Homeopathic medicines substantially reduce the need for clotting factor concentrates in haemophilia patients: results of a blinded placebo controlled cross over trial

Tapas Kundu, Afroz Shaikh, Afzal Kutty, Aparna Nalvade, Sudhir Kulkarni, Ranjan Kulkarni and Kanjaksha Ghosh

Haemophilia Care Centre:Nashik Chapter, Niramay Nursing Home, Adwait Colony, Canada Corner, Sharanpur Road, Nashik 422-005, India

Haemophilia Federation of India, New Delhi, India

Background:
Modern management of haemophilia patients is expensive: 90% of expenditure is on clotting factor concentrates. Any intervention which reduces the need for clotting factor concentrates in these patients without compromising the quality of life is of interest.

Aims and objectives:
To investigate the effectiveness of individualised homeopathic medicines in reducing the requirement of factor concentrates in haemophilia patients.

Materials and methods:
In a single blind placebo controlled cross over trial 28 consecutive persons with haemophilia (PWH) with severe (24) or moderately severe (4) disease received standard management with placebo homeopathy for 1 year and active homeopathic treatment in the subsequent year with the same conventional management. There was no wash out period. They received standard managements for any acute emergency during the study period. Development of inhibitor during the study period was a withdrawal criterion. Sample size for the trial was calculated as 24 PWH. Transfusion requirements, bleeding scores, pain scores were evaluated blind by independent experts. Homeopathic medicines were selected by experienced homeopathic physicians depending on clinical condition of the patient. Chi-squared and paired t tests were used in statistical analysis.
**Results:**
28 patients were recruited. Homeopathic medicines improved frequency of bleeding, extent of bleeding, blood products consumed and pain scores (P < 0.0001). There was also significant improvement in well being. Plasma levels of clotting factors did not change. No patients developed inhibitors during the study there were no drop-outs.

**Conclusion:**
Individualised homeopathic medicines may have an important supportive role in the management of PWH, where blood products and factor concentrates are not easily available. Larger, perhaps multicentric trials are warranted. Homeopathy (2012) 101, 38e43.

**Keywords:**
Homeopathy; Severe haemophilia; Supportive therapy; Developing country; Haemarthrosis; Pain relief; Behavioural changes

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*Correspondence: Kanjaksha Ghosh, Haematology, National Institute of Immunohaematology, 13th Floor, KEM Hospital, Parel, Mumbai 400012, India.
E-mail: kanjakshaghosh@hotmail.com
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**Introduction**

Haemophilia is a low frequency high cost disease, 90% of world’s haemophilia population lives in developing countries where proper management with factor concentrates...