

COVID 19 Homeopathic guidelines - DR SUNIL ANAND AND TEAM

Disclaimer: A few technical words in this document will be best understood by homeopaths only which is one of our main attempts. While this document may be shared with patients as well, the attempt is not to educate or prejudice non-medical individuals in any way. In the process if they feel empowered and this provides them with further confidence in the science of homeopathy, we will feel that our objectives have been met. As we consider our dear patients as our strongest endorsements and well-wishers.

We also wish to add that those who have been consistent with their treatments have not needed to take this preventive generally.

There have been a few variables during such a crisis, in which individuals have manifested with individual expressions in contrary to the below genus epidemicus remedies proposed, and in such cases as per the classical homeopathic philosophy guidelines specific homeopathic remedies have been preferred over the routine remedies and have met with satisfactory responses.

So the key is not to generalize blindly.

Past experience and success model:

Our past experience of managing such epidemics in the past such as H1N1 in 2010 and Hemorrhagic Dengue in 2011 has helped us come to the conclusion that in an epidemic such an approach is highly effective if the data analysis is accurate and thorough. The derivation of the genus remedy **Tabacum remedy (Tab 1M)** during the **Influenza A H1N1** epidemic was dispensed via the **Bajaj Prana HYC Centre** to not only all their 50,000 employees but to the entire city of Pune, India, both as a prophylactic measure as well for active cases, and the success rate was very high and satisfactory on both fronts.

Protocol:

As of March 22, 2020 we have had telephone and video-conference contacts with about 400 patients from all over the world. Most of these overcame their symptoms in a maximum of 3-4 days, without regressing and spontaneously declaring a clear improvement in their clinical and general wellbeing.

A few of them have required nosodes or sarcodes to complement their recovery process as per the indications or tardy response to the earlier remedies prescribed.

It has been our consistent findings based on previous epidemiological patterns that nosodes and sarcodes are required in certain individuals in which the indicated remedy/remedies have helped but not resulted in total recovery. It has been the same in this current outbreak as well. Such a remedy or a group of a few carefully selected remedies form what is referred to in the homeopathic parlance as the genus epidemicus or the most accurate remedy/ies that emerge as remedial solutions for a prevalent epidemic.

We have also seen the relevance of studying group studies and anti-miasmatic patterns. Our research in the Covid-19 epidemic has shown that the Compositae, Lilliflorae and Magnoliae

plant families have been most effective while the miasm has ranged from the acute to the malarial spectrum.

Several others have just needed their constitutional remedies along with a cough expectorant from the Compositae family namely Grindeila Robustus or an immunity booster with specific indications from another source of the Compositae family namely Azadirachta (commonly known as Neem).

Depending on the stage of the infection we have noticed that the following three remedies are being indicated either independently or in conjunction with the other two or all three as the situation demands.

As a preventive measure we have found that the member from the Compositae family namely Eupatorium in a 1M potency has proven to be most effective. In certain individuals keeping their age and weakened vitality in mind a 30C has been selected instead.

The dosage as a preventive has been dry doses twice a day for 4 days only keeping the virulence of this global pandemic in mind.

The sequence of progression of this current outbreak has been in 3 phases:

1. Myalgia (Eupatorium Perfoliatum)
2. Catarrh (Scilla Maritima)
3. Collapse (Camphor)

The remedy/remedies have been given as a kit of trio with individual indicators as follows below:

In families that reside far from our clinics or were frequent travelers prior to the imposed travel restrictions certain other remedies were provided as a part of a larger kit with specific indications and instructions keeping the clinical patterns of the current epidemic and organ involvement into consideration, mainly the lungs.

This is the protocol recommended for the three main contenders as well as the lesser indicated remedies below:

EUPATORIUM PERFOLIATUM 1M

Common name Thorough wort, Bone set.

Eupatorium belongs to the Compositae or Sunflower/Daisy Family.

The Sensation of the Composite family is as if injured, hurt, wounded, beaten, burnt and scalded, shocked, fear to be touched or approached.

Eupatorium principally acts on:

1. Gastro hepatic organs
2. Bronchial mucus membranes.
3. Locomotor system great deal of bone pains in back, head, chest, limbs, especially wrists as if dislocated.

Sensation as if bruised, as if broken, all over the body, (Arnica, Bellis, Pyro).

Violent, aching, bone breaking pains.

Muscles of back feel as if bruised, sore, aching, **and moaning with pain.**

Nose sore aching eyeballs with headache.

Coryza with sneezing with aching in every bone.

Marked periodicity of symptoms.

Fever with chills, vomiting at close of chill, drinking hastens chill, causes vomiting, bone pains before and after chill.

<Cold air

<Periodically 7 to 9 am

<3 or 4 day

<Lying on part

<Coughing

<Smell / sight of food

<Motion

>vomiting of bile

>Sweating

>Lying on face.

Thirst or nausea, then violent shaking chill begins in small of back, vomiting after chills.

Insatiable thirst for cold water before and during chill and fever.

After drinking there is shuddering and vomiting.

Knows chill is coming because he cannot drink enough.

Similar Analogue is Bryonia but pains keep patient still and Eupatorium is restless.

SQUILLA MARTIMA (SEA ONION) 1M

Squilla Martima belongs to the Liliaceae family which belongs to Liliiflorae family.

The Sensation of the Liliiflorae family is forced out, squeezed, extruded, pressed out, pressure, rejected, bear down on, push down, push out, holding on, clutching on, grasp, clutching, held in, holding on, held.

In the mind feels as if excluded due to quarantine and isolation of the patient, to prevent the spread of infection.

Feeling excluded on the level of mind.

Squilla acts especially on the mucous membrane of respiratory and digestive tract.

Broncho pneumonia.

Acts upon kidneys, heart and spleen. Coryza leading to pneumonia is one of the main leading symptoms of this remedy.

Fluent coryza, sore margins of nostrils, violent sneezing with acrid coryza. **Anosmia during coryza which has been identified and confirmed as one of the main unique symptom during this epidemic. As this symptom is absent in the remedy Camphora, when it is present, Squilla works better than Camphora.**

Short dry cough, must take a deep breath.

Dyspnea and stitches in chest, painful contraction of abdominal muscles.

Cough, stubborn, dry, rattling, disturbs sleep with sneezing, coryza, lachrymation

Spurting of urine or stools (forced out)

In asthma drinks in sips and stitches in left chest.
Cough with enlarged spleen or with pain in the region.
Loose morning cough is more severe than dry evening cough.
Child rubs face with fist during the cough
Cardiac stimulant, affecting peripheral vessels and coronary artery. Its action is very similar to that of Digoxin in cardiac distress.

Involuntary spurting of urine when coughing (forced out)

<Early morning. >Rest
<Motion. >Sitting up
<Uncovering. >Expectoration
<Inspiration. Even small quantity
<Coughing

Picture closely resembles that of Arsenic, Bryonia and Allium Cepa

CAMPHORA 1M

Mind: fear to be left alone yet aversion to company. **Religious group singing. Shrieking for aid.**

Mind; Delusions, imaginations; world; she has her own little, in which things are clear, outside is uncertain. **Camphora is always indicated when death threatens through rapid depression of neural activity** or of pulmonary or cardiac activity, e.g. in drowning. In such situations of collapse it is on a par with Carbo Vegetabilis.

Influenza, headache with catarrhal symptoms, sneezing, etc. **Cold sweat**

NOSE - Cold and pinched. Inhaled air seems cold. Persistent nosebleed with goose bumps. Stopped up, sneezing. Fluent coryza on sudden change of weather. Coryza in old age.

CHEST - A cold feeling in chest followed by cold breath. Dry feeling at bifurcation of trachea. Cramps in the chest. Shootings in the chest.

LUNGS - Asphyxia neonatorum. Asthma, worse from bodily exertion. Breath cold. Breathing anxious, oppressed, sighing, quiet, deep and slow, snoring. Cutting, cold feeling deep in windpipe, causes a slight cough. Hoarse, squeaking voice. Suspended respiration. Violent attacks of dry cough. Suffocative dyspnea.

Internal heat and external coldness.

Great coldness of surface with sudden and complete prostration of the vital forces.

Feeling as if a cold wind were blowing over body. For all kinds of sudden internal pains arising from chill or other causes. Shaking chill with cold skin, wants covers during the hot stage only. Congestive chill. Tongue cold, flabby, trembling.

Sudden inflammatory fevers with rapid alternation of heat and cold, followed by rapid prostration. Heat or sweat, better covers. Sweats when covered, body becomes cold when uncovered.

Chilly, below scapula, before colds.

MODALITIES

> Free discharges, sweat. Warmth. Better thinking of it. Drinking cold water.
< motion. Contact. Mental exertion, shock. Night. When half asleep. Cold air, drafts.

Suppressions.

Asphyxia, collapse, congestion cramps, diarrhea, high fever, influenza, shivering.

Sleeplessness

Shock with sudden collapse

Aversion covering, wants off then again wants when internal burning in alternation.

SENEGA- MOST IMPORTANT REMEDY IN OLD AGE PATIENTS

1. COUGH AND PNEUMONIA OF OLD AGE.
2. Hoarseness, hurts when talking.
3. Rattling cough like Ant tart very diff to raise sputum which hurts while coughing.

CARBO VEG (Vegetable charcoal)

1. Fainting stage with lack of reaction.
2. CHILLINESS WITH COLD PERSPIRATION YET WANTS TO BE FANNED VIGOROUSLY

ANTIMONIUM ARSENICOSUM :

1. CATARRHAL PNEUMONIA WITH INFLUENZA
2. Great exudation and collection of mucous

TUBERCULINUM:

- Ailments from suppressed skin disease
- Chilly patient
- Aggressive, stubborn, impatient, temper tantrums. DESIRE TO CHANGE HIS DOCTOR FREQUENTLY.
- Respiratory:
 - Tuberculinum acts on the apices of the lung, bronchitis of influenza.
 - Excellent for influenza, bronchitis, acute bronchopulmonary diseases of children.
 - Throat is affected. Tonsillitis. Rhinitis. Tonsils look red and congested.
 - In contrast with Bacillinum, Tub. Aviaire has considerable cough and little dyspnea. It has an acute, irritating cough, such as one meets with in acute diseases or sub-acute disorders in young people. A cough which fatigues and which lead to enfeeblement and loss of appetite.
- Modalities: Loves fresh open air but aggravated by it
- Allergies <dust, pollens, food
- Concomitants: Skin – bend of joints affected. Skin is red and flushed.
- Tuberculinum is contraindicated in severe heart conditions especially children with septal defects and heart diseases. Can damage in massive heart pathology.
- Tuberculosyphilitic.

BACILLINUM:

- Ailments from vaccination – especially respiratory problems post vaccination.
- Hot patient
- Irritable - Fretful ailing, whines and complains

- Respiratory:
- Base of lungs is affected.

•Lot of wheezing and rattling in Bacillinum which you don't associate with Tuberculinum. No sneezing, nose blockage or headache with a coryza – cold straightaway goes to lungs. Congestion, wheezing and rattling immediately.

•Glands of the neck are enlarged and tender. Night-sweats.

•Ringworm with bluish discoloration around it. Eczematous condition of the margins of the eyelids.

INFLUENZINUM (common influenza symptoms and pneumonia with aches, fatigue, weakness) .

- General ill feeling with chill, headache, diffuse pains (milder pain than in Eup-per).
- Pharyngitis. Chronic laryngitis. Nasal voice . Stridulous laryngitis of children.
- Chronic fatigue with cold and fever. Acute coryza and chronic coryza. Chronic atrophic rhinitis. Nasal polyps. Sinusitis, otitis.
- Bronchial asthma. Dry painful cough. Bronchitis. Broncho-pneumonia of influenza. Bronchial asthma.

- Venous and arterial congestion of the lower limbs.
- Rheumatoid pains during humid and cold weather
- Headache of influenza
- Conjunctivitis of influenza. Blepharitis.
- Otitis of influenza.
- Leucopenia with mononucleosis

PHOSPHOROUS.

1. **Weakness**
2. *Characterized by the **THIRST for COLD water.*** (But if normal water itself is there we can take it, because in our society taking cold water during the sickness is considered as wrong. Cold water is vomited out as soon as it gets warm in stomach (Pyrogen). Phosphorous doesn't tolerate warm water well)
3. Respiratory symptoms will be prominent.
4. *So the Thirst with **great desire to be magnetized.*** (they need someone besides their bed always)
5. Though anxious they are **easily reassured** (*Ars not*)
6. Pain in the chest while coughing, pain in abdomen while coughing are marked symptoms in Phos (**not all cases will be bryonia**)

ARSENICUM IODATUM

Iodide of Arsenic

Mind

Extreme fear of death with a marked fear of death and a need to keep washing hands do to fear of contagion and to check vital parameters such as recording of fever and pulse.

Thin, watery, irritating, excoriating discharge from anterior and posterior nares; sneezing. Irritation and tingling of nose constant desire to sneeze.

Respiratory

Slight hacking cough, with dry and stopped-up nostrils. Pleuritis exudativa. Chronic bronchitis. Pulmonary tuberculosis. Pneumonia that fails to clear up. Cough dry, with little difficult expectoration. Aponia.

Fever

Recurrent fever and sweats. Drenching night-sweats. Pulse rapid, feeble, weak, and irregular. Chilly cannot endure cold.

Appetite and Thirst

Increased thirst and appetite in the midst of such a toxic infection are the most peculiar and characteristic symptoms.

CHININUM ARSENICOSUM

Arsenite of Quinine

Aversion to being disturbed with extreme fear. Very irritable to being questioned.

Icy skin with excessive yawning during chill and marked weakness

Appetite is in no way affected and craves all kinds of tasty foods but equally scared of having them.

PHOSPHORICUM ACIDUM

Phosphoric Acid

The common acid "debility" is very marked in this remedy, producing a nervous exhaustion. Mental debility first; later physical.

Mind

Listless. Impaired memory Apathetic, indifferent. Cannot collect his thoughts or find the right word. Difficult comprehension. Effects of grief and mental shock. Delirium, with great stupefaction. Settled despair.

Face

Pale, earthy; feeling of tension as from dried albumen. Sensation of coldness of one side of face.

Stomach
Craves juicy things.

Respiratory
Chest troubles develop after brain-fag. Hoarseness. Dry cough from tickling in chest. Salty expectoration. Difficult respiration. Weak feeling in chest from talking. Pressure behind the sternum, rendering breathing difficult.

Fever
Chilliness. Profuse sweat during night and morning. Low types of fever, with dull comprehension and stupor.

CAUTION :

In severe epidemics often one remedy emerges as the main genus epidemicus remedial solution in our experience of managing such outbreaks in the past.

However, in this current Covid-19 outbreak, as it is a global pandemic and not an epidemic, it is short sighted to declare one remedy globally.

A three pronged strategy as proposed above provides a larger safety net, and yet accurate resolution, as per the specific merits of each individual case. Along with the openness to align the case as per the parameters proposed above.

RECOMMENDED DOSAGE:

The virulence and mortality of statistics revealed and from clinical experience of managing such a large number of case already suggest high C potencies where there is high vitality. Hence a 1M dry dose of the Eupatorium Perf 1M 4 pellets twice a day for 4 days has been proposed for age groups 2 to 70. For infants younger than 2 years or the elderly above 70, a 30C in the above repetition would be a safer option, and has been implemented.

Pregnant moms have also been given a 1M potency and provided prophylaxis to both mom and fetus.

LM potencies have been utilized as per the guidelines for the same.

For further specific inquires please direct your questions to :

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