

NHMRC review of Homeopathy

The National Institute of Complementary Medicine (NICM) at the University of Western Sydney welcomes the National Health and Medical Research Council (NHMRC) review of the evidence for homeopathy treatment. It is entirely appropriate that the efficacy of all healthcare treatments is independently assessed.

In this study the NHMRC reviewed other English language reviews of clinical trials of homeopathy that were published between 2008 and 2013. Randomized controlled trials of homeopathy were not systematically and independently reviewed. Laboratory and animal studies were also excluded. No homeopathic expert was appointed to the NHMRC Review Panel.

The NHMRC Review concludes that there is no evidence of effectiveness for homeopathy for any clinical condition that was examined. This conclusion is consistent with many, but not all, international reviews of homeopathy. Some positive systematic reviews of homeopathic clinical trials were discounted in the NHMRC Report claiming their conclusions were based on poor quality trials. However, no discussion is provided as to the appropriate quality rating of clinical trials in homeopathy.

Hence, noting the limitations of the NHMRC Review described above, the conclusions of the Report should be cautiously interpreted and may not be the definitive finding on homeopathy.

More high quality and well-designed research into the range of complementary medicine regimes used by Australians will provide the facts needed by clinicians, policymakers and individuals to access healthcare, which works and is cost effective.

Ends