

**A DOUBLE-BLIND RANDOMIZED PLACEBO-CONTROLLED TRIAL TO
EVALUATE THE EFFICACY OF CONSTITUTIONAL HOMOEOPATHIC
MEDICINES IN PRIMARY INFERTILITY**

**Prof.(Dr.) Soumitra De¹, Dr. Sharmishtha Nandi², Dr. Aditi Biswas³, Dr. Saba Nisat
Banu⁴, and Dr. Soumalya Golder^{5*}**

1. **HOD & Professor**, Department of Practice of Medicine, Burdwan Homoeopathic Medical College & Hospital, WBUHS, West Bengal.
2. **Assistant Professor**, Department of Obstetrics & Gynaecology, Burdwan Homoeopathic Medical College & Hospital, WBUHS, West Bengal.
3. **Assistant Professor**, Department of Homoeopathic Materia Medica, Burdwan Homoeopathic Medical College & Hospital, WBUHS, West Bengal.
4. **Assistant Professor**, Department of Physiology including Biochemistry, Burdwan Homoeopathic Medical College & Hospital, WBUHS, West Bengal.
5. **Assistant Professor**, Department of Homoeopathic Pharmacy, Burdwan Homoeopathic Medical College & Hospital, WBUHS, West Bengal.

*Corresponding Author: dr.soumalyagolder@gmail.com

Abstract

Primary infertility affects millions of couples globally, often leading to emotional distress and financial burdens. Conventional treatments, including assisted reproductive technologies, can be costly and invasive. This study investigates the efficacy of constitutional homoeopathic medicines as a complementary approach for managing primary infertility. A double-blind randomized placebo-controlled trial was conducted on 200 participants, with 180 completing the study. The homoeopathy group demonstrated significant improvements in pregnancy rates, menstrual regularity, and hormonal balance compared to the placebo group. No significant adverse effects were reported. These findings suggest that constitutional homoeopathic treatment may serve as a safe and effective alternative or adjunct to conventional infertility treatments, warranting further large-scale research.

Keywords: Primary infertility, homoeopathy, constitutional remedies, randomized controlled trial, placebo-controlled study

Introduction

Primary infertility is a global reproductive health concern affecting millions of couples. It is defined as the inability to conceive after at least one year of regular, unprotected intercourse despite normal sexual function (Zegers-Hochschild et al., 2017). The condition results from various factors, including hormonal imbalances, lifestyle influences, genetic predispositions, and unexplained causes (Mascarenhas et al., 2012). While conventional treatments, such as ovulation induction, intrauterine insemination (IUI), and in vitro fertilization (IVF), offer effective solutions, they are often expensive, invasive, and accompanied by potential side effects. Homoeopathy, a holistic and individualized medical approach, has gained recognition as a potential complementary treatment for infertility. It focuses on treating underlying imbalances rather than merely addressing symptoms (Ullman & Frass, 2020). Several studies have indicated that homoeopathic remedies, when prescribed constitutionally, may regulate hormonal fluctuations and enhance reproductive health without adverse effects (Fisher et al., 2018).

This paper evaluates a double-blind randomized placebo-controlled trial aimed at assessing the efficacy of constitutional homoeopathic medicines in primary infertility management. By

investigating the impact of individualized homoeopathic treatment on fertility parameters, this study seeks to contribute valuable evidence to alternative reproductive healthcare options.

Discussion

The study findings reinforce previous research that suggests homoeopathy may provide significant benefits in infertility management. The observed improvements in hormonal parameters and pregnancy rates indicate that constitutional homoeopathic remedies may play a role in restoring reproductive balance (Trichard et al., 2016). Unlike conventional treatments that focus on isolated symptoms, homoeopathy treats the individual as a whole, addressing systemic dysfunctions that may contribute to infertility (Bellavite et al., 2014). A major strength of this study is its rigorous double-blind, placebo-controlled design, which minimizes bias and ensures reliability. The use of individualized treatment further enhances the validity of the findings, as homoeopathy is inherently patient-specific (Ullman & Frass, 2020). Additionally, the trial demonstrated no adverse effects, highlighting the safety profile of homoeopathic interventions.

However, the study had some limitations, including a relatively small sample size and a short follow-up duration of six months. Larger, multi-center trials with longer observation periods are necessary to confirm the long-term efficacy of homoeopathic treatment in primary infertility. Further research should also incorporate molecular and biochemical analyses to understand the underlying mechanisms of homoeopathy in reproductive health. These findings support the potential of homoeopathy as a complementary approach to conventional infertility treatments, offering a non-invasive and holistic option for couples facing fertility challenges.

Conclusion

This study provides evidence supporting the efficacy of constitutional homoeopathic medicines in primary infertility management. The significant improvements observed in pregnancy rates, menstrual regularity, and hormonal balance suggest that homoeopathy may be a viable complementary treatment. Unlike conventional methods, homoeopathy offers a non-invasive, holistic approach with minimal adverse effects. However, further large-scale trials are necessary to validate these findings and establish standardized treatment protocols. Future research should also explore the underlying mechanisms of homoeopathic action in infertility treatment. Integrating homoeopathy with conventional reproductive therapies could provide a comprehensive solution for individuals facing infertility challenges.

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