

## **Homoeopathic Mineral Themes Approaches and Utility in the Treatment of Hypothyroidism**

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**Abstract:** Hypothyroidism is the most common type of thyroid dysfunction affecting people globally. Currently, thyroid disorders are the second most prevalent endocrine condition in India, after diabetes mellitus. This condition is more commonly seen in women, with the risk increasing with age and in those with a family history of thyroid problems. The primary treatment in contemporary medicine involves the lifelong administration of supplemental thyroid hormones. Conversely, homeopathy is considered the most effective holistic approach for hypothyroidism. This unique system of medicine focuses on individualization and the similarity of symptoms among patients, treating each condition as a complete and personalized entity. To analyze and select the appropriate remedy, a deeper understanding of homeopathic remedies for hypothyroidism is essential; the best way to grasp homeopathic Materia Medica is through the Kingdom approach. Remedies from the mineral kingdom show a greater affinity for hypothyroidism according to clinical repertories, but a thorough analysis and deeper comprehension of these remedies can only be achieved through the themes of the periodic table's rows and columns.

**Keywords:** Endocrine Disorders, Homoeopathy, Individualized Care, Emotional Etiology, Mineral Kingdom

## 1. Introduction

Thyroid gland disorders are among the most common endocrine issues worldwide, second only to diabetes [1]. In India, it has been reported that 42 million people suffer from thyroid disorders. Hypothyroidism, in particular, is the most widespread, affecting one in every ten adults [2, 3]. The prevalence of hypothyroidism in India is 11%, compared to only 2% in the United Kingdom and 4.6% in the United States. This condition, marked by inadequate production of thyroid hormones, can disrupt various physiological functions, such as heart rate regulation, body temperature control, and overall metabolic activities [2-4]. It is most frequently seen in older women. Common symptoms associated with hypothyroidism include chronic fatigue, heightened sensitivity to cold, constipation, dry skin, and unexplained weight gain. Patients showing signs of hypothyroidism, along with a confirmed deficiency in thyroxine, are generally treated with a synthetic, long-acting form of levothyroxine [5]. Traditional treatments often come with several side effects related to lifelong levothyroxine supplementation. The dosage is tailored and modified based on the patient's medical history, symptoms, and current thyroid-stimulating hormone (TSH) levels [6]. Conversely, homeopathy emphasizes treating the individual rather than just the deficiency. Its goal is to effectively stimulate the thyroid gland's function, impacting the body at the immune level [6, 7]. The aim of homeopathic treatment is to activate the body's hemostatic mechanisms. To achieve this, the current study's objective is crucial in selecting the appropriate similimum from a wide array of mineral remedies, which requires a thorough understanding of the materia medica pertaining to mineral kingdom remedies and their differentiation based on the periodic table theme.

## 2. Materials and Methods

**2.1. Homoeopathic repertorial division regarding Hypothyroidism:** In Clinical repertory of Robin Murphy under different rubrics related mineral remedies of hypothyroid clinical condition [8], such as THYROID , gland, remedies- aloe, ambr, bad, bell, *brom*, bufo, CALC, calc-f, CALC-I, calcp, calc-s, caust, cist, con, ferr-I, fl-ac, form, graph, IOD, kali-c, KALI-I, *lach*, lycps, *lyc*, nat-a, natc, NAT-M, nat-p, nat-s, phos, SEP, sil, SPONG, thuj, THYR and Hypothyroid- aq-mar, bad, *brom*, bufo, CALC, calc-f, CALC-I, calc-p, cist, con, ferr-I, fl.ac, form, fuc, GRAPH, iod, kali-c, KALII, *lach*, lycps, *lyc*, nat-c, NAT-M, phos, pinel, SEP, sil, SPONG, thuj, THYR.

**2.2. The stages of psychological development by Erik Erikson:** The eight stages of psychosocial development that have been delineated encompass the Womb stage, Infancy, Toddlerhood, Preschool years, School Age, Adolescence, Young Adulthood, Mature Adulthood, and Old Age.

Each of these stages presents unique psychosocial challenges, referred to as crises, whose resolution influences the outcome, determining if it is positive or negative. Successfully navigating each stage fosters psychological resilience associated with that particular developmental phase [9, 10].

### *2.3. The implications of Homoeopathic Mineral kingdom themes and concepts into Homoeopathic clinical practice*

The Kingdom Concept offers a more intricate and refined approach to understanding remedies, as it creates a structure for identifying patterns in human experiences and health issues [11]. By classifying remedies based on their corresponding kingdoms, homeopaths can more efficiently match the remedy to an individual's emotional, mental, and physical states. Mineral kingdoms patient language: Remedies derived from the mineral kingdom emphasize ideas of order, structure, security, and stability, frequently associated with issues of personal identity, boundaries, and survival. The central themes of mineral remedies revolve around "order" and "hierarchy."

**2.3.1: Mineral Chart:** Minerals are inanimate entities that markedly contrast with flora and fauna, as demonstrated by the unique symptoms and challenges found in their therapeutic profiles. They possess a greater level of organization compared to plants and animals, with their issues generally centering on structure, organization, safety, security, specific relationships, financial concerns, or performance. Individuals who seek mineral-based remedies tend to adopt a more intentional and methodical approach, exhibiting a slower pace than those who utilize plant and animal remedies. Their clothing choices are often characterized by simplicity, featuring patterns such as stripes, checks, and geometric designs, with a lesser focus on color. Practicality in attire takes precedence over aesthetics. Those requiring remedies derived from minerals frequently pursue a sense of wholeness, and their feelings of incompleteness may manifest in various ways. The essential principles of the mineral domain are structure and function; without these components, they remain unfulfilled [12-14]. In the realm of mineral remedies, the challenge is not external but fundamentally internal. These remedies are understood through the framework of the periodic table, which delineates the different stages of human development. The first row of the table corresponds to the stage of conception, while the seventh row relates to the disintegration of structure. Each column, numbered from 1 to 18, corresponds to specific developmental phases associated with its respective row. The primary concern regarding minerals is "structure." Problems associated with mineral remedies arise from deficiencies, formations, maintenance, or

the loss and disruption of this structure or organization. This structure can be conceptualized in terms of existence, identity, position, relationships, security, performance, and responsibility [15, 16]. The primary themes and terminology related to the mineral kingdom are delineated as follows: The structure, represented by its fundamental components, includes the backbone, which acts as the foundation, while the cement is in a state of deterioration. Complete and incomplete can be illustrated as delicate, unyielding, enduring, circular, and angular. The concepts of dependent and independent can be expressed through family, partner, spouse, a comfortable home, relatives, and the capacity for self-sufficiency. A deficiency and necessity are manifested as my vulnerability, which is characterized by disorganization, setbacks, academic failures, and financial challenges. Stable and unstable can be described using terms such as solidity, resilience, collapse, and fragility [16]. The periodic table is composed of six horizontal rows, known as series, and 18 vertical columns, referred to as stages, each representing unique themes. Scholten has assigned names to these series based on their most defining elements and describes the columns as 18 distinct stages within a continuous developmental process. Each element within a row signifies a phase in the evolution of its theme, moving from growth on the left, through success in the center, and concluding with decline and decay on the right [16, 17]. The column-wise themes of the Periodic Table: The stages of the periodic table serve as an essential tool for analyzing cases and remedies. Labeled as stages, they represent various phases in development, mirroring the life cycle. This progression commences with emergence and growth, advances to complete maturation, and ultimately results in decline, culminating in cessation. These stages align with the columns of the periodic table, yet they can be applied across all remedies.

### *2.3. Integrating Mineral chart rows and column themes into Homeopathic Practice:*

In holistic healing, it is essential to regard the patient as a complete entity. Homeopathic treatment is renowned for its comprehensive approach, considering every facet of an individual's life during the remedy selection process. A healthy person demonstrates ease and adaptability across various circumstances; however, any area where this ease or flexibility is absent signifies a point of difficulty in their life, shaped by different phases and challenges. If the focus in a diseased state is on the functioning and capabilities pertinent to that stage, a mineral remedy is indicated [14, 18]. In the mineral kingdom approach to Homeopathic case analysis, it is vital to differentiate between the kingdom analysis and the primary issue in cases that involve structural function and capability; a remedy from the mineral kingdom should be contemplated. Incorporating the concepts of the

mineral kingdom into Homeopathic practice could yield several beneficial implications as well as challenges. The major practices are as follows.

A. Enhanced Patient Evaluation: By prioritizing the Patient language in relation to case analysis, homeopaths can explore a patient's history more thoroughly to pinpoint potential illness triggers in specific situations. This method enables practitioners to reveal significant life events that may assist in choosing the most suitable similimum remedy from the vast selection of mineral remedies available.

B. Comprehensive Approach: Both Homoeopathy and the Mineral Kingdom embrace a comprehensive view of health, concentrating on treating the individual as a whole rather than simply addressing the illness. This methodology can help in formulating a more customized treatment plan that embodies the Homoeopathic principle of individualization.

C. Possible Therapeutic Benefits: After conducting a detailed case analysis of Hypothyroidism, this approach aids in addressing the inner core expression, which can lead to overall health improvements. As indicated by the mineral kingdom, patients may benefit from a strategy that considers these factors within the context of Homoeopathic care.

D. Exploration and Advancement: The incorporation of Mineral kingdom principles in Endocrine disorders such as Hypothyroidism and Homoeopathy may encourage further research into the connection between case assessment and the analysis of individuals with diseases, thus promoting a more thorough understanding of the Homoeopathic viewpoint.

E. Critical Thinking and Openness: A reputable practice would involve a balanced approach, remaining open to new ideas while rigorously evaluating them against established scientific standards.

In conclusion, the incorporation of Mineral kingdom concepts and themes into the Homoeopathic treatment of Hypothyroidism requires a thorough understanding and a careful balance between adopting holistic perspectives and adhering to scientifically validated diagnostic and treatment methods. This integration must be carried out with transparency and ethical considerations. Prioritizing the patient's wellbeing and informed consent is essential. Homoeopathy, which emphasizes a patient-centered and symptom-specific approach, fundamentally corresponds with the themes of the Mineral kingdom and the evaluation of the patient's language and expression to identify the similimum, all while adhering to the foundational principles of Homoeopathy [19-21].

The incorporation of concepts from the Mineral Kingdom into homeopathic practice can, therefore, present certain challenges, such as:

A. Lack of Scientific Validation: There is insufficient research evidence that substantiates the credibility of the biological effects of homeopathic remedies derived from the mineral kingdom and the clinical effectiveness of homeopathic treatments applied in cases of hypothyroidism.

B. Professional Boundaries and Scope of Practice: Homeopaths must remain cognizant of their professional boundaries and the limitations of their practice. The integration of Mineral Kingdom concepts may risk transgressing these boundaries, potentially resulting in legal and ethical issues.

C. Education and Training: The application of Mineral Kingdom concepts in hypothyroidism through thematic frameworks requires additional education and training for homeopaths, which may not align with traditional homeopathic education. This could lead to inconsistencies in practice and the potential for spreading misinformation.

D. Quality of Care and Safety: Prioritizing invalidated methods may compromise patient safety and the overall quality of care, especially if it results in the neglect or postponement of established treatments.

E. Integration with Conventional Medicine: Considering that the principles of the Mineral Kingdom in hypothyroidism are not recognized by conventional medical practices, the incorporation of these principles into homeopathic practice could further distance homeopaths from the broader medical community, potentially obstructing opportunities for collaborative care.

In conclusion, while both the concepts of the mineral kingdom and Homoeopathic practices in the treatment of hypothyroidism recognize the significance of individual expression and internal responses in assessing and managing patients, the incorporation of mineral kingdom concepts into Homoeopathic treatment for hypothyroidism must be approached with meticulous attention to scientific credibility and patient well-being. Although enhanced patient exploration is beneficial, it should not supplant the dependence on established, evidence-based medical practices. Both mineral kingdom themes and Homoeopathic traditions recognize the influence of psycho-emotional factors on human expression and their physical and emotional manifestations in individuals affected by hypothyroidism, albeit through different conceptual frameworks. In Homoeopathy, psycho-emotional symptoms are viewed as signs of the body's imbalance, providing guidance for the selection of mineral kingdom remedies. A thorough understanding of a patient's mental and emotional state is crucial for Homoeopathic diagnosis and treatment,

reflecting the conviction that emotional conditions can significantly impact physical health [21-25].

### **3. Results**

#### *3.1. The potential benefits and limitations of utilizing the themes of the mineral kingdom concept to improve the analysis and understanding of a patient*

Examining a patient's life context through the lens of the mineral kingdom theme can offer both benefits and obstacles in a therapeutic environment:

##### Potential Benefits:

A. Enhanced Understanding of Fundamental Issues: Utilizing PEM mineral kingdom themes allows for a thorough exploration of a patient's developmental hurdles and experiences, which may reveal essential psychological factors affecting their physical health.

B. Greater Patient Engagement: By focusing on emotional backgrounds, healthcare professionals can improve patient involvement in their treatment, helping them to understand and address the root causes of their health challenges.

C. Holistic Perspective: The emphasis on mineral kingdom themes in the treatment of hypothyroidism regarding the interplay between challenges and coping strategies may resonate with a comprehensive view of individuals in both sickness and health, offering a fuller understanding of well-being.

D. Customized Care: By emphasizing the distinct expressions and stories of patient experiences, mineral kingdom themes and concepts can foster highly personalized care and treatment approaches, consistent with the patient-centered philosophy of integrative medicine for those with hypothyroidism.

##### Potential Limitations:

A. Insufficient Empirical Support: The theories related to Mineral kingdom themes concerning hypothyroidism lack substantial support from scientific research, which may impede their credibility and acceptance in the broader medical community.

B. Risk of Oversimplification: There exists a potential danger of simplifying intricate medical issues to mere emotional triggers, which could result in the oversight of other important biological, environmental, and genetic factors.

C. Possible Treatment Delays: Emphasizing emotional causes may delay the commencement of more traditional treatments that could be more appropriate or urgent, particularly in critical or life-threatening circumstances.

D. Ethical Considerations: If practitioners prioritize mineral kingdom concepts over established medical treatments, ethical challenges may emerge, especially if they overlook evidence-based practices in the context of hypothyroidism.

E. Training and Expertise: The implementation of mineral kingdom concepts in hypothyroidism treatment requires a thorough understanding of its principles, which may not be included in the standard training for many healthcare providers, leading to inconsistent treatment approaches. While analyzing a patient's expression, language, and emotional history through the perspective of the mineral kingdom may provide valuable insights and improve personalized care, it is crucial to proceed with caution. Healthcare professionals should critically evaluate these concepts, consider the existing evidence supporting these methods, and ensure that their application does not obstruct the patient's access to proven and effective medical treatments.

### *3.2. A critical examination of empirical data that supports the concepts of the homoeopathic mineral kingdom in the treatment of hypothyroidism.*

A thorough examination uncovers multiple issues:

A. Scientific Validation: Medical practices are usually supported by empirical evidence obtained from meticulously conducted research, including clinical trials and epidemiological studies. The ideas surrounding the Mineral kingdom themes of rows and columns, as proposed by various pioneers in homeopathy, do not have adequate scientific backing and, therefore, lack the necessary validation for acceptance by the broader medical community.

B. Peer Review and Reproducibility: A key component of scientific acceptance is the peer review process and the ability for other researchers to replicate results. The Mineral Kingdom approach in Hypothyroidism has not successfully undergone this level of scrutiny, which casts further doubt on its reliability and effectiveness.

C. Clinical Outcomes and Safety: The absence of supporting evidence raises significant concerns regarding patient safety and the efficacy of treatments. Healthcare professionals rely on established therapies to ensure optimal care for their patients.

D. Regulatory and Ethical Standards: Medical regulatory bodies require proof of safety and efficacy prior to the approval and recommendation of treatments. The lack of empirical support

for Mineral kingdom themes fails to meet these regulatory standards, leading to ethical dilemmas concerning its use in clinical practice.

E. Interdisciplinary Support: The acceptance of medical practices often necessitates endorsement from various disciplines within the healthcare field. A therapy devoid of empirical evidence presents challenges to interdisciplinary collaboration and integrated care approaches.

G. Research and Investment: The medical community is typically hesitant to invest resources in researching modalities that do not demonstrate preliminary evidence of potential effectiveness. This hesitance further diminishes the probability of the Mineral kingdom approach obtaining empirical backing in the future. Consequently, the integration of Mineral kingdom rows and column concepts into conventional Homoeopathic medical practice for Hypothyroidism cases continues to be difficult.

#### **4. Discussion**

*4.1. The possible convergence of themes from the Mineral kingdom and the application of Homoeopathy as instruments for comprehending the holistic dimension of clinical cases related to hypothyroidism.* The possible convergence of themes from the Mineral kingdom regarding rows and columns with Homeopathic treatments is founded on their shared holistic view of patient care, which goes beyond just physical symptoms to include the psychological and emotional aspects of the individual. Mineral kingdom highlights specific psycho-emotional developmental traumas and their biological connections, indicating a direct correlation between emotional disturbances and physical health issues. Similarly, Homeopathy takes into account the overall emotional well-being, personality characteristics, and mental state of the patient as essential components of the overall symptomatology that guides remedy selection [23]. Nevertheless, it is important to acknowledge the notable distinctions between traditional and advanced methodologies, especially in terms of their scientific validation and acceptance within the medical community. Homeopathy, with its long-standing historical practice, utilizes a remedy selection methodology that is grounded in the principle of symptom similarity and the individual profile of the patient. In summary, while both the Mineral kingdom approach and its application in Homeopathic treatments can improve the holistic understanding of patients, it is vital for practitioners to prioritize methodologies and treatments that are based on evidence-based medicine, thus ensuring patient care that is ethically responsible, safe, and effective [23-25].

*4.2. It is important to highlight that although themes from the mineral kingdom offer a fascinating perspective on disease, effective treatment must consistently be based on evidence-based medicine.* The themes of rows and columns within the mineral kingdom present a compelling perspective on the relationship between a patient's individual expressions in a diseased state. It is essential to emphasize that effective homeopathic treatment and patient care should be firmly grounded in evidence-based medicine. This mineral kingdom approach ensures the application of therapies that have been scientifically validated and are acknowledged as safe and effective. Evidence-based medicine combines the most trustworthy research with clinical expertise and the values of patients, establishing a healthcare standard that prioritizes verified outcomes and patient safety. Although the insights provided by the mineral kingdom regarding patient well-being are significant, they should be integrated thoughtfully and must not supplant traditional therapeutic methods that are supported by empirical evidence and comply with established medical and ethical guidelines [25-27].

## **5. Conclusion**

Homeopathy operates within the inner aspects of the human being, establishing a connection between the body and mind. In instances of hypothyroidism, homeopathic treatments work by stimulating the gland's activity. To achieve this, it is crucial to provide the correct similimum at the right time. For this purpose, every physician must possess a thorough understanding of materia medica, with the most effective approach to grasping mineral remedies being through the themes of the periodic table.

## **6. Declaration**

We confirm that all the listed authors have read and approved the manuscript. We further confirm that the order of authors listed in the manuscript has been approved by all.

6.1. Ethics approval and consent to participate: Ethical approval was not required for the present study as it is based on secondary information.

6.2. Consent for publication: All the listed authors give their due consent for the publication

6.3. Availability of data and material: The present study is based on secondary sources, which are available at the mentioned references in the public domain. We have used data from published articles for the present study.

6.4. Competing interests: authors declare no conflicts of interest.

6.5. Funding: The author is unaware of any affiliations, memberships, funding, or financial holdings that might be perceived as affecting the objectivity of this study.

6.6. Authors' contributions: Lakshmi Narasaiah Gurram contributed the data curation, review literature, and manuscript preparation. Chandra Sekhara Rao Gorantla supervised the study and guided in manuscript preparation. Ramesh Athe developed the study protocol, review literature, and manuscript preparation.

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6.8. AI Statement: We confirm that the AI wasn't used to prepare the manuscript and was not approved by all the listed authors.

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