

## A REVIEW: WHY IS EVERYONE TALKING ABOUT NANO HOMEOPATHY NOWADAYS? IS HOMEOPATHY STILL OUTDATED? LET'S CHECK OUT?

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### ABSTRACT

Homeopathy is an over 200-year-old system of complementary and alternative medicine. Nano homeopathy is a scientific perspective of how homeopathic remedies work. It is based on the principle of nano dynamics which suggests that the highly diluted medicines contain nanoparticles of the original substance. The Nano Homeopathy helps in the treatment of chronic illnesses, Tissue Healing, Infectious Diseases, improving immune resilience, and potential applications in environmental remediation. In this paper we have discussed about the benefits and involvement of nano homeopathy as a treatment method.

**KEYWORDS:** Nano Homeopathy, Chronic Illnesses, Tissue Healing, Infectious Diseases, Improving Immune Resilience, Environmental Remediation Etc....

### INTRODUCTION

The conventional medical science has reached greater heights today; however people still prefer the age-old medicinal practices such as Homeopathy. It is not because people don't trust allopathy anymore. It is because people are searching for alternatives that can heal them without causing any major side effects. Consuming heavy medicinal doses and drugs for years often cause detrimental effects on our physical and mental health. In search of quick relief, we expose our bodies to harmful antibiotics, steroids, and antidepressants that affect our core strength and overall wellness.

Homeopathy has emerged as a safer alternative that not only restores the inner healing mechanism of your body but also does not cause any side effects. Lack of awareness or knowledge often makes people think that traditional medicinal practices are still outdated. But is this really the truth? In this blog, we will try to look beyond the regular mindset of people. At the same time, we will unravel some studies, and research works that are newly being discussed amidst the medical fraternities and doctors. Among these topics, the reports and news around nano homeopathy are trending worldwide. Let's

find out what homeopathic remedies do to your body and what you must expect in the short and long term. Along with that, we shall dive into the depth of nano homeopathy and how it plays a crucial role in the holistic process of healing.

#### About Nano Homeopathy

Nano homeopathy is a scientific perspective of how homeopathic remedies work. It is based on the principle of nano dynamics which suggests that the highly diluted medicines contain nanoparticles of the original substance. When these diluted medicines go through potentization (shaking and diluting medicines in succession), it enhances the bioavailability of these nano particles.

Also, after potentization, these medicines become powerful enough to trigger certain responses in the body. When these biological responses are directed in the right manner, they can trigger the body's natural healing mechanisms. This is how homeopaths have treated their patients for a couple of centuries. Yet, modern researchers have identified this only recently which has been one of the main reasons behind the trending homeopathic discussions.

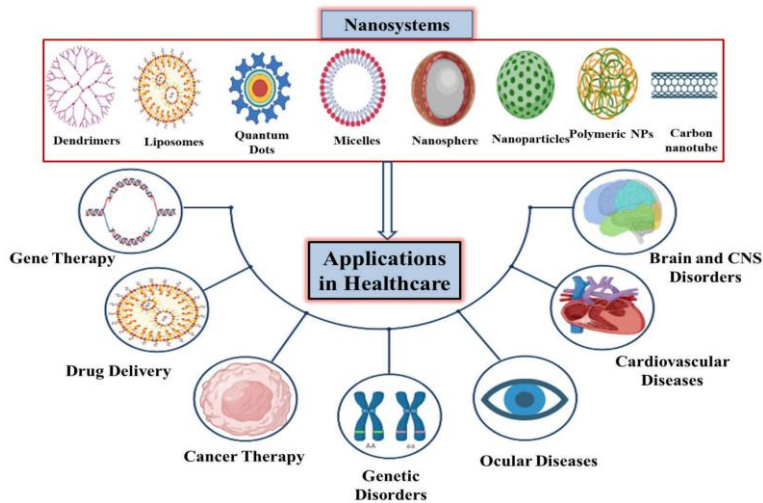
Another major reason for the buzz is the crossover between totally different scientific fields. Disciplines like systems biology, complexity science, nanopharmacology, and quantum biology are pushing researchers to drop linear, outdated models of how drugs work.

mechanisms. Research into hormesis, adaptive stress responses, and bioelectromagnetic communication has backed up the idea that minimal stimuli can produce measurable biological effects. In this context, nano homeopathy is being explored as a prime example of information-based therapeutics.

Our body is not a simple chemistry beaker. However, it functions as a dynamic, interconnected system with self-healing ability. Supporters of nano homeopathy suggest that ultra-low dose interventions act as regulatory signals that stimulate your body's self-organising healing

**Resemblances of nanomedicine and homeopathy**

- Ultra-small particle size
- High surface reactivity
- Targeted action
- Enhanced bioavailability

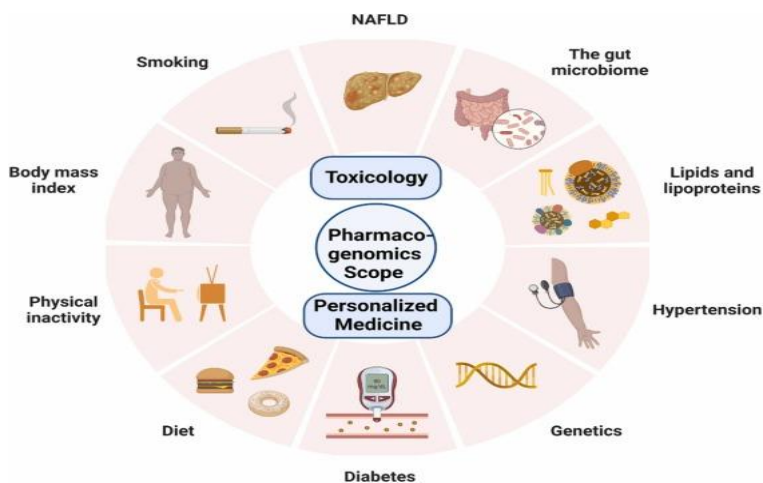


Representative Images.

**Growing Demand for Personalised and Low-Toxicity Therapies**

If you look at global healthcare trends, there's a massive shift towards personalised medicine and preventive care. Because of this, clinicians are much more willing to investigate traditional systems using modern science rather than just cancelling them outright.

The growing preference of the people towards herbal and Ayurvedic remedies also reflects how people are drawn towards a natural, holistic, and chemical-free lifestyle. This has also led to the exploration of methods like potentization and nano dynamics that explain how homeopathic remedies work in the human body.



Representative image.

**Intensified Debate and Scientific Scrutiny**

Interestingly, the controversy around homeopathy itself has been super constructive. Severe criticism from

sections of the scientific community forced researchers to level up their experimental designs, standardise their methods, and dive deeper into the theory.

Supporters argue that the measurable physicochemical differences found in potentised remedies deserve real investigation. They see the ongoing debates in academic journals and policy discussions as proof that the subject is evolving from anecdotal stories into structured scientific fact. Nano homeopathy isn't just defending traditional principles; it's an opportunity to expand our pharmacological understanding.

Historically, people assumed that at very high dilutions no material from the original substance would survive. Yet, some researchers from IIT Bombay used advanced tools like electron microscopy and atomic spectroscopy to examine off-the-shelf homeopathic pills. They reported that even extreme dilutions like 200C (which theoretically means diluting one part of a substance by a factor of  $10^{400}$ ) had measurable traces of the original metals.

They found tiny, physically measurable particles of gold, copper, and iron in nanoparticle form. This was a massive turning point. It proved homeopathic remedies contained physical material nanostructures, totally shutting down the "it's just water" argument and moving the debate into experimentally testable territory.

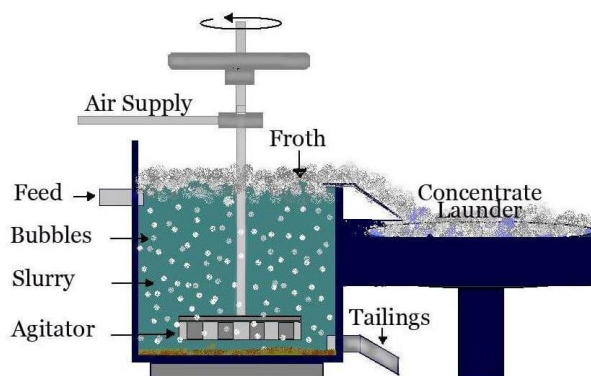
These findings were significant, but it gave scientific backbone to the explanation that was mostly based on

theory. This also showed the medical fraternity that the right way to approach medical science is by researching the age-old medicinal procedures like homeopathy with a scientific lens. This also confirms that homeopathy is not outdated if we use it as per today's needs after pairing it up with modern medical advancements and backing it up with solid research and evidence.

#### The Froth Flotation Mechanism:

So, how do these particles survive the dilution? The IIT team proposed the nanoparticulate hypothesis based on froth flotation. When the liquid is vigorously shaken (succussion), it undergoes intense turbulence. Think of it like shaking up a protein shaker that creates nanobubbles and foam at the surface.

The nanoparticles of the original substance often coated with silica get trapped in this "froth" and float to the top. When a portion of the top layer is taken for the next dilution, a surface-enriched layer of nanoparticles is transferred. This creates a "non-zero asymptote", a stable level of concentration that doesn't drop any further, no matter how much you dilute it. This discovery essentially bridged traditional homeopathy with modern "top-down" nanofabrication.



**Froth Flotation Process.**

#### Dr. E.S. Rajendran and the Molecular Mechanism:

While IIT Bombay focused on the physical particles, Dr. E.S. Rajendran spent the last decade exploring the deeper molecular dynamics. His major works, *The Molecular Homoeopathy and Nano dynamics*, are basically the blueprints for understanding how these remedies interact with your biology. Just as you might explore the microscopic structure of tissue to understand how the body holds itself together, Dr. Rajendran's imaging demonstrated that remedies from plants, animals, and minerals consistently reveal nanostructures that retain the elemental signatures of their source. They were nothing but complex and dynamic nano systems.

#### Reconceptualising Potency

Dr. Rajendran's work on remedies like *Lycopodium*, *Psorinum*, and *Nux vomica* proved that the potentization

process induces systematic refinement at the nanoscale. As the potency goes up, the nanoparticles disperse better and clump together less. The medicine becomes more "dynamic" as it enters the quantum dot range. This scientifically explains why practitioners see better clinical results with higher potencies. The smaller and refined particles have higher surface area-to-volume ratios, making it easier for them to interact with your cells.

By 2026, the conversation has shifted. Homeopathy is now understood as a personalised nanomedicine or nanoparticle stimulation that triggers a self-amplified biological change. It's all about helping the body uncover blocked biological signals so it can truly heal from within.

### Molecular Imprinting in Water-Alcohol Matrices

One of the wildest theories supported by contemporary physics is the "molecular imprinting" model. This suggests that water has polymer-like properties, allowing it to store 3D conformational information.

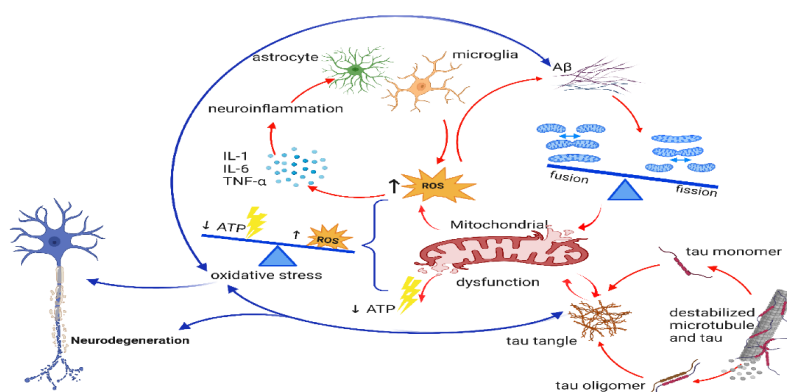
During potentization, the ethyl alcohol-water matrix forms "nanocavities" that match the exact size and shape of the original drug molecules. These molecular imprints have a "conformational affinity" for pathogenic molecules in your body.

But because they lack the "charge affinity" of full molecules, they don't cause toxic side effects. Basically, modern medicine uses the physical drug, while homeopathy uses the "nanoparticulate ghost" of the drug for a targeted, super-safe effect.

This is backed by "Quantum Coherence Domains" (QCDs) in water, the 25nm regions that hold information electromagnetically. They are the exact size of the inner workings of your cells (like DNA), explaining how information transfers from the remedy directly to your biological system.

### Quantum Dots and Potency

Dr. Rajendran found that as potency increases, particle size decreases, stabilising in the "quantum dot" range (below 10 nm). These quantum dots easily interact with biological receptors. This totally reframes "high potency." In standard chemistry, 200C is "more diluted." In Nano Homeopathy, 200C is "more refined." This refinement is exactly what modern nanomedicine strives for to boost biological reactivity.



**Molecular Mechanism.**

### The Contentious History: From Rockefeller to the Flexner Report

To get why homeopathy was ever labelled "outdated," you have to rewind to the early 20th century. Back then, homeopathy was massive in the US, loved by everyone from the elite to commoners. The British Royal Family has been an ardent follower of homeopathic medicine. Charles Darwin was initially sceptical about homeopathy, but when conventional medicine did not bring the desired results for his chronic illness, he sought homeopathic treatment which gave him immediate relief.

Even John D. Rockefeller believed homeopathy as an advanced form of medicine. There was a time when homeopathic medicine was immensely popular in the United States. However, the 1910 Flexner Report, funded by the Carnegie Foundation and backed by the American Medical Association (AMA), changed everything. It described homeopathy and other forms of natural medicine as unscientific. This report was accepted by the medical fraternity including several philanthropist organisations such as the Rockefellers. They did not bother to investigate the findings of the report, and this dealt to homeopathic practitioners and hospitals in America.

### Addressing the "Outdated" Narrative

Fast forward to 2026, and scientists have completely figured out why it works and it's all about nanoparticles. That old "water memory" idea? Gone. Now, advanced microscopes prove that nanoparticles from the original substance are 100% present.

It's a proven fact, not a belief. Plus, the way homeopathy kickstarts your body's natural stress response or influences your genes isn't viewed as magic anymore. These are standard concepts in modern medicine. Basically, homeopathy's 200-year history of safe, micro-dosing was just an early, incredibly smart version of what modern medicine is currently trying to achieve. Nano Homeopathy is the future of medicine and is not outdated by any means.

### Why Does Homeopathy Work?: The Molecular Mechanisms of 2026

Homeopathic remedies work through hormesis, a biological flex where a tiny dose of a stressor stimulates a positive response, while a massive dose is toxic (like a workout tearing muscle to build it stronger). Researchers have shown that metal-based remedies at femtogram levels trigger your body's internal protein synthesis and cell-survival mechanisms without needing a heavy

chemical dose. This expedites the healing process and helps patients recover faster from chronic illnesses.

Homeopathy can be successfully used for treating minor infections of bone and body. It can also heal many skin conditions such as dermatitis, psoriasis, and eczema without burdening the body with heavy doses of medicine. Research has proven the fact that homeopathy can be helpful in several types of blood infections such as sepsis. The homeopathic remedies are herbal and negate the need for harmful antibiotics that cause adverse effects on your immunity and vital organs.

**The NPCAS Model**

The Nanoparticle-Allostatic Cross-Adaptation Sensitization (NPCAS) model explains how these particles act as "novel mild stressors." If you have a chronic illness, introducing a personalised nanoparticle stressor prompts your body's stress network to reorganise and correct the disease at its root.

**Epigenetics & Genomic Modulation in Nano Homeopathy**

A massive breakthrough in 2026 is understanding how these nanoparticles literally interact with your genome. Homeopathy isn't mystical; it's a nano pharmacology that induces epigenetic modifications to your DNA and RNA.

Pathological states happen when pathogenic molecules bind to your biological targets and ruin their function. The nanocavities in a homeopathic remedy act as templates that bind to these bad molecules, deactivating them and allowing your system to return to normal. High dilutions of remedies like Gelsemium have even been

shown to modulate the expression of genes linked to your immune and inflammatory systems.

**Epigenetic Modulation**

Homeopathy is essentially "personalised nanomedicine" that induces epigenetic modifications. By interacting with your DNA and RNA, these nanoparticles can modulate gene expression, specifically those controlling your immune system and inflammation.

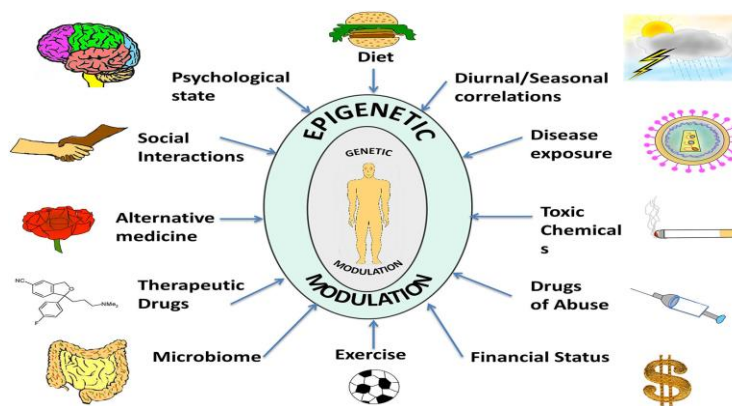
Though the research in this area has yet to be done on a wide scale, homeopaths do believe that the diluted homeopathic remedies act as signals that can modify the gene expressions that control cell function. When more research and studies will be done on this, it might lead us to substantial evidence on the direct relation between epigenetic modulation and homeopathy.

**Practical Advantages: Safety and Palatability**

Beyond the lab, the 2026 surge is driven by two things you probably care a lot about: it's safe, and it's easy to take. Because the medicines are so highly refined into nanoparticles, they act as biological signals, not chemical hammers. This "minimum dose" principle means your body is stimulated to heal without the toxic side effects or "medicinal diseases" that come with heavy pharmaceuticals.

**Palatability for All Ages**

Let's be real, the sweet white pills are a massive bonus. For kids (or anyone who hates bitter syrups and needles), the sweet lactose or sucrose globules make taking medicine completely stress-free. This high "patient compliance" is why parents swear by it for things like childhood diarrhoea, where trials show statistically massive improvements over placebos.



**Epigenetics & Genomic Modulation.**

**Personalised Nanomedicine and the 2026 Clinical Reality**

Homeopathy's goal is finding the single, perfect remedy (the "similimum") for your unique symptoms. It is the definition of personalised medicine. While testing this used to be hard in standard drug trials, new real-world models are showing insane results.

**The "Multi-Omic" Patient View**

This means looking at your body from every angle at once that includes

- Genomics: Your genes
- Proteomics: The proteins controlling your body.
- Metabolomics: Your chemical and energy reactions.
- Digital pathology: Computer analysis of your tissues.

AI combines this to figure out why you might respond differently to a treatment than someone else with the exact same disease.

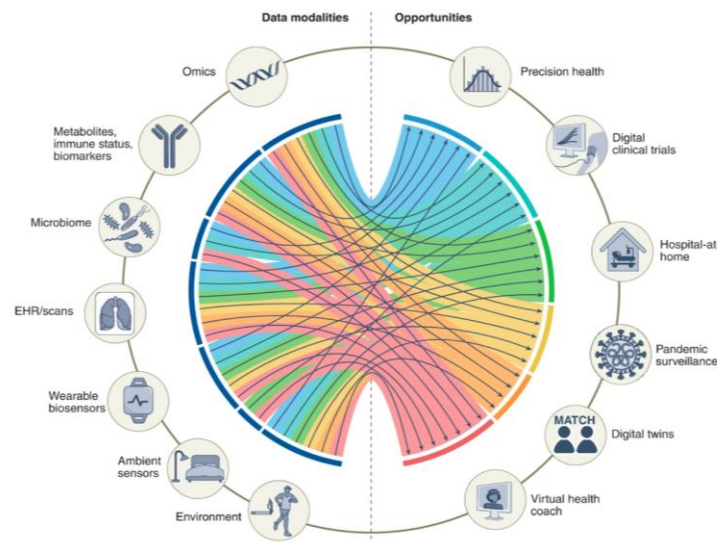
### Connecting to Nano Therapeutics

AI can predict how nanoparticles will travel in your tissues and influence your genes. Researchers are using AI to compare the unique nano structural patterns of ultra-diluted remedies with the biological changes caused by your specific disease. This helps in perfect alignment

of the remedy to your condition. AI can also help homeopaths in managing patient data and mapping remedies to specific conditions with ease.

### Matching Remedies with Epigenetic Signatures

Your environment, diet, and emotional stress change how your genes behave (epigenetics). AI is looking for patterns to match your deep epigenetic data with the subtle signals of nano-level remedies, entirely removing the trial-and-error from prescriptions.



Representative Images of "Multi-Omic" Patient View

### New Research Partnerships

Huge collaborations are happening, like the partnership between the Alkem Foundation and IIT Bombay. They are building centres focused on Immunotherapeutics, combining university science, big pharma experience, and data engineering to create entirely new treatment possibilities. Such studies and research might help the traditional medical systems like homeopathy to evolve and be more practical in today's scenario.

### Synthesis and Future Outlook

As we push through 2026, the walls between different medical systems are crumbling. The "Nano Homeopathy" surge isn't a trend but a scientific validation of a traditional art using the most advanced tech available. We finally have the tools to prove these remedies are complex, dynamic nano systems interacting with your body at a fundamental level.

The future is "personalised nanomedicine." By blending homeopathy's minimal, individualised dosing with AI diagnostics, the medical world is levelling up. Homeopathy is no longer a relic of the past but it is the pioneer of our nanoscale future.

### The 2026 Global Paradigm: Integrated Holistic Health

Homeopathy doesn't stand alone anymore. It's part of a "One Health" policy adopted by G20 nations, and the

WHO's "Global Traditional Medicine Strategy 2025–2034" is actively using AI and genomics to optimise it for global health.

Collaborations like the Alkem Foundation and IIT Bombay are actively turning homeopathy's "top-down" nanofabrication methods into cost-effective therapies for the masses. In India, the AYUSH ministry supports traditional forms of medicine including Ayurveda, Yunani, Siddha, and Homeopathy. For more research on these medicine forms, new centres and establishments are being built. By building medical colleges that integrate these medicinal practices in their courses, a new breed of doctors that manage both conventional and homeopathic practices may evolve in the future.



**Representative Image Holistic Health.**

### Conclusion: Is Homeopathy Still Outdated?

Looking at the evidence in 2026, the answer is a massive, resounding "no." Homeopathy only looked "outdated" when our microscopes were too weak to see the nanoscale reality.

With modern HRTEM imaging, molecular insights, and proven epigenetic responses, homeopathy has officially evolved into the most modern form of medicine out there: personalised nano pharmacology.

By taking a 200-year-old safety record and slamming it together with 21st-century nanoscience, Nano Homeopathy is actively shaping the future of global healthcare. From Royal family endorsements to picogram measurements in an IIT lab, the message is loud and clear: homeopathy isn't just history, but it is the future. The future of medicine, which is natural, safe, and focuses on self-healing rather than suppressing symptoms.

### BIOGRAPHY

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Research (JPHR), Founder & Director, Dr. Singhal Homeo Clinic, Sector-38C, Chandigarh (since 2004), Founder & Director, The Homeo Saga International Pvt. Ltd., Sector-117, SAS Nagar (since November 2024), He has specialised in treating Autoimmune Conditions – Ankylosing Spondylitis, Rheumatoid Arthritis, Systemic Lupus Erythematosus (SLE), Ulcerative Colitis, Behcet's Disease, and more, Chronic Infections– Osteomyelitis (bone infection), Herpes Simplex, Herpes Zoster, HPV, Chronic Urinary Tract Infections (UTI), and more. • Skin Disorders – Psoriasis, Vitiligo, Warts, Keloids, Lichen Planus, Prurigo Nodularis, Eczema, Acne/Pimples, Urticaria, Hidradenitis Suppurativa, Acanthosis Nigricans, and more. Respiratory & Allergic Issues – Asthma (including Childhood Asthma), Dust Allergy, Allergic Sinusitis, Allergic Rhinitis (Hay Fever), and more. Digestive & Gastric Health – Irritable Bowel Syndrome (IBS), Anal Fissures, Piles (Hemorrhoids), and more. Neurological & Pain Management – Trigeminal Neuralgia, Migraine, Tinnitus (ringing in ears), Spinal Anterolisthesis, and more. Hormonal & Metabolic Disorders – Hypothyroidism, Diabetes Mellitus, PCOS, and more. Abnormal Tissue Growth – Lipoma, Multiple Lipomas, Chalazion, Corns & Calluses, Cancer of various types, and more. Urogenital Issues – Urinary Tract Infection (UTI), Erectile Dysfunction, Prostatitis, Nephrotic Syndrome, and more., he is the recipient of prestigious Bharatshri Award (2025). Dr. Singhal is a Life Member of leading professional bodies like the Indian Institute of Homeopathic Physicians (IIHP), Akhil Bhartiya Chikitsak Association (ABCA), Liga Medicorum Homoeopathica Internationalis (LMHI), and the Australian Homeopathic Association (International Allied Member Practitioner). He is also an Honorary Physician at Tiny Tots Preparatory School, Chandigarh. Dr Singhal is a well-known speaker at various national and international seminars and conferences. His YouTube channel is very popular named as Homeo Doctor (<https://youtube.com/@homeodoctor?si=gAG2li49yCKrOr0k>).

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