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COVID-19

SIMPLIFIED TREATMENT PROTOCOL FOR POSITIVE CASES & POST COVID CARE USING HOMOEOPATHIC DRUGS, INCLUDING GENERAL & DIET MANAGEMENT

(Constructed from experiences of treating actual positive cases by homoeopaths in different parts of the world)

The disease

Introduction:

Currently a pandemic and highly contagious. Agent- Sars Cov-2 (Novel Corona RNA virus). Incubation period around 5 days (2 to 14 days). Asymptomatic in 90% of the cases. Mild symptoms in another 10%. Complications develop in only 5% or less cases.

Three category:

Cat-A: Low grade fever with, sore throat, rhinorrhoea, cough, diarrhoea.

Cat-B: High grade fever with above s/s or persons who already have diseases of lung, liver, kidney, heart or uncontrolled DM, HT, blood disorders, neurological disorders, on steroids, immunocompromised like HIV, age >60, Pregnancy.

Cat-C: With red flag s/s like- haemoptysis, cyanosis, fall in BP, chest pain, dyspnoea, drowsiness, children with ILI having red flag s/s (persistent raised temp., drowsiness, inability to feed, convulsions, dyspnoea, respiratory distress)

The Vulnerable Group: Persons who are on heavy dose of chemical drugs, chemotherapy/radiation or steroids; persons who already have diseases of lung, liver, kidney, heart or uncontrolled DM, HT, blood disorders, neurological disorders; immunocompromised like having HIV, advanced TB, pregnancy; **Elderly**, babies and mal/ill-nourished persons. It's also seen that stress/anxiety increases the chances for complications.

Tests:

Antigen test-

Rapid, 50% sensitive, high specificity

Positive from day-1 but may depends on the viral load.

Nucliec acid amplification test-

RT-PCR: sensitivity 70%, specificity 100%

LAMP (Loop mediated isothermal amplification): a bit lower sensitivity.

GeneXpert: Same as RT-PCR or LAMP

TruNat: slightly lower sens & spec

Best done after 3-4 days from suspected point of contact.

Antibody (mainly screening) test-

Elisa (IgG) sens- 70% spec- very high

CLIA (Chemiluminescence immunoassay, IgG) sens 85%, spec >99%

card tests (IgM & IgG) sens & spec slightly lower than Elisa

Positive for IgM by the end of first week and for IgG in 14 to 28 days.

Other tests-

CBC, ESR, Serum Ferritin, D-dimer, PTT, CRP, IL-6, KFT, LFT, Chest CT (HRCT)

These tests are to assess and rule out advance pathology (like coagulopathy) and to prevent possible complications from early on.

The symptoms

Sore throat, headache, dry cough, scanty expectoration, chilliness, mild to moderate fever, mild body pain, prostration, suffocation or breathlessness, anxiety, diarrhoea, vomiting, anosmia, ageusia or hypogeusia. The s/s increased marginally with anxiety or mental exertion. High clinical suspicion is required. Ask h/o exposure or contact with a probable positive case.

Containment strategy

Testing, tracing and isolation. SMS (Sanitisation, Mask, Social distancing). These strategies do not so far have much specific effect except in delaying the spread or producing a controlled spread.

Transmission is from human to human

Contagious from 3-7 days before onset of s/s (or test positivity) till test negativity. According to WHO asymptomatic positive cases are very less contagious.

Treatment strategy

No definitive cure is found under conventional (allopathy) treatment. Currently advised method is empirical, based on symptom support. Various drugs tried are- Antipyretics, HCQ, Antibiotics, Antiviral drugs, Steroids etc. with no specific evidence or effect.

Ayush systems claims effective treatment with testimonials but not encouraged by governments. Very good options in Homoeopathy with symptomatic relief in 3-5 days and test negativity within one to two week in more than 70% cases.

Homoeopathic Therapeutics

The Rubric (COVID-19)

(with 4 degrees of intensity)

Alfa, Amm.mur, **Ant.t**, Arn, **ARS**, Aspido, Aswag, Aven.sat, Boer, **BRY**, Camph. **Carb.v**, **Ceon**, Chapa, China, Dros, Echi, Eucaly, Eupat, **GELS**, **Gingk.bil**, **Grind**, Hep, Iodo, Ipec, **Just**, Kali.b, Kali.c, Lach, Nat.m, **Nux.v**, **Phos**, Puls, **Rhus**, Rumex, Seneg, **Sulph**, Tinosp, Tub. Ver alb.

List of medicines (in alphabetical sequence)

Group One (*Primary care drugs*)

Arsenicum album, Bryonia, Gelsemium, Rhustox

Group Two (*Drugs if disease advances further*):

Amm mur, Antimonium tart, Arnica, Carbo veg, Drosera, Eupatorium, Hep sulph, Ipecac, Kali bich, Kali carb, Lachesis, Natrum mur, Nux vomica, Phosphorus, Pulsatilla, Rumex, Sulphur, Tuberculinum, Veratrum alb

Group Three (*Drugs to support and supplement the treatment*):

Arsenicum alb 3x, Alfalfa Q, Aspidosperma Q, Aswagandha Q, Avena sat Q, Boerhaavia Q, Camphur Q/3x, Ceonathus Q, Chaparo Q, China Q, Echinacea Q, Eucalyptus 3X, Ginkgo bil Q, Grindelia Q, Iodoform 3x, Ipecac 3x, Justicia Q, Senega Q, Tinospora Q

Key indications (specific Covid-19 related s/s) for prescription.

Group one drugs:

Ars alb: Cough (dry, suffocative), Severe prostration but with restlessness, agitation, fear (of disease and/or death), mild to moderate difficulty in breathing, appetite increased.

Bryonia: Continued fever, myalgia, headache (mainly forehead), thirst increased (moderate to intense), dry incessant cough, prostration with inclination to lie down.

Gelsemium: Headache (moderate to severe) on top, back or whole head, heaviness of head, chilliness, pain in back (upper or whole of spine), thirst decreased or nil, dry parched feeling in throat, mild to moderate cough.

Rhustox: Prostration (mild to moderate) but no relief from lying down, myalgia (moderate to severe), arthralgia, pain in lower back, thirst for warm drinks.

Group two drugs:

Ammo. mur: Loss of smell

Anti tart: Cough with rattling, moderate to severe difficulty in breathing, nausea/vomiting.

Arnica: Microclots in lungs, esp. later stages, with continuing breathlessness and low oxygen levels

Carbo veg: Moderate to severe breathing difficulty, epistaxis, cold skin, cold sweat, hoarseness towards evening, abdominal discomfort with eructations.

Drosera: Dry hollow barking cough, < night, lying down, suffocative feeling esp. with sore throat and hoarseness. May escalate to paroxysms with whooping.

Eucalyptus: Abdominal disturbances with bloating, diarrhoea with pain abdomen, vomiting. Dull headache, stuffy nose, breathing problems, increased sweat. A general antiseptic.

Eupatorium: Fever with much pain legs/calf. Headache, chilliness, thirst

Hepar sulph: Sore throat with pain in throat, parched feeling, chilliness with thirst.

Ipecac: Cough and wheezing with breathing difficulty. Early stages of ARDS.

Kali bich: Stuffy nose, cough and headache with yellowish green discharge. Esp. post covid

Kali carb: Lung changes esp. right lobe (atelectasis, pneumonic changes etc.)

Lachesis: Dry burning feeling in throat/pharynx, sleep reduced or can't sleep (as an intercurrent)

Natru mur: Loss of taste and smell

Nux vomica: Mental excitement, much worried about disease (without fear of death), nausea, bitter taste in mouth (or loss of taste or smell), abdominal discomfort with pain (which mostly ends in a stool), frequent ineffectual urging for stool. *Especially useful if the patient already comes after treatment with NSAIDs and Antibiotics (as an intercurrent).*

Phosphorus: Burning sensation in throat/pharynx, moderate to severe prostration, highly sensitive, pain chest with weak empty feeling.

Pulsatilla: Loss of taste and smell (if there is no other specific indication), decreased thirst, sleeplessness.

Rumex: Dry incessant cough, as soon as talking, with tickling in larynx. Mainly towards evening, < with slightest cold, sensitive to open air.

Sulphur: if fever continues (esp. dry heat) despite the indicated remedy (as an intercurrent), prostration with empty all gone feeling, increased appetite, sleep reduced (esp. with suffocative feeling), a feeling of congestion of chest with burning in throat.

Tuberculinum: Intercurrent for continued fever and prostration also for post-covid care

Veratrum alb: For GI symptoms, esp. with much restlessness, coldness and prostration.

Group three drugs:

Aspidosperma Q: General tonic for lungs, increase lung perfusion. For fluid in lungs

Arsenicum alb 3x: acute severe difficulty in breathing with gasping, intense suffocation.

Alfalfa Q: Dizziness on raising with pallor (as a general tonic)

Aswagandha Q: in anaemia along with low to very low total WBC counts

Avena sat Q: General prostration, loss of sleep (as a general tonic),

Boerrhaavia Q: general immune booster, esp. in aged patients with HT & prostration.

Camphor Q or 3X: For quick relief in intense suffocation with much coldness to whole body, a rescue remedy towards last stages.

Ceonathus Q: Prevents clotting, esp. micro clots in lung.

Chaparo Q: Supportive drug in gastric variety, esp. with marked diarrhoea and prostration.

China Q: Severe prostration esp. in later stages (due to anaemia), dizziness.

Echinacea Q: General immune booster, blood purifier.

Ginkgo biloba Q: General tonic, anti-clotting properties, esp. useful if there is peripheral lung opacities

Grindelia Q: Cough (esp. with rales) persisting despite indicated drug, sleepless due suffocation.

Iodoform 3x: Breathlessness with suffocation, dyspnoea, esp. in severe acute stages.

Ipecac 3x: Cough with fine ronchi/wheezing, moderate difficulty in breathing, nausea

Justicia Q: Cough (esp. dry) persisting, suffocation, hoarseness, pain throat/larynx

Senega Q: Respiratory difficulty with complications like impaired KFT

Tinospora Q: General Tonic, esp. for asymptomatic cases for quick negativity

Line of Treatment

Points to note:

- * Covid-19 is a serious disease for about 20% with intense s/s.
- * Severe to very severe discomfort can occur within a short time in about 5-10% cases.
- * Be on alert all the time, tell the patient to report any s/s at the earliest and prescribe accordingly without delay.
- * With well selected homeopathic remedy any complication and casualty is minimum.

- If it is an asymptomatic positive case, give only general management along with nutrition, usually drugs are not needed. Can give drugs to counter anxiety or as per s/s, if/when needed. *One dose of Bryonia 1M* will help in speeding test negativity. Tinospora Q, gtt.10 Bid for 3 days

can also be given.

Watch out for any developing s/s and intervene as early as possible. Advice not to take HCQ, any Antibiotics or restrict the use of NSAIDs. Advice against self-medication for fever.

- With symptomatic cases select from one of the primary drugs of *group one* given above. Most cases are responding to **Bry, Gels** and Ars & Rhus (in the order).

As a general rule **dry parched throat, dry cough** and **mild to moderate fever** with **headache** are the first symptoms. With any or all of these symptoms if there is-

- * **Continued fever- moderate to high, mild to moderate headache (mainly forehead), more thirst and mild to moderate body pain** is Bry.
- * **Moderate to severe headache (whole or back), chilliness, less/no thirst and back pain** is Gels.
- * **Low grade fever, with mod. to severe prostration, gastric s/s & great agitation or fear** is Ars.
- * **More body pain and less agitation, but restless, with thirst for warm drinks, nausea** is Rhus.

Give **30** or **200 potency three to four times daily** until s/s improve. Reduce the dosage to BiD after improvement for another three days. In severe or intense s/s give the remedy more frequently (once in one to three hours) in water doses.

Preparation and administration of water doses:

Dissolve one drop of liquid potency or twenty globules of No:40 size in half a glass (100 ml) of distilled or pre-boiled water. Administer one teaspoon (half tsp. for children & five to ten drops for infants) at a time. Water dose is especially useful for quick relief in severe acute stages. Also it can be administered frequently (up to as frequent as once in five to ten minutes interval).

- Usually s/s start to subside within two days. If there is no relief within two days and if s/s increase or new s/s appear think about a remedy from *group two*.
Give 30 potency two to three doses a day *along with the indicated primary remedy*. If there is no desired result within 24 hours, *change the drug to 200 potency* once daily. Stop this drug after two to three days or once the particular s/s disappear.
- In case of acute suffocation, gasping, severe prostration, persistent cough etc. select a remedy from group three. Ars 3x & Iodo 3x give good results in severe acute stages if given with indicated drugs like Ant.t or Carb.v.
Give mother tinctures 10gtt Tds/Qid. Give 3X potency in water doses once in two to three hours. Once in 5 to 10 minutes in severe acute cases. Continue until s/s improve.
- Start with one dose of Nux vom 1M potency if the patient comes after already taking Allopathic drugs.
- Use Sulphur 1M (minute quantity, i.e. one medicated pill of No 40 size) as an intercurrent if fever continues, in constipation along the case, for increased appetite, sinking all-gone feeling, burning in chest/stomach/abdomen etc.

Diet & Regimen

- Only light foods rich in calories
For the first three days, esp. for the Vulnerable group (see above)
Rice/Wheat porridge, Oats, Raagi, Bread, Rusk, Rice puffs, Biscuits, Well-cooked and mashed banana, dates soaked in water, soup (veg or non-veg) etc.
Citrus fruits and watery fruits like watermelon, mango, apple etc.
Plenty of fluids. 2 litres of water/day, lemon juice, light tea/coffee. Milk permitted only if patient desires it.
No oily/spicy food in this period.
- From day four onwards- More solid foods can be added.
In addition to the above foods- corn flakes, rice flakes (well soaked), well cooked rice/wheat, ripe banana, avocado, eggs, milk etc.

Mild oily/spicy food permitted. Tea/coffee permitted.
Continue fluids.

- From day eight onwards normal food is permitted.
- Absolute rest for the first three days.
- Mild activity from day four (like mild walking for ten minutes).
- Moderate exercise (like normal walking for 20 minutes) from day eight.
- Back to normal activity and exercise level as the patient feels comfortable.

Patients with co-morbidities

- Go for institutional treatment as explained below, except in mild cases of co-morbidities.
- NCDs like DM/HT/Hyperlipidaemia:
Continue only the most essential drugs. Stop the others for the first three to five days.
Manage the illness with other means for the time being (like bitter gourd for hyperglycaemia, garlic for hyperlipidaemia etc.). Also use homeopathic palliative drugs for the same.
Can go back to normal routine after five days if/when there is no fever or patient feels strong again.
- Cardiac diseases:
Continue only the most essential drugs. Stop the others for the first three to five days.
As far as possible Support with indicated homeopathic (superficial or palliative) drugs as available, according to s/s.
- Lung diseases.
Continue only the most essential drugs. Stop the others for the first three to five days.
As far as possible Support with indicated homeopathic drugs as available, according to s/s.
Mother tinctures (Aralia/Grindelia/Justicia Q/Sambucus Q/Blatta Q etc.) can be used for nebulisation (10-20 drops with 1 ml distilled water).
- Immune-compromised patients:
Avoid use of immunosuppressant drugs and antibiotics for the duration of homeopathic treatment. Isolate patient and keep in the best possible sterile environment. In addition to the above drugs Support with general immune-booster drugs like Echinacea Q, Alfalfa Q, Avena Q, Boerrhaavia Q, Ginkgo biloba Q, Tinospora Q etc.

Prognosis

Usually the prognosis is good. Recovery ensue **within three to seven days** in mild & moderate cases with proper Homoeopathy treatment from the beginning.

- Look for **persistent fever, increased cough & dyspnea/breathlessness, severe HA, body pain and Prostration** as signs of trouble
 - * Temperature upto 39°C is common but should come down in two to three days under our Rx
 - * Severe HA is also common but should also come down within two days under our Rx
 - * SPO² down up to 90 is common (esp. during exertion) in moderate/severe cases.
 - * SPO² can be as down as 80, esp. during complications & should be dealt with great care.
 - * SPO² Below 90 needs special medications along with O² therapy/Nebulize with group III drugs. Will take one to two weeks to get back above 90.
 - * Bitter taste, Loss of appetite, Nausea, Constipation, Prostration etc. will resolve in 1-2 weeks
 - * 10% people have long lasting complications esp. of lung and need post covid management
 - * Highly communicable, s/s appear within 1-3 days
- As a rule usage of strong chemical drugs can cause severe complications and delay resolution.

Post Covid care

Major post covid complications (seen so far) include- General prostration, Respiratory complications, Gastro-intestinal complications and Psychological complications. As a rule if homeopathic remedies alone are taken from the beginning almost no complications are seen in Covid. If indicated homeopathic drugs are taken along with other conventional treatment/drugs the complications are mild to moderate and easily manageable.

- **General Prostration:**

There will be moderate to severe prostration, general apprehension at chest, gasping on exertion and dizziness. Appetite is generally increased with sinking all gone feeling in stomach. There will not be much laboratory findings expect mild to moderate anaemia.

Rx.

Sulphur 1M one dose followed by China 30 and Avena sat & Alfalfa Q (gtt.10) Give TDS for three days and then BiD for one more week.

If there is much anxiety and agitation give Ars alb 1M one dose instead of Sulphur.

- **Respiratory complications:**

Usual complaints seen are persistent cough (dry or productive), breathlessness, dyspnoea and pain/burning in chest. X-ray or HRCT shows patchy ground glass opacities. PO₂ will be around 90-95 at rest and below 90 on mild exertion like walking, eating at a table etc. It can go below 80 on moderate to heavy exertion like climbing stairs, taking a bath (self) or even straining for stool. Occasionally there may be mild raised body temperature too.

Rx.

Main remedies are *Ars alb*, *Kali carb*, *Lachesis*, *Phosphorus*, *Tuberculinum* and *Vertarum alb*. Select one from this group as per s/s, give 200 or 1M one dose (less quantity- one No40 pill). Repeat once in four to seven days- only if the s/s persist with same intensity. Usually single dose is enough. Give *Gingko Q*- gtt.10 TDS for one week and then Bid for another two week along with this.

Add one from the below list as per s/s (if there is more discomfort to the patient).

Antim tart 30/200. Cough with rattling and breathlessness, productive but scanty.

Arsenic alb 30/200. Dry cough with parched throat, much anxiety and restlessness. Dyspnoea.

Carbo veg 30/200. Lowered PO₂. Cough- mostly dry and dyspnoea. Associated with flatulence. Mild to moderate anxiety.

Hepar sulph 30/200. Cough with sore/pain throat. Mild productive cough.

Ipecac 30/200. Persistent cough with nausea. Asthmatic, coarse wheezing.

Reumex 30/200. Incessant dry cough, irritation in larynx.

(Give QiD/TDS for three days and then BiD till s/s completely disappear.)

Aspidosperma Q- less cough and more dyspnoea, fluid in lungs, persons already have prior resp. illness bronchial asthma.

Grindelia Q- cough with rales, mild to moderate productive cough.

Justicia Q- dry cough, persistent, pain chest or throat.

Senega Q- dyspnoea especially with impaired renal markers.

Avena Q/*Alfalfa Q* can be added if there is much prostration or anaemia.

(Give Q drugs- gtt.10 TDS for five to seven days and then BiD for two more weeks.)

Q drugs are indicated if complications are moderate to severe, if breathlessness or gasping present on least exertion and if the PO₂ is less than 90.

Use *Aralia/Blatta/Grindelia/Iodoform/Justicia/Sambucus Q Q* etc. for nebulisation (10-20 drops with 1 ml distilled water) in severe dyspnoea/breathlessness.

- **Gastro-intestinal complications:**

Usual complications are vomiting, diarrhoea, abdominal pain, flatulence/dyspepsia etc. Bloating of abdomen, disturbance of appetite etc. are also seen. Many people report ravenous appetite soon after the active infection is over.

Rx.

Main drugs are *Ars.alb, Nux vom, Phosphorus, Sulphur* and *Verat.alb*.

Give one of these as per s/s, 200 or 1M. One dose once in four to seven days as per the necessity. Give *Hydrastis Q*, gtt.10 TDS for three days and then BiD for another week.

Prescribe diet as- small frequent (once in three hours) meals of high calorie easily digestible items (see in the diet section above). Take plenty of water and fluids. Avoid irritants like spices, hot foods and oily foods for two to three days (avoid fruits if there's diarrhoea). From day four to seven gradually come back to normal diet.

Usually the above management is enough for GI complications. If indicated by s/s add one of the following drugs.

Ars alb 30- Loose stools, frequent, with vomiting.

Aloe s. 30: Urging for stool soon after a meal.

Carbo veg: Blotted abdomen, pain with much flatulence, belching.

Chaparo Q- Loose stools too frequent, blood stained.

Colchicum 30- Nausea at the sight or smell of food.

Colocynth 30- Colicky pain in abdomen with flatulence and tympany.

Ipecac 3x/30- For severe nausea and vomiting.

Kali bich 30- Burning/pain esp. upper abdomen, with vomiting. Persons prone to GI ulcers.

Lycopodium 3x/300- Abdominal pain (mostly lower) with flatulence, desire for warm drinks.

Nux vom 30- Nausea with frequent unsatisfying urge for stool. Dyspepsia.

Phosphorus 30- Burning/pain with desire for cold drinks. Flatulence with vomiting.

- **Cardiology complications:**

For post covid cases in persons having cardiac complaints give one dose of *Naja 200/1M*, followed by *Digitalis Q*, gtt.5 TDS for three days and then BiD for another week. Any other complications are managed as per s/s.

- **Psychological complications:**

Intense anxiety, fear, worry, sleeplessness and restlessness are seen in at least a part of the people after Covid infection. The drugs indicated are given below.

Rx.

Intense anxiety, apprehension and restlessness- *Ars alb 1M*, one dose.

Sadness & depression- *Ignatia* (in gloomy persons), *Pulsatilla* (in lively persons), *1M* one dose.

Great fear lasting even after the infection is over- *Kali phos 1M*, one dose

Always thinking about illness with panic difficult to control- *Oxalic acid 200/1M*, one dose

With any of the above indicated drug also add *Passiflora Q* gtt.10 TDS for three days and then BiD for another week.

- **General post covid tonic:**

People who need something to use as a general tonic after Covid to improve their immunity and general health can be given the following.

Rx.

Avena sat Q, Curcuma longa Q and Tinospora Q.

All the three ten drops each BiD for one week and then OD for another two weeks.

Please keep an accurate record of all your cases. We may need it in future to save homoeopathy and then to save mankind through Homoeopathy!

Rest assured the cases responds well and recovery ensue within 2-7 days. If any other drugs (than listed above) is found effective kindly inform the author with indication, potency and dosage so that those can be added to the repertory.

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