

homeopathic medicine selection, the 'symptom-cluster' approach was used: women first completed a questionnaire with symptoms representing keynotes of the homeopathic medicines. Women, whose symptom cluster matched the remedy picture of one of the homeopathic medicines were included in the trial. Other women were assigned to a parallel trial.

**Conclusions:** So far, positive clinical data have been obtained for the effectiveness and efficacy of homeopathic treatment in PMS. This line of research can act as an example on how to build up evidence for individualised homeopathic treatment in specific clinical conditions.

## Treatment of nervous complaints and exhaustion with the homeopathic medicinal product Manuia® - results of a cohort study

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**Background:** Exhaustion, nervousness and decreased physical and mental capability are recurrent challenges in GPs' daily routine. They are often resulting from overexertion, or disturbed sleep. Nowadays people feel exhausted and weak due to continuously increasing professional demands and rising challenges in daily life. The approved homeopathic medicinal product Manuia is used in the mentioned therapeutic area. It contains four single active substances: Damiana, Panax ginseng, Acidum phosphoricum and Ambra. So far, effectiveness and tolerability was confirmed by clinical experience, but systematically collected data were lacking.

**Patients and methods:** Between January and June 2011 the clinical effectiveness and tolerability of Manuia was systematically investigated in a prospective, multicentre, non-interventional cohort study. A total of 420 patients were observed by 76 German physicians in private practices. Median observation period was 24 days, median duration of symptoms since diagnosis 5 months.

As main outcome measure severity course of 20 symptoms (nervousness, irritability, sleep disturbances, hyperactivity, impaired concentration, listlessness, frustration, moroseness, exhaustion, dispiritedness, decreased capability, feeling of heteronomy, feeling lonely, feeling pressure to perform, feeling excessive demands, forgetfulness, gastrointestinal complaints, cardiovascular complaints, muscle tension, headache) was evaluated with a 5-item score (0 = not present; 4 = very severe). In addition physicians' Clinical Global Impression (CGI), patients' quality of life and ability to actively attend different domains of daily's life, and tolerability of Manuia were documented.

**Results:** The sum score as well as the severity of each single symptom decreased significantly during the observations' period ( $p<0.01$ , paired t-test). Illness severity measured by CGI decreased significantly ( $p<0.01$ , McNemar test; CGI 4-7: 71.7% to 35.2%). Ability to work and to attend social and family life improved significantly ( $p<0.01$ , McNemar test). In 77.1% (n=324 out of 420) of the patients quality of life was good, very good or excellent during control visit, compared to 15.8% (n=66 out of 420) at baseline. 92.4% of the patients rated their condition as improved, 64.1% as much or very much improved. Median duration until onset of action was 7 days. Tolerability was good or very good in 98.1% of all cases.

**Conclusion:** The study data underlined the existing good clinical experience with Manuia and suggests Manuia as a therapeutic option in the treatment of nervous complaints and exhaustion. Further controlled studies are necessary to confirm these findings.

## Might evaporation-induced droplet patterns serve in agro-homeopathic research and support experimental trials?

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Agro-homeopathy provides numerous solutions for a sustainable agricultural production, like for instance cost-saving and residue-free treatments for yield improvement and management of diseases and pests. However, one of the main difficulties in this approach is the right treatment choice (i.e. the curative principle and its dilution level) that often requires numerous time & cost consuming experimental trials.

In the present experiment we applied the droplet evaporation method, previously developed by our research team for wheat quality analysis, to test the influence of highly diluted homeopathic treatments (HD) of *Arsenicum album* on both healthy and previously arsenic trioxide stressed wheat seeds (isopathic model). The pattern evaluation of the resulting polycrystalline structures consisted in (i) the calculation of their local connected fractal dimension, known to reflect the pattern complexity, and (ii) in the fluctuating asymmetry measurement, known to be inversely correlated with the symmetry exactness of the structures, and thus also the vitality of the sample. In polycrystalline structures formed under the same conditions these two measurements have been found to reflect the sample health. Additionally, in order to support the crystallographic data with traditional analysis methods for seed viability, we performed the seed germination test and measured the shoot