



## Homoeopathic Aspect In Covid-19 Infection

Pratibha Singh<sup>1\*</sup>, Abhay Kumar Singh<sup>2\*</sup>

<sup>1</sup>Naiminath Homoeopathic Medical College, Hospital and Research Centre, Agra, <sup>2</sup>PGT

### Abstract

Corona virus is a virus which infects both, humans and animals. It can cause mild cough and cold to a severe disease like MERS (Middle East Respiratory Syndrome) and SARS (Severe Acute Respiratory Syndrome). In December 2019, a novel corona virus evolved in 'Wuhan' the city of China and spreading to many other countries. This corona virus is producing symptoms very similar to 'SARS' and 'flu' but more severe. The virus known as SARS-CoV-2 and this disease is called COVID-19. COVID-19 is more affected to old aged people and people who have multiple diseases or people with less immunity. It can cause severe illness to death. Now COVID-19 becoming a pandemic disease and homoeopathy has a great role on pandemic diseases. As homoeopathy known for increase the immunity and vitality.

**Key word-** COVID-19, MERS, SARS, SARS-CoV-2, Flu, Corona, Virus, Homoeopathy, WHO, 2019-nCoV, Pandemic

**Corresponding Author\*:** Dr. Pratibha Singh<sup>1</sup> Assistant Professor, Naiminath Homoeopathic Medical College, Hospital and Research Centre, Agra. & Abhay Kumar Singh<sup>2</sup>

**Received – 10/3/2020**

**Revised – 25/3/2020**

**Accepted – 30/3/2020**

### INTRODUCTION

Corona means **Crown**. It is a Latin word. A corona is an aura of plasma, which is present around the SUN, MOON and other Stars. On seeing it is an irregular shaped glow surrounding the darkened disc of the moon.

These viruses named Corona because of its structure.



**How To Cite Article-** Singh P. Singh AK. Homoeopathic Aspects in COVID-19 Infection. TU J. Homo & Medi. Sci. 2020;3(1):35-41

There is a crown like spikes on their surface is present which is made up of Protein. The whole virus is covered with these spiky proteins. Corona viruses are belonging to the family Coronaviridae. It is a large family. Corona viruses are Zoonotic type virus (Zoonotic- transmitted between Animals and Humans), so this virus infects both humans and animals. They cause illness from common cold to severe diseases, such as SARS (Severe Acute Respiratory Syndrome) & MERS (Middle East Respiratory Syndrome).

Human corona virus firstly identified in mid of 1960. In the year 2003, a disease named SARS started from China and spreads to the other countries, before the end of 2004.



### COVID -19 & Its Origin-

COVID-19 is a disease which is caused by a new type of corona virus i.e. novel corona virus SARS- CoV-2 or 2019-nCoV. It is a type of RNA virus. Before December 2019, this disease is completely unknown. COVID-19 is firstly appeared in

December 2019 at ‘Wuhan’ a city of ‘China’. The exact source of origin of this new type of corona virus (SARS-CoV-2) is not known. Chinese authority identified this Novel Corona Virus and in January 2020 and named SARS – CoV-2. The Chinese health authority said that this virus is originate from a Seafood market of Wuhan city, China but after that on 7<sup>th</sup> February Chinese researcher said that the virus could be spread from infected animal species. An article on Feb. 26, 2020, in Nature reports that this virus may have spread from bats or pangolins (a scaly ant-eater that inhabits China).

### Incubation Period Of Novel Corona Virus –

The incubation period of Novel Corona Virus is 2 to 14 days after exposure, but it can vary from person to person. The median incubation period is approx 5.1 days. It seems the appearance of symptoms within 11 – 12 days of exposure.

### Types Of Corona Viruses-

There are total 7 types of corona virus in which 4 are common human corona virus and 3 are other human corona viruses.

- |   |   |                              |
|---|---|------------------------------|
| <ol style="list-style-type: none"> <li>1. H CoV-229 E</li> <li>2. H CoV-NL63</li> <li>3. H CoV-OC43</li> <li>4. H CoV-HKU1</li> </ol> | } | Common Human<br>Corona Virus |
|---|---|------------------------------|

**Other Human Corona Viruses-**

5. MERS – CoV (transmitted from dromedary camels to the humans)
6. SARS – CoV (transmitted from civet cats to the humans)
7. SARS – CoV-2 or 2019-nCoV (Novel Corona virus)

When the corona virus, who infects animals, evolve and make humans ill, then they became a new human corona virus. These are the three recent examples of other human corona viruses.

**Symptoms -**

The main symptoms of COVID-19 are-

- Fever
- Cough
- Shortness of Breath (dyspnea)
- Breathing difficulty
- Tiredness

The other symptoms may be **aches, runny nose, congestion, sore throat** and **diarrhoea**. In mild cases of COVID-19, the symptoms are very similar to 'Flu' or 'Severe Cold'. But in more severe cases- It can cause Severe Respiratory Problems like **Pneumonia, Renal Failure** and **Multiple Organ Failure** or **Death**.

**Stages Of Covid-19 -**

There are 4 stages of pandemic COVID-19

1. **Imported cases-** when the cases of an infection are imported into a country, which was not the source of the infection.

2. **Locally transmission-** When the infection is locally transmitted in the country. It means the person from whom the infection spread to the other one is from the country itself.

3. **Community transmission-** In this stage, the virus has started circulating in the community. Here it becomes very tough to track the chain of transmission of the virus. In this stage a lockdown becomes very important.

4. **Pandemic-** When the infection becomes Endemic

**Transmission Of Novel Corona Virus-**

The virus spreads mainly from person to person, through droplet infection on coughing and sneezing or from close contact. It is highly contagious and spreads from many local forms like touching the virus contaminated things i.e.- surfaces, doors handle, lift button, switches of home and offices etc and then touching your mouth, nose and eyes. There is also a possibility that any person who is infected can transmit the virus or infection, even if that person is not showing the symptoms.

**Investigations and Diagnosis-**

**CT- Scan** of COVID-19 shows ground glass opacities in the lungs and bilateral pulmonary infiltrates. The blood shows Lymphocytopenia (lymphocytopenia- abnormal low level of lymphocytes cells in blood).

**Diagnosis is based on ‘PCR Test’.** (PCR Test- A swab sample taking from patient’s nose or throat and check it for the genetic footprint of virus.)

### Homoeopathic Prevention-

‘Prevention is better than cure’ this is the right wordings here because in Allopathy there is no medication or vaccination is available for Novel Corona. As **Dr. Kent Says** “The other and greater prophylactic is the homoeopathic remedy. After working in an epidemic for a few weeks, you will find perhaps that half-a-dozen remedies are daily indicated and one of these in a large number of cases than any other. This one remedy seems to be the best suited to the general nature of the sickness. You will find that for prophylaxis, there is required a less degree of similitude than is necessary for curing”.

According to **Dr. J. H. Clarke**, “The best prophylactic against an attack of influenza is Arsenicum. When a case of influenza occurs in a household, every person who has not already been infected should take Arsenicum Album”

In Homoeopathy, Central Council for Research in Homoeopathy (CCRH) under Ministry of Ayush, have recommended a Homoeopathic Medicine **Arsenic Album** as one of the constituents in a formulation has been shown to affect HT 29 cells and human macrophages. The

dose of Arsenic Album 30 OD in morning, empty stomach for 3 days, as a prophylaxis of COVID-19 and the dose should be repeated after a month.

### General Prevention-

- Wash your hands from soap till 20 seconds every hourly.
- Sanitize your hands every hourly or after touching anything i.e. surface, doors, lift buttons, stairs, switches etc.
- Don’t touch your mouth, nose, and eyes.
- Wear a face mask.
- Avoid close contacts i.e. Handshakes, Hug, Kiss.
- Avoid crowded places. Stay at your home when sick.
- Don’t share your personal items with others.
- Cover your mouth and nose by tissue paper before coughing and sneezing.
- Maintain distance at least 1-1.5 meter or 3-4 feet to any person.
- Sanitize your home time to time. Clean and disinfect the surfaces and objects, people frequently touch.
- Avoid outdoor food.

### Difference Between Corona And Flu

Symptoms	Covid 19	Flu
IP	1-14 days	1-4 days
Deadly	More	Less
Onset	Gradual	Abrupt
Contagious	More	Less

Fever	Mild	Commonly present
Nose running	Occasional	Common present
Cough	Common dry cough	Common present
Fatigue	Sometimes/occasional	Common
Sore throat	Commonly present	Common
Shortness of breath	Common	Rarely
Respiratory problem	Common	Rarely
Body Ache	Sometimes	Common
Mortality	High	Low
Headache	Occasional	Common
Difficult Breathing	Common	Rarely

**Homoeopathic Approach-** Homoeopathy is very useful to increase the immunity. It has a big potential to prevent, relieve and cure the ongoing situation. Homoeopathy always gives more value to prevention by lifestyle alterations or modification, diet and regiment management, prophylactic interventions for improving the immunity and after that simple remedy prescription on basis of symptom similarity. Homoeopathy has always been used for prevention of many epidemic diseases as in yellow fever, scarlet fever, cholera, typhoid fever, diphtheria, Spanish influenza etc.

In 2014 at the time of Ebola outbreak, WHO recommended, “It is ethical to offer unproven intervention with as yet unknown efficacy and adverse effects as potential treatment or prevention”.

Homoeopathy is a healing science. In ‘Organon of Medicine’, Dr. Hahnemann told about ‘GENUS EPIDEMICUS’. In aphorism 241, Dr. Hahnemann said, “each single epidemic is of a peculiar uniform character, common to all the individuals attacked, and when this character is found in the totality of the symptoms common to all, it guides us to the discovery of homoeopathic (specific) remedy suitable for all the cases, which is almost universally serviceable in those patients who enjoyed tolerable healthy before the occurrence of the epidemic. The Genus Epidemicus is the remedy found to be the most effective or particular epidemic (has most similar symptoms to the disease) for a particular epidemic”

The final Genus Epidemicus (remedy) is found by observing the cases and analyze the totality of symptom. After that the most indicated remedy will be the Genus Epidemicus and this medicine is a preventive medicine also.

#### **Time Line Of Novel Corona Virus-**

- 31 December- China alerts WHO to several Pneumonia cases.

- 7 January- Chinese authority confirmed identification of a novel corona virus named 2019-nCoV.
- 11 January- 1<sup>st</sup> death due to COVID-19 in china.
- 20 January- 1<sup>st</sup> confirmed cases outside China in Thailand, Japan and South Korea.
- 11 February- WHO named it COVID-19
- 24 February- Italy become the worst-hit country in Europe by Covid-19
- 28 February- Iran reported 34 deaths by Covid-19
- 11 March- WHO declared the virus as a global pandemic.
- 13 March- U.S. declared a state of emergency.
- 14 March- Iran recorded nearly 2000 new cases.
- 16 March- Italy announced the confirmed cases rose to nearly 28000, total deaths- 2,158.
- 23 March- Globally 3,39,039 confirmed cases are reported.
- 23 March- Total 415 cases and 7 deaths were reported in India.

*According to the published article by John Elflein-* The outbreak of COVID-19 had been confirmed in around 195 countries

till 24 March 2020 and the number of total infected peoples are 3,82,057 worldwide. The total number of deaths from COVID-19 is 16,565 peoples. The most severely affected countries are China, Italy, U.S., Spain & Germany till 24 March.

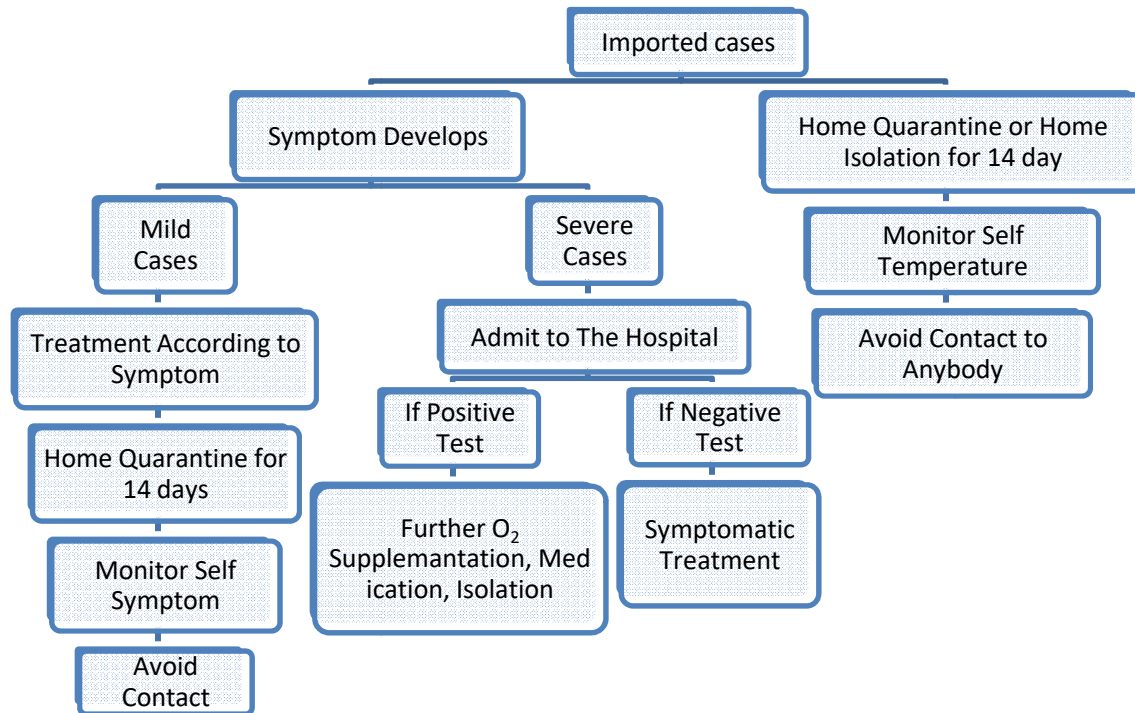
#### **Management -**

The national task force for COVID-19 constituted by Indian council of medical research recommends the use of Hydroxy – chloroquine for prophylaxis of COVID-19. The identification at early stage required to slow down the contamination of this disease. The special attention is necessary for the suspected cases of COVID-19. These should be high preventive measures.

#### **CONCLUSION**

COVID-19 is a disease causing by Novel Corona Virus and now this disease is become a pandemic disease. Exact treatment for this disease is not known yet. The condition is very serious and because of no exact treatment and vaccination, the condition is depends on preventive measures. Therefore, avoid outing and close contacts, as always prevention has more value than cure. So, prevent yourself and your family by lockdown and stay at home, live safe and healthy.





## REFERENCES

1. <https://www.who.int>
2. <https://www.google.com/covid19>
3. <https://www.nbcnews.com/health/health-news>
4. <https://medicalnewstoday.com/articles>
5. <https://www.bbc.com>
6. <https://www.cdc.gov/coronavirus>
7. <https://statista.com>
8. Hahnemann Samuel. Organon of medicine translated by Willium Boricke. B. Jain publishers Pvt. Ltd. New Delhi, Reprint Edition, 2002.
9. Homoeobook.com>Covid-19 coronavirus infection-fact sheet by CCRH
10. AYUSH MOH Corona Advisory
11. <https://hpathy.com/homoeopathy-paper/homoeopathy-for-coronavirus-covid-19-infection>
12. <https://www.healthline.com>
13. Boericke, William. Pocket Manual of Homoeopathic Materia Medica and Repertory comprising of the Characteristic and guiding symptoms of all Remedies. B. Jain Publishers Pvt. Ltd, New Delhi, 2007
14. <https://books.google.co.in/books>

Conflict of Interest: None

Source of Support: Nil

