



Corona Virus Disease 2019 (Covid-19)

Guidelines for Homoeopathic Doctors/Citizens

COVID
19

Board of Homoeopathic System of Medicine (BHSM) is responding to an outbreak of respiratory disease caused by a novel (new) corona virus that was first detected in China and which has now been detected in almost 90 locations internationally. The Virus has been named "SARS-CoV-2" and the disease it caused has been named "Corona Virus Disease 2019" (abbreviated "COVID-19").

The Board of Homoeopathic System of Medicine, Delhi (BHSM) in its meeting held on 6th March, 2020 and it was unanimously decided to formulate Advisory to the Homoeopathic Physicians.

Approach of Homoeopathic System of Medicine

Homeopathic defines **Genus Epidemicus** as the combined symptoms of a large group of people afflicted with a disease or epidemic, or a remedy that covers all the symptoms which that particular epidemic is capable of producing'.

Holistic approach of homoeopathic system of medicine gives focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity and simple remedies based on symptoms similarity.

However, in general as per homoeopathic philosophy immunity can be enhanced to fight a disease in its whole extent and should improve susceptibility towards health.

One can encounter infection while on being preventive medicine therefore; symptomatic treatment should be given to the patients.

One should not be afraid of the situation, rather than be more vigilant and follow the best practices in hygiene.

Guidelines for Homoeopathic Professionals-

The true impact of COVID-19 cannot be predicted. However, all of you should take steps to prevent its outbreak.

- 1) Stay informed about the local COVID-19 situation.
- 2) Develop to review your facility emergency plan.
- 3) Establish relations with Govt. healthcare and public health care partners in your locality.

- 4) When you notice any person having dry cough with difficulty in breathing, advice and refer that person to the following Nodal Centers.

Designated Hospitals for Covid-19

Govt. Hospitals			
1	Sanjay Gandhi Memoria Hospital	Dr. Shruti Arora	8447734415
2	Lal Bahadur Shastri Hospital	Dr. Yogesh K. Kushwaha	9582500323
3	Lok Nayak Hospital	Dr. Sapna Paul	9873617576
4	Deen Dayal Upadhyay Hospital	Dr. Uma K	9718990224
5	Pardit Madan Mohan Malviya Hospital	Dr. Sunil Sharma	9911573358
6	Baba Saheb Ambedkar Hospital	Dr. Shipra Anand	7838703907
7	Chacha Nehru Bal Chikitsalaya	Dr. Dhulika Dhingra	8595919326
8	Bhagwan Mahavir Hospital	Dr. Aman Pratap Singh	011-27034535
9	Manarishi Balmiki Hospital	Dr. Ajay Shama	9811154939
10	Babu Jagjivan Ram Memorial Hospital	Dr. Bharat Sagar	9868399510
11	Aruna Asaf Ali Hospital	Dr. Javed Salam	9560593116
12	Dr Ram Manohar Lohia Hospital	Dr. Amit Suri	9910568929
13	Sucheta Kripalini Hospital LHMC	Dr. Ashok Kumar Singh	9013083150
14	Safdarjang Hospital	Dr. Nitesh Gupta	9873096364
15	Airport Hospital	Dr. Tarun Kumar	9811068635
16	Hindu Rao Hospital	Dr. Deepak Kumar Das	9818488803
17	AIIMS	Dr. Mahesh R	9868399038
18	Dr. Hedgewar Arogya Sansthan	Dr. Rajender Kumar	9873090319
19	Guru Tegh Bahadur Hospital	Dr. Amit Verma	9654976108
Private Hospitals			
20	Action Balaji Hospital	Dr. Reeta Varshney	9910098105
21	Apdlo Hospital	Dr. Aaron Stephens	9953012659
22	Sir Ganga Ram Hospital	Dr. Shalini Chawla	9971170997
23	St. Stephens Hospital	Dr. J.P.N Gupta	9810209003
24	Max Super speciality Hospital	Dr. Yogender Tomar	9871629605
25	BLK Hospital	Dr. Gurbachan Singh	8130866844

- 5) As per guidelines of CDC it is advisable to wear recommended personal protective equipment (PPE) such as mask, gloves, eye protection etc. There should be proper disposal of used tissue-paper, mask etc.

- 6) Perform hand hygiene with alcohol hand rub before and after all patients contact, contact with potentially infectious material and before putting on and upon removal of PPE, including gloves. Use soap and water if hands are visible soiled..

- 7) Keep 6ft. distance in the same room.

- 8) Visual charts (signs and posters) at entrances providing instructions on hand hygiene, respiratory hygiene and cough etiquettes.

- 10) Stay up to date of best ways to manage such patients.

11) Screen patients and visitors for symptoms of acute respiratory illness (Fever, cough difficult breathing) before entering your clinic.

12) Isolate patients with respiratory symptoms so they are not waiting among other patients seeking care.

13) Identify a separate ventilated space that allows waiting patients and visitors to be separated.

14) Consider strategies to prevent such patients by telephonic use.

15) Keep update data records.

16) Educate patients about the infections.

Communication with Staff-

1) Share information about what currently is known about COVID-19, the potential for surge and your facility preparedness plans.

2) Educate them about proper use of PPE.

Communication with Patients/masses-

1) Provide updates about changes to patients regarding appointments.

2) Provide non-urgent patients via telephone.

3) Educate them to avoid self-medication

4) Encourage sick people to stay at home and they should be instructed not to report for work for at least 14 days.

5) Educate patients for hand hygiene.

6) Patients should be advised to avoid close contact with others, avoid having visitors and advised to take plenty of fluids.

7) They should follow Cough Etiquettes-

- Cover mouth and nose with a tissue/ handkerchief when coughing or sneezing; In case tissue/handkerchief is not available cough/ sneeze onto your upper arm or shoulder.
- Coughing sneezing directly onto hands should not be done.
- Turn away from others while coughing or sneezing.
- Do not spit/ blow nose here and there, use a water filled receptacle for collecting sputum, thereby minimizing aerosol generation.

8) Avoid handshaking and wash hands frequently with soap and water. In case of non-availability of soap and water, commercially available hand rubs can be used.

9) Avoid frequent touching of face.

10) Avoid common areas and public gathering specially during festive seasons.

11) Avoid contact with live animals and consumption of raw/ undercooked meats.

12) Ensure proper use of masks.

13) Avoid travelling to farms/live animal markets or where animals are slaughtered.

14) Diet should be fresh, warm, easy to digest containing whole cereals, seasonal vegetables etc.

15) Appropriate rest and timely sleep are advisable.

NOTE :Homoeopathic medicines should be taken in consultation with Qualified/ Registered Homoeopathic Physicians.

Monitor your health for appearance of symptoms like fever, cough and /or breathing difficulty. If you develop any of these symptoms, please contact the nearest Registered Qualified Physician, Government Health facility.

Guidelines issued by Ministry of AYUSH through D.O. No. 16030/18/2019-NAM dt. 06.03.2020 regarding COVID 19 for Homoeopathy are as under:-

Arsenic album 30, daily once in empty stomach for three days. The dose should be repeated after one month by following the same schedule till Corona Virus infections prevalent in the community as a preventive and prophylactic.

In one of the studies Arsenic album as one of the constituents in formulation affected HT29 cells and human macrophages. Also it showed NF-kB hyperactivity (reduced expression of reporter gene GFP in transfected HT29 cells) TNF- α release in macrophage. More over Arsenic album is common prescription in the cases of respiratory infections in day to day practice.

Various medicine which found to be effective in treating flu like illness are Arsenic album, Bryonia alba, Rhus toxica Dendron, Belladonna Gelsemium Eupatorium perfoliatum. All these medicines should be taken in consultation with qualified physicians of respective AYUSH systems.

BOARD OF HOMOEOPATHIC SYSTEM OF MEDICINE, DELHI

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