### **What is homeopathy?**

Homeopathy, or homeopathic medicine, is a medical philosophy and practice based on the idea that the body has the ability to heal itself. Homeopathy was founded in the late 1700s in Germany and has been widely practiced throughout Europe. Homeopathic medicine views symptoms of illness as normal responses of the body as it attempts to regain health.

Homeopathy is based on the idea that "like cures like," that is, if a substance causes a symptom in a healthy person, giving the person a very small amount of the same substance may cure the illness. In theory, a homeopathic dose enhances the body's normal healing and self-regulatory processes.

A homeopathic health practitioner (homeopath) uses pills or liquid mixtures (solutions) containing only a little of an active ingredient (usually a plant or mineral) for treatment of disease. These are known as highly diluted or "potentiated" substances. For example, some people have burning watering nose from cutting onion so if someone has burning watery nose during allergy season, they are given homeopathic onion (Allium cepa) to help stop their allergies.

### **What is homeopathy used for?**

Some people have used homeopathy to maintain health and treat a wide range of long-term illnesses, such as allergies, [atopic dermatitis](https://www.uofmhealth.org/health-library/sta123386#sta123386-sec), [rheumatoid arthritis](https://www.uofmhealth.org/health-library/str2414#str2414-sec), and [irritable bowel syndrome](https://www.uofmhealth.org/health-library/sti150638#sti150638-sec). They have also used it to treat minor injuries, such as cuts and scrapes and muscle strains or sprains.

Homeopathy has been widely used in India, England, and other European countries.

### **Is homeopathy safe?**

Homeopathic remedies have been regulated in the United States since 1938. They are thought to be safe in most cases.

A Homeopathic practitioner will work with the patient and their primary care physician to improve the health of the patient.