

# Homoeopathy in COVID 19- A Treatment Protocol for Second and Third Wave

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## Abstract

The last global pandemic was Spanish flu in 1918 that lasted till April 2020 and Homoeopathy was used in the treatment of the Spanish flu [1]. With two consecutive subdued celebrations of World Homoeopathy Day on 10<sup>th</sup> April 2020 and 2021 due to the on-going COVID (Corona Virus Disease) 19 epidemic or pandemic, it is time to re-reflect what Homoeopathy can offer at this stage as a therapeutic system. Currently in the second wave, Homoeopathy has been tried on COVID 19 patients but officially there is no standardized treatment plan unlike the modern medicine which has a treatment plan based on the hit and trial medicines. The current situation reflects that there is no cure to COVID 19 yet. It can be emphatically stated that Homoeopathy has proved its effectiveness in multiple viral diseases since its discovery in 1790. However, officially the AYUSH ministry through CCRH in January 2020 i.e., more than a year ago had offered the Homoeopathic medicine Arsenic Album- 30CH as a preventive medicine for COVID 19. The doses and frequency of the medicine are also clearly mentioned [7, 8]. The related press release of AYUSH ministry mentions that health advisory of AYUSH ministry includes Arsenic Album-30 as a possible preventive for flu like illness such as corona virus infection [7, 8]. India also confirmed its first Corona virus case in January 2020 [2]. Unfortunately, when there is an actual need for the nation, there has been no official word from CCRH in 2021 regarding a treatment protocol when the pandemic has not only struck urban India but also rural India. Instead, two broad guidelines are issued for the Homoeopathic fraternity that suggests a group of remedies that are suggestive in nature [13, 14]. The current article focuses on the curative approach through a treatment protocol for the second and the upcoming third wave that Homoeopathy has the potential to offer in COVID 19 second and third wave. The cost effectiveness coupled with the therapeutic effectiveness of Homoeopathy can be applied to cover masses especially in rural India. Currently, COVID-19 has spread to rural India. Studies have indicated that the initial symptoms of COVID 19 disease leads to anosmia followed by fever, dry cough, respiratory distress through dry pneumonia respectively. The approach of treatment through the various stages has been dealt with in the article through application of multiple Homoeopathic medicines. The selected medicines are based on the principles of Homoeopathy using the text books of Homoeopathic Materia Medica. The article offers a treatment package/protocol for the second and upcoming third wave both for the urban and rural areas. Such strategies will not only offer to reduce hospitalization but also mortality and complications. Cases can be easily dealt at home where the Homoeopathic medicine does not allow the infection to spread to lungs while keeping the bowels in perfect shape thus enhancing the gut immunity.

**Keywords:** COVID 19, Homoeopathic Materia Medica, Generalities, inflammatory markers, tautopathy, nosode.

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## INTRODUCTION

The symptoms of COVID 19 are given in the following table where there is a comparison of symptoms among the similar diseases like Common

Cold, Flu and Allergies [4]. The comparison also includes the symptoms of COVID 19 in the year 2020 and 2021.

**Table-1**

Symptoms	COVID 19 in 2021	COVID 19 in 2020	Common Cold	Flu	Allergies
Fever	Fever with chills	Common	Rare	Common	Sometimes
Dry Cough	Common	Common	Mild	Common	Sometimes
Shortness of Breath	Shortness of Breath or difficult breathing	Common	No	No	Common
Headache	Common	Sometimes	Rare	Common	Sometimes
Pain	Common with muscle or body aches	Sometimes	Common	Common	No
Sore Throat	Common	Sometimes	Common	Common	No
Fatigue	Common	Sometimes	Sometimes	Common	Sometimes
Diarrhoea	Common with nausea and vomiting with loss of taste	Rare	No	Sometimes	No
Runny Nose	Common with loss of smell	Rare	Common	Sometimes	Common
Sneezing	Common	No	Common	No	Common

### About the disease

Novel (new) corona virus was first reported on 31<sup>st</sup> December 2019 as unknown cause pneumonia in the city of Wuhan, China [5]. A confirmed case is defined as a patient with RT-PCR test proven COVID-19, irrespective of clinical signs and symptoms [6, 7].

### Infection in the second wave [9]

Symptoms of the second wave are very fast progressing as in the first wave; symptoms were showing only after fifth day and disease progress worsened after fifth to sixth day onwards. In the second wave, disease is progressing on the first or second day. In order to act first, rather than waiting for RT-PCR tests that take 3 to 4 days for the result, one should go for Complete Blood Picture (CBP), Cumulative Reactive Protein (CRP), LDH, Interleukin 6 and D-dimer tests. To deal with these cytokine storms, anti-inflammatory drugs like steroids and colchicine are to be taken in calibrated dose as these are high protein related inflammations.

High resolution Computerised Tomography (CT) scan alone might not help in identifying infection as some shadow or patches in lungs could be because of environment concern. Biopsy of a corona infected body showed that lungs have solidified due to blood clotting. An infected lung needs blood thinner to prevent solidification but the low molecular weight Heparin is not be given as it leads to thrombocytopenia in females during climacteric period and those under hormonal replacement therapy. Chances of clotting are more in high-risk patients above 45 years of age.

### About the diagnosis of infection [8]

There are three types of tests for the diagnosis of the disease. These are molecular, antigen and antibody tests. The previous two are diagnostic tests and the third is the serological test. Diagnostic tests

detect active infection with the virus and serological tests check if you had a previous infection with the virus.

The molecular tests include Reverse Transcription Polymerase Chain Reaction (RT-PCR) and isothermal amplification. Isothermal amplification is related to the Cycle Threshold (CT) value. Currently, a CT value of more than 25 is considered positive.

Another molecular test is Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) based test where the test cuts into the genetic material of the virus and detects the virus. It is cheaper and easy to use. Antigen tests are cheaper than molecular tests. These tests look for the specific proteins on the surface of the virus unlike the molecular tests that look for the viral genetic material. Swabs, Saliva and Rinses are used for the diagnostic purposes.

Serological tests use blood samples to detect IgM and IgG through Enzyme Linked Immunosorbent Assay (ELISA) technique. IgM is found in recent infections and IgG is found in old infections.

### About the CT scans of the chest [10, 11, 12]

A risk score of 25- point CT severity score with COVID-19 infection was devised for assessment of Acute Respiratory Distress Syndrome (ARDS) in patients with Severe Acute Respiratory Syndrome (SARS) in 2005.

Each of the five lung lobes is visually scored on a scale of 0 to 5 as given below.

0. None (no involvement in lobe)
1. < 5% of lobe involved
2. 5-25% of lobe involved
3. 26-49% of lobe involved
4. 50-75% of lobe involved
5. 75% of lobe involved.

The Total Severity Score (TSS) ranges from 0 to 25. Major CT findings in COVID-19 as defined by the Fleischner Society Glossary include Ground Glass Opacity (GGO), crazy paving pattern and consolidation. Score is calculated using thin section CT images of the chest.

### About Home isolation [13, 16]

As Homoeopathy intends to avoid hospitalization and treat people with home isolation, it is prudent to discuss here some aspects of home isolation as prescribed by the Government of India. The monitoring chart given by the MOHFW, GOI in the guidelines for home isolation is given below in the table.

**Table-2**

Indicator	Dimension to measure each indicator
Day of temperature and time	Every 4 hourly
Temperature	Every 4 hourly
Heart Rate	From Pulse Oximeter
SpO2 percentage	From Pulse Oximeter (every six hourly)
Feeling	Better/same/worse
Breathing	Better/same/worse

The ministry of Panchayati Raj wrote to states on preventive measures to curb the spread of COVID-19 in rural India. Guidelines for AYUSH practitioners for COVID-19 allow AYUSH interventions including Homoeopathy as add on to standard care.

### Homoeopathic treatment in Second and Third Wave [3, 13, 14, 15, 17, 18, 19]

Prescribing indications of Arsenic Alb, Bryonia Alb, Gelsemium Sempervirens and Pulsatilla Nigricans have been identified using prognostic factor research.

COVID 19 is an influenza like illness and in influenza like illnesses, medicines like Bryonia Alb, Calendula Officinalis and Passiflora act as inhibitors of ACE2 (Angiotensin Converting Enzyme 2) and thus can be applied in COVID-19 [3].

Homoeopathic Materia Medica mentions symptoms of Pneumonia irrespective of the cause of Pneumonia. In practice, it is seen that it is effective against viral, allergic, chronic cases which recur.

Current situation is a case of viral Pneumonia. The inflammatory markers like Cumulative Reactive Protein (CRP), Lactic acid Dehydrogenase (LDH), Interleukin-6, D-Dimer, and Thrombocytopenia lead to inflammation in the lungs and COVID-19 pneumonia.

These inflammatory markers are end products of protein metabolism. The medicines that are prescribed successfully for Uric acid are the medicines that I prescribed to reduce the inflammatory markers successfully. As the inflammatory markers are reduced, the progress to lungs is not there thus reducing hospitalization.

Another aspect is the prescription for the organs. The medicines for the lungs and heart prevent the pneumonia from spreading to the lungs and heart

thus saving lives. Usually, prescribers prescribe these medicines for Asthma and Pneumonia.

The third aspect is the dry cough. Medicines are prescribed as per the symptoms of each patient as this system is a personalized medicine. Medicines that address dry pneumonia are prescribed.

The fourth aspect is the fever. Antibiotics are not antiviral and Paracetamol only subsides the fever. These medicines also put the liver and the GI system under heavy load thereby reducing immunity and reducing appetite. The liver and the intestine is the mainstay of the immunity. Homoeopathic medicines being antiviral and Gastro Intestinal friendly helps the inflammation to subside and reduce hospitalization.

The fifth aspect is the platelet count. These medicines help keep the thrombocyte number optimum there by reducing inflammation.

There are medicines in Homoeopathic Materia Medica that mention 'feeling better by lying on Belly'. This is the position that is advised currently to optimise oxygen to the body. These medicines are prescribed to help in maintaining optimum oxygen levels thereby reducing hospitalization. Homoeopathy also prescribes based on the involvement of the particular lobes of the lungs. From the CT scans, the risk factor of each of the lobe is assessed and prescriptions are made upon involvement of the lobes. Homoeopathy also has medicines that are used in altitude sickness which help in maintaining optimum oxygen level in blood. The symptoms of COVID and altitude breathlessness are the same.

The last aspect is the quality of haemoglobin. Medicines that help in producing better quality of haemoglobin keeps the oxygen level optimum. Using Tautopathic principle, prescriptions can be also done.

Nosodes can be prescribed to prevent recurrency of cases.

Prescriptions are done while taking into account all these aspects. Following is the list of medicines that are to be prescribed as a treatment protocol.

1. Colchicum-Q and Thlapsi Bursa Pastoris-Q- for reducing inflammatory markers.
2. Digitalis-Q for heart and Aspidosperma-Q for Lungs.
3. Grindelia Robusta-Q for dry pneumonia. This medicine also protects the heart and lungs.
4. Swertia Chiraita-Q for fever, GI system and Gentiana Lutea-Q for appetite and GI.
5. Echinacea-Q and Crotalus Horridus-30CH for platelets.
6. Acetic Acid 30CH (if the patient is not thirsty- as the symptom of this medicine is 'no thirst during fever' and medicine 'Ammon Carb' 30CH if the patient is thirsty. Thirst is a physical general symptom based on which medicines are differentiated.
7. Indicated medicines are prescribed as per the involvement of the lobes as per the scan.
8. Coca-Q is prescribed to reduce breathlessness as the medicine is prescribed for altitude sickness.
9. Lecithin 30 CH is prescribed to improve the quality of haemoglobin. This phospholipid is a constituent of RBC.
10. Tautopathic medicines are Prednisone-30 and Colchicininum-30.
11. Pneumococcinum-30 can be prescribed as a Nosode.

The patient can put 40 drops of each of the prescribed medicine in 1 litre of water and drink/sip the water every 15 minutes there by giving a fractional dose every 15 minutes till the patient is out of danger or corona free (on an average, an individual takes 15-20 days to recover). This is one of the simplest and effective way to treat the patients in ICU as there is no standardized treatment protocol in the treatment of modern medicine.

The costs of all these medicines are very reasonable in comparison to the hospitalisation cost. At home, patients can recover at low cost without suffering the after effects of COVID as well.

#### Advantages of Homoeopathic System of Medicine

1. Cost effective
2. Treatment at home
3. No side effects unlike steroids and antibiotics
4. Prevents after effects of COVID
5. Mass coverage can be done at low cost
6. Beneficial for protecting children- the no vaccination group
7. Beneficial and safe for expectant mothers

It is to be noted that there is no standardisation in treatment protocol of COVID-19 in Homoeopathic system of medicine. Homoeopaths may have differing opinions. However, this is a need-based strategy/prescription that needs to be adopted on an emergency basis. Classical homoeopaths may not agree with the prescription given as a treatment protocol. In this pandemic, success is eluded with the adoption of traditional approach. One has to keep reading the new studies in 2021 and update his/her prescription accordingly.

#### Homoeopathic treatment in first wave [20]

There were two phases. One viral and the other inflammatory. The first and second stages relate to the viral and the third relate to the inflammatory phase.

#### First stage

Analysing the symptoms, it is found that the initial symptoms suggest anosmia that is loss of smell<sup>3</sup>. The other symptom is dry nose [2]. Based upon these particulars, Sticta Pulmonaria 30CH and Arundo Mauritanica 30CH can be prescribed where the former addresses the dryness and the later targets the anosmia.

#### Second stage

The second stage is sore throat and dry cough with fever [2]. Here using generalities like thirst, Belladonna 1000CH can be prescribed for thirst-less cases Arsenic Album 1000CH for cases that are thirsty.

#### Third stage

Here, respiratory trouble and dry pneumonia burdens the patients. These lead to organ failure and death. To protect the heart and lungs, Aspidosperma-Q can be prescribed in drop doses frequently along with Spongia Tosta-30CH so that the dry pneumonia, heart and the lungs are taken care of.

## CONCLUSION

Homoeopathy is and will be effective against COVID-19 ailments where the approach has to be aggressive, multi-layered and rigorous. The current article adds another feather in the Homoeopathic cap as it can deal with the wave in rural India. However, it should adhere to a treatment protocol as specific medicines are also required to deal with the cases. Simultaneously, nutrition, diet and all public health modalities are to be adhered in each case. Green leafy vegetables are to be added in the diet in order to enable the body to fight the conditions like COVID-19 pandemics. The Homoeopathic fraternity should be ready to cover the masses as there is no other therapeutic system that can cover the masses effectively while being economical and cost effective. The Homoeopathic fraternity has a window period of only three months from May 2021 as vaccinations would have geared up by that time. Homoeopathy has proven to be effective in Mother and Child Health. It is bound

to help children who are touted be the target in the third wave.

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## Declaration of authors

The authors certify that they have expressed their personal opinions based upon their public health or clinical experiences. The treatment protocol is only suggestive in nature.

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