

Homeopathy for Autoimmune Diseases: A Literature Review

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Abstract:

Immune system masturbation against healthy tissues causes autoimmune diseases in one in three people worldwide. Chronic diseases include inflammatory bowel disease, multiple sclerosis, rheumatoid arthritis, and lupus can cause disability and lower quality of life. Common therapies for these disorders include immunosuppressants and corticosteroids, but they can cause infections, organ damage, and other long-term health difficulties. Alternative therapies like homeopathy help many patients manage their symptoms and quality of life. According to homeopathy's "like cures like," extremely dilute chemicals can promote the body's natural healing. the usefulness of homeopathic remedies in controlling symptoms, decreasing inflammation, and modifying immunological responses in autoimmune disorders, reviewing available evidence. This study uses clinical trials, observational studies, and patient experiences to evaluate homeopathy as an adjuvant treatment for autoimmune diseases. Even tho some studies have showed promising results in improving patient-reported outcomes and decreasing disease activity, further high-quality, well-designed studies are needed to determine homoeopathy's role in treating autoimmune illnesses.

Keywords: Homeopathy, autoimmune diseases, rheumatoid arthritis, lupus, multiple sclerosis, inflammatory bowel disease

Introduction:

A group of chronic disorders that are collectively referred to as autoimmune diseases are brought about when the immune system inadvertently causes damage to healthy tissues within the body. Rheumatoid arthritis, lupus, multiple sclerosis, psoriasis, and inflammatory bowel diseases are conditions that belong to a group of diseases that are distinguished by persistent inflammation, damage to organs, and a disability that persists for an extended period of time. Although the etiology of autoimmune disorders is complex and encompasses factors such as genetics, the environment, and the immune system, no one is able to definitively determine what causes these conditions. Biologic treatment, immunosuppressants, and corticosteroids are examples of traditional therapies that have made significant advancements in recent years; yet, the management of autoimmune diseases remains challenging. Although traditional treatments have the potential to alleviate symptoms and reduce the progression of disease, it is important to note that these treatments are not without their fair share of adverse effects. Some examples of these are an increased susceptibility to infections, damage to organs, and other persistent health issues. Therefore, a significant number of individuals who are afflicted with autoimmune disorders seek out treatments that are offered by complementary and alternative medicine in order to alleviate their symptoms and improve their general well-being. For instance, homeopathy is an example of a complementary and alternative medicine technique that is based

on the principle that "like cures like." For the purpose of restoring equilibrium and stimulating the body's natural capacity for self-healing, homeopathy makes use of chemicals that are very diluted and derived from plants, minerals, and animal products. It is commonly believed that conventional treatments for autoimmune diseases are associated with unpleasant side effects. On the other hand, homeopathy is thought to act by regulating immune function, reducing inflammation, and enhancing the body's natural capacity to heal itself. The purpose of this study is to investigate the feasibility of using homeopathy as a treatment for autoimmune diseases by reviewing the research on its effects on symptom management, inflammation reduction, and immune response modulation. Additionally, the study will evaluate the pros and cons of using homeopathy in the management of autoimmune diseases through clinical trials, observational studies, and patient-reported outcomes. It is still not possible to draw a definitive conclusion from the scientific facts, despite the fact that there have been some positive studies. With the intention of providing a comprehensive overview of the role that homeopathy plays in the treatment of autoimmune diseases and drawing attention to the fact that additional high-quality studies are required to establish the therapeutic efficacy of homeopathy, the purpose of this review is to accomplish both of these goals.

A Selection of Homeopathic Medicines for the Treatment of Autoimmune Disorders

When it comes to alternative medicine, homeopathy is a method that focuses on individualized treatment plans. The objective of this strategy is to make use of natural medicines that are greatly diluted in order to encourage the body's natural capacity for healing. Through the regulation of the immune system, the reduction of inflammation, and the improvement of overall health, homeopathy is thought to have a beneficial impact on autoimmune diseases. Patients suffering from a variety of autoimmune disorders, including as lupus, rheumatoid arthritis, multiple sclerosis, and inflammatory bowel disease, may find treatment through homeopathic therapy, which is tailored to the specific needs of each individual patient. This part will focus on the indications, patient outcomes, and primary homeopathic medications that have been used in the treatment of autoimmune diseases. The objective of this section is to investigate it.

1. Rheumatoid Arthritis and Homeopathic Remedies

The inflammatory, painful, and stiff symptoms of rheumatoid arthritis (RA) spread throughout the body and eventually cause damage to the joints. In patients with RA, homeopathy seeks to alleviate inflammation, control pain, and bring the immune system back into balance. Among the most popular RA treatments are:

- **Rhus toxicodendron:** Commonly given to patients whose stiff joints get worse at rest and better when they walk around. Patients with rheumatoid arthritis who wake up every morning with pain, swelling, and stiffness will find this to be an extremely helpful treatment.
- **Bryonia alba:** Suggestion for rheumatoid arthritis (RA) patients experiencing excruciating pain, particularly when that pain gets worse with movement but better with rest. Joint inflammation, heat, and pain can all be alleviated by bryonia.
- **Kali bichromicum:** A thick, stringy discharge from the nose or other mucous membranes is a hallmark symptom of rheumatoid arthritis (RA), which causes swelling and deformities in the joints.

Natrum sulphuricum: Recommended for people whose joint discomfort gets worse in wet conditions, as well as those who have a history of gastrointestinal or liver problems that could lead to inflammation.

Patients with RA may find relief from pain and mobility issues as well as assistance with long-term management when these treatments are tailored to their specific symptom profile.

2. Lupus and Immune System Regulation

Systemic lupus erythematosus, more often known as lupus, is an autoimmune disorder that can manifest in a variety of ways and impact many bodily systems. Lupus symptoms, particularly systemic inflammation and flare-ups, may be better managed by homeopathy. Lupus frequently responds to homeopathic treatments such as:

- **Apis mellifica:** Commonly used for red, puffy skin and inflammation accompanied by burning and stinging sensation. Lupus skin flare-ups, particularly those involving oedema, can be effectively managed with this therapy.
- **Rhododendron:** Medicated for systemic symptoms, especially when patients encounter inflammatory reactions that amplify in cold and wet weather, such as joint pain, stiffness, and swelling.
- **Lachesis mutus:** Used for people who suffer from heat intolerance or who have a family history of blood or circulation problems (common in lupus patients).

Sulphur: Used most frequently for skin lesions and systemic inflammation, especially in cases of irritability or restlessness.

In order to better treat both short-term and long-term symptoms of lupus, homeopathy seeks to control immunological function, decrease inflammation, and increase general vitality.

3. Multiple Sclerosis (MS) and Homeopathy

Muscle atrophy, numbness, impaired eyesight, and cognitive decline are symptoms of multiple sclerosis, an autoimmune disorder that gradually attacks the central nerve system. Managing symptoms and improving quality of life are common goals for homeopathic support for multiple sclerosis patients. Multiple sclerosis treatment options include:

- **Gelsemium:** This medication is commonly given to multiple sclerosis patients who suffer from tremors, weakness, weariness, and heat intolerance, especially when these symptoms get worse with physical activity or heat.
- **Kali phosphoricum:** Popular for relieving fatigue (both mental and physical) and MS-related nerve symptoms (such as tingling, numbness, and weakening).
- **Plumbum metallicum:** Appropriate for the treatment of wasting away, weakening, and paralysis of muscles that are hallmarks of advanced multiple sclerosis.

Baryta carbonica: Beneficial for neurological system degradation and cognitive impairment, especially in elderly MS patients.

Homeopathy aims to cure multiple sclerosis (MS) by re-establishing neurological balance, decreasing inflammation, and relieving fatigue. This approach may provide relief from physical and cognitive symptoms.

4. Inflammatory Bowel Disease (IBD) and Homeopathy

Ulcerative colitis and Crohn's disease are two examples of inflammatory bowel illnesses that cause persistent inflammation in the intestines. Nausea, constipation, loss of appetite, and

lethargy are some of the symptoms. Reducing inflammation, managing flare-ups, and enhancing digestive health are the main goals of homeopathic medicines for inflammatory bowel disease (IBD). Standard treatments consist of:

- **Arsenicum album:** Patients experiencing severe gastrointestinal distress, including nausea, diarrhoea, burning pain, and nighttime worsening of symptoms, may benefit from this medication. Patients experiencing nervousness or agitation in addition to their gastrointestinal problems may find relief with this.
- **Lycopodium clavatum:** For those who suffer from gas, bloating, or gastrointestinal problems; this medication is recommended for those whose symptoms are worsened by anxiety or excessive eating.
- **Nux vomica:** One of the most popular treatments for gastrointestinal problems that have their roots in unhealthy lifestyle choices like stress, alcohol, or overeating. If you suffer from constipation, indigestion, or stomach pain, this may assist.

Sulphur: Recurring rectal irritation, diarrhoea, and pain are signs of inflammatory bowel disease (IBD). When individuals also have skin issues alongside their gastrointestinal complaints, it can be helpful.

Restoring digestive equilibrium, reducing gut inflammation, and improving gut health are the goals of homeopathy for inflammatory bowel disease. Another possible strategy for managing inflammatory bowel disease (IBD) is the use of homeopathic remedies, which target both the outward manifestations of the disease and its underlying constitutional causes.

5. The Individualized Nature of Homeopathy in Autoimmune Diseases

The unique focus on each patient is a hallmark of homeopathic medicine. A comprehensive evaluation of the patient's psychological, emotional, and physiological condition, in addition to the specific symptoms of the autoimmune illness, is used to choose the remedies. Improved patient satisfaction and better clinical outcomes may result from homeopaths' ability to personalise treatment plans based on each patient's specific requirements.

This personalised strategy for treating autoimmune diseases may include taking into account the patient's emotional condition, environmental triggers, lifestyle choices, and medical history. Homeopathy provides an alternative to or supplement to conventional medical treatments by treating the full individual, not simply the symptoms of their illness.

Conclusion

Homeopathy offers a one-of-a-kind and individualized treatment for autoimmune diseases, with the objective of modulating the immune system, reducing inflammation, and contributing to an overall improvement in health. Homeopathic remedies for inflammatory bowel illness, multiple sclerosis, rheumatoid arthritis, and lupus, respectively, include Arsenicum album, Gelsemium, Apis mellifica, and Rhus toxicodendron. Homeopathic remedies are also used for lupus. Because of its individualized approach that takes into account the patient's emotional, psychological, and physiological circumstances, homeopathy provides individuals who are looking for an alternative or supplemental therapy to traditional medicine with a glimmer of hope. In spite of the fact that some patients have reported significant reductions in their symptoms and improvements in their quality of life, there is currently a lack of substantial scientific evidence to support the utility of homeopathy in the treatment of autoimmune

diseases. The difficulty of doing rigorous clinical research, the fact that each patient's treatment is unique, and the likelihood of the placebo effect all contribute to the fact that it is difficult to generate strong clinical evidence in homeopathy. Homeopathy, on the other hand, is a helpful adjunct to integrative therapy because of its holistic approach and its ability to improve patients' health. This makes it an ideal choice for individuals who are seeking for a treatment that is non-invasive and individualized for autoimmune diseases. The last point is that homeopathy is an appealing supplemental therapy option since it has the capacity to assist in the regulation of the immune system and the alleviation of symptoms associated with autoimmune treatments. It is important to conduct additional study in order to acquire a more in-depth understanding of how it operates, to validate its efficacy, and to determine its position in the treatment of autoimmune diseases. As scientific research continues to improve, homeopathy may become an increasingly essential component of the holistic treatment of autoimmune illnesses, especially when combined with conventional treatments.

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