

A Thorough Examination of Homeopathy for the Treatment of Allergies

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Received: 10.02.2026

Accepted: 12.06.2026

Publishing: 05.08.2026

Abstract:

Worldwide, more and more people are seeking solutions to control the symptoms of allergic illnesses such as asthma, eczema, food allergies, seasonal allergies, and others. Traditional methods of symptom relief include antihistamines, corticosteroids, and immunotherapy; however, these approaches come with their own share of drawbacks and do not provide lasting relief. So, to get some relief from their problems, many people with allergies seek out alternative remedies like homeopathy. According to homeopathy's central principle of "like cures like," the body's natural healing abilities are enhanced through the use of exceedingly dilute medications. This review explores the effectiveness of homeopathy as a treatment for allergies by evaluating pertinent clinical data, patient results, and potential action mechanisms. If you suffer from allergic rhinitis, asthma, or skin allergies, this review will help you figure out whether homeopathic therapies work. It integrates data from several study methodologies. Concerning the outcomes of this intervention, research has yielded contradictory conclusions. Some have shown reductions in symptoms and gains in quality of life, whereas others have highlighted methodological issues such as tiny samples and the placebo effect. Regardless, many report significant symptom relief with homeopathic therapies, particularly with the use of individualized medicines. Although preliminary results are encouraging, more high-quality, well-designed research is necessary to validate the usefulness of homeopathy as an adjunct to allergy treatments and to define its role in allergy management.

Keywords: Homeopathy, allergies, allergic rhinitis, asthma, eczema, alternative medicine, clinical trials

Introduction:

Worldwide, more and more people are suffering from various types of allergies, such as eczema, seasonal allergies, asthma, and food allergies. These conditions, which affect millions of people and are on the rise, are characterized by symptoms such as sneezing, itching, difficulty breathing, and skin irritation. Traditional allergy treatments rely on antihistamines, corticosteroids, immunotherapy, and other medications that reduce inflammation and alleviate symptoms. Despite their usefulness, these drugs often come with undesirable side effects such as drowsiness, immune suppression, and dependence. Furthermore, these remedies are not foolproof; in fact, they could not even address the underlying cause of the issue. These side effects are why many allergy sufferers look for alternative treatments, which try to relieve symptoms without harming the body. The "like cures like" theory, which underpins homeopathy and other forms of alternative medicine, proposes that substances that elicit

symptoms in healthy individuals can be used, in highly diluted form, to alleviate similar symptoms in sick individuals. A key tenet of homeopathy is the idea that it can improve health and well-being by triggering the body's natural healing mechanisms. Covers all the grounds from theory to practice, an in-depth review of homeopathy's role in allergy treatment is presented. Thru an analysis of clinical trials, observational studies, and patient outcomes, this study seeks to determine the effectiveness of homeopathic remedies in treating allergic illnesses, such as asthma, skin allergies, and allergic rhinitis. It goes on to explain how homeopathy may influence the immune system's reactions to alleviate allergy symptoms. Despite the growing interest in homeopathy, there is conflicting scientific evidence regarding its efficacy in treating allergies. challenges faced by homeopathic researchers include the necessity of standardizing treatments and accounting for the placebo effect. Finally, we would like to know whether homeopathy is an effective adjunctive treatment for allergies and whether further studies are required to confirm it.

The Use of Homeopathy in the Treatment of Common Allergic Conditions

Millions of people throughout the globe deal with severe allergic reactions, which can significantly impact their quality of life. While immunotherapy, antihistamines, and corticosteroids may help with symptoms, they may not address the underlying cause of allergies. On the other side, homeopathy promotes the body's inherent recuperative capacities, offering a holistic and personalized approach to allergy treatment. Instead of focusing on the allergy or illness itself, homeopaths choose a remedy based on the patient's emotional state, constitution, and symptom profile. Homeopathic remedies are effective in treating a wide range of allergic illnesses, including eczema, food allergies, asthma, and allergic rhinitis.

1. Allergic Rhinitis (Hay Fever)

One of the most prevalent allergic diseases, allergic rhinitis (or hay fever) is usually brought on by things like pollen, dust mites, mould, or even pet dander. A runny nose, itchy or watery eyes, nasal congestion, and sneezing are some of the symptoms. Antihistamines, nasal decongestants, and steroid sprays are common traditional therapies; they alleviate symptoms temporarily but come with the risk of adverse effects.

By focussing on the patient's constitutional state, homoeopathic medicine seeks to alleviate symptoms, increase immunity, and lessen hypersensitivity to allergens.

2. Asthma and Respiratory Allergies

The symptoms of asthma, an inflammatory illness that affects the airways over time, include shortness of breath, wheezing, coughing, and a feeling of heaviness in the chest. Pollen, mould, pet dander, and dust mites are allergens that cause respiratory allergies, including allergic asthma. Inhalers, corticosteroids, and bronchodilators are the mainstays of traditional asthma treatment.

By strengthening the immune system's capacity to withstand allergens and other environmental stresses, homoeopathic treatments hope to decrease airway inflammation, alleviate symptoms, and improve lung function.

3. Eczema and Skin Allergies

Itching, redness, and inflammation are symptoms of eczema, a skin disorder that is also called atopic dermatitis. As a rule, things like allergies, stress, or the surrounding environment set it off. While moisturisers and topical corticosteroids are common in conventional eczema treatments, they do little to cure the condition's root causes.

To lessen the likelihood of future flare-ups, homoeopathic treatments boost the body's natural healing abilities while simultaneously decreasing inflammation and increasing skin resilience.

4. Food Allergies and Sensitivities

Symptoms like hives, swelling, gastrointestinal issues, and, in extreme circumstances, anaphylaxis can result from an immune system reaction that is not generally expected in foods. This condition is known as food allergies. By taking into account the individual's symptoms and triggers, homoeopathy provides a tailored therapy to food allergies.

As a whole, homoeopathy helps people become less sensitive to certain meals, improves their digestive health, and fortifies their immune systems.

Conclusion

When it comes to the treatment of common allergy illnesses, homeopathy is a promising approach because it treats not only the physical symptoms but also the underlying immune system imbalances. This makes homeopathy an effective method. One of the benefits of homeopathy is that it provides a personalized treatment that aims to reduce the body's sensitivity to allergens and prevent allergic reactions in the future. The utilization of individualized treatments that are based on the particular symptoms, triggers, and constitutional state of the patient is what allows this to be accomplished. In spite of the fact that additional research is necessary to produce conclusive evidence for the efficacy of homeopathy in the treatment of allergies, a significant number of patients have reported experiencing a significant reduction in the severity of their symptoms and an improvement in their quality of life as a result of their utilization of homeopathic medicines.

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