

CLINICAL And EXPERIMENTAL HOMEOPATHY

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COVID 19 AND ITS HOMEOPATHIC TREATMENT

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INTRODUCTION:

Corona viruses are a large family of viruses which causes illnesses, such as the common cold, Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

A new **Corona virus (COVID-19)** was identified as the cause of a disease, outbreak first reported from Wuhan, China, on December 2019. The virus is now known as the *Severe Acute Respiratory Syndrome Corona virus 2 (SARS-CoV-2)*.

COVID-19 is caused by a member of the Corona virus family that has never been encountered before. Like other Corona viruses, it has come from animals.

Corona viruses cause different corona virus diseases including severe acute respiratory syndrome (SARS), Middle East respiratory syndrome (MERS), and corona virus disease 2019 (COVID-19). Some strains of corona viruses can also cause the common cold.

The 2019–20 corona virus outbreaks, caused by COVID-19, was declared a pandemic by

the World Health Organization (WHO) on 11 March 2020

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.

Most common symptoms:

- i. Fever
- ii. Dry cough
- iii. Tiredness

Less common symptoms:

- i. Aches and pains
- ii. Sore throat
- iii. Diarrhoea
- iv. Conjunctivitis
- v. Headache
- vi. Loss of Taste or Smell
- vii. A Rash on Skin, or Discolouration of Fingers or Toes

How it spreads

The virus that causes COVID-19 is mainly transmitted through droplets generated when infected people sneeze, cough or breathe out, the virus is transmitted mainly through secretions. These emission points are very heavy so they spread quickly on the floor or surface of the object.

You can be infected by breathing in the virus if you are within close proximity of someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

In the field of homeopathy, medicines are selected based on the symptoms present in the patient's body. There is no specific drug for any particular disease and it is not related to the name of the disease. And this is one of the great benefits of homeopathy. That is why homeopathy is especially successful in treating cancer, genetic diseases, viral diseases or diseases requiring surgery.

Our Hon'ble Prime Minister of India, Shri Narendra Modi has repeatedly called for compliance with the

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directives of the Ministry of AYUSH. It is to be noted that there are various common home remedies in India and Bangladesh. Almost all the states of India have started the widespread practice of enhancing immunity by using Ayurvedic and Homeopathic medicines and the response has been unprecedented.

Before talking about treatment and medicine, let me tell you how to increase your immunity.

Ways to boost your body's natural defenses

1. Get enough sleep. In fact, insufficient or poor quality sleep can quickly lead to illness. Remember that sleep and body defenses are very closely linked.
2. Eat plenty of fruits, vegetables, nuts, seeds and citrus foods that are rich in nutrients and antioxidants that will help you fight off harmful germs. The antioxidants in these foods help reduce inflammation by fighting compounds called free radicals, which can cause inflammation if created in high doses in your body.
3. Eat healthy fats, which you will find in healthy fats of olive oil and salmon; which can reduce inflammation and boost your immune system.
4. Olive oil, which is highly anti-inflammatory, is associated with a reduction in chronic diseases such as heart disease and type 2 diabetes. Also, its anti-inflammatory properties can help your body fight against harmful pathogenic bacteria and viruses.
5. Eat a probiotic supplement every day. These foods include yogurt.
6. Limit foods that contain sugar.
7. Engage in moderate exercise.
8. Stay hydrated and drink enough water.
9. Keep your stress levels under control.
10. Eat some supplements - such as vitamin C, vitamin D, garlic, turmeric, cumin, add spices to the cooking.

Ministry of AYUSH, in its latest guidelines, issued an advisory to states across the country recommending the use of a traditional homeopathic

drug, Arsenic album 30 as a form of preventive medicine against COVID-19. Its prophylactic use has been advised in states like Karnataka, Tamil Nadu, Kerala and Maharashtra and in some places, it has been used in high-risk areas. In places like Bhopal, claims were raised when doctors said that mild COVID cases were successfully treated with homeopathy.

How Homeopathy is effective in the prevention of the infections of Coronavirus, says AYUSH ministry..

The AYUSH ministry issued a health advisory and recommended that Homeopathic, some Ayurvedic and Unani medicines, decoctions and home remedies could be effective in the prevention of novel Coronavirus (nCoV) infections.

The AYUSH ministry has recommended that **homoeopathic medicine Arsenicum album 30** could be taken empty stomach daily for three days as a prophylactic medicine against the infection.

The dose should be repeated after one month by following the same schedule in case the nCoV infection prevails in the community, the advisory said, adding that the same has also been advised for prevention of influenza-like illness.

The advisory further suggests general hygienic measures

- Prevention of air-borne infections such as maintaining personal hygiene, washing hands often with soap and water for at least 20 seconds, avoiding touching eyes, nose and mouth with unwashed hands, and avoiding close contact with people who are sick.
- The ministry has advised covering face while coughing or sneezing and preferably

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using an N95 mask while travelling or working in public places to avoid droplet transmissions.

- "If you suspect Corona Viral infection, wear a mask and contact your nearest hospital immediately," the advisory said.
- It also recommended prophylactic measures/immunomodulatory drugs as per Ayurvedic practices and taking measures to strengthen the immune system through a healthy diet and lifestyle practices.

Recommendation of Arsenic album 30

Homeopathy has been widely hailed as a "safe" and "side-effect" free form of treatment, especially in cases persisting with trivial symptoms like that of a cold and flu. In the past, it was also seen as an effective form of medicine in fighting epidemics like malaria, cholera, ebola as well.

Since homeopathy, like ayurvedic medicines, are usually natural concoctions, they are termed safe and do not carry the side-effects which often come along with allopathic medicines.

The use of Arsenic album 30

Arsenic album is a common homeopathic medicine, used in the treatment of common cold, cough or the flu. It contains minute traces of arsenic, which is repeatedly heated in distilled, filtered water for a long time. A cheap cure, Arsenic album has been considered to fight off any inflammation in the body. This medicine is also effective in treating throbbing frontal headache, burning chest pain, restless, and fearful.

Homeopathy has also been suggested to battle some of the other symptoms associated with a flu-like infection, which have also been observed in COVID positive patients. The use of homeopathic medicines like Eupatorium Perfoliatum Q, Belladonna 3c and others given in high frequency helps reduce the acute discomfort that patients

feel, without the addition of many allopathic medicines.

The Ministry of AYUSH has once again reiterated the use of alternative medicines such as homeopathy and ayurveda to ward off corona virus, and also recommended frequent sipping of water boiled with *tulsi* leaves, crushed ginger and turmeric to fight the infection.

Appropriate rest and timely sleep are advisable. The practice of *yogasana* and *pranayama* under the guidance of qualified yoga instructors is recommended.

Homeopathic medicines have been used extensively for flu-like symptoms and in epidemics around the world.

In other parts of the world, such as Italy, Brazil, Romania, Iran, and the Philippines, homeopathic remedies for corona virus infections have been successful. In the meantime, arsenic album 30 has been distributed free of cost by the Bangladesh Homoeopathic Board to the citizens of different districts and many people have been freed from corona virus.

If you decide to take a homeopathic medicine, this should be in addition to the various measures outlined above and should not be your only approach. Selection of the most appropriate homeopathic medicine is based on an individual's unique symptoms. However, Gelsemium 30c and Bryonia 30c are commonly used for flu-like symptoms and have a long-established, traditional usage over many years.

Homeopathy has now raised new hopes in the fight against corona virus. Recently, the Indian Council of Medical Research (ICMR), under the Ministry of AYUSH and the Government of India, allowed Naiminath Homoeopathic Medical College, Agra to conduct clinical trials on corona virus patients. The

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trial has already met with great success and many corona patients are recovering. Five homeopathic medicines - Arsenic album, Bryonia alba, Antim tart, Gelsemium and Crotalus h - are used to treat coronary artery disease. Notably, three of these drugs are effective, one of which is Briania alba.

Given the current situation, it is very clear that we have to live with the corona virus. So some changes in our daily lifestyle will greatly reduce the chances of corona virus infection. That is why we have to take mental preparation first.

When going out, you should always wear a face mask or cover your face and maintain social distance. Also, keep your hands clean with sanitizer or soap every 30 minutes. Do not spit and do not touch. Do not touch the door with empty hands. If you sneeze or cough on the road, you should cover your face. Above all, eat antioxidant-rich foods to boost your body's immunity and take homeopathic remedies on the advice of a good doctor as soon as the slightest symptoms of corona virus appear and stay healthy.

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