

Homeopathy and Conventional Pediatric Treatments: A Comparison

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Abstract:

More individuals are wondering and debating homeopathy's role in pediatrics. Parents seeking safer treatments for a number of pediatric ailments are turning to homeopathy because to its tailored approach and perceived less adverse effects. How well homeopathic medicines compare to conventional medicine for treating asthma, eczema, colic, and upper respiratory tract infections in children. The study uses RCTs, observational studies, and case reports to compare therapeutic outcomes. Traditional medicine treats symptoms faster with pharmaceuticals, but homeopathy treats the cause and promotes health from the inside out, making it better in the long run. The evidence for homeopathy's effectiveness in pediatric treatment is inconclusive due to methodological concerns such small study sizes, lack of uniformity, and difficulty differentiating the placebo effect. More thorough clinical trials are needed to evaluate if homeopathy is a promising complementary medication, especially for chronic conditions, to develop clear guidelines for its use in pediatric treatment. Large-scale studies are needed to assure the safety, efficacy, and right use of homeopathic medicines for children.

Keywords:- Homeopathy, Pediatric Treatments

Introduction:

Pediatricians are responsible for treating a wide range of acute and chronic health conditions in children. These conditions range from common childhood ailments such as asthma and colic to more complex difficulties that require care over an extended period of time. In the past, conventional medicine, which encompasses a wide range of treatments such as drugs, vaccines, and surgical procedures, has typically been an important component of pediatric therapies. However, as a result of rising awareness and concern regarding the adverse effects and long-term repercussions of certain traditional treatments, a growing number of parents are investigating other options, such as homeopathy. It was Samuel Hahnemann who established the practise of homeopathy in the late 18th century. This practise is based on the principle of "like cures like," which states that substances that produce symptoms in healthy individuals can be used to treat sick people with symptoms that are similar to those produced by healthy people by diluting the substances. The purpose of this individualized treatment plan is to encourage the body's natural healing mechanisms, which are often associated with less negative effects than those that are connected with conventional medications. Considering the important nature of pediatric care and the significance of ensuring the safety and well-being of children, homeopathy presents a promising alternative because of its emphasis on therapies that are gentle and do not include any invasive procedures. Homeopathy is gaining popularity, but its

application in pediatric treatment is still a contentious topic, particularly when contrasted with more conventional approaches. Both proponents and opponents believe that homeopathic medicines are effective. Those who are opposed to them argue that they are ineffective and point to the placebo effect as the explanation for their lack of efficacy. On the other hand, those who are in favor of them argue that they are more natural and can be used as a supplement to traditional therapies. Due to the lack of high-quality clinical research and randomized controlled trials (RCTs), homeopathy has had a tough time gaining acceptance as a conventional alternative in pediatric care. with a particular emphasis on the effectiveness of conventional and homeopathic methods in the treatment of common pediatric health problems including as asthma, eczema, colic, and respiratory infections. The purpose of this study is to examine the clinical outcomes of past investigations, particularly those that pertain to conventional treatments, in an effort to provide light on the potential benefits and drawbacks of homeopathy. It is possible that the findings of this study may contribute to the ongoing discussion over the incorporation of homeopathy into pediatric healthcare practices and assist define the function of homeopathy as an auxiliary therapeutic option for children.

Basis of Homeopathy in Pediatrics from a Theoretical Perspective

Homeopathy is a form of alternative medicine that distinguishes itself from more conventional approaches of treatment by virtue of the principles that it adheres to. One of the most fundamental principles is that every living thing possesses an innate vital force or life energy that is responsible for determining its own level of health and wellness. When this life force is disrupted by disease, it manifests itself as symptoms. The objective of homeopathic treatment is to restore it to a state of harmony by stimulating the natural healing processes that occur inside the body. The distinctive concepts that homeopathy embodies, such as the concept of individualized treatment and the "like cures like" principle, serve as the theoretical foundation for the application of homeopathy in pediatric care.

Principles of Homeopathy: "Like Cures Like"

Homeopathy is based on the notion of "similia similibus curentur," which translates to "like cures like." The idea behind this theory is that by administering very diluted and amplified versions of substances that produce symptoms in healthy people, it is possible to alleviate those same symptoms in sick people. An example of this would be the application of a very diluted homeopathic medicine derived from the onion (*Allium cepa*), which can irritate and wet the eyes in a healthy adult, to alleviate comparable symptoms in a child with a cold or allergy, for example.

This theory enables a highly personalized approach to treating children, which is especially important in pediatric treatment. Homeopathy eliminates the need for a cookie-cutter approach by tailoring treatment to each child's individual symptoms, constitution, and personality.

Mechanisms of Action: Individualized Treatment in Children

At its core, homeopathic treatment is personalized. The child's physical, emotional, and mental symptoms are all considered by the homeopath, in addition to the ailment itself. To illustrate how a kid's temperament, response to weather changes, and family history impact their vulnerability to specific illnesses, a homeopath treating a child with repeated respiratory

infections may inquire about these factors. Instead than focusing solely on the infection, a treatment is selected according to the child's general health profile based on these reactions.

This customized strategy is based on the idea of life energy, or vital force. According to homeopaths, this energy is in charge of regulating and balancing the body's health. It is believed that a child's vital force becomes unbalanced while they are sick, and that the homeopathic medicine can help bring it back into balance by boosting the body's natural healing mechanisms. Supporters of homeopathic medicines claim that they boost the body's immune system and ability to cure itself, although the scientific explanation for how this works is still up for debate.

Advantages of Homeopathic Remedies in Pediatric Care

There are a number of benefits to using homeopathy in pediatric care, especially when dealing with children. The use of highly diluted homeopathic medicines, which are usually composed of natural components, has several advantages over pharmaceutical therapies, one of which is the decreased likelihood of negative effects. For parents worried about the side effects of traditional medicines like corticosteroids and antibiotics in the long run, this makes homeopathy a good option.

Also, homeopathic medicines aren't usually invasive, and they come in sugar pellets or liquid doses, so kids may easily consume them. Asthma, eczema, and repeated colic are long-term diseases that can benefit greatly from homeopathy's gentle approach, which aims to support the child's general well-being rather than only easing symptoms temporarily.

A more all-encompassing treatment plan can be achieved with homeopathy because of its emphasis on treating the kid holistically, taking into account not just their physical symptoms but also their emotional and psychological concerns. Mental and behavioral issues are just as important as physical ones when it comes to children's health. These variables are addressed by homeopathy's personalized approach, which promotes a sense of total harmony and balance.

Conclusion

The special approach that homeopathy takes to treating disorders that affect children is highlighted by the theoretical basis that homeopathy draws from pediatric treatment. Homeopathic medicine is founded on the principles of "like cures like" and tailored treatment regimens. These principles offer a holistic approach to health care that takes into account the child as a whole, rather than focusing solely on the child's physical symptoms. As a result of its emphasis on improving the body's natural capacity for healing thru the use of extremely diluted remedies, homeopathy may be of interest to parents who are looking for more secure solutions for their children. Because of this, it is a gentle and natural alternative to the regular therapies that are available. Homeopathy continues to be a popular choice among parents, despite the fact that the scientific data supporting its efficacy in pediatric care is dubious. This is due to the holistic approach that homeopathy takes, as well as the potential advantages of employing natural medications that have fewer side effects. Homeopathy is an extremely helpful supplementary therapy in the field of pediatric healthcare. This is due to the fact that conventional medicine can only provide temporary relief for persistent disorders such as asthma, eczema, and colic. On the other hand, the lack of research that is consistently of good quality in the field is a significant barrier that must be overcome. For the purpose of

determining whether or not homeopathic treatments are both safe and effective for children, it is necessary to undertake clinical trials on a broad scale. These investigations have the potential to accomplish two goals: the first is to provide clearer criteria, and the second is to further validate the role that homeopathy plays in resolving pediatric health difficulties. To summarize, homeopathy is an excellent addition to the standard pediatric treatment that is provided, but it should only be utilized in conjunction with other complementary and traditional methods. As more data about the effects of homeopathy on pediatric patients becomes available, both parents and medical professionals will be able to make more informed judgments regarding the use of homeopathy in the treatment of children.

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