if there was a definite role of homeopathic medicines in the management of Diabetes Type 2 and, if so, to determine the role of Constitutional and Organ remedies in its management. The comprehensive role of the individual susceptibility and miasm in the management of diabetes was also been studied. 90 patients were studied by Randomized Single Blind Clinical Trial by dividing them into three groups - Constitutional, Organ and Placebo. In the later part of the study the Cross over design was adopted between the Constitutional group and the Placebo group. Results showed that at the end of the first 6 months of the trial, 67% patients improved from the constitutional group while the comparable figures from the Organ group and the Placebo group was 37% and 7% respectively. At the end of the trial 70% from the constitutional group improved as compared to 10% from the Organ remedy group and 7% from the placebo group. The study confirmed the efficacy of homeopathic treatment in Diabetes type 2 and also established the indications for adopting the Constitutional and the Organ remedy approach to its management. In the process, the need to incorporate the study of individual susceptibility and miasmatic	Included	
Homeopathy	To, K.L.A.; Fok, Y.Y.Y.; Chong, K.C.M.; Lee, Y.C.J.; Yiu, L.S.S.	2017	Individualized homeopathic treatment in addition to conventional treatment in type II diabetic patients in Hong Kong – a retrospective cohort study	Homeopathy: the journal of the Faculty of Homeopathy	106 (2)	79-86	10.1016/j.homp.2017.02.002	investigations in determining our useful 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) vs 0.16 mmol/L (95% CI: -1.72 to 2.04), p = 0.001. The mean difference in glycated haemoglobin (HbA1c) was also significantly greater, -1.11% (95% CI: -2.17 to -0.05) vs 0.08% (95% CI: -1.37 to 1.53), p = 0.046. Poorer baseline glycaemic control was associated with better outcome (c = -0.750, p < 0.001) but	Included	

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Homeopathy	Tolokonskaya, N.P.; Chabanov, D.A.	2006	Antihomotoxische Therapie bei chronischer Opisthorchiasis (Title translated in English: Antihomotoxic therapy for chronic opisthorchiasis)	Biologische Medizin	35 (3-4)	139-142		The authors consider systematic responsiveness in chronic opisthorchiasis and a relationship between acute inflammation and responsiveness. A number of regularities that take place in the patho- and sanogenesis of chronic disease in general and that are important in the evaluation of the severity and prognosis of the disease and the efficiency of therapy are demonstrated on a model of severe opisthorchiasis. The reversion syndrome indicative of recovered responsiveness during therapy is described in detail. Differences in the interpretation of the helminthoovoscopic findings are shown in the context of the priority of clinical data. 2. Abstract: A therapy for chronic opisthorchiasis (cat liver fluke) is presented which relies on the body's self-regulation and is based on antihomotoxic remedies. Hepeel and Hepar compositum form the basic medication. They are supplemented by individually selected constitutional remedies or Nux vomica-Homaccord. Compared to standard praziquantel therapy both treatment regimens proved highly effective, clinically and parasitologically. Based on combined clinical evaluation of anamnestic information on symptoms and diseases, criteria were developed to assess disease severity, prognosis and therapeutic efficacy	Included	
Homeopathy	Topcu A, Anders Løkke, Leila Eriksen, Lars Peter Nielsen, Ronald Dahl	2020	Evaluating the effect on asthma quality of life of added reflexology or homeopathy to conventional asthma management - an investigator-blinded, randomised, controlled parallel group study	Eur Clin Respir J	7(1)	1793526	doi: 10.1080/20018525.2020.1793526	Background: Asthma is a common chronic disease worldwide without any known cure. Despite remarkable improvement in asthma treatment, better education and guideline implementation strategies, there is growing interest in using complementary and alternative medicine, like reflexology and homeopathy. However, evidence supporting the effectiveness of homeopathy and reflexology in asthma treatment is not available. Objective: The aim of this study was to evaluate the effect of reflexology and homeopathy as adjunctive therapies in asthma. Methods: In a single centre, randomised, investigator blinded, controlled study 86 asthma patients were enrolled. They were assigned to one of three study groups (conventional treatment alone or conventional treatment with addition of either homeopathy or reflexology). All patients received their asthma treatment during the study and were followed as usual by their general practitioner. The study assignment group of individual patients were blinded to the investigators, who made the clinical evaluation of asthma control. The primary outcome was the change in the asthma quality of life questionnaire (AQLQ) scores after 26 weeks. Secondary outcomes included asthma control questionnaire, EuroQol, forced expiratory volume in 1 sec	Included	
Homeopathy	Torbicka, E.; Brzozowska-Binda, A.; Wilczynski, J.; Uzarowicz, A.	1998	RS-Virusinfektionen bei Säuglingen: Therapie mit einem Homöopathikum	Biologische Medizin		27 71-76			Included	
Homeopathy	Torres JA, Landazuri Liago S, González Verdecia A, Escalona Arranz J	2001	Utilidad de la homeopatía en la prevención de las crisis asmáticas en el niño (Usefulness of homeopathy in the prevention of asthma attacks in children).	Medisan	5(1)	5-9			Included	

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Homeopathy	Totonchi, A.; Guyuron, B.	2007	A randomized, controlled comparison between arnica and steroids in the management of postrhinoplasty ecchymosis and edema	Plastic and Reconstructive Surgery	120	271-274	10.1097/01.prs.0000264397.80585.bd		Included	
Homeopathy	Trichard, M.; Chaufferin, G.; Dubreuil, C.; Nicoloyannis, N.; Duru, G.	2004	Effectiveness, quality of life, and cost of caring for children in france with recurrent acute rhinopharyngitis managed by homeopathic or non-homeopathic general practitioners: a pragmatic, prospective observational study	Disease management & health outcomes	12 (6)	419-427	10.1016/j.homp.2004.11.021	Objectives: A pharmacoeconomic study to compare, in terms of: medical effectiveness, quality of life and costs two treatment strategies ('homeopathic strategy' vs 'antibiotic strategy') used in routine medical practice by allopathic and homeopathic GPs in the treatment of recurrent acute rhinopharyngitis in 18-month to 4-year-old children. Methods: Statistical analysis of data obtained from a population of 499 patients included in a previous 6-month prospective, pragmatic study. The patients were regrouped according to type of drug prescribed. Medical effectiveness was assessed in terms of (i) episodes of acute rhinopharyngitis, (ii) complications, (iii) adverse effects. Quality of life was assessed using the Par-Ent-Qol scale. Direct medical costs (medical consultations, drug prescriptions, prescriptions for further tests) and indirect medical costs (sick-leave) were evaluated from three viewpoints (society, patient, Social Security) using public prices and French Social Security tariffs. Results: The 'homeopathic strategy' yielded significantly better results than the 'antibiotic strategy' in terms of medical effectiveness (number of episodes of rhinopharyngitis: 2.71 vs 3.97, P<0.001; number of complications: 1.25 vs 3.97, P<0.001) and quality of life (Par-Ent-Qol score: 1.25 vs 3.97, P<0.001).	Included	
Homeopathy	Trichard, M.; Chaufferin, G.; Nicoloyannis, N.	2005	Pharmacoeconomic comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children	Homeopathy : the journal of the Faculty of Homeopathy	94 (1)	3-9	10.1016/j.homp.2004.11.021	Objectives: A pharmacoeconomic study to compare, in terms of: medical effectiveness, quality of life and costs two treatment strategies ('homeopathic strategy' vs 'antibiotic strategy') used in routine medical practice by allopathic and homeopathic GPs in the treatment of recurrent acute rhinopharyngitis in 18-month to 4-year-old children. Methods: Statistical analysis of data obtained from a population of 499 patients included in a previous 6-month prospective, pragmatic study. The patients were regrouped according to type of drug prescribed. Medical effectiveness was assessed in terms of (i) episodes of acute rhinopharyngitis, (ii) complications, (iii) adverse effects. Quality of life was assessed using the Par-Ent-Qol scale. Direct medical costs (medical consultations, drug prescriptions, prescriptions for further tests) and indirect medical costs (sick-leave) were evaluated from three viewpoints (society, patient, Social Security) using public prices and French Social Security tariffs. Results: The 'homeopathic strategy' yielded significantly better results than the 'antibiotic strategy' in terms of medical effectiveness (number of episodes of rhinopharyngitis: 2.71 vs 3.97, P<0.001) and quality of life (Par-Ent-Qol score: 1.25 vs 3.97, P<0.001).	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Tsukanov VV; O. S. Rzhavicheva; A. V. Vasyutin; O. V. Dunaevskaya; Y. L. Tonkikh; E. P. Bronnikova	2016	Efficacy of Kolofort for the treatment of patients with irritable bowel syndrome	Terapevticheskii Arkhiv	88(8)	40-45	10.17116/terarkh20168840-45	https://www.scopus.com/inward/record.uri?eid=2-s2.0-84997666823&doi=10.17116%2fterarkh20168840-45&partnerID=40&md5=404993e228589fcd745209900f8484f3	Included	
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.	Included	
Homeopathy	Tveiten D, Bruset S, Borchgrevink CF, Norseth J	1998	Effects of the homoeopathic remedy Arnica D30 on marathon runners: a randomized, double-blind study during the 1995 Oslo Marathon	Complementary therapies in medicine	6(2)	71-74	https://doi.org/10.1016/S0965-2299(98)80078-2	Objective: To examine whether the homoeopathic remedy Arnica D30 has an effect on cell damage and muscle soreness after long-distance running. Design: Randomized, double-blind placebo-controlled trial. Interventions: Five pills of Arnica D30 or placebo were given morning and evening. Treatment started the evening before the marathon, continued the running day and for three days following. Main outcome measures: The sense of muscular soreness was assessed by the runners on a visual analogue scale (VAS). Measurement of cell damage was assessed by serological enzyme tests. Results: Muscle soreness was significantly lower in the Arnica group than in the placebo group immediately after the marathon (p = 0.017). Cell damage measured by enzymes was essentially the same whether the runners were treated with Arnica D30 or placebo. Conclusions: In this study Arnica D30 had a positive effect on muscle soreness after marathon running, but not on cell damage as measured by enzymes.	Included	
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.	Included	
Homeopathy	Tveiten, D.; Bruset, S.	2003	Effect of arnica D30 in marathon runners: pooled results from two double-blind placebo controlled studies	Homeopathy : the journal of the Faculty of Homeopathy	92	187-189			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Uchiyama-Tanaka Y.	2017	Case Study of Homeopathic Bowel Nosode Remedies for Dysbiotic Japanese Patients.	J Altern Complement Med	24/(2)	187-192		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."	Included	
Homeopathy	Ullman, Dana. Frass, Michael	2010	A review of homeopathic research in the treatment of respiratory allergies	Alternate Medicine Review	Vol 15 issue 1	48-58		Several clinical trials, many of which were published in "high impact" conventional medical journals, describe significant effects of homeopathic treatment in allergic patients. Most of these clinical studies have been deemed to be high quality trials, according to the three most commonly referenced meta-analyses of homeopathic research. Basic in vitro experimental studies also provide evidence that the effects of homeopathy differ from placebo.	Included	
Homeopathy	Van den Meerschaut, L.; Sünder, A.	2009	The homeopathic preparation Nervoheel N can offer an alternative to lorazepam therapy for mild nervous disorders	Evidence-based complementary and alternative medicine: eCAM	6 (4)	507-515	10.1093/ecam/nem144	In an open-label, prospective non-randomized cohort study, we compared the effectiveness and tolerability profiles of the homeopathic remedy Nervoheel N with those of the benzodiazepine, lorazepam, in 248 patients with insomnia, distress, anxieties, restlessness or burnout and similar nervous conditions ('mild nervous disorders'). Patients were treated with Nervoheel N or lorazepam at the recommended doses for a maximum of 4 weeks. Dose variations were allowed if in the patient's best interest. Treatment effects were evaluated by the practitioner in a dialogue with the patient at the start of treatment, after 2 weeks and after maximally 4 weeks of treatment. Tolerability data were recorded as adverse events. At baseline, lorazepam patients were on average slightly older and there was a somewhat greater percentage of men in this group than in the Nervoheel group. Both treatment groups reported significant symptomatic improvements of similar magnitude during the course of the study. The sum of symptom scores improved by 4.4 points with Nervoheel N and by 4.2 points with lorazepam. The differences between the treatment groups were not significant. All differences between treatments were within 10% of the maximum score range, demonstrating non-inferiority of	Included	

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Homeopathy	Van der Brempt X; J. Cumps; E. Capieaux	2011	Efficacité clinique du 2L®ALERG, un nouveau traitement de type immunomodulateur par voie sublinguale dans le rhume des foins : une étude en double insu contre placebo	Revue Française d'Allergologie	51(4)	430-436	https://doi.org/10.1016/j.reval.2011.03.008	http://www.sciencedirect.com/science/article/pii/S1877032011001400	Included	
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.	Included	
Homeopathy	van Haselen R	2020	Development of a Prognostic Factor Prediction Model in Patients with Musculoskeletal Pain Treated with Homeopathy: An Individual Patient Data Meta-Analysis of Three Randomized Clinical Trials	Complement Med Res	44013	1 - 9	doi: 10.1159/000508716	Background: Prognostic factor research methodology has not yet been applied to randomized clinical trial data of homeopathic medicines. Objectives: To investigate the principle of individualization in homeopathy by developing a prognostic factor prediction model. Method: A pooled, in-dividual patient data meta-analysis of 3 randomized trials - investigating the efficacy of a homeopathic gel (Sproflor SRL®) containing Rhus toxicodendron as a key ingredient in osteoarthritis of the knee and acute low back pain. The prognostic value of a predefined set of 5 typical R. toxicodendron symptoms was investigated by assessing treatment-by-symptom interactions on pain as an outcome measure in a regression model. Results: The pooled dataset consisted of 284 patients in the Sproflor SRL group and 275 patients in the control group. Adjusted for pain at baseline, a statistically significant effect modification for the symptoms "numbness or tingling of the affected part" (+2.0 mm VAS; p = 0.02), "amelioration by movement" (-5.6 mm VAS; p = 0.01), and "amelioration of pain by local heat" (+7.0 mm VAS; p = 0.02) was found. Conclusions: Investigating aspects of treatment individualization in homeopathy using randomized trial data and standard meta-	Included	

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)	Included/Excluded	Rationale for exclusion
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>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.</p> <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</p>	Included	
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 (Oxford)	39(7)	714-719	https://doi.org/10.1093/rheumatology/39.7.714	<p>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.</p> <p>Objective: : To evaluate the efficacy and safety of a homeopathic gel vs an NSAID (piroxicam) gel in the treatment of osteoarthritis of the knee.</p> <p>Method: : One hundred and eighty-four out-patients with radiographically confirmed symptomatic osteoarthritis of the knee were entered into a pragmatic, randomized, double-blind controlled trial and treated with 1 g of gel three times daily for 4 weeks. Main outcome measures were pain on walking as a Visual Analogue Score (VAS) and a single-joint Ritchie index.</p> <p>Results: : One hundred and seventy-two of the 184 enrolled patients had osteoarthritis of the knee.</p>	Included	
Homeopathy	van Haselen, R., Thinesse-Mallwitz, M., Maidannyk, V., Buskin, S. L., Weber, S., Keller, T., Burkart, J., Klement, P.	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		3 2333794X16654851.			Included	

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)	Included/Excluded	Rationale for exclusion
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.	Included	
Homeopathy	Van Wasserhoven M, Ives G.	2005	An Observational Study of Patients receiving Homeopathic Treatment.	Homeopathy	93 (1)	44138		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.	Included	
Homeopathy	Varanasi R, Kolli R, Rai Y, Ramesh D, Kiranmayee R G, Chandra Reddy G R, Baig H, Patole T, Srivastava P, Bhalaerao R, Chaudhary A, Kumar A, Sarathy V, Jayasri G R, Sachdeva G, Jain SK, Sharma N, Amsole S, Oinam A, Oberai P, Manchanda RK.	2020	Effects of individualised homoeopathic intervention in Stage I essential hypertension: A single-blind, randomised, placebo-controlled trial.	Indian Journal of Research in Homoeopathy	14(1)	41699	10.4103/ijrh.ijrh_93_19	Background: Hypertension (HTN) is a leading risk factor for death and disability and responsible for over 1.6 million deaths in India. Clinical case reports, observational studies and randomised controlled trials show the effects of homoeopathic medicine in HTN. Objectives: The results of this study will add to the evidence of effectiveness of individualised homoeopathic medicine in Stage I HTN. Methods: A single-blind, randomised, placebo-controlled trial was undertaken from October 2013 to March 2018. The primary outcome measure was to evaluate the change in systolic blood pressure (SBP) and diastolic blood pressure (DBP) every month for 3 months. Of 2127 patients screened, 217 patients who fitted the inclusion criteria were randomised to receive either homoeopathic Q potencies (or LM potencies) plus lifestyle modification (LSM) =116 or placebo + LSM = 101. LSM included physical activity and diet as part of the treatment regimen. Analysis was by intention to treat. Results: Repeated-measure ANOVA between the groups showed statistically significant difference (Wilk lambda 0.85, F = 12.12, df = 213, P = 0.0001), in both SBP and DBP favouring Individualised Homoeopathy (IH) along with LSM. Post hoc independent t-test showed a significant mean reduction in SBP (mean	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Vega, C.G. de; Speed, C.; Wolfarth, B.; González, J.	2013	Traumeel vs. Diclofenac for reducing pain and improving ankle mobility after acute ankle sprain. A multicentre, randomised, blinded, controlled and non-inferiority trial	International journal of clinical practice		67 979-989	10.1111/ijcp.12219		Included	
Homeopathy	Vetlugina TP; O. A. Lobacheva; S. A. Sergeeva; V. B. Nikitina; T. I. Nevidimova; A. V. Semke	2016	Adjunctive use of interferon γ inducer for treatment of patients with schizophrenia	Acta Neuropsychiatrica	28(3)	149-156	10.1017/neu.2015.60	https://www.scopus.com/inward/record.uri?eid=2-s2.0-84947104602&doi=10.1017%2fneu.2015.60&partnerID=40&md5=541022a1ddacfb57d4efa576115cac4e	Included	
Homeopathy	Vickers, A.J.; Fisher, P.; Smith, C.; Wyllie, S.E.; Rees, R.	1998	Homeopathic arnica 30X is ineffective for muscle soreness after longdistance running: a randomized, double-blind, placebo-controlled trial	The Clinical journal of pain		14 227-231			Included	
Homeopathy	Viksvveen, 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	10.1186/s13063-017-2040-2	Despite controversy regarding homeopathy, some patients consult homeopaths for depression. Evidence is required to determine whether this is an effective, acceptable and safe intervention for these patients. 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. 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	
Homeopathy	Vilhena, E.C. de; Castilho, E.A. de	2016	Homeopathic treatment of overweight and obesity in pregnant women with mental disorders: a double-blind, controlled clinical trial	Alternative Therapies in Health and Medicine	22(S3)	14-22			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Villanueva, Domitila Francisca Díaz; Rodríguez, Anolys Piña; García, Lucio Ramón González; Osés, Carlos A. Machado.	2012	Use of homeopathic formula in malnourished children / Uso de fórmula homeopática em pacientes pediátricos desnutridos por defeito / Uso de fórmula homeopática en pacientes pediátricos mal nutridos por defecto	Int. j. high dilution res	11(38)March	N/A	https://pesquisa.bvsalud.org/portal/resource/en/lil-682117	The present intervention study sought to assess the results of homeopathic treatment in malnourished children aged 1-19 years old below the 3th percentile in the weight-height ratio at San Juan Policlinic, Ranchuelo County, Cuba, between November 2004 and December 2005. A total of 99 children were randomly allocated by Mathcad in two groups, one (n=50) was given homeopathic treatment, and the control group (n=49) that did not. Administration of medication was defined by clinical criteria. Inclusion, exclusion and exit criteria were defined. Variables were identified and operationalized, and the information collected from both groups was interpreted. After one-year follow-up, 42 out of 50 children (84%) treated with homeopathy attained normal weight, whereas only 15 out of 49 (30%) of the children in the control group attained normal weight.	Included	
Homeopathy	Villeda, L.L.; Dorantes, G.L.; González, F.B.	2001	Thuja occidentalis homeopática vs placebo en verrugas vulgares	Dermatologia; revista mexicana		45 14-18			Included	
Homeopathy	Vincent S, Demonceaux A, Deswarte D, Scimeca D, Bordet MF	2012	Management of influenza-like illness by homeopathic and allopathic general practitioners in France during the 2009-2010 influenza season. ;	Journal of Alternative and Complementary Medicine	Jul 17 [Epub]				Included	
Homeopathy	Von Gassinger CA, Wunstel G, Netter P.	1983	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.	Included	
Homeopathy	von Hagens C, Schiller P, Godbillon B, Osburg J, Klose C, Limprecht R, Strowitzki T	2011	Treating menopausal symptoms with a complex remedy or placebo: a randomized controlled trial.	Climacteric	15(4)	358-367	doi: 10.3109/13697137.2011.597895	Objective: To evaluate the efficacy and safety of a complex remedy compared with placebo to treat menopausal symptoms. Methods: A total of 102 peri- and postmenopausal women requiring treatment for menopausal symptoms were randomized to receive a complex anthroposophic remedy prepared in the homeopathic manner (Apis regina tota GL D4, Argentum metallicum D5, Ovaria bovis GL D4), 3 × 10 globuli daily (2 × 12 weeks) and placebo (12 weeks) in different orders of remedy (R) and placebo (P) (1: R/R/P, 2: P/R/R, 3: R/P/R). The primary endpoint was change in climacteric symptoms assessed by the Menopause Rating Scale II (MRS II) after 12 weeks. Secondary endpoints were changes of symptoms and safety throughout the study. Results: Reduction of symptoms after 12 weeks did not differ between remedy and placebo (total score MRS II: -1.4, 95% confidence interval (CI) -2.8 to 0 vs. -2.3, 95% CI -4.4 to -0.3, p = 0.441) and had no clinical relevance (defined as reduction in MRS II ≥ -3.5). Comparison of secondary outcomes at 12 weeks between remedy and placebo or between groups after the 2nd or 3rd period compared to previous periods did not differ. Treatment with remedy for 24 consecutive weeks did not reach clinical relevance either. However, total reduction of	Included	

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Homeopathy	Voss, H.W.; Michalsen, A.; Brünjes, R.	2018	Efficacy and tolerability of a complex homeopathic drug in children suffering from dry cough-A double-blind, placebo-controlled, clinical trial.	Drug Research (Stuttgart)		68 444-449	10.1055/s-0043-124179		Included	
Homeopathy	Wadhvani GG.	2013	Homeopathic Drug Therapy Homeopathy in Chikungunya Fever and Post-Chikungunya Chronic Arthritis: An Observational Study.	Homeopathy	102 (3)	193-198		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.	Included	
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.	Included	
Homeopathy	Walach, H	2020	Kommentar zum Beitrag von Norbert Schmacke: Homöopathie: Heilslehre "ohne Substanz"	Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz	63 (5)	548-552	https://doi.org/10.1007/s00103-020-03136-5	Comment about Schmacke, N (see 11)	Excluded	Article does not measure health outcomes from the use of homeopathic interventions.
Homeopathy	Walach, H	2020	Replizierbarkeit - das ewige Totschlagargument gegen die Homöopathie und andere unliebsame Dinge	Complementary Medicine Research	27 (3)	129-130	https://doi.org/10.1159/000507074		Excluded	Article is an editorial that does not measure health outcomes.
Homeopathy	Walach, H.; Häusler, W.; Lewes, T.; Mussbach, D.; Schamell, U.; Springer, W.; Stritzl, G.; Gaus, W.; Haag, G.	1997	Classical homeopathic treatment of chronic headaches	Cephalalgia : an international journal of headache		17 119-126			Included	

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Homeopathy	Walach, H.; Lowes, T.; Mussbach, D.; Schamell, U.; Springer, W.; Stritzl, G.; Haag, G.	2000	The long-term effects of homeopathic treatment of chronic headaches: 1 year follow up	Cephalalgia : an international journal of headache		20 835-837			Included	
Homeopathy	Waldschütz, R.; Klein, P.	2008	The homeopathic preparation Neurexan vs Valerian for the treatment of insomnia: an observational study	TheScientificWorldJournal		8 411-420	10.1100/tsw.2008.61	<p>Insomnia is prevalent and complementary therapies are common, but data are lacking on the effectiveness and tolerability of preparations beyond valerian. Here we report on an open-label, prospective cohort study in 89 German centers offering both conventional and complementary therapies. Subjects received the homeopathic preparation Neurexan or valerian for 28 days. Doses were at physicians' judgments. Sleep duration and latency were evaluated based on patients' sleep diaries over 14 days; sleep quality was evaluated at 28 +/- 1 days. A total of 409 subjects were enrolled. The groups were balanced at baseline for age, sex, weight, and sleep disturbances. At day 14, both groups reported improved sleep latency and duration; latency was reduced from baseline by 37.3 +/- 36.3 min with Neurexan and by 38.2 +/- 38.5 min with valerian. The duration of sleep increased by 2.2 (+/-1.6) h in the Neurexan group and by 2.0 (+/-1.5) h in the valerian group. Differences between the groups in improvement on sleep duration were significantly in favor of Neurexan therapy at days 8, 12, and 14. At day 28, quality of sleep was improved in both groups with no significant differences between the treatments. Significantly more patients reported lack of daytime fatigue with Neurexan than with valerian.</p>	Included	
Homeopathy	Wasilewski, B.W.	2004	Homeopathic remedies as placebo alternatives: verification on the example of treatment of menopause-related vegetative and emotional disturbances	Science and engineering ethics	10 (1)	179-188	10.1007/s11948-004-0075-8	<p>With the example of treatment of menopause-related vegetative and emotional disturbances, the author verifies the effectiveness of the use of Ignatia amara containing complex homeopathic remedies (IACCHR) as an alternative to placebo. Substantial improvement in psychological and psychosomatic symptoms was observed. Climacteric complaints diminished or disappeared completely in the majority of women (95.7% by patient evaluation and 96.2% by physician evaluation). Compared to standard pharmaceuticals, IACCHR treatment was tolerated better and lower risk of side effects was observed. The results obtained in this work indicate the significant therapeutic potential of this group of treatments, which is in line with the therapeutic effect of the placebo. Nevertheless, the showing of specific effects in pharmacological tests disqualifies the investigated treatments from use in a clinical trial in place of a placebo.</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Weatherley-Jones, E.; Nicholl, J.P.; Thomas, K.J.; Parry, G.J.; McKendrick, M.W.; Green, S.T.; Stanley, P.J.; Lynch, S.P.	2004	A randomized, controlled, triple-blind trial of the efficacy of homeopathic treatment for Chronic Fatigue Syndrome	Journal of psychosomatic research	56 (2)	189-197	https://doi.org/10.1016/s0022-3999(03)00377-5	<p>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.</p> <p>Objective: There is no management regime for chronic fatigue syndrome (CFS) that has been found to be universally beneficial and no treatment can be considered a "cure". Patients with CFS may use complementary and alternative medicine (CAM). Our aim was to evaluate homeopathic treatment in reducing subjective symptoms of CFS.</p> <p>Method: Using a triple-blind design (patient and practitioner blinded to group assignment and data analysts blinded to group assignment) and data.</p>	Included	
Homeopathy	Weber, U.; Lüdtkke, R.; Friese, K.H.; Fischer, I.; Möller, H.	2002	A non-randomised pilot study to compare complementary and conventional treatments of acute sinusitis	Forschende Komplementärmedizin und klassische Naturheilkunde = Research in complementary and natural classical medicine	9 (2)	99-104	10.1159/000057271	<p>Homeopathic remedies and antibiotics are still under discussion whether antibiotics are effective in the treatment of acute sinusitis. Moreover, they are known to have considerable side-effects. In contrast, complementary approaches are reported to have little side-effects and an equivalent efficiency. To assess the success of conventional and complementary treatments of acute sinusitis and to estimate the patient numbers needed to confirm therapeutic equivalence. Treatment success was measured by three different scores, assessed by both patients and physicians. Multicentre (2 complementary and 3 conventional ENT centres), non-randomised, controlled clinical trial with 63 patients (complementary group 30, conventional group 33 patients). To control for confounders treatment differences were estimated by propensity score techniques. The choice of medication was entirely left to the physician. We recommended to use antibiotics, secretolytics and symptomimetics in the conventional group and a combination of the herbal remedy Sinupret(R) and the homeopathic remedy Cinnabaris 3X in the complementary group. Treatment differences varied substantially depending on the outcome measure, but they were always not clinically relevant. Conventional treatment was slightly better when the outcome</p>	Included	

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Homeopathy	Weiermayer, P, Frass, M et al	2020	Evidenzbasierte Veterinär-/Homöopathie und ihre mögliche Bedeutung für die Bekämpfung der Antibiotikaresistenzproblematik - ein Überblick	Schweizer Archiv für Tierheilkunde	162 (10)	597-615	https://doi.org/10.17236/sat00273	the basic principles of homeopathy, and its legal and scientific foundations, are discussed in an overview to address the positions of the World Health Organization (WHO) and the commission of the European Union (EU) on complementary medicine. According to the WHO, the antimicrobial resistance problem poses a global threat. The EU Commission's current One Health Action Plan requests research in complementary medicine, the WHO urges member states to include complementary medicine in their national health policies. Regarding external evidence on the general use of human and veterinary homeopathy, evidence level 1a studies are reviewed. Focusing on the external evidence on the use of homeopathy in infections, some evidence level 1a, 1b, 2c studies, and a case report, are described in more detail. In conclusion, evidence for the effectiveness of human and veterinary homeopathy in general, and in particular, of homeopathic treatment for infections, is available. Especially, individualized homeopathy demonstrates effects at all quality levels according to Cochrane criteria, even in the methodologically high-quality studies. As in most areas of veterinary medicine and medicine, further good/excellent studies are necessary. In compliance with the principles of homeopathy.	Excluded	Article describes the current state of homopathic research and does not measure health outcomes.
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.	Included	
Homeopathy	Weiser, M.; Clasen, B.P.E.	1994	Randomisierte, plazebokontrollierte Doppelblindstudie zur Untersuchung der klinischen Wirksamkeit der homöopathischen Euphorbium Compositum-Nasentropfen S bei chronischer Sinusitis	Forsch Komplementärmedizin		1 251-259	https://doi.org/10.1159/000209924		Included	

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Homeopathy	Weiser, M.; Gegenheimer, L.H.; Klein, P.	1999	A randomized 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 Komplementärmedizin	6 (3)	142-148	https://doi.org/10.1159/000021239	<p>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.</p> <p>Background: The objective of the clinical study was to investigate the efficacy and tolerance of a homeopathic nasal spray in cases of hay fever (seasonal allergic rhinitis) in comparison with the conventional intranasal cromolyn sodium therapy.</p> <p>Patients and methods: In total, 146 outpatients with symptoms of hay fever were enrolled into the clinical study (randomized, double-blind, equivalence trial) (time of treatment: 42 days). The homeopathic remedy (Luffa comp.-Heel trade mark Nasal Spray, dosage: 0.14 ml per application, 4 times per a day / naris) consisted of a fixed combination made up of Luffa operculata, Galphimia glauca, histamine, and sulfur. The main outcome measure of the efficacy was the quality of life as measured by means of the Rhinocconjunctivitis Quality of Life Questionnaire.</p>	Included	
Homeopathy	Weiser, M.; Reus, V.	2000	Treating Spasmodic Conditions with Spascupreel	International Journal for Biomedical Research and Therapy	29(1)	14-17	http://www.biopathica.co.uk/documents/studies/Spascupreel.pdf	<p>Of the symptoms physicians encounter on a daily basis, spasms in the smooth musculature of hollow organs are among the most unpleasant for patients. Such individuals always need fast relief from their severe pain. The results of this prospective study of 698 cases of treatment confirm that smooth muscle spasms do indeed respond to treatment with homeopathic remedies. Spascupreel not only provides temporary symptomatic relief but also produces an alteration in the patient's constitution, reducing susceptibility to spasms in the long term.</p>	Included	
Homeopathy	Weiser, M.; Strösser, W.; Klein, P.	1998	Homeopathic vs Conventional treatment of vertigo: a randomized double-blind controlled clinical study	Archives of otolaryngology--head & neck surgery	124 (8)	879-885	https://doi.org/10.1001/archotol.124.8.879	<p>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 homeopathic complex. Both of the interventions were equally successful in relieving vertigo.</p> <p>Objective: To compare the efficacy and safety of a homeopathic remedy (Vertigoheel, Heel Inc, Albuquerque, NM) vs betahistine hydrochloride (active control) in the treatment of patients with vertigo of various origins in a confirmative equivalence trial.</p> <p>Design: Randomized (1:1) double-blind controlled clinical trial.</p> <p>Setting: Fifteen study centers (general practice) in Germany between November 1995 and November 1996.</p> <p>Subjects: A total of 119 patients with vertigo of various origins (from whom 105 patients could be analyzed as intended per protocol).</p> <p>Main outcome measures: Frequency, duration, and intensity of vertigo attacks.</p>	Included	

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Homeopathy	White, A.; Slade, P.; Hunt, C.; Hart, A.; Ernst, E.	2003	Individualised homeopathy as an adjunct in the treatment of childhood asthma: a randomised placebo controlled trial	Thorax		58 283	10.1136/thorax.58.4.283-a		Included	
Homeopathy	Whitmarsh, T.E.; Coleston- Shields, D.M.; Steiner, T.J.	1997	Double-blind randomized placebo-controlled study of homoeopathic prophylaxis of Migraine	Cephalalgia : an international journal of headache		17 600-604	10.1046/j.1468-2982.1997.1705600.x		Included	
Homeopathy	Whitmont, Ron	2019	A New High Quality Study of Individualized Homeopathy in Bronchial Asthma.	American Journal of Homeopathic Medicine.	Vol 112 Issue 4	31-32		The article informs about the study of individualized homeopathy in Bronchial Asthma. Topics discussed include evaluating the use of individualized homeopathic treatment of bronchial asthma in adults in the context of usual care; and demonstrates the effectiveness of individualized homeopathic treatment alongside usual care in a double-blind, randomized, placebo controlled, parallel-arm clinical trial.	Included	
Homeopathy	Whitmont, Ron	2020	Homeopathy and Infections: A Brief Review of Articles Published after the Paris Conference, "Homeopathy's Role and Value to Address Anti-microbial Resistance," November 15, 2019.	American Journal of Homeopathic Medicine.	Vol 113 Issue 1	85-87		The article offers information on European Committee for Homeopathy (ECH) president, Dr. Helene Renoux, chaired the "ECH-SSH conference: Homeopathy's Role and Value to Address Antimicrobial Resistance."; Dr. Renoux began by recognizing the significance of antimicrobial overuse as a worldwide crisis.	Included	
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.	Included	
Homeopathy	Wiesenauer, M.; Gaus, W.	1985	Double-blind trial comparing the effectiveness of the homoeopathic preparation Galphimia potentization D6, Galphimia dilution 10-6 and placebo on pollinosis	Arzneimittel-Forschung	35(11)	1745-1747			Included	
Homeopathy	Wiesenauer, M.; Gaus, W.	1987	Orthostatische Dysregulation: Kontrollierter Wirkungsvergleich zwischen Etillefrin 5 mg und dem homöopathischen Arzneimittel Haplopappus D2	Zeitschrift für Allgemeinmedizin		63 18-23			Included	

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Homeopathy	Wiesenauer, M.; Gaus, W.	1991	Wirksamkeitsnachweis eines Homöopathikums bei Chronischer Polyarthritits: Eine randomisierte Doppelblindstudie bei niedergelassenen Ärzten (English translation: Proof of the Effectiveness of a Homeopathic Preparation in Chronic Polyarthritits.)	Aktuelle Rheumatologie	16(1)	1-9		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.	Included	
Homeopathy	Wiesenauer, M.; Gaus, W.; Bohnacker, U.; Häussler, W.	1989	Wirksamkeitsprüfung von homöopathischen Kombinationspräparaten bei Sinusitis: Ergebnisse einer randomisierten Doppelblindstudie unter Praxisbedingungen	Arzneimittel-Forschung	39(5)	620-625			Included	
Homeopathy	Wiesenauer, M.; Gaus, W.; Häussler, S.	1990	Behandlung der Pollinosis mit Galphimia glauca: Eine Doppelblindstudie unter Praxisbedingungen (English translation: Treatment of Pollinosis with Galphimia glauca.)	Allergologie	13(10)	359-363	NA	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.	Included	
Homeopathy	Wiesenauer, M.; Häussler, S.; Gaus, W.	1983	Pollinosis-Therapie mit Galphimia glauca (English translation: Pollinosis therapy with Galphimia glauca.)	MMW 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.	Included	
Homeopathy	Wiesenauer, M.; Lüdtke, R.	1995	The treatment of pollinosis with Galphimia glauca D4: a randomized placebo-controlled doubleblind clinical trial	Phytomedicine : international journal of phytotherapy and phytopharmacology	2(1)	3-6			Included	

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)	Included/Excluded	Rationale for exclusion
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.	Included	
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 therapeutic success of homeopathy.	Included	
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%.	Included	

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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.	Included	
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.	Included	
Homeopathy	Witt CM, Lüdtke 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.	Included	
Homeopathy	Witt, A.; Kaufmann, U.; Bitschnau, M.; Tempfer, C.; Özbal, A.; Haytough, E.; Gregor, H.; Kiss, H.	2009	Monthly Itraconazole versus classic homeopathy for the treatment of recurrent vulvovaginal candidiasis: a randomised trial	BJOG : an international journal of obstetrics and gynaecology	116(11)	1499-1505			Included	

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Homeopathy	Witt, C.M.; Brinkhaus, B.; Pach, D.; Reinhold, T.; Wruck, K.; Roll, S.; Jäckel, T.; Staab, D.; Wegscheider, K.; Willich, S.N.	2009	Homoeopathic versus conventional therapy for Atopic Eczema in children: medical and economic results	Dermatology (Basel, Switzerland)	219 (4)	329-340	10.1159/000248854	<p>Background: One of five children visiting a homoeopathic physician is suffering from atopic eczema.</p> <p>Objective: To examine the effectiveness, safety and costs of homoeopathic versus conventional treatment in usual care.</p> <p>Methods: In a prospective multicentre comparative observational non-randomised study, 135 children (homoeopathy n = 48 vs. conventional n = 87) with mild to moderate atopic eczema were included. The primary outcome was the SCORAD (Scoring Atopic Dermatitis) at 6 months. Further outcomes at 6 and 12 months also included quality of life of parents and children, use of conventional medicine, treatment safety and disease-related costs.</p> <p>Results: The adjusted SCORAD showed no significant differences between the groups at both 6 months (homoeopathy 22.49 + or - 3.02 [mean + or - SE] vs. conventional 18.20 + or - 2.31, p = 0.290) and 12 months (17.41 + or - 3.01 vs. 17.29 + or - 2.31, p = 0.974). Adjusted costs were higher in the homoeopathic than in the conventional group: for the first 6 months EUR 935.02 vs. EUR 514.44, p = 0.026, and for 12 months EUR 1,524.23 vs. EUR 721.21, p = 0.001.</p> <p>Quality of life was not significantly different.</p> <p>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.</p> <p>Objectives: To evaluate the effectiveness of homeopathy versus conventional treatment in routine care.</p> <p>Design: Comparative cohort study.</p> <p>Setting: Patients with selected chronic diagnoses were enrolled in medical practice.</p> <p>Interventions: Conventional treatment or homeopathy.</p> <p>Outcome measures: Severity of symptoms assessed by patients and physicians (visual rating scale, 0-10) at baseline, 6 and 12 months and</p>	Included	
Homeopathy	Witt, C.M.; Keil, T.; Selim, D.; Roll, S.; Vance, W.; Wegschneider, K.; Willich, S.N.	2005	Outcome and costs of homoeopathic and conventional treatment strategies: a comparative cohort study in patients with chronic disorders	Complementary Therapies in Medicine	13 (2)	79-86	10.1016/j.ctim.2005.03.005	<p>Objectives: To evaluate the effectiveness of homeopathy versus conventional treatment in routine care.</p> <p>Design: Comparative cohort study.</p> <p>Setting: Patients with selected chronic diagnoses were enrolled in medical practice.</p> <p>Interventions: Conventional treatment or homeopathy.</p> <p>Outcome measures: Severity of symptoms assessed by patients and physicians (visual rating scale, 0-10) at baseline, 6 and 12 months and</p>	Included	
Homeopathy	Wolf, M.; Tamaschke, C.; Mayer, W.; Heger, M.	2003	Wirksamkeit von Arnica bei Varizenoperation: Ergebnisse einer randomisierten, doppelblinden, placebo- kontrollierten Pilot-studie (English translation: Efficacy of Arnica in varicose vein surgery: results of a randomized, double-blind, placebo-controlled pilot study.)	Forschende Komplementärmedizin und klassische Naturheilkunde = Research in complementary and natural classical medicine	10(5)	242-247		<p>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.</p>	Included	

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Homeopathy	Wolschner, U.; Strösser, W.; Weiser, M.; Klein, P.	2001	Treating vertigo: homeopathic combination remedy therapeutically equivalent to Dimenhydrinate: results of a reference-controlled cohort study	Biologische Medizin	30 (4)	184-190		This prospective, reference-controlled cohort study compared the efficacy of Vertigoheel and dimenhydrinate as therapies for vertigo. 774 patients suffering from either vestibular or nonvestibular vertigo were treated with Vertigoheel (n = 352) or with dimenhydrinate (n = 422). The main criteria for evaluating efficacy were: 1) physicians' ratings of overall efficacy and 2) reductions in the number, duration, and intensity of vertigo attacks during a maximum of eight weeks of therapy. Upon completion of the study, significant and clinically relevant reductions in initial symptoms had occurred in both treatment groups. The results of therapy were rated "very good" (no symptoms) or "good" (obvious improvement) in 88% of the Vertigoheel patients and 87% of the dimenhydrinate patients. Tolerability of both medications was rated "very good" or "good" in over 98% of the cases. The study confirms that Vertigoheel is a safe and effective treatment option for vertigo of varying etiology and is therapeutically equivalent to medications containing dimenhydrinate.	Included	
Homeopathy	Wustrow, T.P.	2004	Alternative versus conventional treatment strategy in uncomplicated Acute Otitis Media in children: a prospective, open, controlled parallel- group comparison	International journal of clinical pharmacology and therapeutics	42 (2)	110-119		Objectives: Evidence from clinical trials questions the benefit-risk ratio of first-line antibiotic treatment for uncomplicated acute otitis media in childhood. Alternative treatment strategies are very popular but have not been the subject of larger controlled clinical trials. This trial compares an alternative with a conventional treatment strategy for acute otitis media. Methods and patients: 390 children aged 1-10 years presenting with uncomplicated acute otitis media participated in a prospective, open, non-randomized, controlled, parallel-group study. According to self-assignment of investigators, children were treated either conventionally (free combinations of decongestant nose drops, mucolytics, analgesics and antibiotics) or alternatively with Otovowen (fixed combination of plant-based tinctures and homeopathic potencies), supplemented by conventional medications when considered necessary. Results: Alternatively treated patients (n = 192) had significantly less severe otoscopic findings and clinical symptom ratings at baseline than children treated in conventional centers (n = 193). Patients cared for by conventional therapists took more antibiotics (80.5% vs. 14.4%; chi2-test, p < 0.001) and analgesics (66.8% vs. 53.2%; chi2-test, p = 0.007). Times to recovery	Included	
Homeopathy	Wuttke, W.; Splitt, G.; Gorkow, C.; Sieder, C.	1997	Behandlung zyklusabhängiger Brustschmerzen mit einem Agnus castus-haltigen Arzneimittel - Ergebnisse einer randomisierten, plazebo-kontrollierten Doppelblindstudie	Geburtshilfe und Frauenheilkunde	57(10)	569-574	10.1055/s-2007-1023139		Included	

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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 homeopathy or placebo. The homeopathic treatment provided significant improvement over placebo.	Included	
Homeopathy	Yakir, M.; Klein-Laansma, C.T.; Kreitler, S.; Brzezinski, A.; Oberbaum, M.; Vithoulkas, G.; Bentwich, Z.	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	10.1055/s-0039-1691834	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 greater improvement of mean PM scores was measured in the active medicine group (0.443 [standard deviation, SD, 0.32] to 0.287 [SD, 0.20]) compared to placebo (0.426 [SD, 0.34] to 0.340 [SD, 0.39]); p = 0.043.	Included	
Homeopathy	Yakir, M.; Kreitler, S.; Brzezinski, A.; Vithoulkas, G.; Oberbaum, M.; Bentwich, Z.	2001	Effects of homeopathic treatment in women with premenstrual syndrome: a pilot study	The British homoeopathic journal	90(3)	148-153	https://doi.org/10.1054/homp.1999.0491	Alternative therapies in general, and homeopathy in particular, lack clear scientific evaluation of efficacy. Controlled clinical trials are urgently needed, especially for conditions that are not helped by conventional methods. The objective of this work was to assess the efficacy of homeopathic treatment in relieving symptoms associated with premenstrual syndrome (PMS). It was a randomised controlled double-blind clinical trial. Two months baseline assessment with post-intervention follow-up for 3 months was conducted at Hadassah Hospital outpatient gynaecology clinic in Jerusalem in Israel 1992–1994. The subjects were 20 women, aged 20–48, suffering from PMS. Homeopathic intervention was chosen individually for each patient, according to a model of symptom clusters. Recruited volunteers with PMS were treated randomly with one oral dose of a homeopathic medication or placebo. The main outcome measure was scores of a daily menstrual distress questionnaire (MDQ) before and after treatment. Psychological tests for suggestibility were used to examine the possible effects of suggestion. Mean MDQ scores fell from 0.44 to 0.13 (P<0.05) with active treatment, and from 0.38 to 0.34 with placebo (NS). (Between group P=0.052). Improvement >30% was observed in	Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Zabolotnyi DI, Kneis KC, Richardson A, Rettenberger R, Heger M, Kaszkin-Bettag M, Heger PW	2007	Efficacy of a complex homeopathic medication (Sinfrontal) in patients with acute maxillary sinusitis: a prospective, randomized, double-blind, placebocontrolled, multicenter clinical trial.	Explore (NY)	3(2)	98-109	doi: 10.1016/j.explore.2006.12.007.	<p>Background: There is a demand for clinical trials that demonstrate homeopathic medications to be effective and safe in the treatment of acute maxillary sinusitis (AMS).</p> <p>Objective: The objective of this clinical trial was to demonstrate the efficacy of a complex homeopathic medication (Sinfrontal) compared with placebo in patients with AMS confirmed by sinus radiography.</p> <p>Design: A prospective, randomized, double-blind, placebo-controlled, phase III clinical trial was conducted for a treatment period of 22 days, followed by an eight-week posttreatment observational phase.</p> <p>Setting: The clinical trial was conducted at six trial sites in the Ukraine.</p> <p>Participants: One hundred thirteen patients with radiography-confirmed AMS participated in the trial.</p> <p>Interventions: Fifty-seven patients received Sinfrontal and 56 patients received placebo. Additionally, patients were allowed saline inhalations, paracetamol, and over-the-counter</p>	Included	
Homeopathy	Zafar, S.; Najam, Y.; Arif, Z.; Hafeez, A.	2016	A randomized controlled trial comparing pentazocine and chamomilla recutita for labor pain relief	Homeopathy: the journal of the Faculty of Homeopathy	105(1)	66-70	10.1016/j.homp.2015.09.003		Included	
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.	Excluded	The study does not measure health outcomes only physiological parameters of healthy participants.

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Homeopathy	Zanasi, A.; Mazzolini, M.; Tursi, F.; Morselli- Labate, A.M.; Paccapelo, A.; Lecchi, M.	2014	Homeopathic medicine for acute cough in upper respiratory tract infections and acute bronchitis: a randomized, double-blind, placebo-controlled trial	Pulmonary Pharmacology & Therapeutics	27(1)	102-108	10.1016/j.pupt.2013.05.007	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.	Included	
Homeopathy	Zavadenko, N.N.; Simashkova, N.V.; Vakula, I.N.; Suvorinova, N.Y.; Balakireva, E.E.; Lobacheva, M.V.	2015	Current possibilities in pharmacotherapy of anxiety disorders in children and adolescents	Zhurnal Nevrologii i Psihatrii imeni S.S. Korsakova	115(11)	33-39	10.17116/jnevro20151151133-39	Objective: To assess the efficacy and safety of children tenoten in the treatment of children and adolescents with anxiety disorders. Material and methods: It was conducted a multicenter, double-blind, placebo-controlled trial of the drug tenoten children at a dose of 1 tablet 3 times a day for 12 weeks. The study included 98 patients (boys and girls from 5 to 15 years with a confirmed diagnosis of anxiety disorder), randomized into two groups: the first included 48 patients treated tenotenom children, in the second - 50 patients receiving placebo. Results and conclusion: Tenoten children has a strong anti-anxiety effect both on the results of self-assessment of patients, and on the reports of parents. This anxiolytic activity of the drug manifested most significantly in children aged 5 to 7 years. In addition, in patients 8-15 years of treatment spent tenotenom children to regress the symptoms of anxiety disorders by anxiety subscales SCAS «Separation anxiety», «panic attacks and agoraphobia» and «social phobia». Throughout the course of treatment tenoten children have been no adverse events.	Included	
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 homeopathic ingredients for soft tissue injury found significant relief with the medicine when compared to the effects of placebo.	Included	
Homeopathy	Zell, J.; Connert, W.D.; Mau, J.; Feuerstake, G.	1988	Behandlung von akuten Sprunggelenksdistorsionen: Doppelblindstudie zum Wirksamkeitsnachweis eines homöopathischen Salbenpräparats	MMW Fortschritte der Medizin	106(5)	96-100			Included	

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)	Included/Excluded	Rationale for exclusion
Homeopathy	Zuikova IN; A. N. Vasil'ev; A. E. Shul'zhenko	2009	Efficiency of anaferon in complex therapy of genital herpes	Bulletin of Experimental Biology and Medicine	148(2)	297-300	10.1007/s10517-009-0696-7	https://www.scopus.com/inward/record.uri?eid=2-s2.0-74949102877&doi=10.1007%2fs10517-009-0696-7&partnerID=40&md5=0ed40293fe54a08ab36c2da9220767cf	Included	

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)	Included/Excluded	Rationale for exclusion
Reflexology	Dalal, K., et al.	2012	Optical, spectroscopic, and Doppler evaluation of "normal" and "abnormal" reflexology areas in lumbar vertebral pathology: a case study	Case Rep Med	2012	904729	10.1155/2012/904729	Scientific validation of reflexology requires an in-depth and noninvasive evaluation of "reflexology/reflex areas" in health and disease. The present paper reports the differential properties of "normal" and "abnormal" reflexology areas related to the lumbar vertebrae in a subject suffering from low back pain. The pathology is supported by radiological evidence. The reflexology target regions were clinically assessed with respect to colour and tenderness in response to finger pressure. Grey scale luminosity and pain intensity, as assessed by visual analogue scale scores, differentiated "normal" from "abnormal" skin. Skin swept source-optical coherence tomography recorded their structural differences. Infrared thermography revealed temperature variations. A laser Doppler study using a combined microcirculation and transcutaneous oxygen monitoring system indicated alterations in blood flow and oxygen perfusion. Raman spectroscopy showed differences in chemical signatures between these areas. The present findings may indicate a potential correlation between the reflexology areas and subsurface pathological changes, showing an association with the healthy or unhealthy status of the lumbar vertebrae.	Included	
Reflexology	Dalal, K., et al.	2013	Noninvasive characterisation of foot reflexology areas by swept source-optical coherence tomography in patients with low back pain	Evidence-Based Complementary and Alternative Medicines		983769	10.1155/2013/983769	Objective. When exploring the scientific basis of reflexology techniques, elucidation of the surface and subsurface features of reflexology areas (RAs) is crucial. In this study, the subcutaneous features of RAs related to the lumbar vertebrae were evaluated by swept source-optical coherence tomography (SS-OCT) in subjects with and without low back pain (LBP). Methods. Volunteers without LBP (n = 6 (male : female = 1 : 1)) and subjects with LBP (n = 15 (male : female = 2 : 3)) were clinically examined in terms of skin colour (visual perception), localised tenderness (visual analogue scale) and structural as well as optical attributes as per SS-OCT. From each subject, 6 optical tomograms were recorded from equidistant transverse planes along the longitudinal axis of the RAs, and from each tomogram, 25 different spatial locations were considered for recording SS-OCT image attributes. The images were analysed with respect to the optical intensity distributions and thicknesses of different skin layers by using AxioVision Rel. 4.8.2 software. The SS-OCT images could be categorised into 4 pathological grades (i.e., 0, 1, 2, and 3) according to distinctness in the visible skin layers. Results. Three specific grades for abnormalities in SS-OCT images were identified considering gradual loss of distinctness and increase in luminosity of skin layers. Almost 90.05% subjects were of mixed type having predominance in certain	Included	

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)	Included/Excluded	Rationale for exclusion
Reflexology	Dalal, K., et al.	2014	Determination of efficacy of reflexology in managing patients with diabetic neuropathy: a randomized controlled clinical trial.	Evidence-Based Complementary and Alternative Medicines	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. Background. The restricted usage of existing pharmacological methods which do not seem to provide the treatment of diabetic neuropathy may lead to exploring the efficacy of a complementary therapy. In this context, this paper was devoted to evaluate the efficacy of foot reflexology. This health science works on the hypothesis that the dysfunctional states of body parts could be identified by observing certain skin features and be rectified by stimulating certain specific areas mapped on feet. Method. Subjects (N = 58) with diagnosed diabetic neuropathy were randomly distributed into reflexology and control groups in which both group patients were treated with ongoing pharmacological drugs. Reflexology group patients were additionally treated holistically with the hypothesis that this therapy would bring homeostasis among body organ functions. This was a caregiver-based study with a follow-up period of 6 months. The outcome measures were pain reduction, glycemic control, nerve conductivity, and thermal and vibration sensitivities. The skin features leading to the detection of the abnormal functional states of body	Included	
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.	Excluded	Considered in 2014-15 Review but will be used to identify primary studies for consideration in the 2019-20 Review.
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.	Excluded	The study does not measure health outcomes rather physiological parameters of healthy participants.
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.	Included	

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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.	Excluded	Considered in 2014-15 Review but will be used to identify primary studies for consideration in the 2019-20 Review.
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.	Excluded	Considered in 2014-15 Review but will be used to identify primary studies for consideration in the 2019-20 Review.
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.	Included	

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Kinesiology	Abaraogu, U.O., Igwe, S.E. & Tabansi-Ochiogu, C.S.	2016	Effectiveness of SP6 (Sanyinjiao) acupressure for relief of primary dysmenorrhea symptoms: A systematic review with meta- and sensitivity analyses.	Complementary Therapies in Clinical Practice		25 92-105	http://dx.doi.org/10.1016/j.ctcp.2016.09.003	We reviewed the available evidence for the (Sanyinjiao) acupressure for the relief of primary dysmenorrhea (PD) symptoms, as well as patients' experiences of this intervention. We searched six relevantdatabases and gray literature for publications dated up to March 2016. The search yielded 72 potentialstudies. Six of these studies, contributing a total of 461 participants, were included in this review. Theprimary outcome was pain intensity. Studies with significant homogeneity were pooled for meta-analysis. Qualitative data and quantitative data not suitable for meta-analysis were presented as anarrative synthesis. The Cochrane criteria demonstrated that the included studies were generally of lowquality with a high risk of bias. SP6 acupressure delivered by trained personnel significantly decreased pain intensity immediately after the intervention (effect size = -0.718; CI = -0.951 to -0.585; p = 0.000), and pain relief remained up to 3 h after the intervention (effect size = -0.979; CI = -1.296 to 0.662; p = 0.000). However, patient-administered intervention required multiple monthly cycles to effect pain reduction. SP6 acupressure appears to be effective when delivered by trained personnel for some PD symptoms. Findings suggest that self-administered acupressure shows promise for the alleviation of PD symptoms. High-quality research is needed before conclusive	Included	
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	Included	
Kinesiology	Alkozei, A., Smith, R., Pisner, D.A., Vanuk, J.R., Berryhill, S.M., Fridman, A., Shane, B.R., Knight, S.A., & Killgore, W.D.	2016	Exposure to Blue Light Increases Subsequent Functional Activation of the Prefrontal Cortex During Performance of a Working Memory Task.	Sleep	39(9)	1671–1680	https://doi.org/10.5665/sleep.6090	Study Objectives: Prolonged exposure to blue wavelength light has been shown to have an alerting effect, and enhances performance on cognitive tasks. A small number of studies have also shown that relatively short exposure to blue light leads to changes in functional brain responses during the period of exposure. The extent to which blue light continues to affect brain functioning during a cognitively challenging task after cessation of longer periods of exposure (i.e., roughly 30 minutes or longer), however, has not been fully investigated. Methods: A total of 35 healthy participants (18 female) were exposed to either blue (469 nm) (n = 17) or amber (578 nm) (n = 18) wavelength light for 30 minutes in a darkened room, followed immediately by functional magnetic resonance imaging (fMRI) while undergoing a working memory task (N-back task). Results: Participants in the blue light condition were faster in their responses on the N-back task and showed increased activation in the dorsolateral (DLPFC) and ventrolateral (VLPFC) prefrontal cortex compared to those in the amber control light condition. Furthermore, greater activation within the VLPFC was correlated with faster N-back response times. Conclusions:	Excluded	Study is of healthy participants.

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								<p>Purpose of Review</p> <p>Decades of research suggests nutritional interventions can be an effective tool for reducing risk of Alzheimer's disease (AD), especially as part of an individualized clinical management plan. This review aims to emphasize new findings examining how specific dietary changes may delay or possibly prevent AD onset, and highlight how interventions can be adopted in clinical practice based on emerging principles of precision medicine.</p> <p>Recent Findings</p> <p>Specific dietary patterns and varied nutrient combinations can have a protective effect on brain health, promote cognitive function, and mediate the comorbidity of chronic conditions associated with increased AD risk.</p> <p>Summary</p> <p>Individuals at risk for AD may see a greater impact of evidence-based dietary changes when initiated earlier in the AD spectrum. Depending on individual clinical profiles, incorporation of nutrition strategies is an essential component of an AD risk reduction plan in clinical practice.</p>	Included	
Kinesiology	Amini, Y., Saif, N., Greer, C. et al	2020	The Role of Nutrition in Individualized Alzheimer's Risk Reduction	Nutrition and Aging: Current Nutrition Reports	9	55–63	https://doi.org/10.1007/s13668-020-00311-7			
Kinesiology	Anbari, K., Firouzi, M. & Abbaszadeh, S.	2019	Probiotics and gastrointestinal diseases: A promising complementary medicine resource for treatment of gastrointestinal disorders and diseases	J Pharm Pharmacogn Res	7(3)	193–199	http://jppres.com/jppres/pdf/vol7/jppres19.620_7.3.193.pdf	<p>Context: Probiotics are living microorganisms (bacteria or yeasts) whose swallowing in an appropriate number has beneficial effects on host health and improves the host microflora. Different types of digestive diseases are treated by probiotics, including inflammatory gastrointestinal diseases, functional gastrointestinal disorders, irritable bowel syndrome and ulcerative colitis.</p> <p>Aims: To analyze the role of the effect of probiotics on gastrointestinal disorders, especially intestinal illness.</p> <p>Methods: Articles related to "probiotics and digestive disorders and diseases" were searched in citation databases including PubMed, Institute for Scientific Information, Scopus, Google Scholar and Magiran. The search strategy was based on the terms "probiotics and gastrointestinal disorders". Clinical trials and systematic reviews regarding the effects of probiotics on the prevention and treatment of gastrointestinal diseases were included. Irrelevant articles were deleted, and the rest of the articles were used to conduct review.</p> <p>Results: Lactobacillus rhamnosus GG, Bifidobacterium lactis, Streptococcus thermophilus, Saccharomyces boulardii, Escherichia coli Nissle, Probiotic VSL#3, Bacillus coagulants, Lactobacillus acidophilus and</p>	Included	
Kinesiology	Arntz, A.	2012	Imagery Rescripting as a Therapeutic Technique: Review of Clinical Trials, Basic Studies, and Research Agenda	Journal of Experimental Psychopathology	3(2)	189–208	https://doi.org/10.5127/jep.024211	<p>Imagery Rescripting (ImRs) is a therapeutic technique addressing specific memories of earlier experiences associated with present problems. By imagining that the course of events is changed in a more desired direction, powerful therapeutic effects have been found. The interest in and applications of ImRs are quickly increasing. This review discusses clinical studies assessing effects of ImRs, as well as possible processes underlying ImRs, and laboratory studies examining these underlying processes. It is concluded that although research into ImRs is still in its infancy, and many studies have their methodological limitations, results are promising. Therefore a research agenda is sketched, suggesting the next steps in both clinical and fundamental research.</p>	Included	

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								<p>Objective</p> <p>To evaluate the evidence from randomised controlled trials (RCTs) and quantify the effects of acupressure on anxiety among adults.</p> <p>Methodology</p> <p>RCTs published between January 1997 and February 2014, comparing acupressure with sham control, were identified from the databases Science Citation Index/Social Sciences Citation Index, Scopus, PubMed and PsycINFO. Meta-analysis of eligible studies was performed and the magnitude of the overall effect size was calculated for the anxiety outcome. Revised STRICTA (the Standards for Reporting Interventions in Clinical Trials of Acupuncture) criteria were used to appraise the acupressure procedures, and the Cochrane risk of bias tool was used to assess the methodological quality of the studies.</p> <p>Results</p> <p>Of 39 potentially relevant studies, seven RCTs met the inclusion criteria for review while five studies met the criteria for meta-analysis. All studies reported the positive effect of acupressure on relieving anxiety from the anticipation of surgery or treatment. EX-HN3 (Yintang), HT7 (Shenmen) were the commonest points selected and two studies used bilateral points. The acupressure procedure was generally well reported and studies had a low risk of bias. The</p>		
Kinesiology	Au, D.W.H., Tsang, H.W.H., Ling, P.P.M., Leung, C.H.T., Ip, P.K. & Cheung, W.M.	2015	Effects of acupressure on anxiety: a systematic review and meta-analysis	Acupuncture in Medicine	33(5)	353-359	https://doi.org/10.1136/acupmed-2014-010720		Included	
								<p>Purpose: Acupressure is a non-invasive variant of acupuncture and is known to reduce general anxiety. The purpose of this study was to test acupressure's effect on children's dental anxiety.</p> <p>Methods: Eight- to 12-year-old children undergoing scaling and/or restorative procedures were randomly assigned to one of the following groups: acupressure (Group 1); sham (Group 2); or control (Group 3). Anxiety was recorded for all the children using the Modified Child Dental Anxiety scale (MCDAS). Acupressure beads with a piece of adhesive strip were employed over the selected acupoints for groups one and two. Anxiety was further recorded for all the children prior to and after completion of the treatment using MCDAS. The Frankl scale was used as the objective measure to assess the behavior of all the children. A physiologic parameter (pulse rate) was also recorded. The scores obtained from all the three groups were tabulated, compared, and analyzed statistically.</p> <p>Results: A significant difference was found in MCDAS, pulse rate, and the Frankl behavior ratings among the three groups of children, with acupressure group displaying a lower level of anxiety.</p> <p>Conclusion: Acupressure can be a viable alternative to reduce dental anxiety in children undergoing scaling and restorative procedures.</p>		
Kinesiology	Avisa, P., Kamatham, R., Vanjari, K. & Nuvvula, S.	2018	Effectiveness of Acupressure on Dental Anxiety in Children	Pediatric Dentistry	40(3)	177-183	PMID: 29793563.		Included	
								<p>Throughout history, many different cultures have recognized the potential use of garlic for prevention and treatment of different diseases. Recent studies support the effects of garlic and its extracts in a wide range of applications. These studies raised the possibility of revival of garlic therapeutic values in different diseases. Different compounds in garlic are thought to reduce the risk for cardiovascular diseases, have anti-tumor and anti-microbial effects, and show benefit on high blood glucose concentration. However, the exact mechanism of all ingredients and their long-term effects are not fully understood. Further studies are needed to elucidate the pathophysiological mechanisms of action of garlic as well as its efficacy and safety in treatment of various diseases.</p>		
Kinesiology	Bayan, L., Koulivand, P.H. & Gorji, A.	2014	Garlic: a review of potential therapeutic effects	Avicenna journal of phytomedicine	4(1)	1-14			Included	

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)	Included/Excluded	Rationale for exclusion
Kinesiology	Bradshaw, R.A., McDonald, M.J., Grace, R., Detwiler, L. & Austin, K.	2014	A randomized clinical trial of Observed and Experiential Integration (OEI): A simple, innovative intervention for affect regulation in clients with PTSD	Traumatology	20(3)	161–171	https://doi.org/10.1037/h0099401	Since 1994 an innovative treatment has been in development for psychological trauma, known as Observed & Experiential Integration (OEI; Bradshaw, Cook, & McDonald, 2011; Cook & Bradshaw, 1999, 2002). In this small pilot RCT, OEI outperformed a delayed treatment control condition for reduction of PTSD symptoms on the Clinician-Administered PTSD Scale (CAPS) and the Impact of Event Scale-Revised (IES-R). A script-driven symptom provocation protocol was employed. Ten mixed trauma survivors (3 male, 7 female) received three 1-hour sessions of OEI "Switching". After the delayed treatment group received the same intervention, all but one participant no longer met the criteria for PTSD. In this report, the RCT is supplemented by a qualitative 2-year follow up. OEI Switching can be easily taught to clients for affect regulation during, and between, sessions.	Included	
Kinesiology	Cai, W., Pan, J., Huang, Q., Chen, J. & Wu, Y.	2014	The role of meridian touching on neonatal hyperbilirubinemia	Chinese Journal of Practical Nursing	30(6)	9-12	https://doi.org/10.3760/cma.j.issn.1672-7088.2014.06.003	Objective To investigate the meridian touching on neonatal hyperbilirubinemia effect of adjuvant therapy. Methods 120 cases of neonatal hyperbilirubinemia were randomly divided into the observation group and the control group, 60 cases in the control group were treated with modified simple touch of domestic law, on the basis of modified simple touch, the observation group increased meridian touching, 2 times per day, once every 15 min. The nursing effect was compared between two groups. Results The observation group was significantly better than the control group in items such as daily intake of milk, sleep time, meconium drained time, jaundice. Conclusions On the basis of modified simple touch of domestic law, the addition of meridian touching can effectively reduce neonatal hyperbilirubinemia serum bilirubin levels, prevent high bilirubin encephalopathy, and promote the growth and development of newborns.	Included	
Kinesiology	Cancela, J.M., Vila Suárez, M.H., Vasconcelos, J., Lima, A. & Ayán, C.	2015	Efficacy of Brain Gym Training on the Cognitive Performance and Fitness Level of Active Older Adults: A Preliminary Study	Journal of Aging and Physical Activity	23(4)	653–8	https://doi.org/10.1123/japa.2014-0044	This study evaluates the impact of Brain Gym (BG) training in active older adults. Eighty-five participants were assigned to four training groups: BG (n = 18), BG plus water-based exercise (n = 18), land-based exercise (n = 30), and land plus water-based exercise (n = 19). The effects of the programs on the attention and memory functions were assessed by means of the symbol digit modality test. The two-min step and the eight-foot up-and-go tests were used to evaluate their impact on fitness level. No program had a significant influence on the participant's cognitive performance, while different effects on the sample' fitness levels were observed. These findings suggest that the effects of BG on the cognitive performance and fitness level of active older adults are similar to those obtained after the practice of a traditional exercise program. Whether BG is performed in isolation or combined with other exercise programs seems to have no influence on such effects.	Included	

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			Fruit and vegetable intake and incidence of type 2 diabetes mellitus: systematic review and meta-analysis.	BMJ (Clinical research ed.)	341	Article c4229	https://doi.org/10.1136/bmj.c4229	<p>Objective: To investigate the independent effects of intake of fruit and vegetables on incidence of type 2 diabetes.</p> <p>Design: Systematic review and meta-analysis.</p> <p>Data sources: Medline, Embase, CINAHL, British Nursing Index (BNI), and the Cochrane library were searched for medical subject headings and keywords on diabetes, prediabetes, fruit, and vegetables. Expert opinions were sought and reference lists of relevant articles checked.</p> <p>Study selection: Prospective cohort studies with an independent measure of intake of fruit, vegetables, or fruit and vegetables and data on incidence of type 2 diabetes.</p> <p>Results: Six studies met the inclusion criteria; four of these studies also provided separate information on the consumption of green leafy vegetables. Summary estimates showed that greater intake of green leafy vegetables was associated with a 14% (hazard ratio 0.86, 95% confidence interval 0.77 to 0.97) reduction in risk of type 2 diabetes ($P=0.01$). The summary estimates showed no significant benefits of increasing the consumption of vegetables, fruit, or fruit and vegetables combined.</p> <p>Conclusion: Increasing daily intake of green leafy vegetables could significantly reduce the risk of type 2 diabetes and should be investigated further.</p>	Included	
Kinesiology	Carter, P., Gray, L.J., Troughton, J., Khunti, K. & Davies, M.J.	2010						<p>Color is a perceptual attribute that has a significant impact on improving human emotion and memory. Studies have revealed that colored multimedia learning materials (MLMs) have a positive effect on learner's emotion and learning where it was assessed by subjective/objective measurements. This study aimed to quantitatively assess the influence of colored MLMs on emotion, cognitive processes during learning, and long-term memory (LTM) retention using electroencephalography (EEG). The dataset consisted of 45 healthy participants, and MLMs were designed in colored or achromatic illustrations to elicit emotion and that to assess its impact on LTM retention after 30-min and 1-month delay. The EEG signal analysis was first started to estimate the effective connectivity network (ECN) using the phase slope index and expand it to characterize the ECN pattern using graph theoretical analysis. EEG results showed that colored MLMs had influences on theta and alpha networks, including (1) an increased frontal-parietal connectivity (top-down processing), (2) a larger number of brain hubs, (3) a lower clustering coefficient, and (4) a higher local efficiency, indicating that color influences information processing in the brain, as reflected by ECN, together with a significant improvement in learner's emotion and memory performance. This is evidenced by a more positive emotional valence and</p>	Excluded	Study is of healthy participants.
Kinesiology	Chai, M.T., Amin, H.U., Izhar, L.I., Saad, M., Abdul Rahman, M., Malik, A.S., & Tang, T.B.	2019	Exploring EEG Effective Connectivity Network in Estimating Influence of Color on Emotion and Memory.	Frontiers in neuroinformatics		13	https://doi.org/10.3389/fninf.2019.00066			

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			The Manual Stimulation of Acupuncture Points in the Treatment of Post-Traumatic Stress Disorder: A Review of Clinical Emotional Freedom					Along with the manual stimulation of acupuncture points has been combined with components of cognitive and exposure therapies into a clinical and self-help approach known as Emotional Freedom Techniques (EFT). More than 40 clinical trials and four meta-analytic reviews of EFT treatments have demonstrated large effect sizes with a range of conditions, including pain, PTSD (in both civilian and military veteran populations), phobias, anxiety, and depression. Objective: This review describes the approach, with a focus on PTSD in veterans and service members, provides an overview of how EFT is most commonly applied, and outlines obstacles and cautions related to its implementation. Methods: Peer-reviewed clinical trials and meta-analyses of EFT in the treatment of PTSD are assessed to identify the characteristics of the approach that render it suitable for the treatment of PTSD. Results: The literature demonstrates that remediation of PTSD and comorbid conditions is typically accomplished within brief time frames, ranging from one session for phobias to between four and ten sessions for PTSD. Clinical EFT has been shown to regulate stress hormones and limbic function and to improve various neurologic markers of general health. The epigenetic effects of EFT include upregulation of immunity genes and downregulation of inflammation genes. Six		
Kinesiology	Church, D. & Feinstein, D.	2017	Techniques	Medical Acupuncture	29(4)	194-205	https://doi.org/10.1089/acu.2017.1213		Included	
			Is Tapping on Acupuncture Points an Active Ingredient in Emotional Freedom Techniques? A Systematic Review and Meta-analysis of					Emotional Freedom Techniques (EFTs) combine elements of cognitive restructuring and exposure techniques with acupoint stimulation. Meta-analyses indicate large effect sizes for posttraumatic stress disorder, depression, and anxiety; however, treatment effects may be due to components EFT shares with other therapies. This analysis reviewed whether EFTs acupressure component was an active ingredient. Six studies of adults with diagnosed or self-identified psychological or physical symptoms were compared (n = 403), and three (n = 102) were identified. Pretest vs. posttest EFT treatment showed a large effect size, Cohen's d = 1.28 (95% confidence interval [CI], 0.56 to 2.00) and Hedges' g = 1.25 (95% CI, 0.54 to 1.96). Acupressure groups demonstrated moderately stronger outcomes than controls, with weighted posttreatment effect sizes of d = -0.47 (95% CI, -0.94 to 0.0) and g = -0.45 (95% CI, -0.91 to 0.0). Meta-analysis indicated that the acupressure component was an active ingredient and outcomes were not due solely to placebo, nonspecific effects of any therapy, or nonacupressure components. Six		
Kinesiology	Church, D., Stapleton, P., Yang, A., & Gallo, F.	2018	Comparative Studies.	The Journal of nervous and mental disease,	206(10)	783-793	https://doi.org/10.1097/NMD.0000000000000878		Included	

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Kinesiology	Clond M.	2016	Emotional Freedom Techniques for Anxiety: A Systematic Review With Meta-analysis.	The Journal of nervous and mental disease,	204(5)	388–395	https://doi.org/10.1097/NMD.0000000000000483	Emotional Freedom Technique (EFT) combines elements of exposure and cognitive therapies with acupressure for the treatment of psychological distress. Randomized controlled trials retrieved by literature search were assessed for quality using the criteria developed by the American Psychological Association's Division 12 Task Force on Empirically Validated Treatments. As of December 2015, 14 studies (n = 658) met inclusion criteria. Results were analyzed using an inverse variance weighted meta-analysis. The pre-post effect size for the EFT treatment group was 1.23 (95% confidence interval, 0.82-1.64; $p < 0.001$), whereas the effect size for combined controls was 0.41 (95% confidence interval, 0.17-0.67; $p = 0.001$). Emotional freedom technique treatment demonstrated a significant decrease in anxiety scores, even when accounting for the effect size of control treatment. However, there were too few data available comparing EFT to standard-of-care treatments such as cognitive behavioral therapy, and further research is needed to establish the relative efficacy of EFT to established protocols.	Included	
Kinesiology	Cuijpers, P., van Veen, S.C., Sijbrandij, M., Yoder, W. & Cristea, I.A.	2020	Eye movement desensitization and reprocessing for mental health problems: a systematic review and meta-analysis	Cognitive Behaviour Therapy	49(3)	165-180	https://doi.org/10.1080/16506073.2019.1703801	There is no comprehensive meta-analysis of randomised trials examining the effects of Eye Movement Desensitization and Reprocessing (EMDR) on post-traumatic stress disorder (PTSD) and no systematic review at all of the effects of EMDR on other mental health problems. We conducted a systematic review and metaanalysis of 76 trials. Most trials examined the effects on PTSD (62%). The effect size of EMDR compared to control conditions was $g = 0.93$ (95% CI: 0.67–1.18), with high heterogeneity ($I^2 = 72\%$). Only four of 27 studies had low risk of bias, and there were indications for publication bias. EMDR was more effective than other therapies ($g = 0.36$; 95% CI: 0.14–0.57), but not in studies with low risk of bias. Significant results were also found for EMDR in phobias and test anxiety, but the number of studies was small and risk of bias was high. EMDR was examined in several other mental health problems, but for none of these problems, sufficient studies were available to pool outcomes. EMDR may be effective in the treatment of PTSD in the short term, but the quality of studies is too low to draw definite conclusions. There is not enough evidence to advise it for the use in other mental health problems.	Included	

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)	Included/Excluded	Rationale for exclusion
								Depression is a common, recurring and disabling illness that has become more prevalent over the past 100 years. This report reviews the etiology and pathophysiology of depression, and explores the role of omega 3 polyunsaturated fatty acids (n-3 PUFA) as a possible treatment. In seeking to understand depression, genetic factors and environmental influences have been extensively investigated. Research has led to several hypotheses for the pathophysiological basis of depression but a definitive pathogenic mechanism, or group thereof, has hitherto remained equivocal. To date, treatment has been based on the monoamine hypothesis and hence, selective serotonin reuptake inhibitors have been the most widely used class of medication. In the last decade, there has been considerable interest in n-3 PUFAs and their role in depression. These fatty acids are critical for development and function of the central nervous system. Increasing evidence from epidemiological, laboratory, and randomized placebo-controlled trials suggests deficiency of dietary n-3 PUFAs may contribute to development of mood disorders, and supplementation with n-3 PUFAs may provide a new treatment option. Conclusions based on systematic reviews and meta-analyses of published trials to date vary. Research into the effects of n-3 PUFAs on depressed mood is limited.		
Kinesiology	Deacon, G., Kettle, C., Hayes, D., Dennis, C. & Tucci, J.	2017	Omega 3 polyunsaturated fatty acids and the treatment of depression.	Critical reviews in food science and nutrition	57(1)	212-223	https://doi.org/10.1080/10408398.2013.876959	Furthermore, results from such have led to conjecture that there are higher concentrations, especially anthocyanidins, and improve cognition in experimental studies. We prospectively evaluated whether greater long-term intakes of berries and flavonoids are associated with slower rates of cognitive decline in older women. Methods: Beginning in 1980, a semiquantitative food frequency questionnaire was administered every 4 years to Nurses' Health Study participants. In 1995-2001, we began measuring cognitive function in 16,010 participants, aged ≥70 years; follow-up assessments were conducted twice, at 2-year intervals. To ascertain long-term diet, we averaged dietary variables from 1980 through the initial cognitive interview. Using multivariate-adjusted, mixed linear regression, we estimated mean differences in slopes of cognitive decline by long-term berry and flavonoid intakes. Results: Greater intakes of blueberries and strawberries were associated with slower rates of cognitive decline (eg, for a global score averaging all 6 cognitive tests, for blueberries: p-trend = 0.014 and mean difference = 0.04, 95% confidence interval [CI] = 0.01-0.07, comparing extreme categories of intake; for strawberries: p-trend = 0.022 and mean difference = 0.03, 95% CI = 0.00-0.06, comparing extreme categories of intake), after adjusting for multiple potential confounders. These effect	Included	
Kinesiology	Devore, E.E., Kang, J.H., Breteler, M.M. & Grodstein, F.	2012	Dietary intakes of berries and flavonoids in relation to cognitive decline.	Annals of neurology	72(1)	135-143	https://doi.org/10.1002/ana.23594		Included	

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			Comparison of the effectiveness of Bach flower therapy and music therapy on dental anxiety in pediatric patients: A randomized controlled study.	. J Indian Soc Pedod Prev Dent	38(1)	71-78	https://pubmed.ncbi.nlm.nih.gov/32174632/	<p>Abstract</p> <p>Background: Dental anxiety is a primary cause of missed dental appointments, delayed treatment, and untreated dental caries in children. Alternative techniques such as music therapy (MT) and Bach flower therapy (BFT) have potential to reduce anxiety. Lack of randomized controlled studies evaluating effectiveness of these methods in reducing dental anxiety led us to this study.</p> <p>Aim: To compare the effectiveness of BFT and MT on reduction of dental anxiety in pediatric patients.</p> <p>Materials and methods: A total of 120 children (aged 4-6 years) were selected and randomly allocated to three groups: BFT, MT, and control. All children received oral prophylaxis and fluoride treatment. Dental anxiety was evaluated using North Carolina Behavior Rating Scale, Facial Image Scale (FIS), and physiological parameters.</p> <p>Results: Significantly better behavior was seen in children from the BFT group as compared to the control group ($P = 0.014$). FIS scores measured postoperatively did not show significant differences among the groups. Children from the BFT and MT groups showed a significant decrease in the pulse rates intraoperatively from the preoperative period. Intraoperative systolic blood pressure in children from the MT group was significantly lower than both the BFT and the control groups. Diastolic blood pressure significantly increased in the control group.</p>	Included	
Kinesiology	Dixit, U.B. & Jasani, R.R.	2020						<p>Abstract</p> <p>Purpose of Review Evidence has clearly demonstrated the importance of lifestyle factors (e.g., diet, physical activity, smoking) in the development of cardiovascular disease (CVD). Interventions targeting these behaviors may improve outcomes for CVD patients. The aim of this review is to summarize the effects of lifestyle interventions in individuals with established CVD.</p> <p>Recent Findings Most recent trials focused on diet, physical activity, stress reduction, or a combination of these. Findings were mixed, but most interventions improved at least some markers of cardiovascular risk. Few studies measured long-term clinical outcomes, but some suggested a possible benefit of stress reduction and multifaceted interventions on cardiovascular events.</p> <p>Summary The benefits of lifestyle change for CVD patients have been established by decades of evidence. However, further research is needed to determine the optimal intensity, duration, and mode of delivery for interventions. Additional studies with long-term follow-up and measurement of clinical outcomes are also needed.</p>	Included	
			Lifestyle Medicine and the Management of Cardiovascular Disease	Current Cardiology Reports		19 Article 116	https://doi.org/10.1007/s11886-017-0925-z			
Kinesiology	Doughty, K.N., Del Pilar, N.X., Audette, A. & Katz, D.L.	2017								

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Kinesiology	Dubois, J., Scala, E., Faouzi, M. et al	2017	Chronic low back pain patients' use of, level of knowledge of and perceived benefits of complementary medicine: a cross-sectional study at an academic pain center	BMC Complementary and Alternative Medicine		17 Article 193	https://doi.org/10.1186/s12906-017-1708-1	<p>Abstract Background: Kinesiology, osteopathy, massage, and acupuncture are included in the study on page 4 of 8.</p> <p>Background Chronic pain patients often use complementary medicine (CM) to alleviate their pain; however, little is known about the use of CM by chronic low back pain (cLBP) patients. We investigated the frequency of use of CM by cLBP patients, the perceived effects of these therapies, patients' knowledge regarding CM, and patient-physician communication regarding CM.</p> <p>Method A cross-sectional survey was conducted from November 2014 to February 2015. A questionnaire was distributed by physicians to 238 consecutive patients consulting for cLBP at the Pain Center of Lausanne University Hospital, Switzerland. Poisson regression model was used to analyze patients' level of knowledge regarding various CMs, and the logistic regression model was used to assess CM use for cLBP.</p> <p>Results The questionnaire was returned by 168 cLBP patients (response rate: 70.6%). Lifetime prevalence of CM use for cLBP was 77.3%. The most commonly used therapies were osteopathy (48.8%), massage (45.2%) and acupuncture (31.6%), rated for their usefulness on a 0–10 scale as a mean \pm SD of 5.4 ± 2.7, 5.9 ± 2.5 and 3.8 ± 3.2, respectively. The CM treatment best met the study inclusion criteria for 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.</p>	Included	
Kinesiology	Eardley, S., Brien, S., Little, P., Prescott, P. & Lewith, G.	2013	Professional kinesiology practice for chronic low back pain: single-blind, randomised controlled pilot study.	Forschende Komplementarmedizin	20(3)	180-8	https://doi.org/10.1159/000346291	<p>Abstract Background: Chronic low back pain is a highly prevalent condition with no definitive treatment. Professional Kinesiology Practice (PKP) is a little known complementary medicine technique using non-standard muscle testing; no previous effectiveness studies have been performed.</p> <p>Methods: This is an exploratory, pragmatic single-blind, 3-arm randomised sham-controlled pilot study with waiting list control (WLC) in private practice UK (2007-2009). 70 participants scoring ≥ 4 on the Roland and Morris Disability Questionnaire (RMDQ) were randomised to real or sham PKP receiving 1 treatment weekly for 5 weeks or a WLC. WLC's were re-randomised to real or sham after 6 weeks. The main outcome was a change in RMDQ from baseline to end of 5 weeks of real or sham PKP. Results: With an effect size of 0.7 real treatment was significantly different to sham (mean difference RMDQ score = -2.9, $p = 0.04$, 95% CI -5.8 to -0.1). Compared to WLC,</p>	Included	

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	Eliassen, A.H., Hendrickson, S.J., Brinton, L.A., Buring, J.E., Campos, H., Dai, Q., Dorgan, J.F., Franke, A.A., Gao, Y.T., Goodman, M.T., Hallmans, G., Helzlsouer, K.J., Hoffman-Bolton, J., Hultén, K., Sesso, H.D., Sowell, A.L., Tamimi, R.M., Toniolo, P., Wilkens, L.R., Winkvist, A., ...		Circulating carotenoids and risk of breast cancer: pooled analysis of eight prospective					Abstract (or brief article description) Several observational studies have indicated that diets rich in fruits and vegetables, may reduce breast cancer risk. Most, but not all, past studies of circulating carotenoids and breast cancer have found an inverse association with at least one carotenoid, although the specific carotenoid has varied across studies. Methods: We conducted a pooled analysis of eight cohort studies comprising more than 80% of the world's published prospective data on plasma or serum carotenoids and breast cancer, including 3055 case subjects and 3956 matched control subjects. To account for laboratory differences and examine population differences across studies, we recalibrated participant carotenoid levels to a common standard by reassaying 20 plasma or serum samples from each cohort together at the same laboratory. Using conditional logistic regression, adjusting for several breast cancer risk factors, we calculated relative risks (RRs) and 95% confidence intervals (CIs) using quintiles defined among the control subjects from all studies. All P values are two-sided. Results: Statistically significant inverse associations with breast cancer were observed for α -carotene (top vs bottom quintile RR = 0.87, 95% CI = 0.71 to 1.05, P(trend) = .04), β -carotene (RR = 0.83, 95% CI = 0.70 to 0.98, P(trend) = .02), lutein+zeaxanthin (RR = 0.84, 95% CI = 0.70 to 1.01, P(trend) = .05), lycopene		
Kinesiology	Hankinson, S.E.	2012	studies.	Journal of the National Cancer Institute	104(24)	1905-1916	https://doi.org/10.1093/jnci/djs461	Review of literature and meta-analysis of the effects of carotenoids on breast cancer risk.	Included	
	Elkjaer, E., Mikkelsen, M.B., Michalak, J., Mennin, D.S. & O'Toole, M.S.	2020	Expansive and Contractive Postures and Movement: A Systematic Review and Meta-Analysis of the Effect of Motor Displays on Affective and Behavioral Responses,	Perspectives on Psychological Science	June 2020		https://doi.org/10.1177%2F1745691620919358	experimental effects of expansive and contractive motor displays on affective, hormonal, and behavioral responses. Experimental studies were located through systematic literature searches. Studies had to manipulate motor displays to either expansive or contractive displays and investigate the effect of the displays on affect, hormones, or overt behavior. Meta-analyses were conducted to determine the pooled, standardized mean differences between the effects of motor displays on affective, hormonal, and behavioral responses. From 5,819 unique records, 73 relevant studies were identified. Robust differences between expansive and contractive displays emerged for affective responses and overt behavioral responses across contexts, type of manipulation, and methods of measurement. The results suggest that the effects are driven by the absence of contractive motor displays (contractive vs. neutral displays: Hedges's g = 0.45) rather than the presence of expansive displays (expansive vs. neutral displays: g = 0.06). The findings stand as a corrective to previous research, as they indicate that it is the absence of contractive displays rather than the presence of expansive displays that alters affective and behavioral responding. Future research should include neutral control groups, use different methods to assess hormonal change, and investigate these	Included	
Kinesiology	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.	Included	

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			Sugar consumption, sugar sweetened beverages and Attention Deficit Hyperactivity Disorder: A systematic review and meta-analysis	Complementary Therapies in Medicine	53	Article 102512	https://doi.org/10.1016/j.ctim.2020.102512	<p>Background Attention-deficit/hyperactivity disorder (ADHD) is a significant neurobehavioral disorder in children and adolescence which may be affected by diet.</p> <p>Objective To evaluate the possible relationship between sugar consumption and the development of symptoms of ADHD.</p> <p>Methods In March 2020, an exhaustive systematic literature search was conducted using Google Scholar, PubMed, and Scopus. In this meta-analysis of observational studies, odds ratios, relative risks, hazard ratios, and their 95% confidence intervals, which was reported for ADHD regarding SSBS, soft drink consumption, and dietary sugars, were used to calculate ORs and standard errors. At first, a fixed-effects model was used to drive the overall effect sizes using log ORs and SEs. If there was any significant between-studies heterogeneity, the random-effects model was conducted. Cochran's Q test and I² were used to measure potential sources of heterogeneity across studies. The Newcastle-Ottawa scale was used to assess the quality of the included articles.</p> <p>Results Seven studies, two cross-sectional, two case-control,</p>	Excluded	The study does not measure health outcomes from an intervention.
Kinesiology	Farsad-Naeimi, A., Asjodi, F., Omidian, M., Askari, M., Nouri, M., Pizarro, A.B., Daneshzad, E.	2020	Energy psychology: Efficacy, speed, mechanisms	Explore (New York, N.Y.).	15(5)	340–351	https://doi.org/10.1016/j.explore.2018.11.003	<p>The most well known forms of "energy psychology" combine cognitive and exposure techniques with the stimulation of selected acupuncture points (acupoints) by tapping on them. Most clinicians who learn and utilize an acupoint tapping protocol integrate the approach within their existing clinical frameworks rather than using it as a stand-alone therapy. The method has been highly controversial, with its efficacy, purported speed, and explanatory models all questioned. Nonetheless, its utilization within clinical settings and as a self-help method has continued to expand since it was introduced more than three decades ago. This paper reviews the most salient criticisms of the method and presents research and empirically based theoretical constructs that address them. More than 100 peer-reviewed outcome studies-51 of which are randomized controlled trials-provide an evidential base for evaluating the claims and criticisms surrounding the approach. This review concludes that a growing body of evidence indicates that acupoint-based energy psychology protocols are rapid and effective in producing beneficial outcomes in the treatment of anxiety, depression, PTSD, and possibly other conditions. Mechanisms by which acupoint tapping might bring about these treatment outcomes are also proposed.</p>	Included	

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)	Included/Excluded	Rationale for exclusion
Kinesiology	Głąbska, D., Guzek, D., Groele, B. & Gutkowska, K.	2020	Fruit and Vegetable Intake and Mental Health in Adults: A Systematic Review.	Nutrients	12(1)	Article 115	https://doi.org/10.3390/nu12010115	<p>The role of a properly balanced diet in the prevention and treatment of mental disorders has been suggested, while vegetables and fruits have a high content of nutrients that may be of importance in the case of depressive disorders. The aim of the study was to conduct a systematic review of the observational studies analyzing association between fruit and vegetable intake and mental health in adults. The search adhered to the guidelines of Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA), and the review was registered in the International Prospective Register of Systematic Reviews (PROSPERO) database (CRD42019138148). A search for peer-reviewed observational studies published until June 2019 was performed in PubMed and Web of Science databases, followed by an additional manual search for publications conducted via analyzing the references of the found studies. With respect to the intake of fruit and/or vegetable, studies that assessed the intake of fruits and/or vegetables, or their processed products (e.g., juices), as a measure expressed in grams or as the number of portions were included. Those studies that assessed the general dietary patterns were not included in the present analysis. With respect to mental health, studies that assessed all the aspects of mental health in both healthy participants and subjects with physical health</p>	Included	
Kinesiology	Gong, M., Dong, H., Tang, Y., Huang, W. & Lu, F.	2020	Effects of aromatherapy on anxiety: A meta-analysis of randomized controlled trials.	Journal of affective disorders	274	1028–1040	https://doi.org/10.1016/j.jad.2020.05.118	<p>Abstract</p> <p>Scope: The effects of aromatherapy on relieving anxiety were controversial. The purpose of this meta-analysis was to evaluate the effects of aromatherapy on anxiety in patients.</p> <p>Methods and results: We searched randomized controlled trials (RCTs) about aromatherapy on decreasing anxiety on PUBMED, WEB OF SCIENCE (January 1990 to October 2019), COCHRANE LIBRARY, EMBASE (updated to October 2019), and the Chinese databases CNKI, WanFang and CBMD. Twenty-five articles (Thirty-two trials) were included in this meta-analysis. The data of scale scores of Spielberger State-Trait Anxiety Inventory (STAI) were extracted. The pooled results demonstrated that inhalation and massage aromatherapy significantly decreased anxiety levels in different conditions. The weighted mean difference was -5.16 for State Anxiety Inventory (SAI) (95%CI: -5.78, -4.55, p<0.001) and -2.85 for Trait Anxiety Inventory (TAI) (95%CI: -3.95, -1.75, p<0.001). No side effects were mentioned in all of studies.</p> <p>Conclusion: The meta-analysis suggested that aromatherapy with different essential oils could alleviate anxiety significantly no matter the reason of anxiety. However, the proper dosage of essential oils needs further research.</p>	Included	

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Kinesiology	Grosso, G., Micek, A., Godos, J., Pajak, A., Sciacca, S., Galvano, F. & Giovannucci, E.L.	2017	Dietary Flavonoid and Lignan Intake and Mortality in Prospective Cohort Studies: Systematic Review and Dose-Response Meta-Analysis.	American journal of epidemiology	185(12)	1304-1316	https://doi.org/10.1093/aje/kww207	Recent evidence has suggested that flavonoid and lignan intake may be associated with decreased risk of chronic and degenerative diseases. The aim of this meta-analysis was to assess the association between dietary flavonoid and lignan intake and all-cause and cardiovascular disease (CVD) mortality in prospective cohort studies. A systematic search was conducted in electronic databases to identify studies published from January 1996 to December 2015 that satisfied inclusion/exclusion criteria. Risk ratios and 95% confidence intervals were extracted and analyzed using a random-effects model. Nonlinear dose-response analysis was modeled by using restricted cubic splines. The inclusion criteria were met by 22 prospective studies exploring various flavonoid and lignan classes. Compared with lower intake, high consumption of total flavonoids was associated with decreased risk of all-cause mortality (risk ratio = 0.74, 95% confidence intervals: 0.55, 0.99), while a 100-mg/day increment in intake led to a (linear) decreased risk of 6% and 4% of all-cause and CVD mortality, respectively. Among flavonoid classes, significant results were obtained for intakes of flavonols, flavones, flavanones, anthocyanidins, and proanthocyanidins. Only limited evidence was available on flavonoid classes and lignans and all-cause mortality. Findings from this meta-analysis indicated that dietary flavonoids are associated with	Included	
Kinesiology	Grünenberg, K., Hillersdal, L., Walker, H.K. & Boelsbjerg, H.B.	2013	Doing Wholeness, Producing Subjects: Kinesiological Sensemaking and Energetic Kinship	Body and Society	19(4)	92-119	https://doi.org/10.1177/1357034X13479146	This article is concerned with the ways in which bodies and subjects are enacted and negotiated in the encounter between client and practitioner within specialized kinesiology – a specific complementary and alternative medical practice. In the article we trace the ideas of connections and disconnections, which are conceptualized and practised within kinesiology. We attempt to come to grips with these specific notions of relatedness through the introduction of the concept 'energetic kinship' and to relate them to more general discussions about the nature of subjects, bodies and social identity in late modern society. We argue that through the particular approach to the body as a prime locus of knowledge on which kinesiological treatment practices are based, kinesiology offers clients an alternative understanding of being-in-the-world. The understanding of the body as the locus of knowledge might, on the one hand, potentially alleviate the individual from the weight of a late modern focus on self-responsible, rational and autonomous individuality, while, on the other hand, it simultaneously supports this understanding. Hence, we argue that kinesiology operates with a subject which is both inherently related and individual at the same time, and that these particular understandings may be appealing in a world in which health and	Excluded	Article does not measure health outcomes from the use of kinesiology.

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			The effectiveness of aromatherapy on preoperative anxiety in adults: A systematic review and meta-analysis of randomized controlled trials.					<p>Background: Preoperative anxiety is very common in adults awaiting all types of surgical procedures, which can interfere with the start and completion of surgery and increase the risk of postoperative complications. In this context, many researchers and clinical practitioners have attempted to use aromatherapy to help adults reduce preoperative anxiety.</p> <p>Objective: To investigate systematically the efficacy of aromatherapy on preoperative anxiety in adults.</p> <p>Design: A systematic review and meta-analysis of randomized controlled trials was undertaken.</p> <p>Data sources: PubMed, Embase, Cochrane Library, Web of Science, PsycINFO and CINAHL were comprehensively searched from their inception to June 2020.</p> <p>Review methods: Studies on the use of aromatherapy for treating preoperative anxiety in adults were included. Two reviewers assessed the risk of bias of the included studies independently using the Cochrane Collaboration 'Risk of Bias' tool. Overall meta-analysis and five subgroup analyses regarding the type of control, the type of aroma preparations, delivery mode, session length and surgery type were performed using RevMan 5.3. The Higgins' I² (%) statistic was used to measure heterogeneity. A funnel plot and Egger's test were used to evaluate publication bias.</p>		
Kinesiology	Guo, P., Li, P., Zhang, X., Liu, N., Wang, J., Yang, S., Yu, L. & Zhang, W.	2020		International journal of nursing studies	111	Article 103747	https://doi.org/10.1016/j.ijnurstu.2020.103747		Included	
			Clinical Evidence for Association of Acupuncture and Acupressure With Improved Cancer PainA Systematic Review and Meta-					<p>Importance: Research into acupuncture and acupressure and their application for cancer pain has been growing, but the findings have been inconsistent.</p> <p>Objective: To evaluate the existing randomized clinical trials (RCTs) for evidence of the association of acupuncture and acupressure with reduction in cancer pain.</p> <p>Data Sources: Three English-language databases (PubMed, Embase, and CINAHL) and 4 Chinese-language biomedical databases (Chinese Biomedical Literature Database, VIP Database for Chinese Technical Periodicals, China National Knowledge Infrastructure, and Wanfang) were searched for RCTs published from database inception through March 31, 2019.</p> <p>Study Selection: Randomized clinical trials that compared acupuncture and acupressure with a sham control, analgesic therapy, or usual care for managing cancer pain were included.</p> <p>Data Extraction and Synthesis: Data were screened and extracted independently using predesigned forms. The quality of RCTs was appraised with the Cochrane Collaboration risk of bias tool. Random-effects modeling was used to calculate the effect sizes of included RCTs. The quality of evidence was evaluated with the Grading of Recommendations Assessment, Development and Evaluation approach.</p>		
Kinesiology	He, Y., Guo, X., May, B.H. et al	2019	Analysis	JAMA Oncology	6(2)	271-278	https://doi.org/10.1001/jamaoncol.2019.5233		Included	

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Kinesiology	Hullings, A.G., Sinha, R., Liao, L.M., Freedman, N.D., Graubard, B.I., & Loftfield, E.	2020	(2020). Whole grain and dietary fiber intake and risk of colorectal cancer in the NIH-AARP Diet and Health Study cohort.	The American journal of clinical nutrition	112(3)	603-612	https://doi.org/10.1093/ajcn/nqaa161	<p>Abstract: Whole grain and dietary fiber intake are thought to be inversely related to colorectal cancer (CRC). However, whether these associations reflect fiber or fiber source remains unclear.</p> <p>Objectives: We evaluated associations of whole grain and dietary fiber intake with CRC risk in the large NIH-AARP Diet and Health Study.</p> <p>Methods: We used Cox proportional hazard models to estimate HRs and 95% CIs for whole grain and dietary fiber intake and risk of CRC among 478,994 US adults, aged 50-71 y. Diet was assessed using a self-administered FFQ at baseline in 1995-1996, and 10,200 incident CRC cases occurred over 16 y and 6,464,527 person-years of follow-up. We used 24-h dietary recall data, collected on a subset of participants, to evaluate the impact of measurement error on risk estimates.</p> <p>Results: After multivariable adjustment for potential confounders, including folate, we observed an inverse association for intake of whole grains (HRQ5 vs.Q1 : 0.84; 95% CI: 0.79, 0.90; P-trend < 0.001), but not dietary fiber (HRQ5 vs. Q1: 0.96; 95% CI: 0.88, 1.04; P-trend = 0.40), with CRC incidence. Intake of whole grains was inversely associated with all CRC cancer subsites, particularly rectal cancer (HRQ5 vs. Q1: 0.76; 95% CI: 0.67, 0.87; P-trend < 0.001). Fiber from grains, but not other sources, was associated</p>	Included	
Kinesiology	Hunt, M. & Fenton, M.	2007	Imagery rescripting versus in vivo exposure in the treatment of snake fear	Journal of Behavior Therapy and Experimental Psychiatry	38(4)	329-344	https://doi.org/10.1016/j.jbtep.2007.09.001	<p>This study compared imagery rescripting, in vivo exposure therapy and their combination in the treatment of snake fear. Imaginal ability was assessed pre-treatment, and was correlated with baseline avoidance. Snake fearful individuals were randomly assigned to cognitive therapy involving imagery rescripting, in vivo exposure, a combination of the two, or a relaxation control. All active treatment groups improved significantly more than the control group in both fearfulness and behavioral approach. There were no significant differences between the active treatment groups, although the combined treatment tended to be slightly more efficacious.</p>	Included	
Kinesiology	Hyun-Suk, K., Ji-Soon, K. & So-Hyun, S.	2007	Comparison of the Effects of Meridian Massage and Hand Massage on the Affected Upper Extremity of Stroke Patients	J Korean Acad Fundam Nurs.	14(3)	270-0	https://doi.org/10.3760/cma.j.issn.1672-7088.2014.06.003	<p>Purpose: In this study, the effects of meridian massage and hand massage on the affected upper extremity of patients with a stroke were identified.</p> <p>Method: A nonequivalent control group non-synchronized design was used. Participants were 84 (Experimental. 1: 28, Experimental. 2: 28, Control.: 28) patients with a stroke who were hospitalized in K oriental medical center. Experimental treatment for patients in experimental group 1 was the meridian massage for 10 minutes daily for 2 weeks, and for those in experimental group 2, hand massage for 2 minutes, 30 seconds each, daily for 2 weeks.</p> <p>Outcome variables were upper extremity function (grip power, shoulder pain, edema, ROM), ADL, and depression. Data were analyzed using SPSS PC+ version.</p> <p>Results: The score for upper extremity functions and ADL were significantly higher in experimental group 1 who had meridian massage than for experimental group 2 or the control group. Experimental group 1 showed less depression than experimental 2 or the control group.</p> <p>Conclusion: Meridian massage can be an effective nursing intervention to improve upper extremity function and ADL, and to decrease depression in patients stroke who have had a stroke.</p>	Included	

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Kinesiology	Inagaki, K., Shimizu, T. & Sakairi, Y.	2018	Effects of posture regulation on mood states, heart rate and test performance in children	Educational Psychology	38(9)	1129-1146	https://doi.org/10.1080/01443410.2018.1504003	<p>This experiment aimed to investigate the effects of seated posture regulation on children's psychological and physiological state and test performance. Thirty-eight boys (mean age: 12.3 ± 0.53 years) participated in both upright and normal posture conditions in a within-participants design. Participants completed a two-dimensional mood scale to measure psychological mood states and performed three tests (calculation, listening comprehension and word memory). Heart rate, as an index of physiological arousal state, was measured. Upright posture resulted in greater vitality and pleasure, as well as increased heart rate, compared with normal posture. Upright posture also led to significantly higher scores for calculation and listening comprehension tests. Moreover, increases in vitality level positively influenced increases in calculation and listening comprehension test scores. This study suggests that adopting an upright posture results in maintaining a positive psychological state and improving test performance of children.</p>	Included	
Kinesiology	Jensen, A.M.	2018	Emerging from the Mystical: rethinking muscle response testing (MRT) as an ideomotor effect	Energy Psychology	10(2)	13-27		<p>Muscle Response Testing (MRT) is an assessment tool estimated to be used by over one million people worldwide, mainly in the field of alternative health care. During a test, a practitioner applies a force on a patient's isometrically contracted muscle for the purpose of gaining information about the patient in order to guide care. The practitioner notes the patient's ability or inability to resist the force and interprets the outcome according to predetermined criteria. Though recent research supports the validity of MRT, little is known about its mechanism of action. Nevertheless, its causation is often attributed to an ideomotor effect, which can be defined as muscular activity, potentially nonconscious, and seemingly brought about by a third-party operator. Accordingly, the aim of this study is to investigate whether the ideomotor effect is a plausible explanation of action for MRT.</p> <p>Methods</p> <p>This is a retrospective, observational study of data extraction from a previously reported study of the diagnostic accuracy of MRT used to distinguish true from false statements. Additional analysis was carried out on the dataset of assessing for potential sources of bias—both practitioner bias and patient bias.</p> <p>Results</p> <p>When practitioners were blind, they achieved a mean</p>	Included	

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			Treating Spider Phobia Using Neuro Emotional Technique:	The Journal of alternative and complementary medicine	15(12)	1363–1374	https://doi.org/10.1089/acm.2008.0595	<p>Specific phobia, the most common anxiety disorder, can disrupt lives, limit work efficiency, reduce self-esteem, and strain relationships. Current interventions show some degree of success, yet relapse is common. Consequently, the need for a more effective and durable intervention is evident. The purpose of this pilot study is to investigate the efficacy of a new intervention, Neuro Emotional Technique™ (NET), on individuals with spider phobia, and to determine whether further investigation is warranted.</p> <p>Methods</p> <p>Participants who met the inclusion criterion that spider phobia impacted their daily lives were randomized to either a control group that received no intervention (N = 7), or to an experimental group that received two 30-minute sessions of NET approximately 2 weeks apart (N = 8). The primary measure was the Subjective Units of Distress Scale, and secondary measures were the Spider Questionnaire, Behavioral Assessment Test, Beck Anxiety Inventory, and change in heart rate (HR).</p> <p>Results</p> <p>Compared with the no-intervention control group, statistical analysis indicates a significant advantage for the NET group in regard to state anxiety/subjective distress, reported fear, and 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.</p> <p>Background</p> <p>Manual muscle testing (MMT) is a non-invasive assessment tool used by a variety of health care providers to evaluate neuromusculoskeletal integrity, and muscular strength in particular. In one form of MMT called muscle response testing (MRT), muscles are said to be tested, not to evaluate muscular strength, but neural control. One established, but insufficiently validated, application of MRT is to assess a patient's response to semantic stimuli (e.g. spoken lies) during a therapy session. Our primary aim was to estimate the accuracy of MRT to distinguish false from true spoken statements, in randomised and blinded experiments. A secondary</p>	Included	
Kinesiology	Jensen, A.M. & Ramasamy, A.	2009	Findings from a Pilot Study							
			Estimating the accuracy of muscle response testing: two randomised-order blinded studies ¹ .	BMC Complementary and Alternative Medicine	16(1)	Article 492	10.1186/s12906-016-1416-2	<p>Manual muscle testing (MMT) is a non-invasive assessment tool used by a variety of health care providers to evaluate neuromusculoskeletal integrity, and muscular strength in particular. In one form of MMT called muscle response testing (MRT), muscles are said to be tested, not to evaluate muscular strength, but neural control. One established, but insufficiently validated, application of MRT is to assess a patient's response to semantic stimuli (e.g. spoken lies) during a therapy session. Our primary aim was to estimate the accuracy of MRT to distinguish false from true spoken statements, in randomised and blinded experiments. A secondary</p>	Excluded	The study does not measure health outcomes only physiological parameters of healthy participants.
Kinesiology	Jensen, A.M., Stevens, R.J. & Burls, A.J.	2016								

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								<p>Introduction</p> <p>Although DMT is primarily used in the diagnosis of neuromusculoskeletal (NMS) disorders, previous studies have attempted to use other forms of manual muscle testing (MMT) to detect conditions other than NMS. For instance, muscle response testing (MRT) was used to distinguish lies (a known stressor) from truth. Therefore, it is hypothesised that DMT might be used to detect deceit as well, and the aim of this study was to investigate if grip strength via dynamometric muscle testing (DMT) could be used to distinguish lies from truth.</p> <p>Methods</p> <p>A prospective study of diagnostic test accuracy was carried out. Twenty participants, aged 18–65 years, with healthy hands, were recruited. Participants were given a visual stimulus and followed an auditory instruction to lie or to tell the truth about the stimulus, before recording grip strength with a dynamometer. Testing proceeded in this manner until 20 DMTs were performed, 10 by each hand. We analysed the accuracy of grip strength for detecting lies.</p> <p>Results</p> <p>The mean grip strength after true statements was found to be 24.9 kg (95% CI 20.3 to 29.6), and after false statements, 24.8 (95% CI 20.2 to 29.5), which</p>		
Kinesiology	Jensen, A.M., Stevens, R.J. & Burls, A.J.	2018	Muscle testing for lie detection: Grip strength dynamometry is inadequate.	European Journal of Integrative Medicine.		17 16-21	https://doi.org/10.1016/j.eujim.2017.11.001		Excluded	The study does not measure health outcomes only physiological parameters of healthy participants.
								<p>INTRODUCTION:Muscle response testing (MRT) is an assessment method used by 1 million practitioners worldwide, yet its usefulness remains uncertain. The aim of this study, one in a series assessing the accuracy of MRT, was to determine whether emotionally arousing stimuli influence its accuracy compared to neutral stimuli. METHODS:To assess diagnostic test accuracy 20 MRT practitioners were paired with 20 test patients (TPs). Forty MRTs were performed as TPs made true and false statements about emotionally arousing and neutral pictures. Blocks of MRT alternated with blocks of intuitive guessing (IG). RESULTS:MRT accuracy using emotionally arousing stimuli was different than when using neutral stimuli. However, MRT accuracy was found to be significantly better than IG and chance. Similar to previous studies in this series, this study failed to detect any characteristic that consistently influenced MRT accuracy. CONCLUSION:Using emotionally arousing stimuli had no effect on MRT accuracy compared to using neutral stimuli. This study would have been strengthened by adding personally relevant lies instead of impersonal stimuli. A limitation of this study is its lack of generalizability to other applications of MRT. This study shows that a simple yet robust methodology for assessing MRT as a diagnostic tool can be implemented effectively.</p>		
Kinesiology	Jensen, A.M., Stevens, R.J. & Burls, A.J.	2019	The Impact of using emotionally arousing stimuli on muscle response testing (MRT) accuracy	Complementary Medicine Research	26(5)	301-309	https://doi.org/10.1159/000497188		Excluded	The study does not measure health outcomes only physiological parameters of healthy participants.

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Kinesiology	Jensen, A.M., Stevens, R.J. & Burls, A.J.	2020	Investigating the validity of muscle response testing: Blinding the patient using subliminal visual stimuli	Advances in Integrative Medicine	7(1)	29-38	https://doi.org/10.1016/j.aimed.2019.04.002	<p>Research objective: To determine if muscle response Testing (MRT) can be used to distinguish lies from truths using blind test patients. Design: A prospective study of diagnostic test accuracy was carried out using MRT to distinguish lies from truth. Methods: Twenty practitioners who routinely practised MRT were paired with 20 blind test patients (TPs). TPs were asked to speak simple true and false statements about visual stimuli presented subliminally (at 20 ms). In the subliminal phase, pairs performed 20 MRTs and 20 Intuitive Guesses (IG), consisting of 2 blocks of 10 statements each. In the Supraliminal Phase, the same picture-statement pairs were repeated. The order of stimuli presentation was randomly assigned so that each pair was presented with a unique series of stimuli. Results: In the Subliminal Phase, MRT accuracy (as percent correct) was found to be 48.5% (95% CI 42.8–54.2), which was no different from IG accuracy (47.8%; 95% CI 43.2–52.3; $p = 0.68$) or chance (50.0%; $p = 0.59$), and no different from MRT accuracy during the supraliminal phase (59.0%; 95% CI 50.4–67.6; $p = 0.05$). However, supraliminal MRT accuracy was significantly different from chance ($p = 0.04$), indicating that the pairs could perform MRT proficiently. Conclusion: The main reason for finding no effect is suspected to be due to an inadequate subliminal methodology, a process which is quite</p>	Excluded	The study does not measure health outcomes only physiological parameters of healthy participants.
Kinesiology	Khandelwal, S.	2020	Obesity in midlife: lifestyle and dietary strategies	Climacteric	23(2)	140-147	https://doi.org/10.1080/13697137.2019.1660638	<p>As the rate of obesity increases globally, so does the incidence of other non-communicable diseases such as diabetes, cardiovascular disease, cancer, osteoporosis, osteoarthritis, and dementia, which have been referred to as 'adiposity-based chronic disease'. With timely lifestyle modification such as behavioral changes, implementation of a healthy diet, and proper physical activity, many of these diseases can be prevented. Weight gain is one of the major health concerns of midlife. Midlife body changes are the result of aging, menopause, and other influences unique to menopausal women which interfere with adoption of a healthy lifestyle. Reduced metabolism levels lead to low energy levels, which discourage physical activity. In addition, with the onset of bone loss, menopausal women begin to lose muscle mass and gain more fat, resulting in osteopenic sarcopenic obesity. Adoption of a healthy lifestyle is a first-line option in the treatment for these midlife changes. Lifestyle medicine offers a broad set of network-based interventions, which need to be brought to the forefront in preventing and managing obesity at all stages. This review article focuses on evidence-based lifestyle changes and their</p>	Included	

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)	Included/Excluded	Rationale for exclusion
								<p>Observational studies have linked lower omega-3 (n-3) polyunsaturated fatty acids (PUFAs) and higher omega-6 (n-6) PUFAs with inflammation and depression, but randomized controlled trial (RCT) data have been mixed. To determine whether n-3 decreases proinflammatory cytokine production and depressive and anxiety symptoms in healthy young adults, this parallel group, placebo-controlled, double-blind 12-week RCT compared n-3 supplementation with placebo. The participants, 68 medical students, provided serial blood samples during lower-stress periods as well as on days before an exam. The students received either n-3 (2.5 g/d, 2085 mg eicosapentaenoic acid and 348 mg docosahexanoic acid) or placebo capsules that mirrored the proportions of fatty acids in the typical American diet. Compared to controls, those students who received n-3 showed a 14% decrease in lipopolysaccharide (LPS) stimulated interleukin 6 (IL-6) production and a 20% reduction in anxiety symptoms, without significant change in depressive symptoms. Individuals differ in absorption and metabolism of n-3 PUFA supplements, as well as in adherence; accordingly, planned secondary analyses that used the plasma n-6:n-3 ratio in place of treatment group showed that decreasing n-6:n-3 ratios led to lower anxiety and reductions in stimulated IL-6 and tumor necrosis factor alpha (TNF-α) production, as well as sleep and circadian rhythms are among the most powerful but least understood contributors to cognitive performance and brain health. Here we capitalize on the circadian resetting effect of blue-wavelength light to phase shift the sleep patterns of adult patients (aged 18-48 years) recovering from mild traumatic brain injury (mTBI), with the aim of facilitating recovery of brain structure, connectivity, and cognitive performance. During a randomized, double-blind, placebo-controlled trial of 32 adults with a recent mTBI, we compared 6-weeks of daily 30-min pulses of blue light (peak λ = 469 nm) each morning versus amber placebo light (peak λ = 578 nm) on neurocognitive and neuroimaging outcomes, including gray matter volume (GMV), resting-state functional connectivity, directed connectivity using Granger causality, and white matter integrity using diffusion tensor imaging (DTI). Relative to placebo, morning blue light led to phase-advanced sleep timing, reduced daytime sleepiness, and improved executive functioning, and was associated with increased volume of the posterior thalamus (i.e., pulvinar), greater thalamo-cortical functional connectivity, and increased axonal integrity of these pathways. These findings provide insight into the contributions of the circadian and sleep systems in brain repair and lay the groundwork for interventions targeting the retinohypothalamic system to facilitate</p>		
Kinesiology	Kiecolt-Glaser, J.K., Belury, M.A., Andridge, R., Malarkey, W.B. & Glaser, R.	2011	Omega-3 supplementation lowers inflammation and anxiety in medical students: a randomized controlled trial	Brain, behavior, and immunity	25(8)	1725-1734	https://doi.org/10.1016/j.bbi.2011.07.229	anxiety and reductions in stimulated IL-6 and tumor necrosis factor alpha (TNF-α) production, as well as sleep and circadian rhythms are among the most powerful but least understood contributors to cognitive performance and brain health. Here we capitalize on the circadian resetting effect of blue-wavelength light to phase shift the sleep patterns of adult patients (aged 18-48 years) recovering from mild traumatic brain injury (mTBI), with the aim of facilitating recovery of brain structure, connectivity, and cognitive performance. During a randomized, double-blind, placebo-controlled trial of 32 adults with a recent mTBI, we compared 6-weeks of daily 30-min pulses of blue light (peak λ = 469 nm) each morning versus amber placebo light (peak λ = 578 nm) on neurocognitive and neuroimaging outcomes, including gray matter volume (GMV), resting-state functional connectivity, directed connectivity using Granger causality, and white matter integrity using diffusion tensor imaging (DTI). Relative to placebo, morning blue light led to phase-advanced sleep timing, reduced daytime sleepiness, and improved executive functioning, and was associated with increased volume of the posterior thalamus (i.e., pulvinar), greater thalamo-cortical functional connectivity, and increased axonal integrity of these pathways. These findings provide insight into the contributions of the circadian and sleep systems in brain repair and lay the groundwork for interventions targeting the retinohypothalamic system to facilitate	Excluded	Study is of healthy participants.
Kinesiology	Killgore, W.D.S., Vanuk, J.R., Shane, B.R., Weber, M. & Bajaj, S.	2020	A randomized, double-blind, placebo-controlled trial of blue wavelength light exposure on sleep and recovery of brain structure, function, and cognition following mild traumatic brain injury.	Neurobiology of disease	134	Article 104659	https://doi.org/10.1016/j.nbd.2019.104679	brain repair and lay the groundwork for interventions targeting the retinohypothalamic system to facilitate	Included	

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)	Included/Excluded	Rationale for exclusion
			Flavonoid intake and mortality from cardiovascular disease and all causes: A meta-analysis of prospective cohort studies.	Clinical nutrition ESPEN	20	68-77	https://doi.org/10.1016/j.clnesp.2017.03.004	<p>Although both observational and interventional studies have suggested that flavonoid intake is associated with a decreased risk of coronary heart disease and cardiovascular disease (CVD). There are many epidemiological studies on flavonoid intake and mortality, but no comprehensive investigation has yet been conducted. To quantitatively assess the association between flavonoid intake and mortality from CVD and all-causes, we performed a meta-analysis of prospective cohort studies.</p> <p>Methods: Eligible studies were identified by searching PubMed and Web of Science databases for all articles published up to May 2016 and via hand searching. Study-specific estimates adjusting for potential confounders were combined to calculate a pooled relative risk (RR) with 95% confidence interval (CI) using a random-effects model.</p> <p>Results: A total of 15 prospective cohort studies that examined the association between flavonoid intake and mortality from CVD and all-causes were identified. The pooled RR of CVD mortality for the highest versus lowest category of flavonoid intake was 0.86 (95% CI: 0.75, 0.98). By subclass of flavonoids, all classes, except flavonols and isoflavones, showed significant inverse associations. A nonlinear association was found between flavonoid intake and CVD mortality in the dose-response analysis. For total mortality, a high intake of flavonoids was associated with a 10% reduction in mortality.</p> <p>Conclusions: Our meta-analysis supports the health benefits of dietary fibre, such as improving lipid profiles, lowering blood pressure and improving insulin sensitivity, but evidence from comprehensive investigation of dietary fibre intake and mortality from cardiovascular disease (CVD) and all cancers is limited.</p> <p>Aims: To quantitatively assess the association between dietary fibre intake and mortality from CVD and all cancers.</p> <p>Methods: We performed a meta-analysis of prospective cohort studies. Eligible studies were identified by searching PubMed and Embase databases for all articles published up to September 2014 and via hand searching. Study-specific estimates adjusting for potential confounders were combined to calculate pooled relative risks (RRs) with 95% confidence intervals (CIs), using a random-effects model.</p> <p>Results: We found 15 studies that examined the association between dietary fibre and mortality from CVD, coronary heart disease (CHD) and all cancers. The pooled RRs of CVD, CHD and all-cancer mortality for the highest versus lowest category of dietary fibre were 0.77 (95% CI: 0.71-0.84), 0.76 (95% CI: 0.67-0.87) and 0.86 (95% CI: 0.79-0.93), respectively. In a dose-response meta-analysis, the pooled RRs for an increment of 10 g/day in dietary fibre intake were</p>	Included	
Kinesiology	Kim, Y., & Je, Y.	2016	Dietary fibre intake and mortality from cardiovascular disease and all cancers: A meta-analysis of prospective cohort studies.	Archives of cardiovascular diseases	109(1)	39-54	https://doi.org/10.1016/j.acvd.2015.09.005		Included	

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)	Included/Excluded	Rationale for exclusion
								<p>In order to be able to use the aroma hand massage as a skill that can be done by a nurse who does not have a special aromatherapy technique, we examine antistress effects of simplified aroma hand massage for healthy subjects. We evaluated the anti-stress action of aroma hand massage and the different components of the procedure in 20 healthy women in their twenties. We used autonomic nervous function measured via electrocardiogram as an index of stress. After conducting a baseline electrocardiogram, we induced stress in the participants by asking them to spend 30 minutes completing Kraepelin's arithmetic test. We then administered various treatments and examined the anti-stress effects. Kraepelin's test significantly increased sympathetic nervous function and significantly reduced parasympathetic nervous function. Compared with massage without essential oil or aroma inhalation, aroma hand massage significantly increased parasympathetic nervous function and significantly decreased sympathetic nervous function. The effect of the aroma hand massage persisted when the procedure was simplified. The anti-stress action of the aroma hand massage indicates that it might have beneficial application as a nursing technique. There are several limitations in this study: ambiguities of low background and objectives.</p>		
Kinesiology	Komori, T., Kageyama, M., Tamura, Y., Tateishi, Y. & Iwasa, T.	2018	Anti-stress effects of simplified aroma hand massage.	Mental illness	10(1)		7619 https://doi.org/10.4081/mi.2018.7619		Included	
								<p>Literature suggests that imagery rescripting (ImRs) is an effective psychological intervention.</p> <p>Methods</p> <p>We conducted a meta-analysis of ImRs for psychological complaints that are associated with aversive memories. Relevant publications were collected from the databases Medline, PsychInfo, and Web of Science.</p> <p>Results</p> <p>The search identified 19 trials (including seven randomized controlled trials) with 363 adult patients with posttraumatic stress disorder (eight trials), social anxiety disorder (six trials), body dysmorphic disorder (two trials), major depression (one trial), bulimia nervosa (one trial), or obsessive compulsive disorder (one trial). ImRs was administered over a mean of 4.5 sessions (range, 1–16). Effect size estimates suggest that ImRs is largely effective in reducing symptoms from pretreatment to posttreatment and follow-up in the overall sample (Hedges' $g = 1.22$ and 1.79, respectively). The comparison of ImRs to passive treatment conditions resulted in a large effect size ($g = 0.90$) at posttreatment. Finally, the effects of ImRs on comorbid depression, aversive imagery, and encapsulated beliefs were also large.</p>		
Kinesiology	Kunze, A.E., Arntz, A., Morina, N., Kindt, M. & Lancee, J.	2017	Efficacy of imagery rescripting and imaginal exposure for nightmares: A randomized wait-list controlled trial	Behaviour Research and Therapy		55 6-15	https://doi.org/10.1016/j.jbtep.2016.11.003	<p>Limitations</p> <p>Most of the analyses involved pre-post comparisons</p>	Included	

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)	Included/Excluded	Rationale for exclusion
			Behavioural Risk Factors in Mid-Life Associated with Successful Ageing, Disability, Dementia and Frailty in Later Life: A Rapid Systematic Review.	PloS one	11(2)	Article e0144405	https://doi.org/10.1371/journal.pone.0144405	<p>Ageing is often associated with poor diet and low levels of physical activity significantly contribute to the burden of illness in developed countries. Whilst the links between specific and multiple risk behaviours and individual chronic conditions are well documented, the impact of these behaviours in mid-life across a range of later life outcomes has yet to be comprehensively assessed. This review aimed to provide an overview of behavioural risk factors in mid-life that are associated with successful ageing and the primary prevention or delay of disability, dementia, frailty and non-communicable chronic conditions.</p> <p>Methods: A literature search was conducted to identify cohort studies published in English since 2000 up to Dec 2014. Multivariate analyses and a minimum follow-up of five years were required for inclusion. Two reviewers screened titles, abstracts and papers independently. Studies were assessed for quality. Evidence was synthesised by mid-life behavioural risk for a range of late life outcomes.</p> <p>Findings: This search located 10,338 individual references, of which 164 are included in this review. Follow-up data ranged from five years to 36 years. Outcomes include dementia, frailty, disability and cardiovascular disease. There is consistent evidence of beneficial associations between mid-life physical activity, healthy ageing and disease outcomes. Across</p>	Excluded	The systematic review does not assess the health outcomes of any intervention.
Kinesiology	Lafortune, L., Martin, S., Kelly, S., Kuhn, I., Remes, O., Cowan, A. & Brayne, C.	2016	An evidence-based appraisal of complementary and alternative medicine strategies for the management of hypertension	Journal of Hypertension	38(8)	1412–9	https://doi.org/10.1097/HJH.00000000000002433	<p>hypertension is a major risk factor for cardiovascular disease and all-cause mortality. Numerous antihypertensive medications and lifestyle changes have proven effective for the reduction of blood pressure (BP). Over the past few decades, the emergence of complementary and alternative medicine (CAM)-based strategies to lower BP have broadened the therapeutic armamentarium for hypertension. CAM is defined as a group of heterogeneous medical treatments that are used to enhance the effect of standard therapy, or, conversely, are implemented as an alternative to standard practice. The available body of evidence does substantiate the BP-lowering effects of certain CAM-based therapies in individuals with and without established hypertension. Collectively, alternative strategies for BP reduction have undergone less rigorous testing than traditional BP-lowering strategies and the lack of robust clinical data has greatly hampered the broad-scale adoption of CAM therapies into clinical practice. Despite these limitations, CAM-based therapies for the reduction of BP require reconsideration as they could offer substantial public health benefits given the high prevalence of hypertension in the general population. This article reviews some of the most promising CAM-based therapies for the reduction of BP and cardiovascular outcomes based on the</p>	Included	

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)	Included/Excluded	Rationale for exclusion
			The Efficacy of Acupressure for Symptom Management: A Systematic Review	Journal of pain and symptom management,	42(4)	589-603	https://doi.org/10.1016/j.jpainsymman.2011.01.007	<p>Abstract</p> <p>Context Acupressure is a non-invasive strategy used to manage various symptoms.</p> <p>Objectives The purpose of this paper was to review randomized controlled trials (RCTs) that investigated the efficacy of acupressure for the management of symptoms.</p> <p>Methods A literature search was conducted in the Cumulative Index to Nursing and Allied Health Literature (CINAHL), Medline, and PubMed, using the key words acupressure, clinical trial, human, and/or randomized. RCTs published between January 1, 2000 and January 31, 2010, which used acupressure as an intervention for one group, were included when they were written in English and when there were four or more studies of the efficacy of acupressure for that particular symptom.</p> <p>Results Forty-three studies were included in this review. Investigators in 16 of 23 studies concluded acupressure was effective, primarily for the management of nausea and vomiting in patients during pregnancy and during chemotherapy. Investigators in nine of ten studies concluded that acupressure was effective for pain in patients with dysmenorrhea, during labor, and after trauma.</p>	Included	
Kinesiology	Lee, E.J. & Frazier, S.	2011						<p>Aims: Fatty fish and marine omega-3 fatty acids were associated with lower rates of heart failure (HF) among US elderly, but this has not been confirmed in broader age ranges or other populations where source and type of fish may differ. We therefore conducted a population-based, prospective study of 39 367 middle-aged and older Swedish men.</p> <p>Methods and results: Diet was measured using food-frequency questionnaires. Men were followed for HF through Swedish inpatient and cause-of-death registers from 1 January 1998 to 31 December 2004. We used proportional hazards models adjusted for age and other covariates to estimate hazard ratios (HR). Compared with no consumption, men who ate fatty fish once per week had an HR of 0.88 (95% CI 0.68-1.13). Hazard ratios for consumption two times per week and > or =3 times per week were 0.99 and 0.97, respectively. Hazard ratios across quintiles of marine omega-3 were 1, 0.94 (95% CI 0.74-1.20), 0.67 (95% CI 0.50-0.90), 0.89 (95% CI 0.68-1.16), 1.00 (95% CI 0.77-1.29).</p> <p>Conclusion: In this population, moderate intake of fatty fish and marine omega-3 fatty acids was associated with lower rates of HF, though the association for fish intake was not statistically significant; higher intake was not associated with additional benefit.</p>	Included	
			Fish consumption, marine omega-3 fatty acids, and incidence of heart failure: a population-based prospective study of middle-aged and elderly men.	European heart journal	30(12)	1495-1500	https://doi.org/10.1093/eurheartj/ehp111			
Kinesiology	Leviton, E.B., Wolk, A. & Mittleman, M.A.	2009								

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)	Included/Excluded	Rationale for exclusion
Kinesiology	Levitan, E.B., Wolk, A. & Mittleman, M.A.	2010	Fatty fish, marine omega-3 fatty acids and incidence of heart failure.	European journal of clinical nutrition	64(6)	587-594	https://doi.org/10.1038/ejcn.2010.50	<p>Background/objective: Marine omega-3 fatty acids have beneficial effects on cardiovascular risk factors. Consumption of fatty fish and marine omega-3 has been associated with lower rates of cardiovascular diseases. We examined the association of fatty fish and marine omega-3 with heart failure (HF) in a population of middle-aged and older women.</p> <p>Subjects/methods: Participants in the Swedish Mammography Cohort aged 48-83 years completed 96-item food-frequency questionnaires. Women without any history of HF, myocardial infarction or diabetes at baseline (n=36,234) were followed from 1 January 1998 until 31 December 2006 for HF hospitalization or mortality through Swedish inpatient and cause-of-death registers; 651 women experienced HF events. Cox proportional hazards models accounting for age and other confounders were used to calculate incidence rate ratios (RR) and 95% confidence intervals (CI).</p> <p>Results: Compared with women who did not eat fatty fish, RR were 0.86 (95% CI: 0.67, 1.10) for <1 serving per week, 0.80 (95% CI: 0.63, 1.01) for 1 serving per week, 0.70 (95% CI: 0.53, 0.94) for 2 servings per week and 0.91 (95% CI: 0.59, 1.40) for ≥3 servings per week (P(trend)=0.049). RR across quintiles of marine omega-3 fatty acids were 1 (reference), 0.85 (95% CI: 0.67, 1.07), 0.79 (95% CI: 0.61, 1.02), 0.83 (95% CI 0.65, 1.06) and 0.75 (95% CI: 0.58, 0.96)</p>	Included	
Kinesiology	Li, J., Wang, Q., Liang, H., Dong, H., Li, Y., Ng, E.H.Y. & Wu, X.	2012	Biophysical Characteristics of Meridians and Acupoints: A Systematic Review	Evidence-Based Complementary and Alternative Medicine,	2012	Article 793841	https://doi.org/10.1155/2012/793841	<p>Abstract</p> <p>As an integral part of traditional Chinese medicine (TCM), acupuncture is a convenient and effective therapy with fewer adverse effects. Recently, researches on meridian essence have become core issues of modern TCM. Numerous experiments have demonstrated the objective existence of meridians by different technologies since 1950s, such as biophysics, biochemistry, and molecular biology. In this paper, we review biophysical studies on electric, acoustic, thermal, optical, magnetic, isotopic, and myoelectric aspects of meridians and acupoints. These studies suggest that meridians/acupoints have biophysical characteristics which are different from nonacupuncture points. Owing to the limitations of previous studies, future research using high-throughput technologies such as omics and multicenter randomized controlled trials should be performed to explore the acupuncture's mechanisms of action and demonstration of efficacy.</p>	Included	

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	Limin, C., Cui, L., Senawin, S., Yuefei, L., Weijie, L., Wenqian, C., Linzeng, Y., Jiahao, Z., Ao, G., Zengquan, L. & Shining, G.	2020	Effects of Probiotics on Depressive or Anxiety Variables in Healthy Participants Under Stress Conditions or With a Depressive or Anxiety Diagnosis: A Meta-Analysis of Randomized Controlled Trials	Frontiers in Neurology		11 Article 421	https://doi.org/10.3389/fneur.2020.00421	<p>Although certain probiotics have been associated with the treatment of depression and anxiety. However, the results reported in the literature have been inconsistent, and no meta-analysis specifically reported probiotics used on participants with varying levels of emotional state.</p> <p>Methods: This meta-analysis aimed to study the effectiveness of probiotics on anxious or depressive symptomatology for participants under stress conditions or with a depressive or anxiety disorder diagnosis. Medline, PubMed, EMBASE, and the Cochrane Library were searched through December 2019 for randomized controlled trials (RCTs). The primary outcomes were depression and anxiety scores. Main inclusion criteria: RCTs of probiotics for participants with a mood or emotional disorder diagnosis or under stress situations; and all participants were adults (age ≥ 16 years); Assessed by the modified Jadad assessment scale found seven high-quality studies and three low-quality studies.</p> <p>Results: Ten clinical trials (n = 685 total participants) were included based on the inclusion and exclusion criteria. All studies were assessed as low or moderate risk of bias. The meta-analysis showed that probiotics could significantly reduce the depression scale for patients with anxiety and depression, and healthy participants under stress. However, there was no significant difference between the probiotics and placebo.</p>	Included	
Kinesiology	Liu, X.M., Liu, Y.J., Huang, Y., Yu, H.J., Yuan, S., Tang, B.W., Wang, P.G. & He, Q.Q.	2017	Dietary total flavonoids intake and risk of mortality from all causes and cardiovascular disease in the general population: A systematic review and meta-analysis of cohort studies.	Molecular nutrition & food research		61(6)	https://doi.org/10.1002/mnfr.201601003	<p>association between dietary total flavonoids intake and the risk of mortality from cardiovascular disease (CVD) and all causes have yielded inconsistent results. Therefore, we conducted a dose-response meta-analysis to investigate this association.</p> <p>Method and results: We searched PubMed and Embase databases from January 1966 through May 2016 and examined the references of retrieved articles to identify relevant prospective cohort studies. The random-effect model was used to calculate the summary risk estimates and dose-response analysis was performed. Ten studies were included in the present meta-analysis. The relative risk (RR) of all-cause mortality for the highest versus lowest category of total flavonoids intake was 0.82 (95% confidence interval (CI): 0.72-0.92). Dose-response analysis showed that those consuming 200 mg/day of total flavonoids had the lowest risk of all-cause mortality. Furthermore, a marginally significant association was found between dietary total flavonoids consumption and risk of death from CVD (summary RR: 0.85; 95% CI: 0.70-1.03; P = 0.099) and coronary heart diseases (summary RR: 0.74; 95% CI: 0.54-1.02; P = 0.069), respectively.</p> <p>Conclusion: The meta-analysis provides strong evidence for the recommendation of consuming flavonoids-rich food to reduce risks of mortality from</p>	Included	
Kinesiology	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	<p>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.</p>	Included	

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Kinesiology	Michalak, J., Mischnat, J. & Teismann, T.	2014	Sitting Posture Makes a Difference-Embodiment Effects on Depressive Memory Bias.	Clinical psychology & psychotherapy		21 519–524	https://doi.org/10.1002/cpp.1890	Basic research has shown that the motoric system (i.e., motor actions or stable postures) can strongly affect emotional processes. The present study sought to investigate the effects of sitting posture on the tendency of depressed individuals to recall a higher proportion of negative self-referent material. Thirty currently depressed inpatients either sat in a slumped (depressed) or in an upright (non-depressed) posture while imagining a visual scene of themselves in connection with positive or depression related words presented to them on a computer screen. An incidental recall test of these words was conducted after a distraction task. Results of a mixed ANOVA showed a significant posture x word type interaction, with upright-sitting patients showing unbiased recall of positive and negative words but slumped patients showing recall biased towards more negative words. The findings indicate that relatively minor changes in the motoric system can affect one of the best-documented cognitive biases in depression. Practical implications of the findings are discussed.	Included	
Kinesiology	Miguel-Alvaro, A. & Crespo, M.	2019	Imagery rescripting in the treatment of posttraumatic stress: Analysis and review	Clinica y Salud		30 137-146	https://doi.org/10.5093/clysa2019a19	Posttraumatic stress disorder (PTSD) has many effective psychotherapeutic treatment alternatives. Within these, one of the less known in the Spanish language is the Imagery Rescripting (IR). The present study aims to characterize IR and conduct a systematic review on their efficacy in PTSD treatment. IR is a young technique intended to change memories or mental representations that are aversive to the patients. IR has shown efficacy in addressing those problems related to aversive memories and encapsulated beliefs. Regarding the implementation of the IR in PTSD, the results of this study indicate that it is effective but, in general, not more than exposure techniques. It is concluded that IR is less aversive to patients than exposure techniques and their mechanisms of action are still unknown.	Included	
Kinesiology	Miragall, M., Borrego, A., Cebolla, A., Etchemendy, E., Navarro-Siurana, J., Llorens, R., Blackwell, S.E. & Baños, R.M.	2020	Effect of an upright (vs. stooped) posture on interpretation bias, imagery, and emotions.	Journal of Behavior Therapy and Experimental Psychiatry		68 Article 101560	https://doi.org/10.1016/j.jbtep.2020.101560	Adopting an upright (vs. stooped) posture has been related to positive effects on emotional and cognitive processes. However, there is no evidence concerning the effect of posture on two key processes associated with the maintenance of depression: interpretation bias and vividness of mental imagery. The objectives were to investigate the effect of adopting an upright (vs. stooped) posture on interpretation bias and vividness of positive and negative mental imagery, and to explore the interplay between these processes and depression-related emotions. Methods: The sample consisted of 54 participants (Mage = 22.00, 64.8% women), who were randomly assigned to the upright or stooped condition. Participants answered self-report measures while they were adopting a specific posture. Posture was monitored through inertial technology. Results: Main results were that: upright (vs. stooped) posture led to more positive interpretations of ambiguous information and increased positive emotions related to depression (happiness, optimism and vigor); time in an upright position was associated with change in interpretation bias and vividness of positive mental imagery; and level of depressive symptomatology moderated the effect of posture on the change in interpretation bias. Limitations: Limitations are related to the use of non-	Included	

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)	Included/Excluded	Rationale for exclusion
								<p>Objectives: To determine impact of an acupressure protocol on self-rated pain and anxiety scores.</p> <p>Design: Retrospective database analysis of self-rated pain and anxiety scores before and immediately after administration of stress release acupressure protocol.</p> <p>Participants: Participants include hospitalized patients, nurses, and public.</p> <p>Intervention: Involves a 16-point stress release acupressure protocol.</p> <p>Outcome measures: Outcome measures involve pre- and post-treatment self-rated pain scores (0–10) with the Wong-Baker Faces Scale and pre- and post-treatment self-rated anxiety scores (0–10) on a visual analog scale.</p> <p>Results: Five hundred and nineteen acupressure treatments were retrospectively analyzed with pre- and post-treatment self-rated pain and anxiety scores, where 0 represented no pain or anxiety and 10 represented the worst pain and anxiety. Overall, participants demonstrated a two-point decrease in pain scores and a four-point decrease in anxiety scores post-treatment. Hospitalized patients demonstrated a four-point decrease in pain scores and a five-point decrease in anxiety scores post-treatment. Nurses demonstrated a three-point decrease in pain scores and four-point decrease in anxiety scores post-treatment. Public population</p>	Included	
Kinesiology	Monson, E., Arney, D., Benham, B., Bird, R., Elias, E., Linden, K., McCord, K., Miller, C., Miller, T., Ritter, L. & Waggy, D.	2019	Beyond Pills: Acupressure Impact on Self-Rated Pain and Anxiety Scores	Journal of alternative and complementary medicine (New York, N.Y.)	25(5)	517-521	https://doi.org/10.1089/acm.2018.0422			
Kinesiology	Monti, D.A., Sinnott, J., Marchese, M. et al	1999	Muscle Test Comparisons of Congruent and Incongruent Self-Referential Statements	Perceptual and Motor Skills	88(3)	1019-1028	https://doi.org/10.2466/pms.1999.88.3.1019	<p>Abstract</p> <p>This study investigated differences in values of manual muscle tests after exposure to congruent and incongruent semantic stimuli. Muscle testing with a computerized dynamometer was performed on the deltoid muscle group of 89 healthy college students after repetitions of congruent (true) and incongruent (false) self-referential statements. The order in which statements were repeated was controlled by a counterbalanced design. The combined data showed that approximately 17% more total force over a 59% longer period of time could be endured when subjects repeated semantically congruent statements ($p < .001$). Order effects were not significant. Over-all, significant differences were found in muscle-test responses between congruent and incongruent semantic stimuli.</p>	Excluded	The study does not measure health outcomes only physical parameters of participants.
Kinesiology	Morina, N., Lancee, J. & Arntz, A.	2017	Imagery rescripting as a clinical intervention for aversive memories: A meta-analysis	Journal of Behavior Therapy and Experimental Psychiatry		55 6-15	https://doi.org/10.1016/j.jbtep.2016.11.003	<p>Literature suggests that imagery rescripting (ImRs) is an effective psychological intervention.</p> <p>Methods</p> <p>We conducted a meta-analysis of ImRs for psychological complaints that are associated with aversive memories. Relevant publications were collected from the databases Medline, PsychInfo, and Web of Science.</p> <p>Results</p> <p>The search identified 19 trials (including seven randomized controlled trials) with 363 adult patients with posttraumatic stress disorder (eight trials), social anxiety disorder (six trials), body dysmorphic disorder (two trials), major depression (one trial), bulimia nervosa (one trial), or obsessive compulsive disorder (one trial). ImRs was administered over a mean of 4.5 sessions (range, 1–16). Effect size estimates suggest that ImRs is largely effective in reducing symptoms from pretreatment to posttreatment and follow-up in the overall sample (Hedges' $g = 1.22$ and 1.79, respectively). The comparison of ImRs to passive treatment conditions resulted in a large effect size ($g = 0.90$) at posttreatment. Finally, the effects of ImRs on comorbid depression, aversive imagery, and encapsulated beliefs were also large.</p> <p>Limitations</p> <p>Most of the analyses involved pre-post comparisons</p>	Included	

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Kinesiology	Mustian, K.M., Roscoe, J.A., Palesh, O.G., Sprod, L.K., Heckler, C.E., Peppone, L.J., Usuki, K.Y., Ling, M.N., Brasacchio, R.A. & Morrow, G.R.	2011	Polarity Therapy for Cancer-Related Fatigue in Patients With Breast Cancer Receiving Radiation Therapy: A Randomized Controlled Pilot Study	Integrative Cancer Therapies		10 27-37	https://doi.org/10.1177/1534735410397044	<p>Background: Cancer-related fatigue (CRF) is the most frequently reported side effect of cancer and its treatment. In previous research, Polarity Therapy (PT), an energy therapy, was shown to reduce CRF in patients receiving radiation. This study reports on a small randomized clinical trial designed to collect preliminary data on the efficacy of PT compared with an active control (massage) and passive control (standard care) for CRF among cancer patients receiving radiation therapy. Methods: Forty-five women undergoing radiation therapy for breast cancer were randomized to 1 of 3 weekly treatment conditions. Patients received standard clinical care, 3 modified massages, or 3 PT treatments. CRF and health-related quality of life (HRQL) were assessed during baseline and the 3 intervention weeks. Results: Results show CRF ratings were reduced after PT. The effect sizes for PT versus modified massage and versus standard care were small when using the primary measure of CRF (Brief Fatigue Inventory) and large when using the secondary measure of CRF (Daily CRF Diaries). The effect size was medium when assessing the benefit of PT on maintaining HRQL compared with standard care with very little difference between the PT and modified massage conditions. Patients' feedback showed that both the modified massage and PT treatments were deemed useful by radiation patients. Conclusion: The</p>	Included	
Kinesiology	Nelis, S.M., Thom, J.M., Jones, I.R., Hindle, J.V. & Clare, L.	2018	Goal-setting to Promote a Healthier Lifestyle in Later Life: Qualitative Evaluation of the AgeWell Trial	Clinical Gerontologist	41(4)	335-345	https://doi.org/10.1080/07317115.2017.1416509	<p>Objective We report a mixed method evaluation of the feasibility and implementation of the AgeWell goal-setting intervention to promote healthy ageing later life.</p> <p>Method Researcher field notes, goal-setting interview content, and semi-structured interviews with participants were content analysed to review trial implementation and participants' perspective on the goal-setting and mentoring intervention.</p> <p>Results 75 people were recruited: 21 in the goal-setting and 22 in the goal-setting with mentoring arms of the intervention. Goal-setting was feasible in the main domains of interest. Adherence to the protocol was good and the mentoring schedule was adhered to. Participants reported satisfaction with their goal attainment, but barriers for non-achievement were also identified. Recommendations for small changes to the intervention included reducing the number of goals.</p> <p>Conclusions Participants understood the goal-setting process, and were able to set realistic and achievable lifestyle goals. The intervention and the procedures were acceptable but changes in</p>	Excluded	The study does not measure health outcomes in patients with a condition, disease or injury.

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)	Included/Excluded	Rationale for exclusion
			A Systematic Review and Meta-Analysis of Randomized and Nonrandomized Trials of Clinical Emotional Freedom Techniques (EFT) for the Treatment of Depression	Explore (NY)... Epub 2016 Aug 18. PMID: 27843054.	12(6)	416-426	https://doi.org/10.1016/j.explore.2016.08.001	<p>Background: Among a group of therapies collectively known as energy psychology (EP), emotional freedom techniques (EFT) is the most widely practiced. Clinical EFT is an evidence-based practice combining elements of cognitive and exposure therapies with the manual stimulation of acupuncture points (acupoints). Lacking is a recent quantitative meta-analysis that enhances understanding of the variability and clinical significance of outcomes after clinical EFT treatment in reducing depression.</p> <p>Methods: All studies (2005-2015) evaluating EFT for sufferers of depression were identified by electronic search; these included both outcome studies and randomized controlled trials (RCTs). Our focus was depressive symptoms as measured by a variety of psychometric questionnaires and scales. We used meta-analysis to calculate effect sizes at three time points including posttest, follow-ups less than 90 days, and follow-ups more than 90 days.</p> <p>Results: In total, 20 studies were qualified for inclusion, 12 RCTs and 8 outcome studies. The number of participants treated with EFT included N = 461 in outcome studies and N = 398 in RCTs. Clinical EFT showed a large effect size in the treatment of depression in RCTs. At posttest, Cohen's d for RCTs was 1.85 and for outcome studies was 0.70. Effect sizes for follow-ups less than 90 days were 1.21, and for ≥ 90 days were 1.11. EFT were more efficacious than waitlist and treatment-as-usual control groups.</p>	Included	
Kinesiology	Nelms, J.A. & Castel, L.	2016	Treatment of Depression	Explore (NY)... Epub 2016 Aug 18. PMID: 27843054.	12(6)	416-426	https://doi.org/10.1016/j.explore.2016.08.001	<p>benefits when consumed. In animals, probiotics reverse gut microbiome-related alterations in depression-like symptoms, in cognition, and in hormonal stress response. However, in humans, a causal understanding of the gut-brain link in emotion and cognition is lacking. Additionally, whether the effects of probiotics on neurocognition are visible only in presence of stress, remains unclear. We investigated the effects of a multispecies probiotic (Ecologic®Barrier) on specific neurocognitive measures of emotion reactivity, emotion regulation, and cognitive control using fMRI. Critically, we also tested whether probiotics can buffer against the detrimental effects of acute stress on working memory. In a double blind, randomized, placebo-controlled, between-subjects intervention study, 58 healthy participants were tested once before and once after a 28-day intervention.</p> <p>Without stress induction, probiotics did not affect brain, behavioral, or related self-report measures. However, relative to placebo, the probiotics group did show a significant stress-related increase in working memory performance after supplementation. This change was associated with intervention-related neural changes in frontal cortex during cognitive control exclusively in the probiotics</p>	Included	
Kinesiology	Papalini, S., Michels, F., Kohn, N., Wegman, J., van Hemert, S., Roelofs, K., Arias-Vasquez, A. & Aarts, E.	2019	Stress matters: Randomized controlled trial on the effect of probiotics on neurocognition.	Neurobiology of Stress	10(100141)	2352-2895	https://doi.org/10.1016/j.ynstr.2018.10.0141	<p>Without stress induction, probiotics did not affect brain, behavioral, or related self-report measures. However, relative to placebo, the probiotics group did show a significant stress-related increase in working memory performance after supplementation. This change was associated with intervention-related neural changes in frontal cortex during cognitive control exclusively in the probiotics</p>	Included	

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Kinesiology	Park, Y., Brinton, L.A., Subar, A.F., Hollenbeck, A., & Schatzkin, A.	2009	Dietary fiber intake and risk of breast cancer in postmenopausal women: the National Institutes of Health-AARP Diet and Health Study.	The American journal of clinical nutrition	90(3)	664-671	https://doi.org/10.3945/ajcn.2009.27758	<p>Background: Although dietary fiber has been hypothesized to lower risk of breast cancer by modulating estrogen metabolism, the association between dietary fiber intake and risk of breast cancer by hormone receptor status is unclear.</p> <p>Objective: The objective was to examine the relation of dietary fiber intake to breast cancer by hormone receptor status and histologic type among postmenopausal women in the National Institutes of Health-AARP Diet and Health Study (n = 185,598; mean age: 62 y).</p> <p>Design: Dietary intakes were assessed with a food-frequency questionnaire. Incident breast cancer cases were identified through linkage with state cancer registries. Cox proportional hazard models were used to estimate relative risks (RRs) and 2-sided 95% CIs.</p> <p>Results: During an average of 7 y of follow-up, 5461 breast cancer cases were identified, of which 3341 cases had estrogen receptor (ER) and progesterone receptor (PR) status. Dietary fiber intake was inversely associated with breast cancer risk [RR for the highest quintile (Q5) compared with the lowest quintile (Q1): 0.87; 95% CI: 0.77, 0.98; P for trend: 0.02]. The inverse association appeared to be stronger for ER(-)/PR(-) tumors (RR(Q5vsQ1): 0.56; 95% CI: 0.35, 0.90; P for trend: 0.008; 366 cases) than for ER(+)/PR(+) tumors (RR(Q5vsQ1): 0.95; 95% CI: 0.80, 1.12; P for trend: 0.48; 2085 cases).</p>	Included	
Kinesiology	Park, Y., Subar, A.F., Hollenbeck, A., & Schatzkin, A.	2011	Dietary fiber intake and mortality in the NIH-AARP diet and health study.	Archives of internal medicine	171(12)	1061-1068	https://doi.org/10.1001/archinternmed.2011.18	<p>Background: Dietary fiber has been hypothesized to lower the risk of coronary heart disease, diabetes, and some cancers. However, little is known of the effect of dietary fiber intake on total death and cause-specific deaths.</p> <p>Methods: We examined dietary fiber intake in relation to total mortality and death from specific causes in the NIH (National Institutes of Health)-AARP Diet and Health Study, a prospective cohort study. Diet was assessed using a food-frequency questionnaire at baseline. Cause of death was identified using the National Death Index Plus. Cox proportional hazard models were used to estimate relative risks and 2-sided 95% confidence intervals (CIs).</p> <p>Results: During an average of 9 years of follow-up, we identified 20 126 deaths in men and 11 330 deaths in women. Dietary fiber intake was associated with a significantly lowered risk of total death in both men and women (multivariate relative risk comparing the highest with the lowest quintile, 0.78 [95% CI, 0.73-0.82; P for trend, <.001] in men and 0.78 [95% CI, 0.73-0.85; P for trend, <.001] in women). Dietary fiber intake also lowered the risk of death from cardiovascular, infectious, and respiratory diseases by 24% to 56% in men and by 34% to 59% in women. Inverse association between dietary fiber intake and cancer death was observed in men but not in women.</p>	Included	

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Kinesiology	Pinto, R., Pietropaoli, D., Monaco, A., Desideri, G., Ferri, C. & Grassi, D.	2020	Non-pharmacological Strategies Against Systemic Inflammation: Molecular Basis and Clinical Evidence.	Curr Pharm Des	26(22)	2620-2629	http://dx.doi.org/10.2174/1381612826666200403122600	<p>Systemic inflammation is a common denominator to a variety of cardiovascular (CV) and non-CV diseases and relative risk factors, including hypertension and its control, metabolic diseases, rheumatic disorders, and those affecting the gastrointestinal tract. Besides medications, a non-pharmacological approach encompassing lifestyle changes and other complementary measures is mentioned in several updated guidelines on the management of these conditions. We performed an updated narrative review on the mechanisms behind the systemic impact of inflammation and the role of non-pharmacological, complementary measures centered on lowering systemic phlogosis for preserving or restoring a good global health. The central role of genetics in shaping the immune response is discussed in conjunction with that of the microbiome, highlighting the interdependence and mutual influences between the human genome and microbial integrity, diversity, and functions. Several plausible strategies to modulate inflammation and restore balanced crosstalk between the human genome and the microbiome are then recapitulated, including dietary measures, active lifestyle, and other potential approaches to manipulate the resident microbial community. To date, evidence from high-quality human studies is sparse to allow the design of future, data-based strategies to commonly used to manage musculoskeletal injuries.</p> <p>Objective: To determine the effectiveness of soft-tissue therapy for the management of musculoskeletal disorders and injuries of the upper and lower extremities.</p> <p>Design: Systematic Review.</p> <p>Methods: We searched six databases from 1990 to 2015 and critically appraised eligible articles using Scottish Intercollegiate Guidelines Network (SIGN) criteria. Evidence from studies with low risk of bias was synthesized using best-evidence synthesis methodology.</p> <p>Results: We screened 9869 articles and critically appraised seven; six had low risk of bias. Localized relaxation massage provides added benefits to multimodal care immediately post-intervention for carpal tunnel syndrome. Movement re-education (contraction/passive stretching) provides better long-term benefit than one corticosteroid injection for lateral epicondylitis. Myofascial release improves outcomes compared to sham ultrasound for lateral epicondylitis. Diacutaneous fibrolysis (DF) or sham DF leads to similar outcomes in pain intensity for subacromial impingement syndrome. Trigger point therapy may provide limited or no additional benefit when combined with self-stretching for plantar fasciitis; however, myofascial release to the</p>	Included	
Kinesiology	Piper, S., Shearer, H.M., Côté, P., Wong, J.J., Yu, H., Varatharajan, S., Southerst, D., Randhawa, K.A., Sutton, D.A., Stupar, M., Nordin, M.C., Mior, S.A., van der Velde, G.M. & Taylor-Vaisey, A.L.	2016	The effectiveness of soft-tissue therapy for the management of musculoskeletal disorders and injuries of the upper and lower extremities: A systematic review by the Ontario Protocol for Traffic Injury management (OPTIMA) collaboration	Manual therapy		21 18–34	https://doi.org/10.1016/j.math.2015.08.011	<p>when combined with self-stretching for plantar fasciitis; however, myofascial release to the</p>	Included	

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Kinesiology	Raikes, A.C., & Kilgore, W.D.	2018	Potential for the development of light therapies in mild traumatic brain injury.	Concussion	3(3)	CNC57	https://doi.org/10.2217/cnc-2018-0006	Light affects almost all aspects of human physiological functioning, including circadian rhythms, sleep–wake regulation, alertness, cognition and mood. We review the existing relevant literature on the effects of various wavelengths of light on these major domains, particularly as they pertain to recovery from mild traumatic brain injuries. Evidence suggests that light, particularly in the blue wavelengths, has powerful alerting, cognitive and circadian phase shifting properties that could be useful for treatment. Other wavelengths, such as red and green may also have important effects that, if targeted appropriately, might also be useful for facilitating recovery. Despite the known effects of light, more research is needed. We recommend a personalized medicine approach to the use of light therapy as an adjunctive treatment for patients recovering from mild traumatic brain injury.	Included	
Kinesiology	Rice, S.M., Hickie, I.B., Yung, A.R., Mackinnon, A., Berk, M., Davey, C., Hermens, D.F., Hetrick, S.E., Parker, A.G., Schäfer, M.R., McGorry, P.D. & Amminger, G.P.	2016	Youth depression alleviation: the Fish Oil Youth Depression Study (YoDA-F): A randomized, double-blind, placebo-controlled treatment trial.	Early intervention in psychiatry	10(4)	290-299	https://doi.org/10.1111/eip.12166	warnings for antidepressants because of the increased risk of suicidality for individuals up to age 25. There is thus a clinical and ethical imperative to provide effective treatment for youth depression with an acceptable risk-benefit balance. Long-chain omega-3 polyunsaturated fatty acids (PUFAs) play an important role in a range of physiological processes in living organisms. Supplementation with omega-3 PUFAs has been shown to have a range of beneficial effects on both physical and mental health, and results of previous trials suggest that omega-3 PUFAs may be a safe and effective treatment for depression. However, conclusions from these trials have been limited by their relatively small sample sizes. Methods: This trial will test the effectiveness of a 12-week parallel group, double-blind, randomized, placebo-controlled trial of 1.4 g day ⁻¹ omega-3 PUFAs in help seeking 15- to 25-year-olds (N = 400) presenting with major depressive disorder. The primary hypothesis is that young people will show greater improvement of depressive symptoms after 12 weeks of treatment with omega-3 PUFAs plus cognitive behavioural case management compared with treatment with placebo plus cognitive behavioural case management. Conclusion: Because of using a large sample, results from this study will provide the strongest evidence to	Included	

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)	Included/Excluded	Rationale for exclusion
Kinesiology	Rivas-Suárez, S.R., Águila-Vázquez, J., Suárez-Rodríguez, B. et al	2017	Exploring the Effectiveness of External Use of Bach Flower Remedies on Carpal Tunnel Syndrome: A Pilot Study	Journal of Evidence-Based Complementary & Alternative Medicine.	22(1)	18-24	https://doi.org/10.1177/2156587215610705	<p>Background. A randomized, pilot, placebo-controlled clinical trial was conducted with the aim of evaluating the effectiveness of a cream based on Bach flower remedies (BFR) on symptoms and signs of carpal tunnel syndrome.</p> <p>Methods. Forty-three patients with mild to moderate carpal tunnel syndrome during their "waiting" time for surgical option were randomized into 3 parallel groups: Placebo (n = 14), blinded BFR (n = 16), and nonblinded BFR (n = 13). These groups were treated during 21 days with topical placebo or a cream based on BFR.</p> <p>Results. Significant improvements were observed on self-reported symptom severity and pain intensity favorable to BFR groups with large effect sizes ($\eta^2_{\text{partial}} > 0.40$). In addition, all signs observed during the clinical exam showed significant improvements among the groups as well as symptoms of pain, night pain, and tingling, also with large effect sizes ($\phi > 0.5$). Finally, there were significant differences between the blinded and nonblinded BFR groups for signs and pain registered in clinical exam but not in self-reports.</p> <p>Conclusion. Background</p>	Included	
Kinesiology	Rouf, R., Uddin, S.J., Sarker, D.K., Islam, M.T., Ali, E.S., Shilpi, J.A., Nahar, L., Tiralongo, E. & Sarker, S.D.	2020	Antiviral potential of garlic (Allium sativum) and its organosulfur compounds: A systematic update of pre-clinical and clinical data.	Trends in food science & technology		104 219-234	https://doi.org/10.1016/j.tifs.2020.08.006	<p>Garlic (<i>Allium sativum</i> L.) is a common herb consumed worldwide as functional food and traditional remedy for the prevention of infectious diseases since ancient time. Garlic and its active organosulfur compounds (OSCs) have been reported to alleviate a number of viral infections in pre-clinical and clinical investigations. However, so far no systematic review on its antiviral effects and the underlying molecular mechanisms exists.</p> <p>Scope and approach The aim of this review is to systematically summarize pre-clinical and clinical investigations on antiviral effects of garlic and its OSCs as well as to further analyse recent findings on the mechanisms that underpin these antiviral actions. PubMed, Cochrane library, Google Scholar and Science Direct databases were searched and articles up to June 2020 were included in this review.</p> <p>Key findings and conclusions Pre-clinical data demonstrated that garlic and its OSCs have potential antiviral activity against different human, animal and plant pathogenic viruses through blocking viral entry into host cells, inhibiting viral RNA polymerase, reverse transcriptase, DNA synthesis and immediate-early gene 1(IEG1) transcription, as well as through downregulating the extracellular-signal-regulated kinase (ERK)/mitogen activated</p>	Included	
Kinesiology	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	<p>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.</p>	Included	

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			Comforting Touch in the Very Preterm Hospitalized Infant An Integrative Review					<p>Infants born prematurely have the protection of the uterus at a time of fetal development when the brain is growing and organizing exponentially. Environmental factors such as stress in the neonatal intensive care unit (NICU) may play a role in altered brain maturation and neurobehavioral outcomes. Strategies aimed at reducing stress and promoting infant well-being are essential to improve neurologic and behavioral outcomes. Infant massage is a developmentally supported strategy aimed at promoting relaxation. However, despite the well-documented benefits of infant massage, infants born very preterm (≤30 weeks' gestation) are often excluded from these studies, leaving neonatal clinicians and families without guidance in how to provide a stress-reducing supplemental touch. Much of the touch in the NICU is a procedural touch, and infants born very preterm often miss out on comforting touch stimulation. A systematic review of the literature is presented with an aim to explore the research that examines the various comforting touch therapies used on hospitalized NICU infants born very preterm within the first few days of postnatal life. The purpose of this review was to identify appropriate stress-reducing comforting touch techniques for physiologically fragile very preterm infants in order to inform and provide guidance to neonatal clinicians and families.</p>		
Kinesiology	Smith, J.R.	2012		Advances in Neonatal Care	12(6)	349-365	https://doi.org/10.1097/ANC.0b013e31826093ee		Included	
			The Effectiveness of Aromatherapy in the Management of Labor Pain and Anxiety: A Systematic Review					<p>Aromatherapy as an alternative and complementary medicine is a well-known method for reducing the symptoms of various physiological processes such as labor experience. The aim of this study was to systematically review the currently available evidences evaluating the use of aromatherapy for management of labor pain and anxiety.</p> <p>Methods</p> <p>In a systematic review, 5 databases (PubMed, SCOPUS, Web of Science, Google Scholar and Scientific Information Database [SID]) were searched, from database inception up to December 2019. Keywords used included (aromatherapy OR "essential oil" OR "aroma*") AND (pain OR anxiety) AND (labor OR delivery). Using the Cochrane Collaboration's 'Risk of bias' method; the risk of bias in the included studies was evaluated.</p> <p>Results</p> <p>A total of 33 studies were verified to meet our inclusion criteria. Most of the included studies were conducted in Iran. Aromatherapy was applied using inhalation, massage, footbath, birthing pool, acupressure, and compress. The most popularly used essential oil in the studies was lavender (13 studies), either as a single essential oil or in a combination with other essential oils. Most of included studies confirmed the positive effect of aromatherapy in</p>		
Kinesiology	Tabatabaeichehr, M., Mortazavi, H.	2020	Review	Ethiopian journal of health science	30(3)	449–458	https://doi.org/10.4314/ejhs.v30i3.16		Included	

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Kinesiology	Tajalizadekhoob, Y., Sharifi, F., Fakhrazadeh, H., Mirarefin, M., Ghaderpanahi, M., Badamchizade, Z. & Azimipour, S.	2011	The effect of low-dose omega 3 fatty acids on the treatment of mild to moderate depression in the elderly: a double-blind, randomized, placebo-controlled study.	Eur Arch Psychiatry Clin Neurosci	261(8)	539-549	https://doi.org/10.1007/s00406-011-0191-9	Due to the rise in the social and economic costs of depression, new antidepressant medication with fewer side effects should be found. Several studies have shown that an association exists between ω -3 polyunsaturated fatty acids (ω -3 PUFAs) and depression. However, this association has not been clear enough in the elderly with mild to moderate depression. Sixty-six inhabitants of Kahrizak Charity Foundation participated in this double-blind, randomized, placebo-controlled study. Each participant was ≥ 65 years of age, had a Mini Mental State Exam of ≥ 22 , and had scores ranging from 5 to 11 on the Geriatric Depression Scale-15 (GDS-15). During the 6 months, the drug group was treated daily with one gram of fish oil capsule containing 300 mg of both eicosapentaenoic acid and docosahexaenoic acid. No significant differences were noted between the groups in regard to level of education, use of antidepressant drugs, alcohol, tobacco use, history of chronic diseases, age, body mass index (BMI), high-sensitive C-reactive protein (hs-CRP), total cholesterol, and GDS-15 scores at baseline. After adjusting for cholesterol, BMI, and history of thyroid dysfunctions, a statistically significant difference was seen in GDS-15 scores between both groups. Furthermore, treatment with ω -3 PUFAs was clinically more effective in treating depression in comparison with the placebo. In this research, we are going to study the effect of changes in weight over time has not controlled for important covariates, especially physical activity. Moreover, studies have rarely examined the influence of fiber on changes in body fat, only weight. Hence, this study was conducted to determine whether changes in fiber intake (total, soluble, and insoluble) influence risk of gaining weight and body fat over time. Another objective was to examine the influence of age, energy intake, activity, season, and other potential confounders. A prospective cohort design was used and 252 women completed baseline and follow-up assessments 20 mo apart. Diet was measured using 7-d weighed food records. Fiber was expressed per 1000 kcal (4187 kJ). Body fat was assessed via the Bod Pod and physical activity was measured using accelerometers over 7 consecutive days. Across the 20 mo, almost 50% of the women gained weight and fat. For each 1 g increase in total fiber consumed, weight decreased by 0.25 kg ($P = 0.0061$) and fat decreased by 0.25 percentage point ($P = 0.0052$). Controlling for potential confounders did not affect the relationships, except changes in energy intake, which weakened the associations by 24-32%. Soluble and insoluble fibers were borderline predictors of changes in weight and fat. In conclusion, increasing dietary fiber significantly reduces the risk of gaining weight and fat in women,	Included	
			Increasing total fiber intake reduces risk of weight and fat gains in women.					reduces the risk of gaining weight and fat in women,	Included	

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								<p>sleep quality and fatigue are among the most common complaints of patients with migraine.</p> <p>These problems can lead to different negative consequences such as headaches. This study aimed to examine the impacts of self-administered acupressure on sleep quality and fatigue among patients with migraine.</p> <p>Methods: This double-blind randomized controlled trial was conducted in 2016 on 76 patients who suffered from migraine without aura. Patients were conveniently selected from the neurology clinic of Valiasr (PBUH) teaching hospital and randomly allocated to either an acupressure (n=38) or a sham acupressure group (n=38) group. Data collection instruments were a demographic questionnaire, Pittsburg Sleep Quality Index, and Fatigue Severity Scale. Patients in the acupressure and the sham acupressure groups were trained to apply acupressure on respectively acupoints and sham points thrice weekly at bedtime for four consecutive weeks. The data were analyzed through the Chi-square, the independent-sample t, the paired-sample t, and the ANCOVA tests at the significance level of less than 0.05.</p> <p>Results: After controlling sleep quality mean scores at baseline, no significant difference was found</p>		
Kinesiology	Vagharseyedin, S.A., Salmabadi, M., BahramiTaghanaki, H. & Riyasi, H.	2019	The impact of self-administered acupressure on sleep quality and fatigue among patients with migraine: A randomized controlled trial	Complementary Therapies in Clinical Practice		35 374–380	https://doi.org/10.1016/j.ctcp.2018.10.011		Included	
								<p>To determine the effectiveness of exercise and soft tissue massage either in isolation or in combination for the treatment of non-specific shoulder problems. Methods Database searches for articles from 1966 to December 2011 were performed. Studies were eligible if they investigated 'hands on' soft tissue massage performed locally to the shoulder or exercises aimed at improving strength, range of motion or coordination; non-surgical painful shoulder disorders; included participants aged 18–80 years and outcomes measured included pain, disability, range of motion, quality of life, work status, global perceived effect, adverse events or recurrence.</p> <p>Results</p> <p>Twenty-three papers met the selection criteria representing 20 individual trials. We found low-quality evidence that soft tissue massage was effective for producing moderate improvements in active flexion and abduction range of motion, pain and functional scores compared with no treatment, immediately after the cessation of treatment.</p> <p>Exercise was shown by meta-analysis to produce greater improvements than placebo, minimal or no treatment in reported pain (weighted mean=9.8 of 100, 95% CI 0.6 to 19.0) but these changes were of a magnitude that was less than that considered</p>		
Kinesiology	Van Den Dolder, P.A., Ferreira, P.H. & Refshauge, K.M.	2014	Effectiveness of soft tissue massage and exercise for the treatment of non-specific shoulder pain: a systematic review with meta-analysis	British journal of sports medicine	48(16)	1216-1226	http://dx.doi.org/10.1136/bjsports-2011-090553		Included	

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Kinesiology	van Schagen, A.M., Lancee, J., Spoormaker, V.I. & van den Bout, J.	2016	Long-term treatment effects of imagery rehearsal therapy for nightmares in a population with diverse psychiatric disorders	International Journal of Dream Research		9 67-70	https://psycnet.apa.org/record/2016-42018-009	Nightmares are a common problem with debilitating consequences. Meta-analyses have revealed that imagery rehearsal therapy (IRT), in which the storyline of the recurring nightmare is changed, is the treatment of choice for nightmares. In a randomized clinical trial, we recently demonstrated that IRT was also effective in a population of patients with diverse mental disorders. In this trial, IRT showed moderate additional benefits over treatment as usual on nightmare distress, general psychopathology, and posttraumatic stress symptoms. In the current paper we report on the six- and nine month follow-up measurements of the IRT group of this trial. In the six- and nine-month follow-up the moderate improvements observed at post-treatment were sustained for all measures. This means that IRT has long-lasting effects, also in a sample with severe co-morbid psychopathology. IRT could be considered at an early stage in addition to the usual mental health treatment.	Included	
Kinesiology	Veenstra, L., Schneider, I.K. & Koole, S.L.	2017	Embodied mood regulation: the impact of body posture on mood recovery, negative thoughts, and mood-congruent recall.	Cognition and Emotion	31(7)	1361-1376	https://doi.org/10.1080/02699931.2016.1225003	Previous work has shown that a stooped posture may activate negative mood. Extending this work, the present experiments examine how stooped body posture influences recovery from pre-existing negative mood. In Experiment 1 (n = 229), participants were randomly assigned to receive either a negative or neutral mood induction, after which participants were instructed to take either a stooped, straight, or control posture while writing down their thoughts. Stooped posture (compared to straight or control postures) led to less mood recovery in the negative mood condition, and more negative mood in the neutral mood condition. Furthermore, stooped posture led to more negative thoughts overall compared to straight or control postures. In Experiment 2 (n = 122), all participants underwent a negative mood induction, after which half received cognitive reappraisal instructions and half received no instructions. Mood-congruent cognitions were assessed through autobiographical memory recall. Again, stooped (compared to straight) position led to less mood recovery. Notably, this was independent of regulation instruction. These findings demonstrate for the first time that posture plays an important role in recovering from negative mood.	Included	

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)	Included/Excluded	Rationale for exclusion
								<p>Acupressure is a non-invasive treatment in which pressure is applied to specific body points. Following public health concerns about poor sleep quality and increasing interest in alternative treatments, a systematic review and a meta-analysis were designed to evaluate the effects of acupressure on the quality of sleep. Ten English (PubMed, CENTRAL, CINAHL etc.) and five Chinese (CNKI, WANFANG etc.) databases were searched and the validity of the eligible studies was critically appraised. Thirty-two eligible randomized controlled trials of moderate to high quality which employed polysomnography, actigraphy, or self-assessment sleep quality tools were included. We conducted a meta-analysis using a random effects model with the Pittsburgh sleep quality index (PSQI) as the primary outcome measure (968 adult patients, 13 trials) for trials investigating the effects of traditional Chinese medicine acupressure compared with standard and sham treatments. We performed subgroup analyses to detect sources of heterogeneity, identify the use of acupoints in different populations and explore the contributions of PSQI domains to the total score change. Comparison with the sham group (7 trials with 385 patients) yielded low heterogeneity and an overall effect of 13%-19% improvement in the PSQI score (MD = -3.41, 95% CI -4.08, -2.75; I² = 12%).</p>		
Kinesiology	Waits, A., Tang, Y.R., Cheng, H.M., Tai, C.J. & Chien, L.Y.	2018	Acupressure effect on sleep quality: A systematic review and meta-analysis	Sleep Med Rev		37 24-34	https://doi.org/10.1016/j.smr.2016.12.004	<p>Acupressure is a non-invasive treatment in which pressure is applied to specific body points. Following public health concerns about poor sleep quality and increasing interest in alternative treatments, a systematic review and a meta-analysis were designed to evaluate the effects of acupressure on the quality of sleep. Ten English (PubMed, CENTRAL, CINAHL etc.) and five Chinese (CNKI, WANFANG etc.) databases were searched and the validity of the eligible studies was critically appraised. Thirty-two eligible randomized controlled trials of moderate to high quality which employed polysomnography, actigraphy, or self-assessment sleep quality tools were included. We conducted a meta-analysis using a random effects model with the Pittsburgh sleep quality index (PSQI) as the primary outcome measure (968 adult patients, 13 trials) for trials investigating the effects of traditional Chinese medicine acupressure compared with standard and sham treatments. We performed subgroup analyses to detect sources of heterogeneity, identify the use of acupoints in different populations and explore the contributions of PSQI domains to the total score change. Comparison with the sham group (7 trials with 385 patients) yielded low heterogeneity and an overall effect of 13%-19% improvement in the PSQI score (MD = -3.41, 95% CI -4.08, -2.75; I² = 12%).</p>	Included	
Kinesiology	Waits, A., Tang, Y.R., Cheng, H.M., Tai, C.J. & Chien, L.Y.	2018	Acupressure effect on sleep quality: A systematic review and meta-analysis	Sleep Medicine Reviews	37	24-34	https://doi.org/10.1016/j.smr.2016.12.004	<p>Acupressure is a non-invasive treatment in which pressure is applied to specific body points. Following public health concerns about poor sleep quality and increasing interest in alternative treatments, a systematic review and a meta-analysis were designed to evaluate the effects of acupressure on the quality of sleep. Ten English (PubMed, CENTRAL, CINAHL etc.) and five Chinese (CNKI, WANFANG etc.) databases were searched and the validity of the eligible studies was critically appraised. Thirty-two eligible randomized controlled trials of moderate to high quality which employed polysomnography, actigraphy, or self-assessment sleep quality tools were included. We conducted a meta-analysis using a random effects model with the Pittsburgh sleep quality index (PSQI) as the primary outcome measure (968 adult patients, 13 trials) for trials investigating the effects of traditional Chinese medicine acupressure compared with standard and sham treatments. We performed subgroup analyses to detect sources of heterogeneity, identify the use of acupoints in different populations and explore the contributions of PSQI domains to the total score change. Comparison with the sham group (7 trials with 385 patients) yielded low heterogeneity and an overall effect of 13%-19% improvement in the PSQI score (MD = -3.41, 95% CI -4.08, -2.75; I² = 12%).</p>	Included	

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)	Included/Excluded	Rationale for exclusion
								<p>To evaluate clinical efficacy of acupressure at Jiaji points for irritable bowel syndrome (IBS) and explore its pathogenesis and treatment law.</p> <p>METHODS: Sixty outpatient cases of IBS from 2010 to 2012 were selected and randomly divided into an acupressure group and a medication group, 30 cases in each one. The acupressure at Jiaji points was applied in the acupressure group while pinaverium bromide tablet was orally prescribed in the medication group. The bowel symptom scale (BSS) was adapted to sore symptoms before and after the treatment, the improvement rate was adopted and results were analyzed.</p> <p>RESULTS: The difference of BSS score in two groups after the treatment had statistical significance (both $P<0.01$). The efficacy in the acupressure group was superior to that in the medication group, which had significant difference ($P<0.01$). The improvement rate was 90.0% (27/ 30) in the acupressure group, which was better than 50.0% (15/30) in the medication group ($P<0.01$). The location of abdominal pain in IBS was lower abdomen while treatment location was from 11th thoracic vertebra to 1st lumbar vertebra.</p> <p>CONCLUSION: The acupressure at Jiaji points could balance yin and yang in spine to quickly relieve symptoms of IBS. The attack of IBS has some relationship with thoracic and lumbar vertebrae.</p>	Included	
Kinesiology	Xing, L-Y., Qu, L-X., Chen, H. & Gao, S.	2013	Clinical observation on acupressure at Jiaji points for irritable bowel syndrome	Zhongguo zhen jiu = Chinese acupuncture & moxibustion	33(8)	739-742	PMID: 24195220			
								<p>To explore the effect of a non-aerobic movement based activity on cognition in people with Alzheimer's type dementia (AD).</p> <p>Methods</p> <p>The sample consisted of 27 patients fulfilling the AD ICD-10 diagnostic criteria. The patient sample was randomly divided into two groups: The Exercise Group received 6 weeks movement training and comprised 15 participants with a mean age of 70.5 years (SD: 8). Control Group participated in a standard care group, which served as a control intervention, and consisted of 12 patients with an average age of 75.7 years (SD: 6.90). Cognitive functions were assessed using six computerised tests from the CANTAB, pre and post training. Data were analysed using t-tests. The false discovery rate (FDR) for multiple comparisons as well as Cohen's d effect size was used to assess the significant effects.</p> <p>Results</p> <p>Significant improvements in sustained attention, visual memory and a trend in working memory were found in the Exercise Group compared to Control Group after the 6 weeks training. In addition, after 6 weeks the Control Group deteriorated significantly in attention, while the AD patients who undertook the physical exercise showed a discrete improvement.</p> <p>Conclusions</p>	Included	
Kinesiology	Yágüez, L. et al	2010	The effects on cognitive functions of a movement-based intervention in patients with Alzheimer's type dementia: a pilot study	Geriatric Psychiatry	26(2)	173-181	https://doi.org/10.1002/gps.2510			

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)	Included/Excluded	Rationale for exclusion
			The Effects of Auricular Therapy for Cancer Pain: A Systematic Review and Meta-Analysis	Evidence-based Complementary and Alternative Medicine	2020	Article 1618767	https://doi.org/10.1155/2020/1618767	Objective: This study aims to systematically assess the efficacy and safety of auricular therapy for cancer pain. Methods: A systematic search was conducted using PubMed, EMBASE, Cochrane library databases, CNKI, VIP, WanFang Data, and CBM for randomized controlled trials (RCTs). Review Manager 5.3 was used for meta-Analysis. Results: Of the 275 screened studies, nine RCTs involving 783 patients with cancer pain were systematically reviewed. Compared with drug therapy, auricular therapy plus drug therapy has significant advantages both in the effective rate for pain relief (RR = 1.40; 95% CI 1.22, 1.60; P<0.00001) and adverse effects rate (RR = 0.46; 95% CI 0.37, 0.58; P<0.00001). And the result revealed that auricular acupuncture had superior pain-relieving effects as compared with sham auricular acupuncture (SMD = -1.45; 95% CI -2.80, -0.09; P=0.04). However, the analysis indicated no difference on the effective rate for pain relief between auricular therapy and drug therapy (RR = 1.24; 95% CI 0.71, 2.16; P=0.46). Conclusion: Our meta-Analysis indicated that auricular therapy is effective and safe for the treatment of cancer pain, and auricular therapy plus drug therapy is more effective than drug therapy alone, whether in terms of pain relief or adverse reactions. However, the included RCTs had some methodological limitations; future large, rigor, and high-quality RCTs are still needed to confirm the results.	Included	
Kinesiology	Yang, Y., Wen, J. & Hong, J.	2020						This study aimed (1) to examine the feasibility of an auricular point acupressure (APA) research protocol in terms of recruitment and for the assessment and management of pain and (2) to examine the potential APA analgesic effects for cancer patients. This study was a repeated-measures one-group design. Participants were recruited from the cancer center follow-up clinic affiliated with a large university hospital in the northeastern United States. Participants included 50 patients aged 55-87 years with a diagnosis of cancer. Participants received 7 days of APA treatment for their pain. After appropriate acupoints were identified, vaccaria seeds were carefully taped onto each selected auricular point on each ear. The study recruitment and retention rates were 92% and 91%, respectively. Importantly, the study found preliminary evidence for the analgesic effects of APA for cancer pain management. For example, by the end of the 7-day study, APA reduced pain intensity more than 55% for "worst pain" and about 57% for "average pain" and "pain intensity." Moreover, the use of pain medication was reduced during the APA treatment (e.g., 78% of patients [n = 39] took less pain medication than before the treatment). APA appears to be highly acceptable to patients with cancer-related pain. However, without a placebo control, we	Included	
			Auricular Point Acupressure as an Adjunct Analgesic Treatment for Cancer Patients: A Feasibility Study	Pain Management Nursing	16(3)	285-293	https://doi.org/10.1016/j.pmn.2014.08.005			
Kinesiology	Yeh, C.H., Chien, L-C., Chiang, Y.C., Ren, D. & Suen, L.K-P.	2015								

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)	Included/Excluded	Rationale for exclusion
Kinesiology	Yeung, W-F., Chung, K-F., Poon, M.M-K., Ho, F.Y-Y., Zhang, S-P., Zhang, Z-J., Ziea, E.T-C. & Wong, V.T.	2012	Acupressure, reflexology, and auricular acupressure for insomnia: a systematic review of randomized controlled trials	Sleep Medicine	13(8)	971-984	https://doi.org/10.1016/j.sleep.2012.06.003	<p>Previous randomized controlled trials (RCTs) have shown that acupuncture may be efficacious for insomnia. Instead of needling, acupressure, reflexology, and auricular acupressure are procedures involving physical pressure on acupoints or reflex areas. These variants of acupuncture are gaining popularity, perhaps due to their non-invasive nature. A systematic review has therefore been conducted to examine their efficacy and safety for insomnia. Two independent researchers searched five English and 10 Chinese databases from inception to May 2010. Forty RCTs were identified for analysis. Only 10 studies used sham controls, four used double-blind design, nine studies scored three or more by the Jadad scale, and all had at least one domain with high risk of bias. Meta-analyses of the moderate-quality RCTs found that acupressure as monotherapy fared marginally better than sham control. Studies that compared auricular acupressure and sham control showed equivocal results. It was also found that acupressure, reflexology, or auricular acupressure as monotherapy or combined with routine care was significantly more efficacious than routine care or no treatment. Owing to the methodological limitations of the studies and equivocal results, the current evidence does not allow a clear conclusion on the benefits of</p>	Included	