

LMHI COVID-19 bulletin 23 March 2020

Dear colleagues,

The COVID-19 pandemic is becoming a serious threat to the health of hundreds of thousands of people. The rapid evolvement into serious complications like double-sided pneumonia can only be treated symptomatically in conventional care. In some countries the care system becomes overloaded.

The board of the LMHI urges it's members **not to go public with claims that homeopathy can cure COVID-19**. Patients will ask us which medicine they should take and at the moment our experience with this illness is insufficient. This, however, could rapidly change.

LMHI monitors the developments day-by-day. Homeopathic practitioners are treating COVID-19 patients. We will inform you what symptoms homeopathic practitioners observe and what medicines they prescribe, but most of all, what medicines seem successful and why. This all depends on your input!

Please report every patient that responds well on a specific homeopathic medicine!

If you report a COVID-19 case responding well to one specific medicine, please report that with the following information:

- Initials of the patient, with gender (m/f) and age
- Is COVID-19 confirmed? (no, positive, negative)
- Severity of COVID-19 illness: Mild – Moderate – Severe - critical
- Medicine, with date of first intake
- Number of hours until onset of improvement
- If possible 3-5 symptoms that were characteristic for the case

In our bulletins we want to be concise and provide information that is **not** in the homeopathic materia medica and repertories:

- Symptoms validated in prognostic factor research (PFR)
- Symptoms of patients responding to homeopathy
- Symptoms seen by homeopathic practitioners in COVID-19 cases sorted by prescribed medicine

Homeopathic medicines

Information based on clinical data recording so far.

Arsenicum album

Validated symptoms:

Conscientious about trifles; fear of death/that something will happen; anxiety in heart-region; restlessness; hurry; sleepless from thoughts; sensitive to light; pain cervical region; thirst

Cough is mostly moist

Cough ameliorates: in warm room; from warm food or drinks

Cough aggravates: from swallowing; cold drinks

Symptoms in responding cases

- Illness starts with diarrhoea (1/2)
- Combination with gastro-intestinal complaints (2/2)

Symptoms in prescribed cases

Belladonna

Validated symptoms

Grinding teeth during sleep

Symptoms in responding cases

Symptoms in prescribed cases

- Constant desire to swallow
- Headache from cough

Bryonia

Validated symptoms

Cough is mostly dry

Cough ameliorates: in daytime; in dry weather; from cold food or drinks

Cough aggravates: in open air; from drinking;

Symptoms in responding cases

- Aversion to company, irritable (3/3)
- Aversion to or aggravation from motion (2/3)
- Thirst for large quantities (2/3)
- Chest pain aggravated during dry cough (2/3)
- Slow onset of complaints (3/3)

Symptoms in prescribed cases

- Dry and raw throat on empty swallowing

Camphora

Symptoms in responding cases

- Dry cough (4/9)
- Weakness/prostration (7/9)
- Perspiration (3/9), cold (2/9)
- Headache temporal (2/9), frontal (1/9)
- Collapse/fainting/dizzy (1/9)
- Bitter taste (2/9)

Eupatorium perfoliatum

Symptoms in responding cases

- Severe bone pain, back feels like broken
- No thirst

Symptoms in prescribed cases

Ferrum phosphoricum

Symptoms in responding cases

Symptoms in prescribed cases

- tendency to loquacity and mirth; joke and laugh as if not ill

Gelsemium

Validated symptoms

Anxiety about future; persistent thoughts; emotional excitement; trembling internally; anxiety in stomach; diarrhoea from anticipation;

Symptoms in responding cases

- Heaviness in eyelids, difficult to keep eyes open (6/8)
- Weakness/prostration (8/8)
- Stupefaction and weakness during fever and chills (7/8)
- Chill (beginning) in the back (sometimes go up and down the back) (5/8)
- Headache (3/8), as of a band (2/8)
- Perspiration ameliorates (3/8)

Symptoms seen in prescribed cases

- Cough from tickling or roughness of the fauces

Phosphorus

Validated symptoms

Sympathetic; desire for company; anxiety; fear something will happen/impending disease; moaning; thirst for large quantities;

Cough is mostly moist

Cough ameliorates: at night; from rest; from drinking

Cough aggravates: on waking; in cold weather; from exertion

Symptoms in responding cases

Symptoms in prescribed cases

Discussion

The symptom 'weakness/prostration' shows how important it is to collect practice experience from different practitioners. In one country 7 out of 9 patients responding well to *Camphora* had weakness/prostration. In another country 8 out of 8 patients responding well to *Gelsemium* had weakness/prostration. This could indicate confirmation bias: influence of available knowledge. Adding information about the same medicines from cases seen by other colleagues improves the information.

It may also become clear why we are looking for numbers. Symptoms that occur more frequently in cases responding well to a specific medicine are the most effective in finding the right medicine, provided the symptom is not too common. One other remark must be made in this respect: the **intensity** of a symptom is also important: weakness/prostration is a common symptom, but extreme weakness/prostration is not. Therefore, think of *Camphora* or *Gelsemium* in cases where weakness/prostration is the predominant symptom.

This kind of information will improve step-by-step as you send in more cases.

Useful resources

Previously existing homeopathic information can be found at:

<https://www.doctorbhatia.com/treatment/coronavirus-covid-19-symptoms-homeopathic-remedies-for-treatment-and-prophylaxis/?fbclid=IwAR0pD6SsxbsdD0oqOfmsqOyYq34IP3dWDGSukWLhP81tL8jjZhrjASDFv8E&v=796834e7a283>https://www.homeopathy360.com/2020/03/16/views-of-prof-george-vithoukas-on-homeopathy-for-coronavirus-covid-19-infection/?utm_source=Homeopathy&utm_campaign=cb4cb2f905-EMAIL_CAMPAIGN_2020_03_16_06_29&utm_medium=email&utm_term=0_cb77577afc-cb4cb2f905-232303259&mc_cid=cb4cb2f905&mc_eid=d598fea3ae

Sources:

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Rutten, L: Prognostic factor research in homeopathy. ISBN: 978-93-81458-58-7

CCRH: prognostic factor research on homeopathic symptoms of cough. Data from pilot study.