

The COVID - 19 and Homoeopathy We Can Heal the World

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Abstract: *In homeopathy, health is considered as mental, physical and emotional wellbeing. The disease is the dynamic disturbance of harmonious relation between the material body and vital force that stimulates the body in health". Coronavirus disease (COVID - 19) is an infectious disease caused by a newly discovered coronavirus. Homoeopathy can deal this and make world healthy again.*

Keywords: COVID - 19, Homeopathy, Coronavirus

1. Novel Coronavirus

Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A newly identified type has caused a recent outbreak of respiratory illness now called COVID - 19.

The coronavirus is a family of viruses that can cause a range of illnesses in humans including common cold and more severe forms like SARS and MERS which are life - threatening. The virus is named after its shape which takes the form of a crown with protrusions around it and hence is known as coronavirus

2. Symptoms

The most common symptoms of COVID - 19 are fever, dry cough, and tiredness. Some patients may have aches and pains, nasal congestion, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms. Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID - 19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness. However anyone can catch COVID - 19 and become seriously ill. Even people with very mild symptoms of COVID - 19 can transmit the virus. People of all ages who experience fever, cough and difficulty breathing should seek medical attention.

COVID - 19 symptoms include cough, fever, shortness of breath, muscle aches, sore throat, unexplained loss of taste or smell, diarrhea and headache. COVID - 19 can be severe, and some cases have caused death.

The second wave of coronavirus is said to have brought new symptoms of the infection. While the usual symptoms of COVID - 19 include fever, body ache, loss of smell and taste, chills, breathlessness, several studies are suggesting that red eyes, gastronomic conditions, and hearing impairment should not be taken lightly as they might also be a result of contracting the virus.

The COVID - 19 infection impacts the upper respiratory system. According to new studies, there are several symptoms like diarrhoea, vomiting, abdominal cramps, and nausea which should not be taken lightly. It's a good idea to get yourself tested if you are experiencing any of these symptoms.

Red Eyes: Red eyes or conjunctivitis is a sign of several viral infections. In this, people develop redness, swelling and the eye becomes watery. As per a Chinese study, people who got infected with a new strain of coronavirus showed this symptom.

Brain fog: Coronavirus is known to cause memory and cognitive complications. Experiencing confusion or difficulty in remembering things could also be a sign of a COVID - 19 complication. There may be other reasons for these symptoms, but it is worth checking for.

Cough that sounds different: Coughing is one of the most common symptoms of coronavirus infection as the virus primarily attacks the upper respiratory tract. However, people who have survived that infection recount that it's not the usual cough that one gets. Instead, this one is more persistent and changes your voice.

Hearing impairment: A study published in the International Journal of Audiology said that the COVID - 19 infection can lead to auditory problems. The researchers found 56 studies that identified an association between COVID - 19 and auditory and vestibular problems. If you are experiencing some kind of hearing impairment, then that could be a sign of coronavirus.

Loss of smell, taste: Some people also experience distorted smell or taste much before other, more common symptoms of COVID - 19 arrive.

Bluish lips/ discolouration of the face: Bluish tinge on the lips, also medically referred to as cyanosis, can strike when the blood oxygen levels run extremely low. Under normal circumstances, healthy oxygenated blood gives our skin a red - pinkish glow, which is normal. However, when the blood oxygen levels are dangerously low, it can cause a bluish, pale tinge, and the skin can feel extremely cold to touch. It has also now been observed that with patients suffering from happy hypoxia (low oxygen readings with no

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other signs of visible degradation), a bluish tinge can be a tell - tale sign of danger and demands critical care.

Low Oxygen level and Shortness of breath is a common COVID - 19 symptom: Oxygen saturation refers to the level (percentage) of oxygenated haemoglobin in the blood which is transported from the lungs to various organs and helps sustain vital functioning. Readings above 94 are considered healthy.

However, with COVID, the oxygen supply in the body could be acutely affected and is also often taken as a sign of the severity of the disease. The SARS - COV - 2 virus can cause widespread inflammation in the lungs and the chest cavity, creating glass - like opacities (seen via CT scans and X - rays) that impact the supply of oxygenated blood in the body.

When does a COVID patient actually require intensive oxygen support?

SpO₂ levels between 94 - 100 are considered healthy, readings below 94 can lead to hypoxemia, which can unleash further problems. Readings that fall consistently below 90, are considered to be warning signs and call for medical aid. Shortness of breath, breathing difficulties, chest pain are all signs of oxygen deprivation. However, for some patients, dipping oxygen levels and shortness of breath could complicate respiratory infections, deprive oxygen levels, impact vital organs and impact regular functioning. It could also come up in the form of Acute Respiratory Distress Syndrome (ARDS), which requires help.

Oxygen levels continuing to dip is a serious sign of danger for a COVID patient. While doctors continue to stress that fluctuating oxygen levels could be managed at home to an extent, patients should be immediately rushed for help if the following signs are observed: Pain in the chest, Short of breath, huffing and puffing.

Causative Agent

SARS - CoV - 2 is a type of RNA virus which is zoonotic in origin and it is estimated that Coronavirus infections are likely to emerge periodically in humans due to frequent cross - species infections and occasional spillover events. Coronaviruses are a large family of viruses that cause the common cold as well as more serious respiratory illness. There are six known human coronaviruses which were first identified in the 1960s from patients with the common cold. The transmission of coronavirus is reported through respiratory droplets, human contact and fecal - oral route.

Investigations and Diagnosis: -

- 1) The CT scan of patients of COVID - 19 shows ground - glass opacities in the lung and bilateral pulmonary infiltrates which is known to be compatible with changes in viral pneumonia.

Predominance in lower lung is highly suspicious of COVID - 19 in the first week of disease onset.⁵⁴ Duration of viral shedding ranged between 8 and 37 days with median duration found to be 20 days in survivors, but continued until death in terminal cases. The longest viral shredding in

survivors was seen to be 37 days. Prolonged viral shedding provides the basis for a strategy of isolation of infected patients and optimal antiviral interventions in the future.⁵⁵ Elevated levels of blood IL - 6, high sensitivity cardiac troponin I, lactate dehydrogenase and lymphopenia are seen in severe COVID - 19.⁵⁶ Although, the US Food and Drug Administration (FDA) has issued an emergency use authorization for point - of - care detection of SARS - CoV - 2 within approximately 45 minutes⁵⁷, the following investigations based on changes seen in lab parameters can be done.

- 2) Polymerase chain reaction (PCR) testing Trusted Source remains the primary COVID - 19 diagnostic testing method in the United States. This is the same type of test that was used to detect severe acute respiratory syndrome (SARS) when it first appeared in 2002.

To collect a sample for this test, a healthcare provider will likely perform one of the following:

- Swab your nose or the back of your throat
- Aspirate fluid from your lower respiratory tract
- Take a saliva or stool sample

Researchers then extract nucleic acid from the virus sample and amplify parts of its genome through a reverse transcription PCR (RT - PCR) technique. This essentially gives them a larger sample for viral comparison. Two genes can be found within the SARS - CoV - 2 genome. Test results are:

- a) Positive if both genes are found
- b) Inconclusive if only one gene is found
- c) Negative if neither gene is found

How does the new corona virus spread?

As of now, researchers know that the new corona virus is spread through droplets released into the air when an infected person coughs or sneezes. The droplets generally do not travel more than a few feet, and they fall to the ground (or onto surfaces) in a few seconds — this is why social and physical distancing is effective in preventing the spread.

Person - to - Person Transmission: Experts believe the virus that causes COVID - 19 spreads mainly from person to person. There are several ways this can happen:

- **Droplets or aerosols.** When an infected person coughs, sneezes, or talks, droplets or tiny particles called aerosols carry the virus into the air from their nose or mouth. Anyone who is within 6 feet of that person can breathe it into their lungs.
- **Airborne transmission.** Research shows that the virus can live in the air for up to 3 hours. It can get into your lungs if someone who has it breathes out and you breathe that air in. Experts are divided on how often the virus spreads through the airborne route and how much it contributes to the pandemic.
- **Surface transmission.** Another way to catch the new coronavirus is when you touch surfaces that someone who has the virus has coughed or sneezed on. You may touch a countertop or doorknob that's contaminated and then touch your nose, mouth, or eyes. The virus can live on surfaces like plastic and stainless steel for 2 to 3 days. To stop it, clean and disinfect all counters, knobs, and

other surfaces you and your family touch several times a day.

- **Fecal - oral.** Studies also suggest that virus particles can be found in infected people's poop. But experts aren't sure whether the infection can spread through contact with an infected person's stool. If that person uses the bathroom and doesn't wash their hands, they could infect things and people that they touch.

How did this new coronavirus spread to humans?

COVID - 19 appeared in Wuhan, a city in China, in December 2019. Although health officials are still tracing the exact source of this new coronavirus, early hypotheses thought it may be linked to a seafood market in Wuhan, China. Some people who visited the market developed viral pneumonia caused by the new coronavirus. A study that came out on Jan.25, 2020, notes that the individual with the first reported case became ill on Dec.1, 2019, and had no link to the seafood market. Investigations are ongoing as to how this virus originated and spread.

Can COVID - 19 be caught from a person who has no symptoms?

COVID - 19 is mainly spread through respiratory droplets expelled by someone who is coughing or has other symptoms such as fever or tiredness. Many people with COVID - 19 experience only mild symptoms. This is particularly true in the early stages of the disease. It is possible to catch COVID - 19 from someone who has just a mild cough and does not feel ill. Some reports have indicated that people with no symptoms can transmit the virus. It is not yet known how often it happens. WHO is assessing ongoing research on the topic and will continue to share updated findings.

What is the incubation period for COVID - 19?

It appears that symptoms are showing up in people within 14 days of exposure to the virus.

Is the recent strain fatal?

Since it's a new strain, according to the WHO, "many of the symptoms can be treated & therefore treatment based on the patient's clinical condition". However, it has already killed millions of people world wide.

Coronavirus Cases

	India	World Wide
Coronavirus Cases:	17, 636, 307	148, 537, 414
Deaths:	197, 894	3, 135, 602
Recovered:	14, 556, 209	126, 233, 793

(Till 27th march 2021)

Are antibiotics effective in preventing or treating COVID - 19?

No. Antibiotics do not work against viruses; they only work on bacterial infections. COVID - 19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID - 19. In hospitals physicians will sometimes use antibiotics to prevent or treat secondary bacterial infections which can be a complication of COVID - 19 in severely ill patients. They

should only be used as directed by a physician to treat a bacterial infection.

What WHO Says?

As WHO and partners work together on the response - - tracking the pandemic, advising on critical interventions, distributing vital medical supplies to those in need - - they are racing to develop and deploy safe and effective vaccines.

Vaccines save millions of lives each year. Vaccines work by training and preparing the body's natural defences - the immune system - to recognize and fight off the viruses and bacteria they target. After vaccination, if the body is later exposed to those disease - causing germs, the body is immediately ready to destroy them, preventing illness.

As of 18 February 2021, at least seven different vaccines across three platforms have been rolled out in countries. Vulnerable populations in all countries are the highest priority for vaccination.

At the same time, more than ²⁰⁰ additional vaccine candidates are in development, of which more than

60 are in clinical development. COVAX is part of the ACT Accelerator, which WHO launched with partners in 2020. COVAX, the vaccines pillar of ACT Accelerator, convened by CEPI, Gavi and WHO, aims to end the acute phase of the COVID - 19 pandemic by:

- Speeding up the **development** of safe and effective vaccines against COVID - 19;
- Supporting the building of **manufacturing capabilities**; and
- Working with governments and manufacturers to **ensure fair and equitable allocation** of the vaccines for all countries - the only global initiative to do so.

Some vaccine has been developed like COVAX and COVAXIN. it is still not clear the degree to which the vaccines can protect not only against disease but also against infection and transmission. This is not clear yet that how much this is effective.

The Homoeopathy

Homoeopathy is a pseudoscientific system of alternative medicine.

We believe that a substance that causes symptoms of a disease in healthy people would cure similar symptoms in sick people; this doctrine is called **similia similibus curentur**, or "like cures like".

In the **Organon**, Hahnemann introduced the concept of "miasms" as "**infectious principles**" underlying chronic disease. Hahnemann associated each miasm with specific diseases, and thought that initial exposure to miasms causes local symptoms, such as skin or venereal diseases. If, however, these symptoms were suppressed by medication, the cause went deeper and began to manifest itself as diseases of the internal organs. Homeopathy maintains that treating diseases by directly alleviating their symptoms, as is sometimes done in conventional medicine, is ineffective

because all "disease can generally be traced to some latent, deep - seated, underlying chronic, or inherited tendency". The underlying imputed miasm still remains, and deep - seated ailments can be corrected only by removing the deeper disturbance of the vital force.

How does Homoeopathy works?

The theory behind homeopathic medicine is that "like cures like" and that a substance that causes an illness in a healthy person might cure those symptoms in someone who is ill. It's believed by practitioners of homeopathy that a small amount of the substance which causes a disease will stimulate the body to heal itself. Though this may sound far - fetched, the theory is somewhat analogous to the basis of vaccination in modern day medicine; with immunizations, the exposure to a small amount of a killed or inactivated microbe can result in protection against developing the disease. An example would be using a very dilute solution of coffee to treat insomnia.

"Homeopathic medicine is based on the theory that "like cures like"

Immunity and Homoeopathy:

Homeopathic medicine developed significant popularity in the nineteenth century in the United States and Europe as a result of its successes treating the infectious disease epidemics during that era. Homeopathic medicine is a medical system that is specifically oriented to using nanopharmacologic and ultramolecular doses of medicines to strengthen a person's immune and defense system rather than directly attacking the microbial agents.

- There are many medicines which can boost up Vital Force (Immunity).
- There is no any side effects of these medicines.

"In homeopathy, health is considered as mental, physical and emotional wellbeing. The disease is the dynamic disturbance of harmonious relation between the material body and vital force that stimulates the body in health".

Controlled clinical trials evaluating the homeopathic treatment of people with human immunodeficiency virus or acquired immune deficiency syndrome (AIDS).

Objectives

To review the literature referenced in MEDLINE and in nonindexed homeopathic journals for placebo - controlled clinical trials using homeopathic medicines to treat people with AIDS or who are human immunodeficiency virus (HIV) - positive and to consider a different theoretical and methodological approach to treating people with the viral infection.

3. Findings

A total of five controlled clinical trials were identified. A double - blinded, placebo - controlled study was conducted on 50 asymptomatic HIV - positive subjects (stage II) and 50 subjects with persistent generalized lymphadenopathy (stage III) in whom individualized single - remedy homeopathic treatment was provided. A separate body of preliminary

research was conducted using homeopathic doses of growth factors. Two randomized double - blinded, placebo - controlled studies were conducted with a total of 77 people with AIDS who used only natural therapies over a 8 - 16 - week period. Two other studies were conducted over a 2.5 - year period with 27 subjects in an open - label format.

4. Results

The first study found no statistically significant improvement in CD4 T - lymphocytes, but did find statistically significant pretest and post - test results in subjects with stage III AIDS, in CD4 ($p = 0.008$) and in CD8 ($p = 0.04$) counts. The second group of studies found specific physical, immunologic, neurologic, metabolic, and quality - of - life benefits, including improvements in lymphocyte counts and functions and reductions in HIV viral loads.

5. Conclusions

As a result of the growing number of people with drug - resistant HIV infection taking structured treatment interruptions, homeopathic medicine may play a useful role as an adjunctive and/or alternative therapy.

Solutions for COVID - 19

In Homeopathy, cure is only achieved by the complete elimination of symptoms and even effects of other treatments. The cases where continued treatment is necessary, it is called "palliation" not "cure". The vital force stimulates the material organism in health and disease. In homeopathy, the person is taken as a whole and diseased organ symptoms alone are of no value. In Homeopathy, it is assumed that entire life processes either on physical, mental or psychological levels depend on the strength of the vital force.

Suppression of disease is another concept in Homeopathy that is based on the idea that the individual should be assessed as a whole rather taking local complaints in a disease process. When only symptoms are treated rather than treating the individual as a whole, the disease is suppressed and appeared in a more worsen form. The familiar example of suppression is the appearance of asthma after treatment of eczema with cortisone. Dermatologist thinks that eczema is effectively treated but actually disease became suppressed and causes a worse condition. In the same case, if asthma is tried to be treated with sympathomimetic inhalants etc., asthma is apparently treated. Now disease became suppressed to a deeper level and the patient develops depression, anxiety or confusion (suppression to emotional plane), paranoid (suppression to the intellectual plane). Allopathic medicines are usually suppressive and this system of medicine has no concept of suppression. So, it is often unnoticed because in allopathy there are disease specialists and they never think holistically. Thus, suppression remains unnoticed when it occurs. They do not have the concept of cure and suppression to expect, observe or explain the suppression process.

Management - Homoeopathic

During Ebola outbreak in 2014 expert group of WHO recommended that **“it is ethical to offer unproven interventions with as yet unknown efficacy and adverse effects, as potential treatment or prevention”** keeping in view no vaccine or anti - virals were available. The preventive aspect of Homoeopathy is well known, and historically, Homoeopathy has reportedly been used for prevention during the epidemics of **Cholera, Spanish Influenza, Yellow fever, Scarlet fever, Diphtheria, Typhoid etc.**

The genus epidemicus is the remedy found to be most effective for a particular epidemic once data have been gathered from several cases. This concept was first put forth by Samuel Hahnemann in the Organon of Medicine, Aphorism, as each single epidemic is of a peculiar, uniform character common to all the individuals attacked, and when this character is found in the totality of the symptoms common to all, it guides us to the discovery of homoeopathic (specific) remedy suitable for all the cases.

There is anecdotal evidence that homeopathy was successful during the Spanish flu epidemic of 1918 to 1919, in which at least 20 million people died worldwide, more than 500, 000 in the United States alone. According to the historian Julian Winston, the death rates for patients treated with homeopathy (genus epidemicus) were 1 to 2% compared with a 30 to 60% mortality for those treated by conventional physicians, As in all collective diseases, the image of the clinical picture emerges after observing a considerable number of patients; Hahnemann suggests observing several cases in order to paint **“the full picture of the disease”, “totality of characteristic signs and symptoms” or “epidemic genius”**, according to the homeopathic connotation of this term. The Genus epidemicus is identified through observation of several cases of an epidemic disease, and analysing the symptomatology of those cases for the most indicated medicine. This medicine is the preventive medicine for the ongoing epidemic of that disease. It was reported that, during recent past GE had been used during various disease outbreak for preventing the spreading of diseases like Chikungunya, Dengue Fever, Japanese Encephalitis and Cholera with good results. The detailed account of use of homoeopathy in control of epidemics is given in recent publication. In Indian scenario, CCRH had so far undertaken clinical trials in Dengue and Acute Encephalitis syndrome/JE with Homoeopathy as an add - on to usual care in tertian care setups. In Dengue Hemorrhagic fever, add on Homoeopathy could bring early improvement in platelet count and decrease in hospital stay by 2 days. Similarly, in Acute Encephalitis Syndrome/Japanese Encephalitis homeopathy as an adjuvant to the Institutional Management protocol could decrease death rate by 15% in comparison to those who received only Institutional Management protocol. In both the studies, adverse effect was not observed. Keeping in view the clinical success in above mentioned severe viral diseases, Homoeopathy as an adjuvant to the usual care may be tried in COVID - 19 patients. With regard to the positive results from the prophylactic homoeopathic medicine during epidemic outbreaks of various diseases during recent past, the Scientific Advisory Board of our Council in meeting held on

28 January 2020 discussed to find out possible genus epidemicus for recent outbreak of corona virus in China. The sign and symptoms of the patients were referred from the recent publication from the clinical history of patients of Wuhan, China in Lancet titled, **“Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China”**.

Prophylactic Medicine: - Arsenic Album – 30

The Health advisory given by Ministry of AYUSH against corona virus infection included Homoeopathic medicine Arsenicum album - 30 as a possible preventive for flu like illness such as coronavirus infection.

Scientific Advisory Board considered that the same medicine has been advised for prevention of Influenza Like Illness. Arsenic album as one of the constituents in a formulation has been shown to affect HT29 cells and human macrophages. Also, it showed ↓NF - κB hyperactivity (reduced expression of reporter gene GFP in transfect HT29 cells), ↓TNF - α release in macrophages. More over Arsenic album is a common prescription in the cases of respiratory infections in day to day practice. People however should also follow general measures as per the Health Advisory above.

Medicine Recommended For Novel Coronavirus Treatment: -**(1) Arsenic Album:**

- **Fever-** High temperature. Periodicity marked with adynamia. Septic fevers. Intermittent. Paroxysms incomplete, with marked exhaustion. Hay - fever. Cold sweats. Typhoid, not too early; often after Rhus. Complete exhaustion. Delirium; worse after midnight. Great restlessness
- **Respiratory-** Unable to lie down; fears suffocation. Air - passages constricted. Asthma worse midnight. Burning in chest. Suffocative catarrh. Cough worse after midnight; worse lying on back.
- **Nose-** Thin, watery, excoriating discharge. Nose feels stopped up. Sneezing without relief. Hay - fever and coryza; worse in open air; better indoors. Burning and bleeding. Acne of nose. Lupus.
- **Dose-** Third to thirtieth potency. The very highest potencies often yield brilliant results.

(2) Gelsemium Sempervirens:

- **Respiratory-** Slowness of breathing, with great prostration. Oppression about chest. Dry cough, with sore chest and fluent coryza. Spasm of the glottis. Aponia; acute bronchitis, respiration quickened, spasmodic affections of lungs and diaphragm.
- **Head-** Heaviness of head; band - feeling around and occipital headache. Dull, heavy ache, with heaviness of eyelids; bruised sensation; better, compression and lying with head high.
- **Nose-** Sneezing; fullness at root of nose. Dryness of nasal fossae. Swelling of turbinates. Watery, excoriating discharge. Acute coryza, with dull headache and fever.
- **Throat-** Itching and tickling in soft palate and naso - pharynx. Pain in sterno - cleido - mastoid, back of parotid. Tonsils swollen. Throat feels rough.

- **Fever-** Wants to be held, because he shakes so. Pulse slow, full, soft, compressible. Chilliness up and down back. Heat and sweat stages, long and exhausting. Dumb - ague, with much muscular soreness, great prostration, and violent headache. Nervous chills. Bilious remittent fever, with stupor, dizziness, faintness; thirstless, prostrated. Chill, without thirst, along spine; wave - like, extending upward from sacrum to occiput.
 - **Dose-** Tincture, to thirtieth attenuation; first to third most often used.
- (3) Bryonia Alba:**
- **Fever-** Pulse full, hard, tense, and quick. Chill with external coldness, dry cough, stitches. Internal heat. Sour sweat after slight exertion. Easy, profuse perspiration. Rheumatic and typhoid marked by gastro - hepatic complications.
 - **Head-** Headache; worse on motion, even of eyeballs. Frontal headache, frontal sinuses involved.
 - **Respiratory-** Soreness in larynx and trachea. Hoarseness; worse in open air. Dry, hacking cough from irritation in upper trachea. Cough, dry, at night; must sit up; worse after eating or drinking, with vomiting, with stitches in chest, and expectoration of rust - colored sputa. Frequent desire to take a long breath; must expand lungs. Difficult, quick respiration; worse every movement; caused by stitches in chest. Cough, with feeling as if chest would fly to pieces; presses his head on sternum; must support chest. Croupous and pleuro - pneumonia. Expectoration brick shade, tough, and falls like lumps of jelly.
 - **Throat-** Dryness, sticking on swallowing, scraped and constricted. Tough mucus in larynx and trachea, loosened only after much hawking; worse coming into warm room.
 - **Dose-** First to twelfth attenuation.
- (4) Aconitum Napellus:**
- **Head-** Fullness; heavy, pulsating, hot, bursting, burning undulating sensation. Intercranial pressure.
 - **Nose-** Smell acutely sensitive. Pain at root of nose. Coryza much sneezing; throbbing in nostrils. Hemorrhage of bright red blood. Mucous membrane dry, nose stopped up; dry or with but scanty watery coryza.
 - **Throat-** Red, dry, constricted, numb, prickling, burning, stinging. Tonsils swollen and dry.
 - **Respiratory-** Constant pressure in left chest; oppressed breathing on least motion. Hoarse, dry, croupy cough; loud, labored breathing. Child grasps at throat every time he coughs. Very sensitive to inspired air. Shortness of breath. Larynx sensitive. Stitches through chest. Cough, dry, short, hacking; worse at night and after midnight. Hot feeling in lungs. Blood comes up with hawking. Tingling in chest after cough.
 - **Fever-** Cold stage most marked. Cold sweat and icy coldness of face. Coldness and heat alternate. Evening chilliness soon after going to bed. Cold waves pass through him. Thirst and restlessness always present. Chilly if uncovered or touched. Dry heat, red face. Most valuable febrifuge with mental anguish, restlessness, etc. Sweat drenching, on parts lain on; relieving all symptoms.
- **Dose-** Sixth potency for sensory affections; first to third for congestive conditions. Must be repeated frequently in acute diseases. Acon is a rapid worker. In Neuralgias tincture of the root often preferable, one drop doses (poisonous), or again, the 30th according to susceptibility of patient.
- (5) Justicia Adhatoda:**
- Highly efficacious medicine for acute catarrhal conditions of the respiratory tract (used in the beginning).
 - **Head.** - - Irritable, sensitive to external impressions; hot, full and heavy head; lachrymation, with coryza, profuse, fluent, with constant sneezing; loss of smell and taste; coryza with cough.
 - **Throat-** Dry, pain during empty swallowing, tenacious mucus. Mouth dry.
 - **Respiratory-** Dry cough from sternal region all over chest. Hoarseness, larynx painful. Paroxysmal cough, with suffocative obstruction of respiration. Cough with sneezing. Severe dyspnea with cough. Tightness across chest. Asthmatic attacks, cannot endure a close, warm room. Whooping - cough.
 - **Dose-** Third potency and higher. Severe aggravation have been noticed from lower potencies.
- (6) Grindelia Robusta:**
- Both Grindelia robusta and Grindelia squarrosa have been used for the symptoms here recorded. There is practically no difference in their action, although the G. Squarrosa is credited with more splenic symptoms, dull pains and fullness in left hypochondrium; chronic malaria; gastric pains associated with splenic congestion. Induces paralysis, beginning in extremities. Its action is shown on the heart first quickening, then retarding it. Acts on the cardio - pulmonary distribution of the pneumo - gastric in dry catarrh (Tart Emetic in muco - purulent). Produces a paresis of the pneumo - gastric, interfering with respiration. Smothering after falling asleep. Asthmatic conditions, chronic bronchitis. Bronchorrhœa with tough mucus, difficult to detach. Raises the blood pressure.
 - **Head-** Feels full, as from quinine.
 - **Respiratory-** An efficacious remedy for wheezing and oppression in bronchitic patients. The sibilant rales are disseminated with foamy mucus, very difficult to detach. Acts on the pulmonary circulation. Asthma, with profuse tenacious expectoration, which relieves. Stops breathing when falling asleep; wakes with a start, and gasps for breath. Must sit up to breathe. Cannot breathe when lying down. Pertussis, with profuse mucous secretion (Coccus). Bronchorrhœa, with tough, whitish, mucous expectoration. Sibilant rales. Weak heart and respiration. Cannot breathe lying down. Cheyne - Stokes respiration.
 - **Dose-** Tincture in 1 to 15 drop doses, also lower potencies.

Potency and doses will be base on the patient condition.

Suggestion Of Medicines are based on the Novel Coronavirus Symptoms.

(7) Vanadium Metallicum

- **Its action is that of an oxygen carrier and a catalyzer**, hence its use in wasting diseases. Increases amount of hemoglobin, also combines its oxygen with toxins and destroys their virulence. Also increases and stimulates phagocytes. A remedy in degenerative conditions of the liver and arteries. Anorexia and symptoms of gastro intestinal irritation.
- **Dose**– 6 - 12 potency. The best form is Vanadate of Soda, 2 mg daily, by mouth. Or 30 potency.

(8) Aspidosperma Quebracho

- This homoeopathic remedy for the treatment of issues relating to the respiratory system. It relieves symptoms of asthma and acts as a respiratory tract stimulant. It also relieves congestion in the chest and promotes better breathing. It is used for treating disorders associated with the respiratory system
- Highly beneficial for people suffering from asthma and influenza
- It helps in relieving congestion in the chest and prevents frequent coughing
- Helps to promote breathing
- It is also useful in regulating and reducing high blood pressure.
- It helps to increase oxidation rate and maintain the oxygen saturation level in blood.

The digitalis of the lungs. Removes temporary obstruction to the oxidation of the blood by stimulating respiratory centers, increasing oxidation and excretion of carbonic acid, Pulmonary stenosis. Thrombosis of pulmonary artery. It stimulates the respiratory centers and increase the oxygen in blood.

“Want of Breath” is one of the guiding symptom.

Dose- Take 10 drops of mother tincture diluted in half a cup of water thrice a day.

- Potency and doses will be prescribed on the patient condition.
- Suggestion Of Medicines are based on the Novel Coronavirus Symptoms.

In Many States trial of Homoeopathy Medicines against COVID - 19 has been started and it is going very good in all stages of COVID - 19.

Many of Positive patients has been discharged after the successful treatment by Homoeopathy.

Homoeopathy can prevent and cure from COVID - 19 and many of disease like this.

Homoeopathy is very useful for a Pandemic like COVID-19, it's always played a important role in past situation. I believe homoeopathy can heal this situation and will make a healthier World.

“Looking for a healthy world from the eyes of Homoeopathy”

“Like cures like”

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