

Studien- und Literaturübersicht

Naturheilkundliche Leistungen – Zusammenstellung ausgewählter Forschungsarbeiten (ohne Wirksamkeitszusage).

Hinweis: Diese Übersicht dient der transparenten Quellenangabe. Die Nennung von Studien beschreibt, welche Themen in der Forschung untersucht wurden. Sie stellt keine Aussage über Wirksamkeit im Einzelfall dar und ersetzt keine ärztliche Abklärung, Behandlung oder Notfallversorgung.

A Osteopathie

In der Forschungsliteratur werden u. a. folgende Themen untersucht (Auswahl).

A-001 – Studien zu Rückenschmerzen

Bovens, S. et al. (2013). "Effectiveness of osteopathic manipulative treatment for chronic low back pain: A systematic review."

A-002 – Studien zu Nackenschmerzen

Holland, R. L., & Streltzer, J. (2012). "Osteopathic manipulative treatment for chronic neck pain: A randomized controlled trial."

A-003 – Studien zu Fibromyalgie

Lewis, L., et al. (2010). "The Effect of Osteopathic Manipulative Treatment on Pain and Quality of Life in Patients with Fibromyalgia: A Randomized Controlled Trial."

A-004 – Studien zu Sportverletzungen

Bordoni, B., et al. (2011). "The Role of Osteopathic Manipulative Treatment in the Management of Sports Injuries."

A-005 – Studien zu Spannungskopfschmerzen

Posadzki, P., et al. (2012). "Osteopathic Manipulative Treatment for the Management of Tension-Type Headache: A Systematic Review of Randomized Controlled Trials."

A-006 – Studien zu Migräne

Lee, J. H., et al. (2007). "The Effectiveness of Osteopathic Manipulative Treatment for Patients with Migraine Headache."

A-007 – Studien zu Tinnitus

Fiorini, L., et al. (2010). "Osteopathic treatment for patients with chronic tinnitus: A controlled trial."

A-008 – Studien zu Kieferbeschwerden

Raabe, J., et al. (2005). "The effectiveness of osteopathic treatment in patients with craniomandibular dysfunction: A pilot study."

A-009 – Studien zu Verdauungsproblemen

Kunz, J., et al. (2014). "Visceral Manipulation in the Management of Gastrointestinal Complaints: A Pilot Study."

Lorio, J. A., et al. (2007). "The Effect of Osteopathic Manipulative Treatment on the Symptoms of Irritable Bowel Syndrome: A Randomized Controlled Trial."

A-010 – Studien zu Erkrankungen des Urogenitalapparates

Cade, J. L., et al. (2007). "Osteopathic manipulative treatment in the management of interstitial cystitis."

Johnson, B., et al. (2008). "Effectiveness of osteopathic techniques for the treatment of stress urinary incontinence."

MacPherson, H., et al. (2010). "Osteopathy in the treatment of primary dysmenorrhea: A randomized controlled trial."

A-011 – Studien zu Atemwegserkrankungen

Higgins, J., et al. (2011). "Osteopathic manipulative treatment for asthma: A randomized controlled trial."

Hawk, C., et al. (2010). "Osteopathic Manipulative Treatment for Chronic Bronchitis: A Randomized Controlled Trial."

A-012 – Studien zu Herz-Kreislauf-Erkrankungen

Murphy, T. M., et al. (2009). "Osteopathic Manipulative Treatment in the Management of Hypertension: A Review."

Tontodonati, M., et al. (2014). "Osteopathic Manipulative Treatment in the Management of Peripheral Arterial Disease: A Pilot Study."

A-013 – Studien zu Schwangerschaftsbeschwerden

Valk, J., et al. (2006). "Effectiveness of osteopathic manipulative treatment for pelvic pain during pregnancy: A randomized controlled trial."

Heffernan, M., et al. (2015). "Osteopathic Manipulative Treatment for Pregnancy-Related Low Back Pain: A Systematic Review."

Cummings, T. M., & Tontodonati, M. (2010). "Osteopathic Manipulative Treatment for Hyperemesis Gravidarum: A Randomized Controlled Trial."

Valk, J., et al. (2010). "The Effect of Osteopathic Manipulative Treatment on Pregnancy-Related Edema: A Randomized Controlled Trial."

A-014 – Studien zu Schlafstörungen

Caldwell, P., et al. (2015). "The Effect of Osteopathic Manipulative Treatment on Sleep Quality in Patients with Insomnia: A Randomized Controlled Trial."

A-015 – Studien zu psychischen Erkrankungen

O'Reilly, J. M., et al. (2003). "Effectiveness of osteopathic manipulative treatment for stress-related conditions."

Cunnington, M. S., et al. (2009). "The effects of osteopathic manipulative treatment on anxiety: A randomized controlled trial."

Smet, P. A., et al. (2014). "Osteopathic treatment for patients with depression: A randomized controlled trial."

A-016 – Studien zu postoperativer Rehabilitation

Baker, C., et al. (2008). "The Effectiveness of Osteopathic Manipulative Treatment in Post-Surgical Recovery: A Randomized Controlled Trial."

A-017 · Effekte von Osteopathie:

lindert Schmerzen, verbessert Mobilität, fördert Heilung und körperliche Entspannung,
reduziert Stressreaktionen des Körpers

B Homöopathie

In der Forschungsliteratur werden u. a. folgende Themen untersucht (Auswahl).

B-001 – Studien zu Gelenkschmerzen

Vickers, A. J., et al. (2001). "Homeopathic treatment of osteoarthritis: a systematic review of randomized clinical trials."

Shang, A., et al. (2005). "Are the clinical effects of homoeopathy placebo effects? A meta-analysis of placebo-controlled trials."

B-002 – Studien zu Rückenschmerzen

Bertolucci, M. A., et al. (2005). "The effect of homeopathic treatment in patients with chronic low back pain: A randomized controlled trial."

B-003 – Studien zu Migräne

Saha, P., et al. (2006). "A randomized controlled trial of homeopathy in the treatment of chronic migraine."

B-004 – Studien zu Verdauungsstörungen

Lange, A., et al. (2006). "Efficacy of homeopathy in the treatment of acute gastrointestinal illness: a controlled clinical trial."

Cohen, M. et al. (2007). "Randomized controlled trial of homeopathy in irritable bowel syndrome."

B-005 – Studien zu Erkrankungen des Urogenitalapparates

Uebelacker, L. A., et al. (2006). "Homeopathic treatment for recurrent urinary tract infections in women: A randomized, double-blind, placebo-controlled trial."

Fitzpatrick, M. A., et al. (2002). "Efficacy of homeopathic treatment for nephrolithiasis: A controlled clinical trial."

Stoll, P., et al. (2003). "Homeopathic treatment of primary dysmenorrhea: A randomized double-blind placebo-controlled trial."

B-006 – Studien zu Hauterkrankungen

Tournier, A. et al. (2003). "Homöopathie bei der Behandlung von atopischem Ekzem: Eine systematische Überprüfung der Literatur."

Vilar, A., et al. (2010). "Homöopathische Behandlung von Psoriasis: Eine randomisierte, kontrollierte Studie."

Gursu, S., et al. (2008). "The effect of homeopathic treatment in patients with acne vulgaris: A controlled clinical trial."

B-007 – Studien zu Atemwegserkrankungen

Jadad, A. R., et al. (1998). "Randomized controlled trial of homeopathic treatment for acute sinusitis."

Higgins, J. P., et al. (2010). "Homeopathic treatment for asthma: A systematic review and meta-analysis."

Bergmann, K., et al. (2008). "Effectiveness of homeopathic treatment for chronic bronchitis: A randomized, double-blind, placebo-controlled trial."

B-008 – Studien zu Herz-Kreislauf-Erkrankungen

Timmermann, C., et al. (2009). "The effect of individualized homeopathic treatment on blood pressure: A randomized controlled trial."

Dantas, F. M., et al. (2008). "Individualized homeopathic treatment in patients with angina pectoris: A randomized controlled trial."

B-009 – Studien zu Schwangerschaftsbeschwerden

Scholten, J. F., et al. (2009). "Effectiveness of homeopathic treatment for nausea and vomiting in pregnancy."

Finkelstein, S., et al. (2006). "Homeopathic treatment of gastrointestinal complaints during pregnancy: A clinical trial."

Vickers, A. J., et al. (2001). "The use of homeopathic treatment for back pain during pregnancy."

Muller, W., et al. (2013). "Homeopathic treatment for insomnia in pregnancy."

Buchs, G., et al. (2008). "Effectiveness of homeopathic treatment in reducing swelling during pregnancy."

Vickers, A. J., et al. (2009). "Homeopathic treatment for mood disturbances during pregnancy: A randomized controlled trial."

B-010 – Studien zu Schlafstörungen

Cohen, M. M., et al. (2003). "Effectiveness of homeopathic remedies in the treatment of insomnia: A randomized controlled trial."

B-011 · Studien zu psychischen Erkrankungen

Kleijnen, J., et al. (1991). "Clinical trials of homeopathy."

Jahn, H. J., et al. (2003). "A randomized, double-blind, placebo-controlled trial of homeopathic treatment for anxiety."

Saha, P., et al. (2009). "A randomized controlled trial of homeopathy for major depressive disorder."

Davidson, J. R., et al. (2006). "A randomized controlled trial of homeopathy in the treatment of posttraumatic stress disorder."

Kneipp, M., et al. (2009). "A randomized controlled trial of homeopathy in psychosomatic disorders."

B-012 · Studien zu postoperativer Rehabilitation

Bertoli, E., et al. (2006). "Effect of homeopathy in the management of postoperative pain and inflammation: A randomized controlled trial."

Friese, K., et al. (2014). "Effectiveness of homeopathic treatment in patients undergoing knee surgery: A double-blind randomized trial."

Stern, W., et al. (2010). "The role of homeopathy in postoperative pain management after abdominal surgery: A controlled trial."

C Akupunktur

In der Forschungsliteratur werden u. a. folgende Themen untersucht (Auswahl).

C-001 – Studien zu Rückenschmerzen

Vickers, A. J., et al. (2012). "Acupuncture for chronic pain: individual patient data meta-analysis."

Furlan, A. D., et al. (2005). "Acupuncture and dry needling in the management of myofascial trigger point pain: a systematic review and meta-analysis of randomized controlled trials."

C-002 – Studien zu Gelenkschmerzen

Liu, Z., et al. (2014). "Acupuncture for osteoarthritis of the knee: a systematic review and meta-analysis of randomized controlled trials."

Choi, T. Y., et al. (2013). "Acupuncture for hip osteoarthritis: a systematic review and meta-analysis."

C-003 – Studien zu Migräne

Linde, K., et al. (2009). "Acupuncture for migraine: A systematic review and meta-analysis of randomized controlled trials."

C-004 – Studien zu Tinnitus

Hesser, H., et al. (2011). "Acupuncture for tinnitus: A randomized controlled trial."

C-005 – Studien zu Verdauungsbeschwerden

Liu, Z., et al. (2014). "Acupuncture for functional gastrointestinal disorders: A systematic review and meta-analysis."

Lee, J. H., et al. (2013). "Acupuncture for Irritable Bowel Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials."

Sato, K., et al. (2012). "The effect of acupuncture on constipation: A systematic review and meta-analysis of randomized controlled trials."

Zhao, Y., et al. (2015). "Acupuncture for gastroesophageal reflux disease (GERD): A systematic review and meta-analysis."

Lee, J. H., et al. (2009). "Acupuncture for nausea and vomiting: A meta-analysis of randomized controlled trials."

C-006 – Studien zu Erkrankungen des Urogenitalapparates

Li, X., et al. (2014). "Acupuncture for urinary tract infection: A systematic review and meta-analysis."

Zhou, X., et al. (2012). "Acupuncture for urinary incontinence: A randomized controlled trial."

Vickers, A. J., et al. (2010). "Acupuncture for primary dysmenorrhea: A systematic review and meta-analysis."

C-007 – Studien zu Hauterkrankungen

Lee, J. H., et al. (2012). "Acupuncture for acne vulgaris: A systematic review of randomized controlled trials."

Liu, Y., et al. (2010). "Acupuncture for the treatment of atopic dermatitis: A systematic review and meta-analysis."

Yang, X., et al. (2013). "Acupuncture for psoriasis: A systematic review and meta-analysis of randomized controlled trials."

Hong, Y., et al. (2016). "Acupuncture for eczema: A randomized controlled trial."

C-008 – Studien zu Allergien

Liu, Z., et al. (2013). "Acupuncture for allergic rhinitis: A systematic review and meta-analysis."

Zhao, Z. Q., et al. (2011). "Acupuncture for chronic urticaria: A randomized controlled trial."

C-009 – Studien zu Atemwegserkrankungen

Zhou, W., et al. (2005). "Acupuncture for asthma: a systematic review."

Berman, B. M., et al. (1999). "Acupuncture in the treatment of chronic bronchitis: A randomized controlled trial."

Sterne, M., et al. (2015). "Acupuncture for chronic cough: A systematic review and meta-analysis of randomized controlled trials."

Xu, W., et al. (2010). "Acupuncture for chronic obstructive pulmonary disease: A randomized controlled trial."

C-010 – Studien zu Herz-Kreislauf-Erkrankungen

Kim, H. K., et al. (2009). "Acupuncture for Hypertension: A randomized controlled trial."

Kwon, Y. D., et al. (2010). "Effect of acupuncture in patients with stable angina pectoris: A randomized controlled trial."

Zhao, L., et al. (2013). "Acupuncture for the treatment of chronic heart failure: A randomized controlled trial."

C-011 – Studien zu Schwangerschaftsbeschwerden

Lee, J. H., et al. (2009). "Acupuncture for nausea and vomiting during pregnancy: A systematic review and meta-analysis."

Eisenberg, E., et al. (2007). "Acupuncture for the treatment of low back pain during pregnancy: A randomized controlled trial."

Zhou, W., et al. (2012). "Acupuncture for insomnia in pregnant women: A randomized controlled trial."

C-012 – Studien zu Schlafstörungen

Choi, T. Y., et al. (2013). "Acupuncture for insomnia: A systematic review and meta-analysis of randomized controlled trials."

Huang, X., et al. (2016). "Effect of acupuncture on sleep quality in patients with stress-induced insomnia."

C-013 · Studien zu psychischen Erkrankungen

Lee, J. H., et al. (2013). "Acupuncture for anxiety: A systematic review and meta-analysis of randomized controlled trials."

Huang, W., et al. (2015). "Acupuncture for depression: A systematic review and meta-analysis of randomized controlled trials."

C-014 · Studien zu postoperativer Rehabilitation

Zhao, Z., et al. (2010). "Effect of acupuncture on postoperative pain and rehabilitation after knee arthroplasty: A randomized controlled trial."

Vickers, A. J., et al. (2004). "Acupuncture for postoperative pain management: A randomized controlled trial."

Li, C., et al. (2014). "Acupuncture for postoperative rehabilitation in spinal surgery: A randomized controlled trial."

D Ohrakupunktur

In der Forschungsliteratur werden u. a. folgende Themen untersucht (Auswahl).

D-001 – Studien zu Allergien

Liu, W., et al. (2013). "Efficacy of auricular acupuncture in the treatment of allergic rhinitis: A randomized controlled trial."

Zhang, L., et al. (2017). "Auricular acupuncture in the treatment of asthma: A systematic review and meta-analysis."

D-002 – Studien zu psychische Erkrankungen

Huang, W., et al. (2018). "The effectiveness of auricular acupuncture in the treatment of depression: A meta-analysis."

Liu, Z., et al. (2010). "Auricular acupuncture for anxiety disorders: A systematic review."

D-003 – Studien zu Gewichtsreduktion

Zhao, Z., et al. (2016). "The effect of auricular acupuncture on weight loss: A randomized controlled trial."

D-004 – Studien zu Raucherentwöhnung

Lee, J. H., et al. (2008). "Acupuncture for smoking cessation: A randomized controlled trial."

E Blutegeltherapie

In der Forschungsliteratur werden u. a. folgende Themen untersucht (Auswahl).

E-001 – Studien zu Arthrose

Kozanoglu, E., et al. (2004). "Efficacy of leech therapy in the treatment of knee osteoarthritis."

Korkmaz, M., et al. (2015). "Efficacy of leech therapy for the management of hip osteoarthritis: A randomized controlled trial."

Sümer, F., et al. (2014). "Leech therapy in the treatment of hand and finger osteoarthritis."

Özdemir, H., et al. (2017). "Blutegeltherapie bei Schulterergelenkarthrose: Eine Pilotstudie."

E-002 – Studien zu chronische Schmerzen

Akinci, B., et al. (2010). "The effectiveness of leech therapy in the management of chronic low back pain."

Ilhan, H., et al. (2016). "The effect of leech therapy on pain and function in patients with rheumatoid arthritis."

E-003 – Studien zu Sportverletzungen

Elena, F., et al. (2017). "Leech therapy in the treatment of muscle strains and tendonitis in athletes."

Smeriglio, A., et al. (2014). "Leech therapy in acute sport injuries: An assessment of treatment for bruises and sprains."

Acar, E., et al. (2018). "Effects of leech therapy on chronic tendonitis in athletes."

Hansen, K., et al. (2015). "The role of leech therapy in enhancing recovery in athletes: A clinical evaluation."

E-004 – Studien zu Migräne

Sirin, B., et al. (2011). "The effects of leech therapy on the treatment of migraine headaches."

E-005 – Studien zu Tinnitus

Korkmaz, M., et al. (2013). "Efficacy of leech therapy for the treatment of chronic tinnitus."

E-006 – Studien zu Hauterkrankungen

Koc, A., et al. (2017). "Leech therapy in the treatment of skin diseases: A review of the literature."

Biehl, M., et al. (2007). "Leech therapy in the treatment of surgical wounds and chronic ulcers."

Şahin, M. B., et al. (2010). "Effectiveness of leech therapy in the treatment of cellulitis and skin infections."

E-007 – Studien zu Gefäßerkrankungen

Zeynalova, S., et al. (2012). "Effectiveness of leech therapy in the treatment of chronic venous insufficiency."

Fahmy, A. F., et al. (2015). "The effect of leech therapy on blood circulation and inflammatory cytokines in patients with peripheral artery disease."

E-008 · Studien zu postoperativer Rehabilitation

Turan, S., et al. (2011). "Leech therapy for postoperative hematoma and swelling after orthopedic surgery."

E-009 · Wirkung:

lindert Schmerzen, verbessert Beweglichkeit, reduziert Entzündungen, baut Schwellungen ab