

COVID-19

And its Possible Homoeopathic Prophylaxis.

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COVID-19, Novel Corona Virus Disease is a highly contagious viral disease, first identified in Wuhan, China, in early December 2019.

Virus : The causative agent is severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) which is a single stranded RNA virus.

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). SARS-CoV-2 is the most recently discovered coronavirus which causes coronavirus disease COVID-19.

From where came the virus : Not exactly known. It's similarity to bat coronavirus make researchers think of a possible origin from bats.

Outbreak situation update (as of March 11, 2020 Morning) : There are 1,19,177 confirmed cases (of which 80,778 were within China) and the number of deaths was 4,295. Of the 1,19,177 cases, 48,265 are active cases and 70,912 are closed cases. Of the 48,265 active cases, 42,520 (88%) are in mild condition and 5,745 are in serious/critical condition. Of the 70,912 closed cases, 66,617 (94%) recovered from the disease and 4,295 (6%) died. 62 Confirmed cases were reported from India.

Transmission : Human to human transmission has been confirmed. If unchecked, there is chance for 1.4 to 3.8 new cases per every confirmed case. It is found that the virus is able to transmit along a chain of at least four people.

The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

Many people with COVID-19 experience only mild symptoms, especially at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

How long the virus remain on a surface ; Not exactly known. May be a few hours or up to several days. The virus is easily killed by an alcohol based disinfectant.

Reservoir : Animals sold for food are suspected to be the reservoir or the intermediary.

Incubation period : Incubation period range from 2 to 14 days, most commonly around five days. It is said that it is contagious even during the incubation period.

Signs and Symptoms : For confirmed COVID-19 infections, reported illnesses have ranged from people being mildly sick to people being severely ill and dying. Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care.

Fever, weakness, myalgia, dry cough, shortness of breath, and respiratory distress are the main reported symptoms. Less common symptoms are nasal congestion, runny nose, sore throat, loose cough, headache, haemoptysis and diarrhea. Severe infection may lead to pneumonia, renal failure and death. Features of upper respiratory infection such as Sneezing, a runny nose or sore throat are less frequent in this infection. WHO director general had stated that most of those who succumbed to infection had other systemic diseases like hypertension, diabetes or cardiovascular diseases that impaired their immune systems.

Risk of getting the infection : For most people in most locations the risk of catching COVID-19 is still low. However, there are now places around the world (cities or areas) where the disease is spreading. For people living in, or visiting, these areas the risk of catching COVID-19 is higher. Governments and health authorities are taking vigorous action every time a new case of COVID-19 is identified. Be sure to comply with any local restrictions on travel, movement or large gatherings. Cooperating with disease control efforts will reduce your risk of catching or spreading COVID-19.

Lab findings : Lymphocytopenia, Features of Pneumonia.

Treatment and Vaccine. No confirmed effective medicinal treatment or vaccine available.

Prevention :

WHO recommendations :

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
[Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.](#)
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
[Why? When someone coughs or sneezes they spray small liquid droplets from their nose](#)

or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

- Avoid touching eyes, nose and mouth.

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.

Why? You have a higher chance of catching COVID-19 in one of these areas.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- Follow the guidance outlined above (Protection measures for everyone)
- Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people.

Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.

Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

Homoeoprophylaxis. :

We now have a substantial evidence base supporting the effectiveness of homoeoprophylaxis, but the quality of the evidence is variable. Most interventions are not controlled clinical studies but are undertaken in emergency situations to prevent loss of life and suffering using observational methodology.

In the light of the recent outbreak of novel coronavirus and the report of its incidence in India, the central Ayush ministry had issued an advisory and they recommended that homoeopathic medicine Arsenicum album 30 could be taken empty stomach daily for three days as a preventive medicine against the infection.

A single time use of a prophylactic may not give a protective effect for the epidemic if it prevails for a longer period. So, it is better repeat the prophylactic medicine in the prescribed potency once or twice in a week (as done by Hahnemann in cholera epidemic in the past) until the epidemic subsides.

Is there any evidence that Homoeoprophylaxis is effective in flue like illness and respiratory infections ? :

Yes. Following are examples from the past.

1968: Between 1968-70, a survey conducted in Indian factories and offices compared the results of allopathic (conventional) treatment and homeopathic treatment of influenza. The purpose of this survey was to determine the effectiveness of the nosode (a remedy prepared from a disease component) as a homeopathic preventative (prophylactic). Almost 20% of the patients treated by conventional medical physicians contracted the flu. Among the homeopathically treated patients, only 6.5% came down with the disease. Those who did become ill recovered more rapidly than their allopathically treated patients. The number of working days lost by the allopathically treated patients was nearly eight and a half times greater than those lost by homeopathic patients.

2007: Human herpesvirus 1, human adenovirus C serotype 5, influenza A virus, human respiratory syncytial virus, human parainfluenza virus 3, human rhinovirus B serotype 14, and human coxsackievirus serotype A9 cause, among other complaints, colds, flu, sore throat, runny nose, cold sores, bronchiolitis, pneumonia, hand foot and mouth disease, and conjunctivitis. Gripp-Heel, a proprietary combination remedy demonstrated significant in vitro reductions of infectivity by 20% to 40% when tested against these viruses.

2010: Human rhinovirus B serotype 14, influenza A virus , H1N1 virus, herpes simplex virus 1, vesicular stomatitis virus, respiratory syncytial virus, parainfluenza type 3, and adenovirus cause, among other complaints, flu, colds, sore throat, swollen glands, oral vesicles, runny nose, cold sores, bronchiolitis, pneumonia, hand foot and mouth disease, and conjunctivitis. Proprietary

products Engystol and Gripp-Heel displayed in vitro prophylactic effects when tested against these viruses.

2011: Nosodes (remedies prepared from a disease component) or placebo was given for 30 days to 450 children in Brazil to test their effectiveness in preventing flu and acute respiratory infections. Over the next 12 months the incidence of diagnosed acute respiratory infection or flu was 3 times higher in the placebo group than those given the prophylactics. The researchers commented that the low cost of treatment and the absence of adverse effects made these nosodes a useful therapeutic option for the Brazilian Public Health Service.

Repertorisation result of available symptoms.

Rubrics Selected : (Main Symptoms)

- 1.Generalities; weakness; fever; during
- 2.Cough; dry; fever; during
- 3.Fever, heat; zymotic fevers
- 4.Respiration; difficult; fever; during
- 5.Generalities muscles pain, fever during
- 6.Chest; inflammation; lungs, pneumonia; influenza, in or after
- 7.Kidneys; suppression of urine, anuria; fever, during

Repertorial Result :

Ars	3232312	16/7
Bry	2331230	14/6

Analysis of the remaining less common symptoms :

1. Cough; loose; fever, during **Ars3**, Bry1
2. Expectoration; bloody, spitting of blood **Ars3** Bry3
3. Head; pain, headache; fever; during **Ars3**, Bry2
4. Rectum; diarrhea; fever; during **Ars2**, Bry2
5. Nose; coryza; fever, during **Ars2**, Bry3
6. Throat; pain; fever, during **Ars1**

Conclusion : Ars alb itself is the medicine coming up on repertorising the available symptoms and it is worth trying in individuals with a possibility of exposure, as the contagiousness and mortality rate of the disease is high and as there is no other clinically proven prophylactic or vaccine available for the time being. Everyone should follow the precautionary preventive measures recommended by WHO and the state health authorities, even though they are taking homoeopathic preventive medicines.

The possible prophylactic medicine. (Immune booster against the specific disease)
recommended by Ministry of AYUSH, India :

Medicine : Arsenicum album

Potency : 30th potency

Repetition : Arsenicum album 30, daily once in empty stomach for three days. The dose should be repeated after one month by following the same schedule if coronavirus infection persist in the community.

Avoid continuous repetition of the medicine especially in individuals who have no chance for contact with an affected case.

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