

HRI Greece 2025: Advancing homeopathy research in the birthplace of western medicine

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Abstract

The Homeopathy Research Institute's 6th international research conference took place in Thessaloniki, the birthplace of Aristotle and Hippocrates. Building on this medical legacy, the conference showcased rigorous research from a global scientific community. Presentations covered clinically relevant topics including mental health and antimicrobial resistance, as well as effectiveness gap conditions such as trigeminal neuralgia. Fundamental research presentations ranged from exploration of plausible mechanisms of action, to the use of innovative physicochemical and biological techniques to demonstrate that homeopathic medicines have specific characteristics and effects. Developments in agrohomeopathy also highlighted evidence-based applications in ecosystems, agriculture, and veterinary medicine. This premier event in homeopathy revealed, and further fuelled, tangible advancements in the scientific understanding of this 200-year old medicine.

Generating research-driven knowledge

HRI Greece 2025 marked the latest milestone in the research community's ongoing commitment to advancing scientific enquiry in the field of homeopathy. Building on a tradition established over more than a decade, HRI continues to provide a dedicated platform for the dissemination of rigorous and innovative research, as well as fostering interdisciplinary exchange and collaboration. The 2025 programme also introduced a notable first: the inaugural HRI Poster Competition, created to recognise and celebrate emerging research talent.

Opening words

Greece, with its rich medical heritage, provided an appropriate setting for this international scientific gathering. In his opening address, **Dr George Patoulis**, President of the Athens Medical Association, affirmed patronage of the HRI Conference by this prestigious organisation. He stressed the importance of rigorous documentation in scientific advances of complementary medicine, expressing his support for scientific integrity and innovation in homeopathy research. **Dr Natalia Tzima**, a leading Greek homeopathic physician and Vice President of the European Committee for Homeopathy, drew connections between the teachings of Aristotle and Hippocrates and homeopathic principles, particularly the holistic insight that "the whole is greater than the sum of its parts".

"As president of the Athens Medical Association, I follow with great interest the developments in homeopathic research and its contribution to the advancement of scientific integrity and innovation."

- Dr George Patoulis
President, Athens Medical Association

Proving: the bedrock of homeopathy

The program began with keynote speaker **Prof Ashley Ross** (South Africa), sharing his expertise on provings – studies which establish the precise symptoms each homeopathic medicine can potentially treat, according to the 'like treats like' *similia* principle. As provings underpin the clinical application of homeopathy, Prof Ross highlighted the need for greater consistency, traceability, and reliability in proving data.

HRI Greece 2025 - Key facts

- 200 delegates from 25 countries
- 60 presenters from 17 countries
- 38 oral presentations and 29 posters
- Diverse programme: clinical, basic and veterinary research; provings; agrohomeopathy

To this end, he outlined global efforts to establish guidelines that uphold scientific standards without compromising the essential experiential aspects of these studies.

Addressing antimicrobial resistance (AMR)

Several presentations highlighted the increased momentum seen in exploration of homeopathy as a tool to reduce antimicrobial use. **Dr Esther van der Werf** (UK) described HRI's long-term research programme on homeopathy and antimicrobial resistance ('ENHANCE') which aims to improve research impact on this topic. Through a combined process of conducting systematic reviews and developing core outcome sets, this programme lays the structural groundwork for targeted and rigorous future AMR-related studies in otitis media, chronic sinusitis and tonsillitis.

Dr Deepti Singh (India) presented a randomised controlled trial comparing individualised homeopathy to standard antibiotic treatment in acute uncomplicated urinary tract infection, showing homeopathy to be a promising option for the treatment of UTIs.



Dr Alexander Tournier welcomes delegates

Dr Marcus Reif (Germany) presented an observational study with 650 patients with acute upper respiratory tract infections which is currently in progress, explaining the well-considered rationale behind the choice of study design, aimed at being the most appropriate for capturing real-world data.

Supporting mental health

Several presentations explored homeopathy's role in treating mental health conditions and behavioural disorders, including depression, tobacco addiction, and alcoholism. **Prof Ubiratan Adler** (Brazil) used an N-of-1 crossover clinical trial to evaluate homeopathy's effect on depression, showing a notable reduction in symptoms during homeopathic treatment with *Sulphur* LM potencies compared to placebo. A comparative trial presented by **Prof Vania Emerich Bucco de Campos** (Brazil) found promising results for individualised homeopathy versus nicotine patches for tobacco addiction – the homeopathic remedies used being manufactured from the smoker's preferred cigarette brand. **Dr Bhuvaneswari Rajachandra sekar** (India) presented a retrospective study on effectiveness of homeopathy in alcohol use disorder, which similarly found that individualised homeopathy was able to reduce severity of withdrawal symptoms and alcohol dependence.

Developing new tools & filling effectiveness-gaps

Dr Jean-Lionel Bagot (France) presented an international effort by the International Homeopathic Society of Supportive Care in Oncology (SHISSO) to standardise homeopathic integrative care for oncology using the Delphi method. A panel of 58 experts from 23 countries were contacted, with the aim of achieving expert consensus across 5 continents. The findings will inform SHISSO guidelines, providing structured, evidence-informed recommendations for treating the most common side-effects of conventional cancer treatment. A qualitative study by **Dr Hélène Renoux** (France) used the findings from 22 interviews to generate a novel Patient Reported Outcome (PRO) measurement scale. This new tool is designed to capture clinical outcomes in future trials involving patients with chronic conditions. **Dr Harleen Kaur** (India) presented a randomised, double-blind placebo-controlled pilot study which found that adding individualised homeopathy to conventional treatment led to significantly greater symptom improvement in trigeminal neuralgia – a severe chronic condition affecting the face that is particularly hard to treat.



Friday evening dinner at Miami Seafood Restaurant

Advancing understanding of homeopathic dilutions

Recent studies presented at HRI Greece 2025 reflect the growing scientific interest in elucidating the mode of action of homeopathic medicines manufactured to high levels of dilution. This includes advances in physicochemical investigations which have demonstrated that specific homeopathic remedies in liquid form (homeopathic 'potencies') have consistent signatures, e.g. electromagnetic activity and light emission, that differ from controls.

Dr Steven Cartwright (UK) presented his experimental results showing that homeopathic potencies emit light, generate electric and magnetic fields, and respond to external electromagnetic influences. In collaboration with **Prof Leoni Bonamin** (Brazil), Cartwright explored the use of solvatochromic dyes (sensitive probes which change colour according to the properties of their environment) to detect structural changes in water exposed to homeopathic preparations. These effects are enhanced in the presence of magnetic fields, suggesting a field-based interaction model and lending further support to the hypothesis of remedies acting through water structuring.

Dr Michel van Wassenhoven (Belgium) presented a series of multimodal analyses characterising the material and electrodynamic properties of high potencies. His findings indicate that high dilutions contain structured particulate matter distinct from solvent controls. As dilution increases, structured nanoparticles give way to nanobubbles of consistent size and distribution.

"This year's conference demonstrated a notable shift in terms of the quality of research being presented and a tangible feeling of gaining momentum in the field."

- Dr Alexander Tournier, HRI Chairman

Assessing the status of this sub-field as a whole, a theory scoping review by **Dr Alexander Tournier** (Switzerland) analysed 216 publications. 14 distinct non-overlapping theoretical frameworks were identified that propose explanatory models for the mode of action of homeopathy. These include mechanisms based on water structure, quantum physics, biophotons, and weak quantum theory. Notably, placebo did not emerge as such a framework. This review provides a foundation for targeted hypothesis testing and model refinement in future studies.

This broader perspective was continued by **Prof Stephan Baumgartner** (Switzerland) who presented a narrative review of his basic research on homeopathy over the last 30 years: 35 independent, randomised, blinded experiments conducted in three laboratories by two experimenters, observed specific biological effects of homeopathic preparations. These effects varied according to the organism's physiological state of 'health' (curative effects mainly being seen in moderately stressed systems), indicating a bio-regulatory action. Results were also dependent on the potency level used, with certain dilutions showing activity while others did not. Baumgartner proposed that homeopathic remedies act as non-thermal, information-based interventions interacting via hydrogen bonds, functioning in a regulatory capacity. **Dr Sandra Tribolo** (France) presented *in vitro* research on microglial cells, indicating immunomodulatory effects of *Anas barbariae* 200K at a cellular level, altering phagocytosis activity, cell elasticity and mitochondrial output.

Collectively, these studies reinforce the scientific credibility of homeopathy by demonstrating specific, measurable effects of ultramolecular preparations at physical and biological levels.

"This remarkable event united the leading minds globally to share pioneering research, encourage collaboration, and advance the field of Homeopathy"

- Pascal Houdayer, CEO, Boiron (Title Sponsor)

Advancing homeopathy through innovation

The scientific programme at HRI Greece 2025 highlighted an emerging synthesis of traditional homeopathic principles with modern technological and scientific techniques. A notable example was the study by **Aaron Ka Lun To**, **Dr Yvonne Yuen Ying Fok**, and colleagues (Hong Kong), which demonstrates how the international clinical case registry *Clifcol®* supports the statistical validation of homeopathy. Analysis of cases using homeopathy as an adjunctive treatment in patients with COVID-19 found that the majority of prescriptions were based on a small subset of commonly used rubrics and remedies, and that using uncommon entries (suggesting a higher degree of individualisation) did not correlate with better outcomes. These insights support the development of data-driven approaches to repertorisation, alongside traditional training.



Experts gather for the agrohomeopathy roundtable discussion

Building on the theme of digital innovation, **Prof Theodoros Lilas** (Greece) presented a framework using knowledge graphs and vector-based artificial intelligence to map homeopathic knowledge. This approach enables advanced pattern recognition across *Materia medica* and repertory data, laying the groundwork for intelligent clinical decision-support tools, with the potential to enhance precision in remedy selection.

At the molecular level, **Dr Christa Raak** (Germany) introduced a protocol for gene expression profiling in homeopathic research. Her study examined the effects of *Sulfur* on CD4⁺ T lymphocytes in patients with periodontal inflammation, offering a potential pathway for understanding remedy-specific immunomodulation. This work represents a significant step forward towards elucidating biological mechanisms of action in clinical populations.

Finally, **Dr Robbert van Haselen** (Germany) presented a methodological approach to address the inherent variability in homeopathic practice. By applying data science tools, his framework distinguishes meaningful therapeutic signals from clinical noise. This strategy is critical for improving the design of clinical trials and meta-analyses, thereby strengthening the evidence base for homeopathy.

Contributing to the 'One Health' framework

A key focus of the conference was the rapidly growing field of agrohomeopathy and its integration within the broader One Health framework, defined by the World Health Organisation (WHO) as "an integrated, unifying approach to balance and optimize the health of people, animals and the environment".

Keynote speaker **Prof Pedro Boff** (Brazil) synthesised over two decades of applied agrohomeopathy research, demonstrating homeopathy's capacity to enhance plant resilience, pest resistance, and soil health in Brazilian farming systems. His work illustrated the potential impact of deploying homeopathy as a central tool in

agroecological transformation, contributing to environmental sustainability, by directly improving plant and animal health.

In the latest application of this approach, a study by **Charlotte Southall** (UK) conducted in Brazil, explored the use of homeopathy to protect grapevines from downy mildew. Homeopathic treatment was associated with increased levels of protective enzymes and leaf proteins, indicating enhanced disease resistance. These findings suggest a role for homeopathy in reducing reliance on copper-based fungicides, known to have harmful effects on soil and aquatic ecosystems.

A systematic review presented by **Dr Leonardo Faedo** (UK) aims to inform future research on this topic. Preliminary results from analysis of 198 publications revealed promising outcomes for homeopathy in plant bio-stimulation, resilience, and productivity. **Paul Doesburg** (Switzerland) introduced a low-tech plant bioassay using cress as a model species. Designed for citizen science applications, this method supports accessible, decentralised research on homeopathic preparations and promotes broader community engagement in agroecology.

Turning to veterinary homeopathy, **Dr Ritika Narula** (India) presented evidence on the therapeutic potential of *Arsenicum album* 6C, *Echinacea* 200C, and *Veratrum album* tincture in treating neonatal calf diarrhoea. The study found these homeopathic interventions to be more effective than conventional antibiotics, suggesting a viable alternative for managing infectious conditions in livestock.

Keynote speaker, **Prof Patrizia Bricarello** (Brazil) shared insights gained from her substantial experience with integrating veterinary and agricultural homeopathy into One Health strategies. Her body of work, e.g. using homeopathic *Sulphur* ointment for prevention and management of blowfly infestations in sheep, highlights the role of homeopathy as a non-toxic, ecologically sound intervention, as well as providing inspirational examples of community-based innovation.



Keynote Prof Patrizia Bricarello closes the academic programme

Homeopathy within integrated healthcare systems

In his keynote lecture, **Prof Dr Thomas Ostermann** (Germany) addressed the economic dimension of integrating homeopathy within established healthcare systems, presenting a systematic review of 21 health economic evaluations of homeopathy. Emphasising that, "it is better to do no study than a poor study", Ostermann explained that although many studies suggest promising cost-effectiveness, their scientific quality often falls short.

To overcome this, Ostermann proposed a structured framework for conducting health economic research that can yield robust, policy-relevant evidence. Such an approach is essential to inform health policy, guide reimbursement decisions, and support the institutional acceptance of homeopathy.



Dr Daniel Gallego-Pérez delivers a keynote presentation at HRI Greece 2025

Also addressing the theme of system-level integration, WHO consultant **Dr Daniel Gallego-Pérez** (Colombia) spoke on the topic of *"Integration of Traditional, Complementary, and Integrative Medicine (TCIM) in the institutionalization of evidence-informed decision-making (EIDM)."* He underscored the importance of bridging the "knowledge-to-practice gap" within health systems by embedding evidence-informed approaches in policy development.

"It has been wonderful to receive messages from so many people saying it was our "best ever" conference - the science, the networking, the venue, all of it! I just want to say "Bravo" and "Thank you" to the HRI team for all their hard work."

- Rachel Roberts, HRI Chief Executive

Inaugural HRI Poster Prize

The introduction of HRI's new poster competition reflects the institute's commitment to recognising and encouraging the next generation of homeopathy researchers. This prize for the best poster presented at the HRI Conference was awarded to **Charlotte Southall** (UK) for her particularly novel work assessing effectiveness of homeopathy for reducing downy mildew in grapevines.



Rachel Roberts presents the inaugural HRI Poster Prize to Charlotte Southall

Our thanks

The 6th HRI Conference once again provided an inspiring setting for both experienced and emerging researchers to share their findings with a highly engaged, international audience. HRI is proud to support the tireless efforts of those advancing the science of homeopathy with precision, objectivity and integrity – values that remain at the heart of the Institute's own work.

We extend our sincere appreciation to all speakers, delegates, sponsors and exhibitors, whose presence and participation brought remarkable energy and depth to the event. As we progress into the second decade of HRI conferences, we look ahead with confidence, knowing that the pursuit of innovation and excellence in homeopathy research continues with unprecedented momentum.



Conference Team (left to right): Fleur Kortekaas, Dr Alex Tournier, Alex Winkler, Rachel Roberts, Chris Connolly, Dr Esther van der Werf, Armelle Demmers, Amy Taylor, Amy Hurlstone



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