

Homeopathic remedies for acute respiratory tract infections in children

Numbers for children aged 18 months to 6 years with an acute respiratory tract infection who either took a homeopathic remedy or placebo three times a day for five days (or until the symptoms disappeared), or received standard treatment*.

100 children with placebo or standard treatment*

100 children with homeopathic remedies**

Benefits

How many children recovered from the acute respiratory tract infection within 10 to 14 days?

about 76 in each group

How many children recovered from the acute respiratory tract infection after up to 21 days to 6 weeks ?

about 70 in each group⁺

Harms

How many children suffered from side effects?

No side effects occurred***

Short summary: Homeopathic remedies had no benefit in the treatment of acute respiratory tract infection in children. Side effects did not occur when taking a placebo or homeopathic remedies.

*The standard treatment consisted of three days observation followed by antibiotic treatment if the symptoms did not disappear. ** Children received homeopathic remedies that conformed to their symptoms and the severity of the respiratory infection. ***The side effects are based on a study comparing homeopathic remedies with a placebo. Taking an antibiotic may cause side effects such as nausea, vomiting or diarrhea. Overuse may also cause that antibiotics lose their ability to kill or inhibit their growth. ⁺The lower number of children recovering within 21 days to 6 weeks may be due to re-infection.

Source: [1] Hawke et al. *Cochrane Database Sys Rev* 2018(4): CD005974. [2] Smith et al. *Cochrane Database Sys Rev* 2017(6)

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<https://www.hardingcenter.de/en/fact-boxes>