



Review Article

Volume 14 Issue 12

December 2025

## HOMEOPATHY FOR AUTOIMMUNE DISEASE, ITS IMMUNOMODULATORY POTENTIAL TARGETING IL-17A PATHWAYS TO ALLEVIATE INFLAMMATION

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### Abstract

Autoimmune diseases driven by IL-17A-mediated inflammation, such as psoriasis and rheumatoid arthritis, represent a significant therapeutic challenge. Conventional IL-17A inhibitors like secukinumab offer targeted relief but face limitations in accessibility and side effects. Homeopathy, through individualized remedies, demonstrates preliminary evidence of reducing pro-inflammatory cytokines, including those in the IL-17 axis, via immune modulation. This article reviews clinical studies and mechanisms supporting homeopathy's role in managing psoriasis, psoriatic arthritis (PsA), ankylosing spondylitis (AS), rheumatoid arthritis (RA), systemic lupus erythematosus (SLE), Sjögren's syndrome, systemic sclerosis, multiple sclerosis (MS), and inflammatory bowel disease (IBD) including Crohn's disease (CD) and ulcerative colitis (UC) [1][3][5].

### Introduction

IL-17A, produced by Th17 cells, fuels neutrophil recruitment and tissue damage in autoimmune conditions. Homeopathic medicines, often derived from plants like *Rhus toxicodendron* and *Arnica montana*, exhibit anti-inflammatory effects by downregulating cytokines such as IL-6, TNF- $\alpha$ , and potentially IL-17A through NF- $\kappa$ B inhibition and immune cell regulation [1][5]. Observational and pilot studies suggest symptom relief and biomarker improvements, positioning homeopathy as a complementary option [3][2].

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## Mechanisms of Homeopathic Action on IL-17A and Inflammation

Homeopathic dilutions modulate immune responses without cytotoxicity. Studies show remedies like *Arnica montana* and *Bellis perennis* reduce IL-1 $\beta$ , TNF- $\alpha$ , and IL-8 secretion from monocytes and T cells, potentially disrupting IL-23/Th17/IL-17A pathways [1]. In vitro models confirm lowered CD69 expression on inflammatory monocytes, indicating suppressed Th17 activation [1]. Clinically, these translate to reduced pain, swelling, and relapse rates via psychoneuroimmune balance [5][2].

## Homeopathy in Specific IL-17A-Linked Autoimmune Diseases

### Psoriasis and Psoriatic Arthritis (PsA)

Homeopathic remedies like *Arsenicum album* and *Graphites* alleviate scaling and joint pain in psoriasis/PsA by curbing keratinocyte proliferation linked to IL-17A [11]. Case series report 70-80% PASI score reductions, correlating with lowered inflammation markers [3].

### Ankylosing Spondylitis (AS)

Individualized protocols with *Kali carbonicum* and *Aesculus hippocastanum* improve spinal mobility and HLA-B27-related enthesitis, potentially via IL-17A suppression in axial inflammation [3]. Pilot data show sustained remission in 60% of patients [2].

### Rheumatoid Arthritis (RA)

*Rhus toxicodendron* and *Bryonia alba* reduce synovitis and RA-FI scores in double-blind trials, outperforming placebo in pain duration and joint function; anti-inflammatory effects mirror IL-17 blockade [3]. A systematic review confirms safety and efficacy in fibromyalgia-like RA subsets [3].

### Systemic Lupus Erythematosus (SLE)

*Thuja occidentalis* and *Natrum muriaticum* stabilize flares, improving fatigue and autoantibody titers through immune tolerance; observational studies note reduced SLEDAI scores [2].

### Sjögren's Syndrome

*Bryonia* and *Apis mellifica* target sicca symptoms and glandular inflammation, with pilot data showing enhanced salivary flow and quality-of-life gains [2].

### Systemic Sclerosis

Remedies like Cimicifuga racemosa address fibrosis and Raynaud's, potentially countering IL-17A-driven skin thickening [11].

### Multiple Sclerosis (MS)

Homeopathy reduces relapse rates and EDSS progression in pilot studies, supporting neuroprotection against Th17-mediated demyelination [2][4].

Inflammatory Bowel Disease (IBD): Crohn's Disease (CD) and Ulcerative Colitis (UC)

Nux vomica and Podophyllum peltatum induce mucosal healing in CD/UC, with reduced CDAI scores and endoscopic improvements; anti-inflammatory modulation aids IL-17A control [2].

Autoimmune Disorder, Aura Homeopathy Clinic

Disease	Homeopathic Remedies	Reported Outcomes
Psoriasis/PsA	Arsenicum album, Graphites	PASI reduction, joint relief
AS	Kali carbonicum	Mobility gains, remission
RA	Rhus tox, Bryonia	Pain decrease, FI improvement
SLE	Thuja, Natrum mur	Flare stabilization
MS/IBD	Varied individualized	Relapse reduction, healing

**Source:** Foot Note [Aura Homeopathy Clinic & Research Centre](#) [3][2] [12]

### Discussion and Limitations

Homeopathy complements biologics by enhancing adherence and minimizing polypharmacy, with no reported interactions [2]. Robust RCTs are limited, and direct IL-17A assays scarce, necessitating further molecular studies [5][1]. Safety profiles excel over immunosuppressants.

### Conclusion

Homeopathy offers promising immunomodulation for IL-17A-driven autoimmune inflammation, warranting integrated clinical trials [3][5].

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