

The homeopathic antiarthritic preparation Zeel comp. N: a review of molecular and clinical data

Reprint from Birnesser H, Stolt P. *Explore* 2007;3:16-22.



SUMMARY

Zeel comp. N® (Zeel) is a homeopathic medication that has been widely used for many years for the treatment of arthritic disorders in a large number of countries worldwide. In recent years, a growing body of clinical and molecular evidence has been accumulating that shed light on the possible antiarthritic effects of this preparation. A number of studies report anti-inflammatory effects from Zeel. *In vitro* studies have indicated Zeel-mediated inhibition of the pathways involving

the enzymes cyclooxygenase-1 and -2, and also the 5-lipoxygenase pathways, affecting levels of both eicosanoids and leukotrienes. Thus, Zeel may reduce the main two classes of molecules responsible for arthritic pain and inflammation. This review describes recent research on Zeel and discusses the need for further studies to clarify the role of the compound in the antiarthritic armamentarium of complementary medicine.

Key words: arthritis, leukotrienes, homeopathy, cyclooxygenases, prostaglandins

Efficacy of a homeopathic preparation in control of post-operative pain - A pilot clinical trial

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SUMMARY

Background: despite modern surgical technique and anesthesia, post-operative pain following ambulatory surgery remains an important cause of delayed hospital discharge, readmission, and post-operative visits to the primary care physician. Traumeel S® is a homeopathic complex preparation widely used in German speaking Europe for trauma and orthopedic pain.

Methods: we performed an open, quasi-randomized triple-arm clinical trial to evaluate the efficacy of two regimens of Traumeel S® in minimizing post-operative pain and analgesic consumption following elective hallux valgus surgery. A total of 30 patients were assigned to the single injection, the injection + oral intake (PO) or the control group. Repeated measures of maximal pain at rest during 13 days postoperative were evaluated using a linear mixed effects model. The total consumption of analgesics was also compared between the three groups.

Results: the single injection and injection + PO groups experienced lower pain scores as compared to the control group ($p = 0.02$ and 0.05 , respectively). There was no significant difference between the single injection group and the injection + PO groups. Similarly, the mean total consumption of analgesics was lower in the single injection and the injection + PO groups than in the control group but the difference was not statistically significant.

Conclusion: in this pilot study, Traumeel S® demonstrated efficacy in minimizing post-operative pain following repair of hallux valgus. These promising results should be validated in a randomized, double-blinded, placebo controlled trial.

Key words: homeopathy, Traumeel S®, hallux valgus, pain management