

# 14. Homeopathy & insomnia

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## 14.1. Measurable effects of homeopathic medicines in insomnia - University of Arizona College of Medicine, Tucson, USA

### **Citation and Link:**

Bell IR et al (2010), "Effects of homeopathic medicines on polysomnographic sleep of young adults with histories of coffee-related insomnia", *Sleep Medicine*, doi:10.1016/j.sleep.2010.03.013

<http://www.homeopathyeurope.org/news-and-press/newsletter/measurable-effects-of-homeopathic-medicines-in-insomnia>

### **Aim & Method:**

"A research team at the University of Arizona College of Medicine in Tucson (USA) recently examined the effects of one dose of placebo versus either Coffea Cruda 30c or Nux Vomica 30c in relatively healthy young adult human subjects with a past history of coffee-induced insomnia. They used polysomnography (PSG), which can distinguish divergent findings, if present, between subjective sleep complaints and objective all-night sleep recording assessments in certain types of insomnia.

The authors refer to multiple studies on healthy animals that have shown measurable effects on sleep of three different homeopathic medicines at potencies prepared to a dilution past Avogadro's number (Histamine, Coffea Cruda, and Nux Vomica) compared with placebo. In these studies each medicine at a 30c potency altered sleep patterns notably with differential effects on electroencephalographic delta frequency (0.5– 2.5 Hz) power during sleep, while other investigators have demonstrated effects of Nux Vomica 30c on alcohol-induced sleep time in mice."

### **Result:**

"... study demonstrated that the homeopathic medicines significantly increased PSG total sleep time and NREM, as well as awakenings and stage changes. Findings are similar though not identical to those reported in animals with the same medicines..."

**14.2. Chronic primary insomnia: efficacy of homeopathic simillimum** Department of Homoeopathy, Faculty of Health Sciences, Durban University of Technology, Durban, South Africa.

**Citation and Link:**

Naudé DF, Stephanie Couchman IM, Maharaj A, "Chronic primary insomnia: efficacy of homeopathic simillimum", *Homeopathy* 2010 Jan; 99(1):63-8.

[http://www.unboundmedicine.com/medline/ebm/record/20129178/full\\_citation/Chronic\\_primary\\_insomnia:\\_efficacy\\_of\\_homeopathic\\_simillimum](http://www.unboundmedicine.com/medline/ebm/record/20129178/full_citation/Chronic_primary_insomnia:_efficacy_of_homeopathic_simillimum)

**Aim & Method:**

"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. 30 participants were selected in accordance with DSM-IV TR (2000)(1) criterion 307.42 Primary Insomnia and then randomly divided between treatment and placebo groups. The measurement tools used were a Sleep Diary (SD) and the Sleep Impairment Index (SII).(2) After an initial consultation, 2 follow-up consultations at 2-week intervals took place. Homeopathic medication was prescribed at the first and second consultations. The SII was completed at each consultation and participants were instructed at the first consultation to start the SD."

**Results:**

"SD data revealed that verum treatment resulted in a significant increase in duration of sleep throughout the study, compared to the placebo treatment which resulted in no significant increase in duration of sleep. A significant improvement in SII summary scores and number of improved individual questions were found in the verum group, responses to all 11 questions having improved significantly upon completion of the study. An initial improvement occurred in the placebo group, but was not sustained. Comparison of results between the groups revealed a statistically significant difference. The homeopathic simillimum treatment of primary insomnia was effective, compared to placebo. Homeopathy is a viable treatment modality for this condition and further research is justified."