

Assessment of COVID-19 Symptoms, Stages and Role of Homeopathy in Symptomatic and Asymptomatic Patients Before and During Infective Phases

Enfektif Fazların Öncesinde ve Sırasında COVID-19 Semptomlarının, Evrelerinin ve Semptomatik ve Asemptomatik Hastalarda Homeopatinin Rolünün Değerlendirilmesi

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ABSTRACT The planet right now is facing major crises due to corona virus. Homeopathy, a scientific system of medicine has a great contribution in curing all acute and chronic disorders, is effective in all stages of coronavirus disease-2019 (COVID-19) infection. It plays a good role by increasing immunity of an individual to fight with environmental attacks as well it cuts short the duration of treatment in COVID-19-infected cases when integrated with modern medicine. In few cases, patient first has a slight malaise, discomfort in the throat, a slight rise in temperature to 37-38 degrees. Virtually no rhinitis and cough. These symptoms last for about 5-8 days, then disappear, and again reappear. But just in case if they are sent for computed tomography, it reveals in most of the cases bilateral lung damage, often up to 25% of lung damage on both sides, but the patient does not have any pulmonary complaints! These are asymptomatic patients. Rapid change in symptoms, asymptomatic pneumonia and COVID-19 are big challenges for the physician. Homeopathy reduces fatality and covers emergencies like acute breathlessness and bronchopneumonia when prescribed on indicated symptoms and miasmatic states. In many people who died from COVID-19, an autopsy reveals damage to many organs, multiple organ pathologies with the formation of micro blood clots. Homeopathy is capable in preventing clot formation. 'Prevention is better than complication!'. Homeopathic remedies from toxicological sources has promising role in recovery.

Keywords: COVID-19; complementary therapies

ÖZET Şu anda gezegen koronavirüsün neden olduğu krizlerle yüzleşmektedir. Bilimsel bir tıp sistemi olan homeopati tüm akut ve kronik hastalıkların iyileştirilmesine önemli katkıda bulunur, koronavirüs hastalığı-2019'un (COVID-19) tüm evrelerinde etkilidir. Bireyin çevresel saldırılarla savaşma başışıklığını artırarak iyi bir rol oynadığı gibi, modern tıpla entegre edildiğinde COVID-19 ile enfekte vakalarda tedavi süresini kısaltmaktadır. Birkaç vakada, hasta ilk önce hafif bir halsizlik, boğazda rahatsızlık, 37-38 dereceye kadar hafif bir ateş yaşar. Neredeyse hiç rinit ve öksürük yoktur. Bu semptomlar yaklaşık 5-8 gün sürer, sonra kaybolur ve tekrar ortaya çıkar. Ancak bilgisayarlı tomografi çekildiği takdirde, çoğu vakada bilateral akciğer hasarı, genellikle bilateral akciğer hasarı, iki taraflı %25 kadar akciğer hasarı olduğu görülür, ancak hastanın akciğer şikayeti yoktur! Bunlar asemptomatik hastalardır. Semptomlarda hızlı değişim, asemptomatik pnömoni ve COVID-19 ayak parmağı, doktorlar için büyük zorluklardır. Homeopati, belirtilen semptomlar ve miyazmatik durumlar için reçete edildiğinde ölümleri azaltır ve akut nefes darlığı ve bronkopnömoni gibi acil durumları kapsar. COVID-19 nedeniyle hayatını kaybeden birçok insanda, otopsi birçok organda hasar olduğunu, mikro kan pıhtılarının oluşumuyla birlikte çoklu organ patolojisini ortaya çıkarır; Homeopati, pıhtı oluşumunu engelleme yeteneğine sahiptir. "Önlemek, komplikasyondan daha iyidir! Toksikolojik kaynaklardan elde edilen homeopatik ilaçlar, iyileşmede umut verici bir role sahiptir.

Anahtar Kelimeler: COVID-19; tamamlayıcı tedaviler

Coronaviruses (CoV) are a group of related viruses that cause diseases in mammals and birds. In humans, CoV cause respiratory tract infec-

tions mild to severe. According to World Health Organization (WHO), the main site of pathology is the lung. There is bilateral lung involvement especially

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peripheral and subpleural region and right lower lobe as per observed in corona positive cases. This virus can survive from few hours to few days.

Transmission- Coronavirus disease-2019 (COVID-19) is transmitted in human by three ways:

- By direct contact to the patient: Such as by shaking hand, by hug, and by kissing, etc.

- By indirect contact: Such as touching used utensils of patient.

- By droplet infection: Such as through sneezing and coughing by patient.

Symptoms of COVID-19 are non-specific and the disease presentation can range from asymptomatic to severe pneumonia and death. As of 20 February 2020 and based on 55,924 laboratory confirmed cases according to WHO.¹

Typical signs and symptoms include:²

1. Fever
2. Cough-dry
3. Sore throat
4. Fatigue
5. Sputum production
6. Headache
7. Muscular and bony pain
8. Pneumonia
9. Shortness of breath
10. Oppression of chest
11. Chill
12. Nausea and vomiting in few cases
13. Nasal congestion
14. Common cold/running nose in few cases
15. Diarrhea in few cases
16. Hemoptysis in few cases
17. Conjunctival congestion in some cases
18. Loss of smell and taste in some cases.

It is not mandatory to get all symptoms in every patient. It may vary as per individuality.

Fatality- Elderly people or people with low resistance power are at risk of death due to primary respiratory failure if caught with the infection by Middle East Respiratory Syndrome and COVID-19.

DISCUSSION

ROLE OF HOMEOPATHY

If we think regarding COVID-19 infection-we need to concentrate on the remedies which can boost the immunity in preventive phase and can cover various symptoms in the corona positive cases as per the different stages of COVID-19.

Let us discuss them with contribution of homeopathy. I am mentioning my personal opinion.

For preventive intention we need to consume healthy diet and ample water. Maintenance of personal hygiene, washing hands often with soap and water for at least 20 seconds, avoiding touching eyes, nose and mouth with unwashed hands, and avoiding close contact with people who are sick is advisable.

There is no particular preventive remedy for CoV infection but yes we can definitely concentrate to build up good immunity for self defense.

To improve immunity below three mother tincture (30 drops of tincture in half cup of water twice daily for 15 days)/or two tablets of 3x potency twice a day is recommended.

1) Ocimum Sanctus- It is our holy basil/Krishna Tulsi extract. Chemicals in holy basil are thought to decrease pain and swelling (inflammation).

2) Tinospora Cordifolia- It is extract of Amrita Bali/Guduchi, having anti-oxidant effects. Its chemicals increase the activity of the body's immune system but not advisable during pregnancy.³

3) Justicia Adhatoda- It is the extract of Malabar nut/Adulsa. It is a beneficial remedy in cases of bronchitis and upper respiratory tract infection but long term use during pregnancy, breast feeding and in diabetes is not advisable.^{4,5}

Apart from this few nosodes like bacillinum or Tuberculinum should be kept in mind as Nosode ther-

apy has much in common with tautoopathy, can give strength to fight with infection but its selection depends on present symptoms.²

Snake Venoms can also be thought for their toxicological effects. They may create an artificial toxic layer to protect against natural toxic effects.

It is up to individual choice to decide what to take to build up the immune strength. I shared my personal opinion.

In current scenario there is a flood of homeopathic suggestions. Two centuries back we had one Hahnemann; but today we have many!

For Curative measures, homeopathy definitely has some contribution.

According to the Indian Council of Medical Research (ICMR), there are 4 stages of COVID-19.⁶

Let us discuss these stages along with homeopathic contribution.

Coronavirus Stage 1 (Imported and Sporadic Cases): According to ICMR in this stage, the disease is introduced to the population. People who have a travel history to affected countries became the carriers for the virus.

Role of Homeopathy: In this stage homeopathy or any other pathy has nothing to offer.

Coronavirus Stage 2 (Local Transmission): As per WHO and ICMR, in this stage, the disease is sporadic and is either imported or locally detected and local transmission of the disease occurs. This means that people who have a travel history to affected countries transmitted the disease to the people they came in contact with.

Role of Homeopathy: Here only social distancing and personal hygiene is advisable along with the above preventive measures.

Coronavirus Stage 3 (Community Transmission): As per WHO, a cluster of cases are detected emerge in time, geographical location or through common exposure. According to ICMR, this stage is very serious as the people who neither have any contact with the infected person or have any travel history to affected countries become infected with the disease. In this stage, it is nearly im-

possible to break the chain of transmission as the people infected have no clue about how they became infected.

Role of Homeopathy: Here only social distancing and personal hygiene is advisable along with the above preventive measures. Symptomatic medicines can be administered.

Coronavirus Stage 4 (Epidemic): As per WHO, in this stage, larger outbreaks of local transmission occur and ICMR also states that it is the stage where the disease leads to an epidemic within the population.

Role of Homeopathy: Homeopathic drugs are selected on the basis- 'if it can produce the same sign and symptoms in healthy prover during trial, then only it can cure the particular disease condition'

During epidemics, usually the **Genus Epidemicus** a general remedy is selected on the basis of the symptoms of the existing patients and that remedy is preferable. But it depends upon present symptoms. In corona infection, symptoms can be changed according to its intensity and severity which can be mild to severe.

The most commonly recommended homeopathic medicines to cover all types of viral fever are Arsenicum album, Bryonia Alba, Eupetorium Perf, Nux Vomica, Phosphorus, Belladonna, Oscilloccinum, Rhus Tox, Gelsemium, Influenzinum, Mercurius sol etc. but they are not based on actual symptoms of the affected patients having aetiology from particular virus. If we pay attention to the epidemiological, clinical and laboratory data available and published in peer-reviewed journals, we can at least consider the homeopathic medicines that will work in this infection.

Following rubrics from Synthesis Treasure Edition Repertory can be considered.^{7,8}

CHEST-INFLAMMATION-Lungs-viral

CHEST-INFLAMMATION-Lungs-accompanied by-breathlessness

CHEST-INFLAMMATION-Lungs-pleuropneumonia

CHEST-INFLAMMATION-Lungs-right-lower lobe

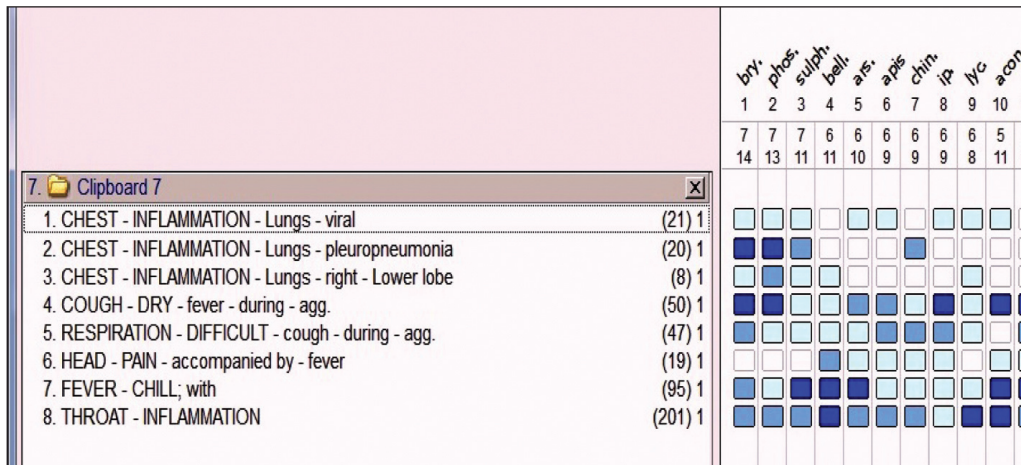


FIGURE 1: The repertorisation chart.^{8,9}

COUGH-DRY-fever-during-agg.

RESPIRATION-DIFFICULT-cough-during-agg.

THROAT-INFLAMMATION-accompanied by-cough

HEAD-PAIN-accompanied by-fever

FEVER-CHILL-with (Figure 1)

Few symptoms like diarrhea, hemoptysis, conjunctival congestion and loss of smell and taste not present in every case so has been omitted during repertorisation, but they are important to find the miasmatic background.

Miasmatic Background: Usually epidemic disorders are considered as multimiasmatic.⁹ The dominant miasm depends upon the environmental factors of that particular country. Psoric background can be considered as there is exciting cause behind its acute bursting but this virus ultimately destroying our tissues so syphilitic background is there. In my opinion as per the study of Organon, it has Psora syphilitic background. Psora syphilis together constitutes tubercular miasm. Loss of smell and taste is a symptom of Syphilitic miasm.

Considered symptoms are the commonly observed symptoms in the sufferers. Usually we try to find out peculiar, rare and strange symptom (PQRS) as stated in aph.153 or something unique of the person which has nothing to do with the disease so that it predicates the individual.

Dr. Weir has very well mentioned-“Take the minimum symptom of maximum importance.”

Repertory is a mechanical tool. We get the set of remedies as per our selection of rubrics. Materia medica is a proved literature and hence final court of appeal. Selection of remedy should be materia medica oriented.

From the above chart: Bryonia, Phosphorus, belladonna, Sulphur, Arsenic, Lycopodium, Ipecac, Apis, Aconite, Lachesis, Antim tart, Gelsemium, Merc. Sol etc came up.

Can we give all remedies to one person? No! We need to select as per the dominant and important symptom and weather of particular country. Pay more importance to the onset of symptoms.

Please be unprejudiced observer as mentioned in Aph. 6 of Organon. These remedies are discussed for curative purpose; be open to use more than one remedy in one patient as similar symptoms also demand different remedies. Give the remedy as per the current need. Suppose if dry cough with fever is the prominent symptom in a patient, go for Bryonia Ipecac, Phosphorus, Arsenic, Nux vomica, Lycopodium, Sulphur, Lachesis, etc.

What if the major symptom is breathlessness with pneumonia? The remedy should be Benzoic acid (Figure 2).⁷

If there is fever following Bronchopneumonia, the remedy should be Chininium-M, and Chininium sulph (Figure 3).⁷

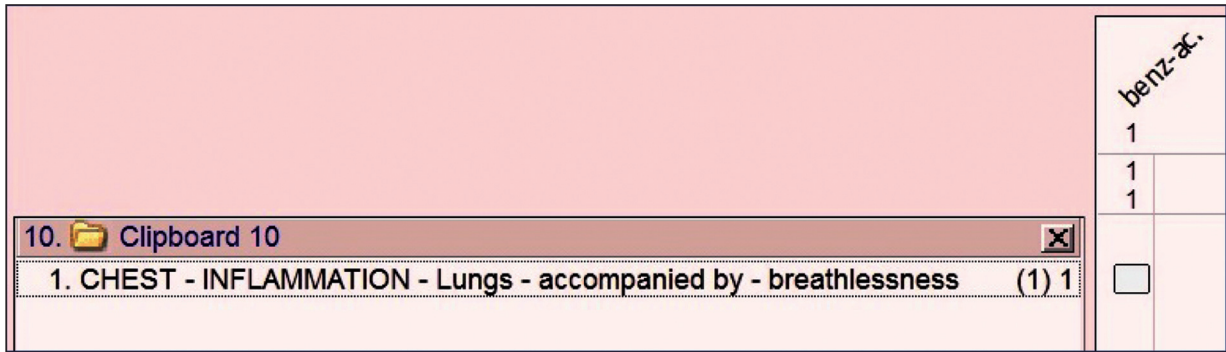


FIGURE 2: What if the major symptom is breathlessness with pneumonia? The remedy should be Benzoic acid.

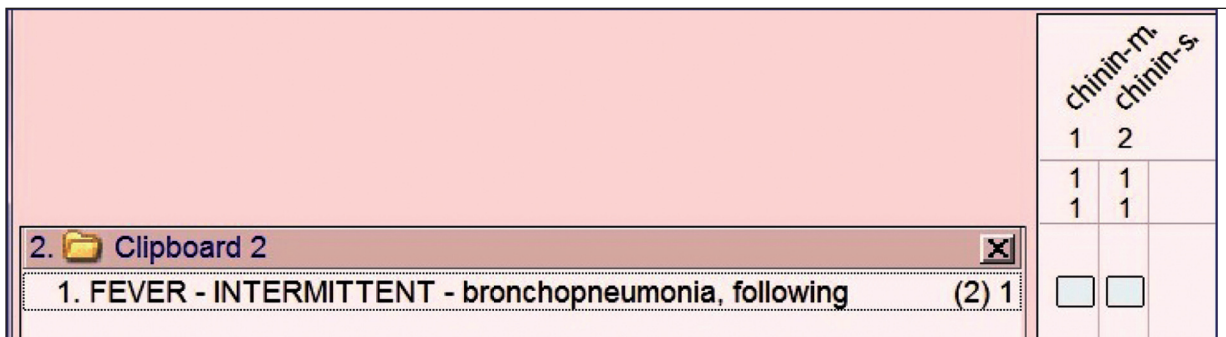


FIGURE 3: If there is fever following Bronchopneumonia, the remedy should be Chininium-M, and Chininium sulph.

Presently the world is running behind hydroxychloroquine to fight with corona. We have remedy with similar function in homeopathy under the name

Chininium sulph!

Sulfuric acid and sulphur are themselves in the first rank of periodic remedies, and combined with the chief alkaloid of China they enhance the powerful periodic properties of that drug.

Lung is the main site of attack. Let me share the materia medica of few remedies covering respiratory infection.

1. BERYLLIUM METALLICUM¹⁰

Cough deep, dry, painful, aggravated by bending backwards.

Respiration painful, aggravated by movement.

Sputum streaked with blood.

Spasmodic cough with pain behind the sternum.

Cyanosis, cough accelerating the respiratory rhythm.

Haziness at the level of both lungs.

Mid-pulmonary, bilateral hazy opacities.

Sum up symptoms- Dry cough, painful respiration and haziness in lungs.

2. SENEGA¹¹

Cough often ends in a sneeze. Rattling in chest. Bronchial catarrh, with sore chest walls; much mucus; sensation of oppression and weight of chest.

- Difficult raising of tough, profuse mucus, in the aged.

Exudations in pleura.

Pressure on chest as though lungs were forced back to spine.

Sum up symptoms- Cough, pressure on chest and profuse mucus in old people.

3. IPECAC¹¹

Breathlessness; constant constriction in chest.

It is a good treatment for pneumonia in cases where nausea and vomiting accompany other respiratory symptoms such as suffocating loose cough without expectoration, shortness of breath, and constriction in the chest. The cough is spasmodic and often ends in vomiting. Bloody sputa may also arise.

Sum up symptoms- *Constriction in chest. Cough incessant and violent, with every breath.*

4. PHOSPHORUS¹¹

In plants, animals and humans, phosphorus compounds provide the energy supply, and are used in the tissues of organism. **Disturbances in the phosphorus metabolism primarily affect the nerves.**

Tightness across chest; great weight on chest. respiration quickened, oppressed. Much heat in chest. Dry, hard, racking cough. Along with this, bloody or purulent sputa may also occur. Phosphorus is very suitable for pneumonia of the left lower lung. In such cases, lying on the left side worsens the symptoms.

Sum up symptoms- *Burning, bleeding and oppressed feeling in chest. Chronic Fatigue Syndrome. Whole body trembles, with cough.*

5. BRYONIA-Highly ranked medicine for Pneumonia with Chest Pain¹¹

It works well when chest pain accompanies pneumonia. The pain is stitching in nature. Chest pains get worse on coughing and deep breathing. While coughing, the patient needs to hold the chest because of the intense pain. Expectoration of rust or brick colored sputa is another characteristic feature. Along with these symptoms, there is difficulty in breathing, and there may be fever accompanied by chills.

Sum up symptoms- *Desire to keep painful part still; dryness of mucus membrane.*

6. ARSENIC ALBUM-Pneumonia with Difficulty in Breathing¹⁰

Arsenic Album is a suitable medicine for pneumonia when difficult breathing and shortness of breath are prominent features. Along with this, cough with scanty frothy phlegm is present. Pain located specifically in the upper third of the right lung is another guiding symptom for the use of Arsenic Album. Another feature is a suffocating feeling, which gets

worse on lying down or while sleeping.

Sum up symptoms- *Burning, restlessness, watery diarrhea; all types of 'It is (inflammation.'*

7. PULMO VULPIS

How can we skip this remedy whose name itself indicates its action on lungs? Chronic catarrh and symptoms of oedema of the lungs. Strong, sonorous bubbling, short breath causing suffocation, with cough and inability to expectorate. Amelioration-forward bending and sitting up.

Sum up symptoms- *Short breathing with oedema lungs.*

8. HEPAR SULPH – With Purulent Sputa¹¹

Hepar Sulph is a highly effective medicine for pneumonia when the sputa are purulent. The pus in such cases may be offensive. Hepar Sulph is for pneumonia in the suppurative stage. There is a loose cough with a rattling of mucus. Patients needing Hepar Sulph may have a fever with chills accompanying the above symptoms.

Sum up symptoms- *Dry, hoarse, choking cough.*

9. SULPHUR¹¹

Oppression and burning sensation in chest.

Difficult respiration; wants windows open. Red, brown spots all over chest.

Chest feels heavy; stitches, with heart feeling too large and palpitating.

Pleuritic exudations. Stitching pains shooting through to the back, worse lying on back or breathing deeply. Dyspnoea in middle of night, relieved by sitting up.

Sum up symptoms - *Oppression, as of a load on chest. Pulse more rapid in morning than in evening.*

There are many more remedies like Lycopodium, Merc.Sol, Antim Tart etc. can be referred from Materia Medica.

Clubbing of these above mentioned symptoms with other totality before prescription is advised.

As per the recent news from London, the children suffering from COVID-19 are observed having swelling in fingers and toes, named as COVID TOE. The suggested medicines are (Figure 4).⁷

	bry.	nc.	phos.	sulph.	Calc.	merc.	hep.	ars.	rhus-t	sep.	chin.	nux-v.	puls.	ant-c.	cham.	dig.
1	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2
2	5	5	5	5	4	4	3	5	5	5	4	4	4	3	3	3
3																

FIGURE 4: The suggested medicines are.

Challenge for the Physician-

Sometimes the patient has slight malaise, discomfort in the throat, a slight rise in temperature to 37-38 degrees. Virtually no rhinitis and cough. Then these symptoms last for about 5-8 days, then disappear, then appear. After that, some have discomfort in the chest, slight malaise as with a cold, there is no cough or shortness of breath. But just in case, they are sent for computed tomography, the result shows bilateral lung damage. But the patient does not have any pulmonary complaints !!! ?????

WHAT TO DO?

When patient has less symptoms but deep pathology, then try to understand the miasmatic layer.

Your medicine must cover this syco-syphilitic phase.

All respiratory disorders has dominance of sycotic miasm.

Rubrics to be considered are

GENERALS-COMPLAINTS-appearing-suddenly-disappearing; and-suddenly-arg-n. *Bell. Chr-ac. Kali-bi. Nit-ac.* spig. sulph. tub.

CHEST-INFLAMMATION-Lungs-sycotic pneumonia-NAT-S.

In many people who died from CoV, an autopsy reveals damage to many organs, multiple organ pathology with the formation of micro blood clots in the vessels. Introducing anti-thrombotic agents into the treatment of such patients is now seriously being addressed.

Homeopathic Approach-

Pay importance to the remedies having haemorrhagic diathesis.

Ex.- Phosphorus, snake venoms, Ipecae, secale cor, Arnica.

CONCLUSION

I am not a great person to teach anything. I just tried to study in this specific subject and hence sharing my personal views.

You must be thinking which remedy can be appropriate for corona infection?

YOUR REMEDY MUST COVER

1. The pathogenesis (i.e. inflammation and congestion)

2. Miasmatic background (Sycosis miasm-if asymptomatic pneumonia is diagnosed otherwise tubercular miasm)

3. Haemorrhagic diathesis-to prevent clot formation.

Belladonna, Phosphorus, Snake venoms, Sulphur, Ipecae, Bryonia.

If we look in repertory-

GENERALS-HEMORRHAGE-accompanied by-congestion -erech.

ERECHTHITES HIERACIFOLIA (Senecio hieracifolia. Fire weed. Composite. Tincture of whole fresh plant.)

Clinical

It is indicated in haemorrhages of bright red blood from nose, mouth, bowels, kidneys, uterus, and lungs. These are attended with excitement of the circulation.

It is also indicated in passive haemorrhages of dark fluid blood.

Source of Finance

During this study, no financial or spiritual support was received neither from any pharmaceutical company that has a direct connection with the research subject, nor from a company that provides or produces medical instruments and materials which may negatively affect the evaluation process of this study.

Conflict of Interest

No conflicts of interest between the authors and / or family members of the scientific and medical committee members or members of the potential conflicts of interest, counseling, expertise, working conditions, share holding and similar situations in any firm.

Authorship Contributions

This study is entirely author's own work and no other author contribution.

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