



The mission of the Society for the Establishment of Research in Classical Homeopathy (SERCH) is to create a homeopathic research center of the highest quality that encompasses both conventional and homeopathic research. SERCH pursues conventional research, homeopathic research practice based research and interdisciplinary research. SERCH also partners with other organizations and schools to promote quality homeopathic research. If you would like more information about research at AMCH please contact [Research@AMCH.com](mailto:Research@AMCH.com).

## **Conventional Research**

### **Overview**

There are two types of conventional homeopathic research: Basic Science Research and Clinical Research. Basic Science Research is focused on demonstrating a plausible mechanism of action for homeopathic medicine. Basic Science Research requires homeopathic laboratories and is beyond the scope of the Desert institute.

### **Clinical Research**

SERCH promotes and helps to conducts conventional clinical research demonstrating the efficacy and power of homeopathic medicine. To date, most conventional homeopathic research has been focused on comparing homeopathic treatment to conventional treatment in a variety of conditions. Nearly three hundred studies have been conducted, studying a variety of conditions, with positive results for homeopathy demonstrated in about 85% of the studies. Several metanalysis studies of this research have been done demonstrating that the probability that the success of homeopathy is due to placebo alone is less than 1/50,000 (Lancet 1994).

### **Fibromyalgia Study**

SERCH participated in a study investigating the efficacy of homeopathic treatment in fibromyalgia. This was conducted through the University of Arizona and was funded by a NIH grant.

The following are journal articles generated from the study:

Bell IR, Lewis DA II, Brooks AJ, Schwartz GE, Lewis SE, Walsh BT, Baldwin CM. Improved clinical status in fibromyalgia patients treated with individualized



homeopathic remedies versus placebo. *Rheumatology* 2004; will be published May 2004.

Bell IR, Lewis DA, Lewis SE, Brooks AJ, Schwartz GE, Baldwin CM. Strength of vital force in classical homeopathy: bio-psycho-social-spiritual correlates in a complex systems context. *J Alternative and Complementary Medicine*; April 2004.

Bell IR, Lewis DA II, Brooks AJ, Schwartz GE, Lewis SE, Caspi O, Cunningham V, Baldwin CM. Individual differences in response to randomly-assigned active individualized homeopathic and placebo treatment in fibromyalgia: Implications of a double-blind optional crossover design. *J Alternative & Complementary Medicine* 2004; in press.

Bell IR, Lewis DA II, Schwartz GE, Lewis SE, Caspi O, Scott A, Brooks AJ, Baldwin CM. Electroencephalographic cordance patterns distinguish exceptional clinical responders with fibromyalgia to individualized homeopathic medicines. *J Alternative & Complementary Medicine* 2004; in press.

Bell IR, Lewis DA II, Lewis SE, Schwartz GE, Scott A, Brooks AJ, Baldwin CM. Electroencephalographic alpha sensitization in individualized homeopathic treatment of fibromyalgia. *International Journal of Neuroscience* 2004; in press.

## Other Conventional Research

We currently have a variety of potential studies that we will be participating in. These include:

Patient & Provider Perspectives on Homeopathy research study; in process; SERCH role-practitioners interviewed

NIH R21 PTSD Grant; comparison of homeopathic treatment to exposure therapy in the treatment of PTSD; SERCH role- provides the homeopathic treatment; Status: Submitted to NIH

NIH-RO1 - Sleep Grant: Examined effect of specific homeopathic remedies on sleep; SERCH Role-consultative; Submitted to NIH

Samueli Foundation (Dept. Of Defense) Proposal: Study of Post Traumatic Stress Disorder; one year \$175K; measures startle response to loud noise in PTSD patients comparing placebo to homeopathy; SERCH role is consultative and provides treatment; Status-pending

Poonam Velagaleti Study: animal study of the effect of homeopathy on CNS related disorders; Status-submitted to NIH; SERCH role is consultative



Consultant role to a major homeopathic pharmaceutical company; Status-in process

## Homeopathic Research at SERCH

### Overview

SERCH conducts homeopathic research by doing provings. Provings are a method to determine the healing power of natural substances. To date, SERCH has conducted provings on the following substances:

Oxalis acetosella (Wood Sorrel)  
Heloderma suspectum (Gila Monster) ([link](#))  
Carnegeia gigantea (Saguara Cactus) ([link](#))  
Urolophus halleri (Round Sting Ray) ([link](#))  
Cathartes aura (Turkey Vulture) ([link](#))  
Argemone pleicantha ((Crested Prickle Poppy) ([link](#))  
Alligator missisipiensis (American Alligator) ([link](#))  
Turquoise ([link](#))  
Larrea tridentata (Creosote Bush) ([link](#))  
Geococcyx californianus (Greater Roadrunner) ([link](#))

### What is a Proving?

Provings are the method that homeopaths utilize to conduct research on new homeopathic medicines. This method was first established by Samuel Hahnemann in 1790. Provings also represent a method for us to better understand the natural world.

### How are Provings Conducted

Each of the provings conducted utilized between 15 to 23 provers (average 19 provers). Provers were from 18-65 years of age and in good health. Two thirds of our provers were female.

Each prover was assigned a proving supervisor who interviewed them prior to the onset of the proving to obtain a baseline case. This prover then attended a introductory meeting with their fellow provers prior to the start of the proving to go over basic policies and procedures and to obtain informed consent.

Each prover took a single dosage of 30C of the assigned homeopathic medicine at bedtime. If they exhibited any symptoms in the next 24 hours they then



received no further homeopathic medicine. If they had no symptoms, then they repeated the homeopathic medicine 24 hours later. Each prover received a maximum of three doses of the 30C potency. A dosage consisted of 10-12 pellets of the chosen homeopathic medicine.

Each prover recorded daily in their homeopathic journal over the course of the proving. Their supervisors had regular contact with them until proving symptoms resolved. Each supervisor kept a separate supervisors journal which was handed in at the end of the proving. Each prover was followed for a six month period or until their proving symptoms completely resolved.

### **Blinding**

Each of the provings conducted were triple blinded. The provers, proving supervisors, proving administrator, proving coordinator and proving director all were unaware of the remedy being proven.

Homeopathic medicines were selected by a proving committee. It keeps a blinded pool of 12 substances that are randomly selected from for each proving.

We do not only conduct provings on desert homeopathic medicines. Other provings have included Oxalis acetocella (Wood Sorrel), Urolophus halleri (Sting Ray Venom) and Alligator mississippiensis (American Alligator).

### **Placebo Controlled**

There is controversy in homeopathic research concerning the usage of placebo in homeopathic provings. The vast majority of homeopathic provings to date have not utilized placebo (including all of Hahnemann's work). There is also literature suggesting that the usage of placebo may not be necessary.

The first two desert provings that we conducted were placebo controlled (Heloderma suspectum and Carnegeia gigantea). We found that those provers who received placebo developed identical symptoms to those who received active substance. Based on this experience as well as that of many other experts in proving research around the world, we abandoned the usage of placebo in our provings after 1999.

### **Homeopathic Medicine Preparation**

Homeopathic medicines are prepared using standard homeopathic methodology. All of the homeopathic medicines are available from the Hahnemann Pharmacy, in Oakland California.



### **Publication of Proving Research**

All homeopathic provings conducted by SERCH have been published by Desert Institute Publishing. They can be ordered from the Desert Institute (2001 W. Camelback, Suite 150, Phoenix AZ 85015; 602-347-7950) or from homeopathic booksellers. A synopsis of each proving is also available on our website ([www.weteachhomeopathy.com](http://www.weteachhomeopathy.com)).

### **Subject Selection**

SERCH is actively seeking proving participants for future provings. If interested, contact Joie Rowles PhD, Proving Director, at 602-347-7950.