



ORIGINAL RESEARCH PAPER

Homeopathy

'HOMOEOPATHY FOR POST COVID AILMENTS'

KEY WORDS: post-COVID, Kent Constitutional Cycle,

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ABSTRACT

Aim: To observe the role of Homoeopathy in the management in cases with Post COVID Ailments. **Background:** To study the efficacy of selected homoeopathic medicines in cases of Post COVID Ailments. **Methodology:** Management of Post COVID Done by Patient Oriented, Practice Oriented and Principle Oriented approach with the help of case taking, symptomatology, susceptibility along with acute, chronic and inter-current prescriptions. **Conclusion:** From the above observations, it can be concluded that Homeopathy has a role in the management of patients with Post COVID manifestations.

INTRODUCTION

Homoeopathy is a **Best Healing Medical Science** (B.H.M.S) as experienced in daily practice. We all known that homoeopathy has '**A DISTINCT APPROACH**' towards Life, Health & Disease, Symptoms, Medicine , Cure and Management of every case, hence Homoeopathy is a Individualised Medicine for Individualised patient, prescribed by Individualised Physician.

Homoeopathy has a great scope in after-effects of COVID treated patients to restore the health of suffered patients. Homoeopathy is best curative, preventive as well as palliative treatment that can be used in both the sexes and all age groups.

The World is facing a global pandemic named COVID-19 or corona virus disease where people of all age groups affected mild, moderate to severe by this virus. There are more than 5 lakhs COVID positive patients IN PUNE MAHARASTRA treated in various hospitals, many asymptomatic, home-quarantine, mild, moderate and severely affected in last two years in 1st & 2nd wave.

After their treatment of COVID it has been observed that majority of them are suffering from lingering ailments of various disorders, physically, mentally, emotionally as well as their family problems from 1st childhood to 2nd childhood.

We have observed that there are two types of post COVID ailments in patients that visited to our clinic.

- I) COVID-19 positive cases treated by various medical practitioners as per the Government norms/protocol of pandemic COVID.
- II) Their attendants who are in direct contact with these cases, but COVID-negative, suffering with multiple problems, behavioural changes, Emotional, hormonal, mental, physiological as well as physical changes (Disease).

We have the limitations of treating 'most urgent cases' as advocated by Dr.Samuel Hahnemann in Aphorism 67 footnote in Organon of medicine as well as pandemic regulations as per Government norms. However homoeopathy is superior in the treatment of post COVID Ailments.

There are three types of prescriptions in these patients;

- 1. Acute prescribing as acute totality
- 2. Chronic or constitutional prescribing
- 3. Intercurrent prescriptions to remove the obstacles in the

way of recovery.

KENTS CONCEPT OF HOMOEOPATHIC CONSTUTIONAL CYCLES are of great help in post-COVID syndromes e.g.-

- 1. Nux vomica – Lycopodium- kali-carb
 - 2. Pulsatilla- Silicea-Fluoric acid
 - 3. Sulphur- Calc carb- Lycopodium
 - 4. Staphysagria-Colocynth-Cuasticum
 - 5. Sulphur-sarsaparilla-Sepia
 - 6. Kali carb – Carbo-veg- causticum
 - 7. Ignatia- Natrum mur-Sepia
 - 8. Ars alb- phosphorus- Tuberculinum
 - 9. Bryonia- Kali carb- Nux vom
- China, carbo veg, psorinum, causticum, kali carb phosphorus, Gelsemium when prescribed in high potencies in post-COVID fatigue syndrome to remove the bad effects of covid-19 have resulted into great success. The patients came for follow up with great satisfaction.
 - Medorrihum, bryonia alba, kali carb, Rhus tox, prescribed in high potencies removed the constitutional effects of maltreated Covid-19 cases resulted in post-Covid rheumatic syndrome.
 - Nosodes e.g psorinum, tuberculinum, medorrihum, syphilinum etc sarcodes e.g thyroidinum , lac can are useful as intercurrent prescribing in almost all cases of post COVID syndromes to cure homoeopathically i.e to restore the health .
 - All other medicines can be prescribed as a supportive, nutritive or adjuvant therapy for speedy recovery along with constitutional prescribing where patients get great satisfaction and come for regular follow ups.

Causes of COVID-19-

The vulnerability about the SARS-CoV-2 beginning is still a significant part of this pandemic, and necessities much consideration regarding stop like ones in future. At first there were reports that proposed the infection might have begun from bats, which are now known as a normal supply for different CoVs, including SARSCoV and MERS-CoV-like infections^[2]. Upon phylogenetic examination it has now been shown that there is a 96.2% grouping character of SARS-CoV-2 with a Covid secluded from a bat (BetaCoV/ RaTG13/2013)^[1]. Hence, these discoveries demonstrate that the Coronavirus has a place with class β-CoVs that taints people, bats and other wild creatures^[4]. Other reports additionally proposed the chance of infection transmission from bats to people through obscure middle of the road has^[5], Forster and associates as of late examined 160 complete human SARS-

Cov-2 genomes by utilizing a phylogenetic organization investigation, and came up for certain fascinating discoveries^[6]. The outcomes uncovered three particular "variations" of COVID-19, comprising of bunches of firmly related genealogies, which they mark "A", "B" and "C". They found that sort "A" is nearest to the one found in bats and is the precursor to any remaining variations. Most instances of the Coronavirus in the U.S and Australia were type "A". Type "B", just isolated by two transformations from the precursor "A", was pervasive in China and other East Asian nations. Type "C", dominantly found in patients in European nations, showed very little linkage with Type "B"^[6]. Transmission wellspring of SARS-CoV-2. Studies even appear to negate past speculations, which thought about Wuhan, the city in China, as the beginning of Coronavirus. Be that as it may, more sequencing is required, utilizing tests from other wild creatures like turtles, pangolins and snakes, which might assume a potential part as middle hosts to settle this riddle and affirm the beginning of SARS-CoV-2. Contrasted with the worldwide 7,700 genome arrangements of SARS-CoV-2, the African landmass has quite recently pooled 90 genome groupings for this infection^[7].

AIM OF STUDY

To observe the role of Homoeopathy in the management of Post COVID ailments.

Primary objective-

To study the efficacy of selected homoeopathic medicines in cases of Post COVID ailments.

Secondary objective-

To improve the quality of life in cases with Post COVID- 19 Symptoms.

MATERIAL AND METHODOLOGY

Type of study: Clinical based study

Site of Study: MAHAJAN HOMOEOPATHIC CLINIC Trimurti-Chawk Pune-43, Maharashtra

Exclusion Criteria:

1. Pregnant lady
2. Any other serious conditions.
3. Patients who did not follow the proper case taking.

Inclusion Criteria:

Known Case of past History of COVID-19 Patient with all age group, both the sex.

Sample Size: A total of 40 participants were enrolled.

Age criteria: 20-80 yr.

Intervention: H/O Hospitalization and home quarantine.

Carrier: Symptomatic and asymptomatic carrier.

Selection of Medicine: medicine was selected with the help of totality of symptoms.

Medicine Store: Dispensary of Mahajan homoeopathic clinic.

Certification: all the medicines were GMP approved From Dr.Von Willmar Schwabe Pharmaceutical Company, SBL & medisynth.

Analysis:

All the outcomes were asses on the bases of Gender, Age, intervention, carrier, Remedy, Potency, and syndrome wise distribution of post covid homoeopathic syndroms.

Observations:

A total of 40 participants were enrolled in this study (n=40), out of which 22 participants were male (55%) and 18 participants were female (45%). According to the age wise distribution, it shows that maximum participants belong to the age group of 40-50years (30%), 50-60 years (22.5%), 20-30years (12.5%),30-40years (15%),60-70years (12.5%) and

70-80years (5%). From this data it can be inferred that participants belonging to the age group of 40-50 years are at a comparatively higher risk of developing manifestations of Post-COVID complaints than other ages.

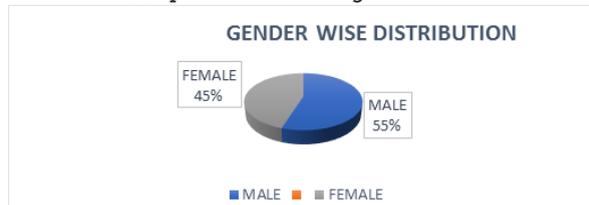


Figure. No.1.- Gender Wise Distribution Of Post Covid Patients In Homoeopathic Management

Table. No.1- Age Wise Class Interval Distribution Of Post Covid Patients In Homoeopathic Management

S. NO.	INTERVALS (AGE)	NO. OF PARTICIPANTS	% (PERCENTAGE)
1.	20- 30 years	5	12.5%
2.	30- 40 years	6	15%
3.	40- 50 years	12	30%
4.	50- 60 years	9	22.5%
5.	60- 70 years	5	12.5%
6.	70- 80 years	2	5%

Table. No.2.- Intervention Wisedistribution Of Post Covid Patients In Homoeopathic Management

S. NO.	TYPE OF INTERVENTION	NUMBER OF PATICIPANTS	PERCENTAGE
1.	HOME QUARANTINE	16	40%
2.	HOSPITALIZATION	24	60%

The data obtained from study shows 60% of the participants who came with complaints of Post-COVID Syndrome were hospitalized during their COVID positive period whereas rest 40% were under home quarantine with medicinal care. Thus, it can be said that participants who needed to be hospitalized during COVID 19 are found to be more likely to have Post COVID manifestations.

Table No 3- Carrier Wise Distribution Of Patients During Covid-19

S. NO.	TYPE OF CARRIER	%(PERCENTAGE)
1.	ASYMPTOMATIC	12%
2.	SYMPTOMATIC	88%

Acc. To this study, 35participants (88%) had been symptomatic during their COVID inf. whereas the remaining 05 (12%) were asymptomatic during their COVID positive period showing that it is more likely for symptomatic COVID patients to develop Post COVID complaints.

Table 4 -distribution Of Remedies In Post Covid Homoeopathic Management

SR NO	REMEDY	No.of times medicine used
1	Nux vomica	8
2	Lycopodium	9
3	Kali carb	9
4	Pulsatilla	8
5	Silicea	8
6	Fluoric acid	8
7	Sulphur	9
8	Calc carb	8
9	Staphysagria	6
10	Colocynth	5
11	Causticum	8
12	Sarsaparilla	5
13	Sepia	8
14	Carbo veg	9
15	Ignatia	5

16	Natrum mur	8
17	Ars alb	9
18	Phosphorus	9
19	Tubercullinum	9
20	Psorinum	9
21	Medorrhinum	8
22	China off	9
23	Rhus tox	8
24	Syphillinum	8
25	Lac can	5

Table 5-potency Wise Distribution In Post Covid Homoeopathic Management

S.NO.	POTENCY	REPETITION	PERCENTAGE
1.	10M	36	25.5%
2.	1M	30	21.2%
3.	200	22	15.6%
4.	30	43	30.49%
5.	6X	5	3.54%
6.	Q	5	3.54%

All potencies from 6X (3.54%), Q (3.54%), 30 (30.49%), 200 (15.6%), 1M (21.2%) and 10M (25.5%) were used in study as per the requirement of the participant. It can be concluded that 30CH and 10M were the most used potencies.

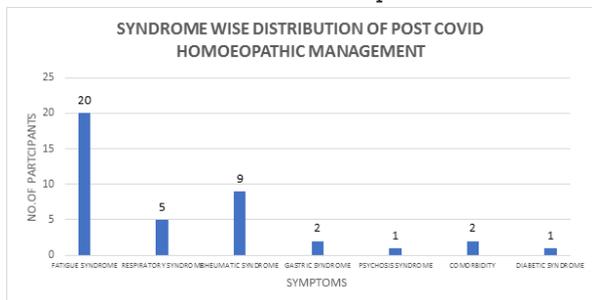


Figure. 6-syndrome Wise Distribution Of Post Covid Homoeopathic Management

As the name suggests, Post COVID Symptoms presents itself in a variety of symptoms. In this study the participants enrolled complained of varying symptoms mainly fatigue symptoms (50%), rheumatic Symptoms (22.5%), respiratory Symptoms (12.5%), comorbidities (5% each), psychosis and diabetic Symptoms (2.5% each). It can be inferred that maximum participants were complaining of fatigue syndrome.

RESULTS:

1. Homeopathic medicines can be used for various types of Post COVID complaints affecting different systems such as respiratory, mind, gastric, etc.
2. The observations have showed that prescriptions made on the basis of totality of symptoms can provide general improvement and symptomatic relief to patients with Post COVID manifestations.
3. No adverse reactions/medicinal aggravation were observed during this study.

CONCLUSION:

From the above observations, it can be concluded that homeopathy has a role in the management of patients with Post COVID manifestations.

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