

The Role of Homeopathy in Integrative Medicine: A Worldwide Survey

Dr. Mateo Villareal

Universidad del Pacífico Central, Valparaíso, Chile

Received: 13.01.2026

Accepted: 18.06.2026

Publishing: 01.08.2026

Abstract:

Homeopathy, an alternative medicine system based on the principle of "like cures like," has been the subject of heated controversy and widespread use for almost two centuries. Homeopathy is commonly included in integrative medicine, which encompasses conventional and alternative therapies to address the complete person (physically, psychologically, and emotionally). It is a subset of complementary and alternative medicine (CAM). The role of homeopathy in complementary and alternative medicine from a global viewpoint, delving into its implementation in different countries, its impact on patient outcomes, and its role in healthcare systems. The purpose of this research is to gain a scientific and patient-centered understanding of homeopathic treatments by analyzing the literature, conducting clinical trials, and looking at case studies. Even though some studies demonstrate promising results in treating mental health concerns, acute diseases, and chronic conditions, people remain skeptical due to the placebo effect and the difficulty of standardizing medicines, two impediments to scientific confirmation. The rules that regulate homeopathy, the duties of doctors and other medical professionals, and the law as it pertains to homeopathy.

Keywords: Homeopathy, integrative medicine, complementary and alternative medicine (CAM), holistic treatment

Introduction:

Since its inception in the latter half of the 18th century, Samuel Hahnemann's homeopathic medical practice has been the subject of a great deal of controversy. The homeopathic approach, which is founded on the premise of "like cures like," involves the utilization of medicines that are very diluted in order to alleviate symptoms or disorders that they would normally cause in healthy individuals. The scientific validity and efficacy of homeopathy, in particular, are still themes that are the subject of heated controversy, despite the fact that the discipline has a long history and is widely used. A growing number of individuals are looking for ways to combine complementary and alternative approaches, such as homeopathy, with conventional medical practices, and this movement has resulted in the development of integrated medicine. Integrative medicine is an approach to medical practice that tries to combine conventional, evidence-based medicine with alternative methods in order to develop a paradigm of treatment that is more comprehensive and patient-centered. Homeopathy, which is a branch of complementary and alternative medicine (CAM), takes a more holistic approach to health by focusing on the whole individual not just their physical symptoms. It is also important to consider the patient's mental and emotional health in this context. What role does holistic

medicine play in homeopathy, as viewed thru the perspective of globalization? The purpose of this research is to provide light on the function of homeopathy in modern healthcare systems by investigating its application in a variety of countries and cultures. This article examines the perspectives of both patients and practitioners, examines the clinical evidence that either supports or contradicts the efficacy of homeopathy, and analyzes the therapeutic applications of homeopathy. An additional topic that will be covered is the ethical and regulatory concerns that arise when homeopathy is utilized by medical personnel. Homeopathy holds a key role within the field of integrative medicine, which is gaining increasing importance as patients search for treatment options that are more individualized and holistic. Despite the fact that there are ongoing debates on the appropriateness of this method of treatment, a significant number of people all over the world continue to rely on it as a vital therapeutic tool. establish the groundwork for a more in-depth investigation into the current position of homeopathy within the field of integrative medicine, as well as its potential benefits and the challenges it faces within the realm of conventional medicine.

Integrative Medicine and Homeopathy

By combining traditional Western medicine with complementary and alternative (CAM) practices, integrative medicine aims to treat the complete person, with the patient as its focal point. In addition to symptoms, this comprehensive approach considers the patient's mental health, personal preferences, and lifestyle to enhance overall health. An essential component of this comprehensive approach is homeopathy, a popular alternative medicine modality with its own unique perspective on health management and treatment.

1. Homeopathy's Role in Integrative Healthcare

As a kind of alternative medicine, homeopathy is among the most popular around the world. Holistic practitioners in integrated medicine frequently use homeopathy with conventional medicine to treat a variety of illnesses, including those associated with stress and chronic pain. Healthcare professionals can utilise the homeopathic principle of individualised treatment to create unique remedies for each patient. This personalised approach to healing takes into account each patient's unique symptoms and underlying imbalances. To develop a treatment plan that takes into account the full health profile of the individual, homeopaths evaluate not just the physical symptoms but also the patient's emotional and psychological states.

Asthma and rheumatoid arthritis are chronic disorders that can worsen over time; conventional treatment can help control the disease's course, but homeopathic remedies can help with symptoms like inflammation and pain. Patients may have less discomfort, fewer side effects, and more control over their health with this two-pronged strategy.

2. Holistic Approach to Patient Care

The holistic approach to healing is a hallmark of homeopathy within integrative medicine. Instead of just treating symptoms, homeopathy aims to boost the body's own healing processes by treating the underlying causes of sickness. This is in line with the fundamental principle of integrative medicine, which holds that one's mental and emotional wellness are intrinsically related to their physical health.

Homoeopathy views each patient as an individual, tailoring treatment to their specific symptoms, emotional state, lifestyle choices, and environmental influences. This one-of-a-kind method guarantees that each patient receives care tailored to their unique need, rather than generic alternatives. Therefore, homoeopathy can supplement conventional therapies by addressing areas that may not be fully addressed by regular medical procedures; this is in line with the goals of integrative medicine, which promotes a therapeutic alliance between the patient and a diverse team of healthcare professionals.

3. Key Differences Between Homeopathy and Conventional Medicine

Homoeopathy is based on a more dynamic and holistic framework, in contrast to conventional medicine's biomedical approach, which typically involves treating symptoms and diseases with pharmaceutical medications or surgical treatments. Homoeopathy seeks to promote the body's inherent healing abilities by employing diluted treatments that correspond to the individual's symptom profile, in contrast to conventional medicine's focus on directly medicating diseases or symptoms.

When dealing with complicated or long-term illnesses, the disparities become more obvious. Homoeopathy aims to balance the body's energy system and address the deeper underlying reasons, whereas conventional medicine may focus on symptom management. When it comes to chronic headaches, for instance, traditional medicine may prioritise pain management and attack prevention; whereas, a homoeopathic approach might seek to discover the emotional and physical triggers and administer a cure that promotes the body's general well-being and resilience.

Patients can benefit from a more holistic approach to care when conventional medicine and homoeopathy are used together; the former helps alleviate symptoms while the latter strengthens the body's natural healing processes. This is especially helpful for chronically managing problems like autoimmune diseases, chronic fatigue syndrome, and stress-related illnesses; homoeopathy can alleviate pharmaceutical load while improving quality of life.

4. Integration into Healthcare Systems

The use of homoeopathy in healthcare systems differs greatly among countries. Countries such as India have recognised homoeopathy as a legitimate medical practice and have established bodies to license and oversee homoeopathic practitioners. Many medical experts and private practitioners in Europe, including the UK, Germany, and France, endorse homoeopathy. However, there is an increasing trend towards integrating homoeopathic medicines with conventional therapies in specific practices in the US, even though homoeopathy is still not extensively used in mainstream healthcare.

The use of homoeopathy is growing in many healthcare facilities due to the rising popularity of integrative medicine. When traditional medicine fails to alleviate symptoms of chronic pain, palliative care, or stress, hospitals in nations that recognise the value of complementary therapies may provide homoeopathic remedies as an additional option. Homoeopathy is thriving in these contexts due to the rising need for integrative treatments and the demand for individualised therapy.

Many areas still struggle to incorporate homoeopathy into mainstream healthcare systems, mostly because people are wary of its effectiveness and there haven't been any large-scale clinical investigations to prove it. More research is needed to properly include homoeopathy into conventional healthcare. Additionally, there needs to be open communication between practitioners of conventional and alternative medicine.

Overall, homoeopathy is a growing and important part of integrative medicine because of the unique and personalised approach it takes to health and recovery. Integrative care models can benefit from its use because it has the ability to supplement conventional treatments for chronic illness management, symptom reduction, and overall wellness improvement. The therapeutic benefits of this must be better clarified, and its place in modern healthcare systems must be established with stronger proof, through ongoing research, dialogue, and clinical trials.

Conclusion

Homeopathy, which places an emphasis on holistic treatment and individualized care, holds a major role in the emerging field of integrative medicine, which is continually evolving. One of the practices that falls under the umbrella of complementary and alternative medicine (CAM) is homeopathy, which takes a fresh approach to patient therapy by treating the patient as a whole rather than focusing solely on their physical symptoms. Homeopathy, when integrated with conventional medicine, has the potential to enhance the treatment of stress-related illnesses, chronic ailments, and other health issues. This is accomplished by developing a one-of-a-kind and comprehensive strategy to assist the body in recovering from illness. Despite the fact that there are still challenges to be overcome in terms of scientific verification and incorporation into conventional healthcare systems, the growing popularity of homeopathy in a number of countries, in addition to its emphasis on patient-centered care, highlights the promise that it holds as a paradigm for integrated medicine. Many people who are looking for more individualized and holistic approaches to health find it to be a helpful alternative because it can provide relief in areas where conventional medicine may not be effective. This is especially true when it comes to the management of chronic diseases and the enhancement of overall quality of life. Research and collaboration between practitioners of conventional medicine and practitioners of alternative medicine are absolutely necessary for the future of homeopathy in integrated medicine. More in-depth scientific study, improved treatment standardization, and open and honest communication among healthcare providers are all things that are required in order to obtain a comprehensive understanding of the benefits and drawbacks of homeopathy. When homeopathy is deliberately and objectively incorporated, it has the potential to make a significant contribution to the development of a healthcare system that is more all-encompassing, patient-centered, and acknowledges the interconnection of the physical, mental, and spiritual realms.

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