



ORIGINAL RESEARCH PAPER

Homeopathy

COVID-19 INDUCED PNEUMONIA AND HOMEOPATHY

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ABSTRACT

Pneumonia can be life threatening it can take several weeks or months to recover. There are rise in case of Pneumonia linked to Covid-19. When a person's immune system is healthy, their body can often prevent severe infections. It is not always possible to prevent pneumonia, but some lifestyle choices can reduce the risk of developing it or experiencing severe symptoms. Homoeopathy has stood the test of time over centuries as a remarkable approach in controlling morbidity as well as mortality in epidemics. In this paper studies have been made on preventing the Covid-19 linked Pneumonia with homeopathic treatments.

INTRODUCTION:

Pneumonia is an illness of the lungs that may be caused by bacteria, viruses, or fungi. The disease causes the lungs' air sacs (alveoli) to become swollen and fill up with fluid or pus. This can make it hard for the oxygen to get into bloodstream. The symptoms of pneumonia can vary from mild to severe and include cough, fever, chills, and difficulty in breathing. The people who are at risk are infants and young children and adults in age group 65 or older, and also people who have health problems or suffering from any type of diseases.

A record outburst of pneumonia of mysterious etiology in Wuhan City, Hubei province in China, amounted to 27 cases by the 31st December, 2019. A novel corona virus was detected as the contributing cause behind the epidemic and was later termed as COVID-19 by the World Health Organization (WHO).

Anyone can get pneumonia, but many factors can increase the chances of getting sick and having a more severe illness. One of the most important factors is the age of the person.

There are four stages of pneumonia:

- Consolidation
- Red Hepatisation
- Grey Hepatisation
- Resolution

It can impact either one or both of the lungs.

The most common symptoms of pneumonia include:

- A cough
- Shortness of breath
- Chest pain
- A fever
- Chills
- Fatigue And Muscle Aches
- A headache due to a persistent cough

Pneumonia and acute respiratory distress sets in the second wave of infection, i.e post day 5 in most cases. This is the time when symptoms can begin to worsen as well. That is why, a constant check on parameters such as blood oxygen level, the temperature is suggested.

Pneumonia is a common development in severe forms of infection. According to doctors, patients who are isolating at home should look at the following signs and seek help if required:

- Dip in oxygen saturation, or hypoxia, when the blood oxygen levels in the body drop low due to the damage caused due to the lung walls.
- Experiencing breathing difficulties, laboured breathing and frequent chest pain.

- Degradations of symptoms and a constantly plateauing fever (above 99 degrees Fahrenheit)
- Loss of appetite
- Patients are also suggested to get a chest X-Ray, CT-Scan done. If the scans show an opaque, glassy look, it may be an indication of lung damage.

HOME REMEDIES FOR PNEUMONIA SYMPTOM:

- Getting plenty of rest
- Eating nutritious foods
- Drinking lots of fluids
- Peppermint, eucalyptus, and fenugreek tea
- A saltwater gargle
- Inhaling warm, damp air
- Drinking a small amount of caffeine
- Soaking the body in lukewarm water may help cool it down.
- Adopting a varied and healthful diet
- Getting regular exercise
- Not smoking
- Avoiding air pollution, if possible
- Managing stress levels and getting enough sleep
- Practicing good hand-washing to reduce the risk of infection
- Following any instructions the doctor recommends for staying healthy

HOMEOPATHIC MANAGEMENT OF COVID-19 INDUCED PNEUMONIA:

The homeopathic medical method has clear guiding principle for the management of contagious epidemics, and it is well recognized long before the beginning of modern sanitation, vaccination, and antibiotics. In the year 1799AD, Hahnemann used the Belladonna drug to prevent the epidemic phase of Scarlet fever in Europe; and in 1801AD. Another homeopathic drug 'Aconite' proved to be precise to the Scarlet pandemic in Germany between 1800 AD and 1808AD (Taylor, 2001). In 1831AD, the use of Camphor, Cuprum metallicum, and Veratrum album, as Genus Epidemicus in the prevention and treatment of Asiatic pandemics in the Germanic region. Homeopathic medicines have been triumphant in treating numerous epidemics, including typhoid, cholera, yellow fever, scarlet fever, smallpox, diphtheria, Spanish flu, meningitis, and polio.

In this pandemic time no one had ever imagined that time and life will come to a sudden halt. Everyone has been forced to remain imprisoned in their homes or the places they were stuck. There is neither proper treatment of corona nor any method of prevention or treatment is available. Due to this the lock-down has to be implemented and the only way to save lives was to keep them captive inside their homes.

Homeopathy is a system of medicine in which the medicines formulations are prepared in such a way that it works on the

Immunity of the body and strengthen it. This fundamentally means that the Homeopathic medicine strengthens the body's ability to fight disease. When Homeopathic medicines are given to the patient, that person becomes much stronger and doesn't fall ill frequently. Homeopathic do not take care of just the disease, but is prescribed on the base of physical, emotional and genetic condition of a person. The homeopathic medicines act on both the mental and physical levels of individuals.

Homeopathy is a natural and mild scheme of medicines that utilizes minute doses of well-researched remedies to improve the body's natural curing procedure. Although homeopathic medicines are thought to stimulate the body's own defences, how they do so other words, various bacteria and other infective organisms may be present when there is some type of disease, but infection tends to establish itself primarily when a person's own defences are compromised sufficiently to make him susceptible to the infection.

HOMEOPATHY REMEDIES FOR COVID-19 INDUCED PNEUMONIA:

Sr.No.	Medicines	Symptoms
1	Gelsemium	Lack of Muscular coordination's Causing various degrees of motor paralysis. Dullness dizziness trembling Fear of death
2	Phosphoricum	Tubercular diathesis Enlargement of Neck gland Producing a nervous exhaustion. Weak lean thin Cough hard dry tight cough with congestion of Lung For Hepatisation stage Affects upper lobe of the left Lung Heaviness of the chest Burning in chest Dryness in air passage
3	Arsenicum Album	Wheezing respiration with cough & frothy expectoration Offensive & dark sputum Loss of breath immediately after lying down It includes exhaustion, and restlessness, with nightly aggravation,
4	Chelidonium Majus	For Pneumonia associated with Liver affections Constriction of chest dyspnea very quick & sharp respiration pain in inspiration Spasmodic cough small lumps of mucus fly from mouth while coughing
5	Antimonium Tartaricum	Difficult suffocation in the evening Without expectoration Loud rattling due to large accumulation of bronchi in the last stage of Pneumonia when the resolutions takes place much more rapidly
6	Ipecacuanha	Pneumonia of Infants chest loaded with mucous rapid wheezing respiration blueness of skin & pale face Cough with nausea & vomiting
7	Bryonia Alba	In early stage of Pneumonia dry cough lower lobe of right lung is affected stitching pain in chest While coughing patient holds the chest desire to take deep breath

		Cough with itching & tingling in larynx; spasmodic with gagging
8	Carbo Vegetabilis	and vomiting of mucus. Deep, rough voice, failing on slight exertion. Low vitality & neglected Pneumonia

CONCLUSION:

If the proper homeopathy treatments are taken under the supervision of Homeopathy Physician, the complications caused by Covid-19 like Pneumonia can be treated using homeopathy medicines

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