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Homeopathic Perspectives on The Prevention and Treatment of Covid-19



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ABSTRACT

In almost all continents it is extensively observed that homeopathy is one of the most traditionally practised health systems. Coronavirus disease is infectious ailment; its clinical profile and natural history are evolving. The major epidemic, pandemic and endemics diseases that have bothered humans since the Prehistoric Age and modern time currently are being surveyed. Majority of these pandemics are zoonotic infections. Homeopathy can do wonders in each and every system of the body especially in pandemics, epidemics and endemics.



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INTRODUCTION :

The COVID-19 contagion in India is a part of the worldwide pandemic of coronavirus disease 2019. COVID-19 caused by corona viruses. Corona viruses are spherical shape particles belongs to Group IV of hepatitis c virus. These are enveloped single stranded m ribonucleic acid that contain the largest known RNA genomes with a length ranging between 27 to 32 kilo base pairs.^{1,2}

Coronaviruses are divided into four genera: alpha-, beta-, gamma- and delta-CoV.² Generally bats belonging to genus *Rhinolophus* comprises of coronavirus which are innately similar to coronavirus found in homo sapiens.³

SARS-CoV, the cause of the SARS outbreak in 2003, is also closely related to coronaviruses isolated from bats.⁴ The transmission of virus occurs when a person infected with the virus coughs, exhales, or sneezes and its droplets comes in contact with a healthy person through air or because of touching the contaminated area and then touching eyes, nose or mouth and hence advances to infect otherwise fit people.⁵

HOMEOPATHY: AS A DISCRETE MEDICAL FORTE

Homeopathy can be defined as a “dynamic, holistic and vitalistic system of individualistic drug therapeutics being practiced across the world⁶ After Independence in 1948 the Bhore committee recommended the role of Indian Systems of Medicine & Homeopathy (ISM&H) (Now known as Department of AYUSH).⁷ Because of renowned Homeopathy Central Council Act,1973, it is a well-established health system in India. The system has blended well into the ethos and traditions of the country.

With the theory being conflicting to theories of modern pharmaceuticals, it is a widespread system of medicine in use since last two hundred years.

Homeopathy, as a healing method, is grounded on 3 Laws:⁸⁻¹¹

- The law of similar-the Hippocratic “*Similia Similibus Curentur*” healing law,
- Individualized therapy based on broadly defined symptoms;
- The use of very small doses.

The Homoeopathy is well known for its precautionary and factually, Homoeopathy has apparently been used for prevention during the past epidemics¹² The physician beliefs on the wholeness of symptoms exposed during the entire development of the infection, and recommends an ultra - high diluted solution product which has been proven to heal similar conditions. The theory of minimum dose is about prescription of medicines with drastically low dose of curative elements.¹³

COMMON HOMEOPATHIC PREPARATION:

The Source of these ultra - high diluted medicinal products may come from nature such as plant source like red onion, arnica [mountain herb], poison ivy, belladonna stinging nettle, minerals source (such as white arsenic), or it can be animals (such as crushed whole bees) or mineral origin etc. or manufactured preparations (trituration, dilution, succession) and stored with an infinite storage time.

Table no 1: Common Homeopathic Preparation¹⁴

Homeopathic Name	Substance	Common name	Use	Dose
Aconite	Aconitum Nepellus	monkshood, wolf's-bane, leopard's bane, mousebane, women's bane, devil's helmet, queen of poisons, or blue rocket	Cold Allergies and Hay Fever, Symptoms of Congestion	Sixth potency for sensory affections; first to third for congestive conditions. Must be repeated frequently in acute diseases.
Apis	Apis mellifica	Whole Crushed Bees	Inflammation caused by burning, stinging and pain such as hive, insect	Tincture to thirtieth potency. In edematous conditions the lower potencies.

			bite, tonsillitis	
Aesculus hippocastanum	Aesculus hippocastanum	Horse-chestnut	Venotonic effect, vascular protection, anti-inflammatory and free radical scavenging properties	Tincture, to third potency.
Allium cepa	Red Onion		Acute corzya with heavy nasal discharge, with itching in the nose, nasal obstruction, naso-pharynx, headache and disturbance of sleep and appetite for treating earaches and shooting sensations in the eustachian tube.	Third potency
Aloeaceae	Aloe succotrina	Aloe	Gingivitis, wounds and canker sores, constipation, analgesic properties.	Sixth potency and higher. In rectal conditions, a few doses of the third, then wait.
Arnica	Arnica montana	Mountain Herb, Leopard's bane	Traumatic injuries, overuse of any organ, strains. Rheumatism of muscular and tendinous tissue, especially of back	Third to thirtieth potency. Locally, the tincture, but should never be applied hot or at all when abrasions or cuts are present.

			and shoulders	
Arsenicum Album	<i>White Arsenic</i>	Arsenious Acid-Arsenic Trioxide	Malarial cachexia. Septic infections and low vitality. Angina pectoris, with pain in neck and occiput.	Third to thirtieth potency. The very highest potencies often yield brilliant results.
Baptisia	Baptisia tinctoria	Wild indigo, horsefly weed	Dark redness of tonsils and soft palate. Constriction, contraction of œsophagus (Cajeput)	Tincture, to twelfth attenuation. Has rather short action.
Belladonna	Atropa belladonna	Deadly nightshade	Violent palpitation, reverberating in head, with laboured breathing. Tonsils enlarged; throat feels constricted; difficult deglutition	First to thirtieth potency and higher. Must be repeated frequently in acute diseases.
Calendula	Calendula officinalis	Marigold	Useful for open wounds, parts that will not heal, ulcers, etc. Heartburn with horripilations. Nausea in chest. Vomiting.	Locally. Aqueous Calendula (Marigoldin) for all wounds, the greatest healing agent. Also as an injection in leucorrhœa; internally, tincture, to third potency. For burns sores, fissures, and abrasions, etc, use Calendula Cerate.

Colocynthis	Citrullus colocynthis	Bitter cucumber	suitable for irritable persons easily angered, Neuralgia, with chilliness	Sixth to thirtieth potency.
Digitalis	Digitalis purpurea	Foxglove	<i>Senile pneumonia.</i> <i>Great weakness in chest. Dyspnœa</i> <i>Chronic bronchitis; passive congestion of the lungs</i>	The third to thirtieth attenuation will bring about reaction when the drug is homoeopathically indicated
Drosera	Drosera rotundifolia	Sundew	<i>Spasmodic, dry irritative cough, like whooping-cough, the paroxysms following each other very rapidly</i>	First to twelfth attenuation.
Dulcamara	Solanum dulcamara	Bitter-sweet	Dry coryza. Complete stoppage of nose	Second to thirtieth potency.
Hamamelis	Hamamelis virginiana	Witch-hazel	Hæmorrhoids, bleeding profusely, with soreness. Dysentery. Pulsation in rectum	Tincture, to sixth attenuation. Distilled extract locally.
Lachesis	Lachesis mutus	Bushmaster or Surucucu	Hay asthma; paroxysms of sneezing	Eighth to 200th potency. Doses ought not be repeated too frequently. If well indicated, a single dose should be allowed to exhaust its action.

Ledum	Ledum palustre	Marsh tea	Red pimples on forehead and cheeks; stinging when touched. Crusty eruption around nose and mouth.	Third to thirtieth potency
Thuja	Thuja occidentalis	Arbor vitæ	Polypi, tubercles, warts epithelioma, nævi, carbuncles; ulcers, especially in ano-genital region	-Locally, for warts and excrescences, tincture, or cerate. Internally, tincture to thirtieth potency.
Lycopodium	Lycopodium clavatum	Wolf's foot, club moss	Ulcerates. Abscesses beneath skin;	Tincture, a few drops, 3 times a day
Urtica urens	Stinging nettle		remedy for agalactia and lithiasis. Gout and uric acid diathesis	Tincture and lower potencies.

BENEFITS OF HOMEOPATHY

Holistic Approach of Treatment	
Homeopathy is Safe and Natural	
Individualized Treatment	
Provide Lasting Solutions	
Treats Acute and Chronic Conditions	
Avoidance of Surgery	
Complementary to Conventional medicines	

HOMOEOPATHY AS IMMUNITY BOOSTER

Innumerable ways to increase the immunity for particular infections exists. One such method is to continuously monitor a person's health with good diet and nutrition as parameters, avoiding imbalanced walk of life and also through homeopathic treatment or treatment through herbal ways to improve liveliness of the person. Vaccination and Homeo-prophylaxis [HP] are some means to enhance immunity for particular disease's condition.

Table no 2: Major HP Interventions in India ¹⁵⁻²⁰

Year	Disease	Number of persons in clinical Trial	Government Directed	Type/Dose	Effectiveness	Reference
1989 1991 1993	Japanese Encephalitis	322,812Persons 39,25follow up	Yes, via CCRH	GE	99.96%	[15]
1996	Dengue	>39200, 23520Follow up	Yes, via CCRH	GE	99.97%	[16]
1999- 2009	Japanese Encephalitis	20,000,000per annum 14 years and younger	Yes, Government department of medicine and homeopathy	GE+N+Constitutional	90.4%	[17]
2006	Chickungunya	1061 HP,563 controls	No Post Grad Doc in government Univ.	GE 200 tds foe 5 days	75.7% 82.5%	[18]
2007	Epidemic Fever	Distributions to 1855374 in 8 wards	Yes, Kerala Government RAECH Program	GE	63.9% 73.63%	[19]
2012	Dengue	2,500,000	Yes, Medicine and Health Department of chittore	GE	88.8%	[20]

In homeopathic practice appropriate potency (dilution) of substances are use in a systematic manner to minimize symptoms of disease caused by infection. They many even not allow

development of symptoms of disease. It was first described in 1801. It is comparably effective to vaccination and also entirely nontoxic and therefore safe. Hahnemann's proving of Cinchona is a prophylactic for malaria. Hence a substance which is curative is prophylactic also i.e. a substance which removes symptoms of an infectious disease in infected person is capable to prevent development of similar symptoms in unprotected pupil Hahnemann reported benefits of Belladonna in treat up as well as preventing Scarlett fever ²¹ Usage of lathyrus sativus in treatment as well as prevention of polio is reported by researchers in polio epidemics ²²There for homeopathic medicines can be used in epidemics pandemic situation in following manner ²³ for different phases.

Preventive Step

- As disease is not manifested in the individual, it strengthens the inbuilt host resistance to prevent the epidemic disease.

Prodromal Stage

- If genus epidemicus is given to an individual in incubative or prodromal stage, there will be insignificant or minimal manifestations of disease in the individual.

Disease stage

- When an epidemic disease is manifested in an individual, the same genus epidemicus treats him because the remedy covers both his subjective as well as objective symptoms.

Disease stage with complications

- In case the manifestation of disease is severe with complications, thorough individualization of the case including the significant symptoms of past and family history is sine qua non.

HOMEOPATHIC MEDICINE: IN GLOBAL PANDEMIC OF COVID-19:

The Scientific Advisory Board of Homeopathic Council and the Health advisory given by Ministry of AYUSH on the basis of Clinical features of patients infected with 2019 novel coronavirus used arsenic album-30 for prophylactic against flu like symptoms which are outcome viral infection like influenza & covid-19 infection. Arsenic album has been used for prevention of flu like symptoms across various states in India due pandemic covid-19 ²⁴

scientific advisory board has also given advising for uses of arsenic album is influence infection.^{25- 28} It is reported that presence of arsenic album in a formulation produced effect in HT 29 Cells and macrophages which are involved in immunity reactions produces in body during infection. The drug also reduced TMF Alfa release in macrophages not only reduction in TNF Alfa arsenic album also reduced Nuclear factor – K beta (NF-K beta) activity there is prevalence of frequent prescription of arsenic album in various respiratory disease. Variable Dilutions (ultra-high diluted) solution of commonly prescribed use like arsenic album Aconitum napellus, Eupatorium perfoliatum, Gelsemium pecacuanha etc. Are prescribed by homeopathic practitioners in acute phase of early steps of pathology or while in later steps bryonia phosphorus are the drugs of choice of homeopathic physicians. In more advance steps of disease Antimonium Tartaricum or Baptisia Tinctoria or camphor officinalis are been included in prescription. The above effective substance is can be given in 2006 Hm potencies without use any other medications of disease as diluted succussed solution for preventions.

ROLE OF ARSENIC ALBUM 30 AS IMMUNITY BOOSTER

Arsenic Album is a common homeopathic medicine, used in the treatment of common cold, cough or the flu. Arsenic album is a common homeopathic Medicine used in the treatment of common cold, cough or flu arsenic album different potencies can be prepared adopting official method 6 and 8b described German homeopathic pharmacopocia (GHP) the ghp illosrapes preparation of 6CH,30CH,200CH(succussed) potencies of arsenic album firstly mother tincture of drug in prepared by solubilizing arsenic try oxide in mixture of glycine, alcohol and water. The mixture is allowed to heat to aid desolation of arsenic try oxide in order to prepare 100 folds dilution 1ml of mother tincture is diluted with 99ml of mixture of water and alcohol and shaking is given by machine which gives moderate equal and successive jerks.²⁹ get 30CH potencies the process is repeat 30times dilution along with succussion steps increases the potency of medicaments and me process is hence known as potentiation.

THERAPEUTIC EFFECT OF ARSENICUM ALBUM ON LEUKOCYTES

³⁰ Arsenic album produces beneficial effect in any kind of inflammation in the body. It has therapeutic activity in treating burning chest pain, throbbing frontal head pain restlessness etc. When different potencies of arsenic album were investigated on MT4 me-intoxicated cell

lives potency dependent effect on cells was produced. The study include effect of succesed unsuccesed homeopathic potencies 6CH,30 Chand 200CH.The result revealed that potencies having dilution beyond Avogadro's constant ie. 30CH and 200CH had better physiological effect.

COVID-19 RESEARCH IN INDIA IN ASSOCIATION OF AYUSH

The ministry of AYUSH's research & development unit in confusion with ICMR (Indian council of medical research) DBT(department of biotechnology) CSIR (council of scientific and industrial research) and AIMS (All India institute of medical sciences)conducted studies for prophylactic as well as treatment against covid-19 infection used plant origin drugs, unani medicines, ayurvedic medicines and homeopathic formulations from the data base of clinical trials registry India. (CTRI) Up to June 5 2020, 122 trials were registered on covid-19 infection. Of these 122 trials, 42 trials were modern medicines trails which were based on repurposed drug, plasma, based therapies Phytopharmaceutical trials and vaccine trials. The other trials comprised of 45 ayurvedic medicines trials,14 homeopathic substance and 8 yoga siddha and unani medicines. Among the traditional medicine category. 31 trials were prophylactic 36 were therapeutic, mostly conducted on asymptomatic or mild-to-moderate COVID-19 patients.

PROSPECTS OF HOMEOPATHIC VACCINE IN INDIA

Vaccination is just inoculation of antigen in to the body to production of antibodies which prevents, disease in Human. In homoeopathy, Vaccine's effect is given by nosodes, sarcodes etc which are diluted to such an extent that no trace of the original remains. Dr Hering proved and recorded such in the history. ³¹The vaccine have been developed and studied for their efficiency, safety and quality. Some have been approved by WHO for emergency use and for prophylaxis among population. Effectiveness of homeopathic preparation against covid-19 infection has not been rigorously tested like vaccine. Neither their safety on high dose has been studied.

Table no 3. Homeopathic Vaccines

Homeopathic Vaccine ³²	Diseases
Thuja, Variolinum-	Prevention for Small Pox
Tuberculinum	In Tuberculosis
Bapitisia	Typhoid
Covid 19 Homeopathic Vaccine	Not yet Developed

CONCLUSION:

Homeopathy can prove the efficacy of vaccine in CORONA also. Homeopathic treatment is well accepted treatment modality for some chronic ailments where modern medicines do not provide sustainable benefits. It can be considered as an integrative medicine. Homeopathic studies and programmes in integrated care facilities may prove to be beneficial to patients in treatment and more over prevention of Covid-19 infection. Intra AYUSH integration and adoption of strategies of modern medicine in usage of homeopathic medicines for prevention as well as treatment of Covid 19 medicine may provide safe patient care in the community. WHO has laid strategy for betterment of health services in the form of 5 year (2019-2023) GPW-13 plan (thirteenth General program of work). It has target of achieving measurable impacts and high standards of health of people. It ensures to achieve target by 2023. The aim of WHO is to promote health, keep the world safe and give services to vulnerable.

The mission is to deliver:

- One billion people health coverage
- One billion more people have better health protection in emergencies.
- One billion more people gain better health.

The triple billion help will provide sustainable development goals (SDGs). Traditional and complimentary medicine (T and CM) including homeopathy may aid in achievement in GPW-13 goal if they are part of health services. Inclusion of T and CM will help in solving unique health issues of 21st century. Ideally T and CM can be an option where the people are able to choose wisely for well-functioning and utmost benefit of health services. Thus,

integrated health system will provide people centred health system that balances curative services with preventive care in not only Covid-19 but other diseases also.

CONFLICT OF INTEREST:

The authors have no conflicts of interest regarding this article.

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