

A homeopathic ointment preparation compared with 1% diclofenac gel for acute symptomatic treatment of tendinopathy

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ABSTRACT

Context: The incidence of tendon injuries and tendinopathy has risen substantially in the past decades.

Objectives: To assess the non-inferiority of therapy based on the homeopathic preparation Traumeel S ointment (Heel GmbH,

Baden-Baden, Germany) compared with treatment based on diclofenac 1% gel in patients with tendinopathies of varying etiology.

Design: Nonrandomized, observational study.

Setting: Ninety-five homeopathy and conventional medical practices in Germany.

Patients: Three hundred fifty-seven patients aged 18 to 93 years with tendinopathy of varying etiology based on excessive tendon load rather than inflammation.

Interventions: Traumeel S ointment or diclofenac 1% gel for a maximum of 28 days.

Main Outcome Measures: Efficacy was measured on a four-degree scale on pain-related variables, on variables related to motility, and on overall treatment outcome. Tolerability was monitored as adverse events. Compliance was assessed by practitioner and patient on a four-degree scale.

Results: The patient groups were comparable at baseline. The changes in summary score of all pain-related variables were -5.3 ± 2.7 (all values means \pm SD) in the Traumeel group and -5.0 ± 2.7 in the control group. Changes for all motility-related variables were -4.2 ± 3.8 with Traumeel and -3.7 ± 3.4 with control therapy. The summary scores for all clinical variables were reduced by -9.5 ± 5.7 with Traumeel therapy and by -8.7 ± 5.4 with diclofenac-based treatment. Homeopathic

therapy was non-inferior to diclofenac therapy on all variables. For motility-related variables, there was a trend toward superiority of Traumeel. Treatments were well tolerated with no treatment-related adverse events.

Conclusions: The results suggest that Traumeel ointment is an effective alternative to nonsteroidal anti-inflammatory drugs therapy for the acute symptomatic treatment of patients with tendinopathy.

Key-words: Homeopathy, motility, noninferiority, NSAID, observational study.

Effects of the homeopathic preparation Engystol on interferon- γ production by human T-lymphocytes

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ABSTRACT

There is a growing interest in complementary medical practices, but few studies have investigated mechanisms behind the possible benefits. The effects of the homeopathic preparation Engystol on interferon- γ producing T-lymphocytes were studied *in vitro*.

Lymphocytes were isolated from 30 healthy human volunteers and the percentage of interferon- γ producing cells was analyzed by fluorescence activated cell sorting. Cells were treated with NaCl (control) or Engystol at concentrations from undiluted to 2%.

All concentrations of Engystol increased the percentage of interferon- γ producing lymphocytes significantly, from a mean of $20.9\% \pm 10.5\%$ to over 24%. There was no dose-dependence of the effect at the concentrations tested.

Key words: Prophylaxis, homeopathy, inflammation, fluorescence activated cell sorting.