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An Overview of Homeopathy, Factors and Its Treatment

Mani Sankar Maiti

Research Scholar, Department of Public Health, Mansarovar Global University, Sehore, M.P., India.

ABSTRACT

Homeopathy is frequently considered safe, natural and non-toxic when compared to allopathic medications which raises satisfaction, particularly among vulnerable populations including children, the elderly and expectant mothers. Longer and more individualized homeopathic consultations help patients feel heard and appreciated, which raises their level of satisfaction. Homeopathy is accessible and affordable for many, which raises satisfaction levels even more. When patients experience mental fulfillment and faith in the natural healing process, their sense of well-being increases. However; the degree of illness severity, healing time and confidence in alternative medical systems can all influence people's level of satisfaction. Occasionally, patients may experience dissatisfaction when they do not receive the anticipated prompt alleviation. In this article, an overview of homeopathy, factors and its treatment has been discussed.

Keywords: *Homeopathy, Treatment, Factors.*

INTRODUCTION

Homeopathy is a system of alternative medicine that originated in the late eighteenth century, founded by the German physician Dr. Samuel Hahnemann. According to this principle, substances that produce symptoms in a healthy individual can be used, in highly diluted forms, to treat similar symptoms in a sick person. Homeopathy emphasizes a holistic approach to health, considering the physical, mental, emotional, and social aspects of an individual rather than focusing solely on the disease. Homeopathic treatment involves the use of remedies prepared through a process of serial dilution and succussion (vigorous shaking) which is believed to enhance the medicinal properties of substances while minimizing toxicity. These remedies are derived from natural sources such as plants, minerals, and animal products. Unlike conventional medicine, homeopathy aims to stimulate the body's innate healing capacity and restore balance rather than suppress symptoms (Clare, R. et al., 2017).

HOMEOPATHY AND DISEASES

Samuel Hahnemann created the alternative medical practice of homeopathy in the late 1700s. It is predicated on the law of minimal dosage (the notion that smaller doses enhance effectiveness) and the like-cures-like principle (the theory that chemicals causing symptoms in healthy individuals can, in very tiny amounts, alleviate comparable symptoms in sick individuals). Similar symptoms in a sick person can be treated with a therapy that causes them in a healthy person. Treatments are administered in extremely diluted forms, frequently to the point where no molecules of the original material are left. Depending on their symptoms, mental health, and constitution, patients with the same illness may undergo different treatments. According to homeopathy, illness results from an imbalance in a vital life factor.



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Numerous acute and chronic conditions, including respiratory diseases like asthma, bronchitis, sinusitis, and allergic rhinitis; digestive disorders like indigestion, gastritis, irritable bowel syndrome, and piles; skin diseases like eczema, psoriasis, acne, and urticaria; musculoskeletal problems like arthritis, gout, and back pain; neurological and psychological conditions like migraine, anxiety, depression, and insomnia; women's health issues, such as menstrual disorders, PCOS, and menopausal symptoms; and children's health issues, such as recurrent colds, tonsillitis, bedwetting, and teething issues (Harleen, K., Chalia, D.S., Manchanda, R.K., 2019).

Proponents contend that homeopathy addresses chronic problems when conventional medicine simply provides symptomatic relief, increases immunity, and heals gently and without negative effects. Major medical organizations (such as the NHS UK and WHO) do not advise homeopathy as a substitute for evidence-based therapy, and critics point out that the majority of remedies are so diluted that no active ingredient is left behind. Clinical trials and scientific evidence generally show no effect beyond placebo. Homeopathy can manage numerous chronic and lifestyle-related illnesses, especially for patients seeking comprehensive, customized, and side-effect-free solutions. However, there are still questions about its scientific validity, and we should view it as an addition to contemporary medicine rather than a substitute.

FACTORS AFFECTING HOMEOPATHY TREATMENT

Patient Related Factors:

Age and constitution influence distinct body constitutions, resistance levels, and vitality. Depending on the severity and duration of the illness, we can treat acute disorders quickly, while chronic diseases take longer to heal. Lifestyle choices such as nutrition, sleep patterns, stress, and addictions to drugs, alcohol, or tobacco can hinder the effectiveness of treatment. Psychological conditions such as anxiety, depression, or a pessimistic outlook on treatment can lower reactivity. Essential components of compliance include regular use of prescribed medications, abstaining from contraindicated drugs, and attending follow-up appointments.

Disease Related Factors:

Functional problems are more responsive than advanced pathological alterations (e.g., structural damage) due to the nature of the disease. Early disease detection frequently yields better outcomes than late or severe stages. Complications like multi-system involvement or subsequent infections can hinder treatment.

Medicine Related Factors:

The precision of the "similimum"—symptoms that the remedy matches—determines if the remedy selection is correct. The appropriate potency, whether low, medium, or high, influences potential selection. Proper dosage, repetition, and shape (globules, liquid, or trituration's) are all part of the administration method. The effectiveness of the cure is influenced by the standardization, formulation, and storage of medications.



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External/Environmental Factors:

Certain meals, strong spices, coffee, onions, garlic, and alcohol can all have antidote effects. Environmental stresses that can hinder recovery include pollution, poisons, and substandard living conditions. Climate and weather factors, such as sensitivity to heat, cold, moisture, or season, can influence how symptoms manifest and how treatments are implemented.

Practitioner Related Factors:

Correct case-taking, observation, and remedy selection are all crucial components of the knowledge and expertise. A comprehensive assessment that considers mental, emotional, and physical factors enhances the accuracy of treatment. Establishing trust with the patient through effective communication ensures their adherence to treatment and leads to better outcomes.

The patient's constitution, the disease stage, the accuracy of the remedy, the surrounding environment, and the doctor's ability all affect how well homeopathy works.

SATISFACTION, DISSATISFACTION, MECHANISM OF ACTION, SIDE EFFECTS AND ADVERSE EFFECTS TOWARDS HOMEOPATHY TREATMENT

Satisfaction:

A number of social, psychological, and medical aspects impact homeopathic treatment satisfaction. Patients who choose homeopathy frequently express relief from emotional and holistic issues in addition to physical ones. Their expectations, the type of illness, and the doctor-patient relationship all affect how satisfied they are. Many patients report feeling satisfied as a result of their chronic diseases, including allergies, arthritis, skin disorders, and migraines, gradually but steadily improving. The goal of homeopathy is to treat the patient as a whole, not just their symptoms. This patient-centered approach increases trust and pleasure.

Dissatisfaction:

Patients, medical professionals, and scientific communities have become increasingly dissatisfied with homeopathic treatment, although it is widely used and approved by some segments of society. A common point of criticism is the lack of strong clinical studies demonstrating homeopathy's effectiveness beyond the placebo effect. Patients may feel deceived when they don't achieve the expected results. Particularly for acute or urgent problems, many patients say that homeopathy offers little or no relief. Patients get dissatisfied when they endure protracted agony despite expecting immediate improvements. For contagious, chronic, or life-threatening illnesses, homeopathy has little effect. After using it as a substitute for allopathy or other scientifically proven treatments, patients with severe diseases frequently become unsatisfied. Practitioners or marketing occasionally overstate claims regarding cure rates. Breaking promises leads to frustration and mistrust. There are differences in the uniformity of dosages, formulations, and processes. Variation in treatment results increases patient discontent. Constantly spending money on long-term care without seeing any real progress leads to both financial and psychological discontent. Patients frequently experience disillusionment after spending time and money.



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Patients are now more likely to choose therapies supported by research and contemporary medical procedures as a result of growing awareness. Comparisons with allopathy frequently highlight the drawbacks of homeopathy. The primary causes of discontent with homeopathy include unfulfilled expectations, a dearth of scientific proof, and its poor efficacy in treating severe illnesses. Although some people still like it for minor illnesses or overall health, there are still many others who have concerns about its general dependability (Sarangi, M.R. et al., 2019).

Mechanism of Action:

Samuel Hahnemann created the alternative medical practice of homeopathy in the late 1700s. It is predicated on the ideas that "like cures like" and the application of very diluted medicines. Since homeopathy's mode of action deviates from both contemporary scientific theories and traditional pharmacology, it is a topic of significant discussion. According to homeopathy, a chemical that causes symptoms in a healthy person can relieve the same symptoms in a sick person in tiny quantities. When colds or allergies induce comparable symptoms, a homeopathic dilution of onion is advised. Onion causes watery eyes and a runny nose. Potentization is the process of continually diluting substances, frequently to a level over Avogadro's number, at which point no molecules of the original chemical are expected to exist. Each dilution is followed by a violent shake (succussion) of the liquid. According to homeopaths, the substance's essential energy or information is transferred into the water or alcohol medium during this process. According to homeopathy, there is a vital force that sustains health, akin to life energy or prana. An imbalance or disturbance in this vital force is the cause of the disease. In order to restore equilibrium, the treatments stimulate this vital energy rather than directly affecting the physical body. Some supporters contend that even after high dilution, water preserves a memory or structural imprint of chemicals that have been dissolved and succussed. When the remedy is ingested, it is said that this recollection sets off biological reactions. Although certain physicochemical investigations investigate potential nanostructures in large dilutions, mainstream research does not support this. Numerous scientific investigations indicate that the placebo effect, patient expectations, and the therapeutic relationship between the practitioner and the patient are mostly responsible for the results of homeopathy. Detailed homeopathic consultations, which frequently take an hour or longer, help patients feel better psychologically and are more satisfied, both of which can help with symptoms. Homeopathic treatments, according to some studies, might function as gentle stimulation that encourages the body's immune system or natural defenses. Thorough clinical trials have yet to validate this theory. From a homeopathic standpoint, remedies work by using potentized medications with energetic imprints to stimulate the body's vital power. From a scientific standpoint, there is no proven pharmacological mechanism; instead, any advantages are frequently ascribed to self-healing, placebo, and holistic treatment (Yoganandan, G. & Vetrivelan, V.V., 2017).

Side Effects:

Because homeopathy uses highly diluted treatments, it is frequently referred to as a "gentle" medical system. Nevertheless, depending on how it is administered, it may have adverse effects or unforeseen repercussions, just like any medical treatment. Symptoms can occasionally become worse for a short while before getting better. Although practitioners view such behavior as evidence that the treatment is



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"working," patients may find it upsetting. Some medicines, however uncommon, contain mineral, plant, or animal constituents that can cause sensitivities prior to dilution. Remedies may have negative consequences if they are tainted or improperly diluted. One significant worry is that people may delay receiving proven medical care for serious diseases by just using homeopathy. Patients may mistakenly believe they are receiving effective treatment while their disease continues to worsen, as many therapies consist solely of sugar pills that lack any medicinal properties. Plaques, which can be beneficial but can conceal actual sickness, are the cause of many purported benefits. Patients may become disheartened or lose faith in medical therapy if their symptoms don't become better. Alcohol-based tinctures or preparations that are not properly diluted may occasionally interfere with other medications, but most therapies are unlikely to do so due to their severe dilution. Due to dilution, the majority of homeopathic remedies are safe in terms of toxicity; nevertheless, the primary adverse consequence is not the remedies themselves, but rather the delayed or insufficient treatment of severe illnesses. When homeopathy is used as a supplementary therapy in conjunction with evidence-based medicine, the risks are low; nevertheless, if it is used as the only treatment for serious diseases, it may be harmful.

Adverse Effects:

Due to its use of highly diluted treatments, homeopathy is often regarded as a "safe" alternative medical system; yet, there are a number of negative consequences and issues that require consideration. Individuals who only use homeopathy may put off getting a proper medical evaluation for severe conditions. Such delays may cause the illness to worsen and decrease the likelihood of recovery. The majority of homeopathic treatments are so weak that they frequently have no detectable active ingredient. Numerous clinical trials have raised concerns regarding effectiveness, revealing little to no benefit beyond a placebo. In certain cases, symptomatic improvement may not stem from true therapeutic effectiveness, but rather from the placebo effect. Such speculation could deter patients from seeking evidence-based therapy and give them a false sense of security. Although they are rare, allergic reactions, nausea, headaches, and skin rashes can result from using some homeopathic medications incorrectly or at low dilutions. Rarely, medications have been discovered to be tainted with poisons, heavy metals, or steroids. Combining homeopathic and conventional medications can hinder treatment, especially if individuals discontinue their prescription drugs without a doctor's approval. Long-term dependence on poor therapies, especially for chronic or life-threatening diseases, can result in both financial hardship and psychological anguish. False claims that homeopathy can cure major illnesses may exploit vulnerable patients. In many nations, quality control is challenging due to a lack of regulations. Homeopathy's primary negative impacts stem indirectly from its lack of established efficacy, delayed diagnosis, and risk of skipping essential medical care, even though it is normally safe due to its high dilutions. Patients should only use homeopathy as a supplemental strategy under appropriate medical supervision, if at all; they should not replace evidence-based treatment with it (Rhee, T.G. et al., 2017).

CONCLUSION

There have been several randomized controlled trials (RCTs); however, the outcomes have been mixed. For the majority of illnesses, there is typically no compelling evidence that homeopathy is more effective than a placebo, according to Cochrane Reviews, the gold standard in evidence-based medicine. There is no solid proof that homeopathy works for any illness, according to a 2015 Australian National Health and



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Medical Research Council (NHMRC) assessment. Numerous research studies indicate that placebo response, therapeutic consultation, or the natural course of sickness could be the cause of the reported advantages of homeopathy. Modern chemistry and physics are at odds with the ultra-dilution principle, which states that no molecules of the original material exist at dilutions greater than Avogadro's number. Attempts to demonstrate the memory of water effect—the idea that water maintains a substance's structural imprint—remain contentious and unreproducible. The biological effects of very diluted solutions have been reported in certain laboratory experiments; nevertheless, the results are frequently erratic, unreproducible, or badly constructed. According to some professionals, customized homeopathy—which involves creating medicines specifically for each patient—has had a few minor good outcomes in studies. Homeopathy is not advised by the WHO for serious illnesses (such as TB, HIV, or malaria). Homeopathy is formally accepted and included in healthcare in nations like Germany, Switzerland, and India. Opponents contend that advocating homeopathy in the absence of proof can postpone the implementation of efficient treatment for severe illnesses. According to conventional science and medicine, homeopathy is no more effective than a placebo and is not scientifically tenable. Supporters stress patient satisfaction and holistic care while arguing for more sophisticated studies. Although homeopathy may provide indirect advantages through patient-practitioner connection, self-healing, and psychosomatic effects, the majority of scientific evidence points to its lack of effectiveness beyond placebo.

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