

WARNING: THE INFORMATION GIVEN BELOW IS ONLY FOR THE USE OF A REGISTERED HOMOEOPATHIC DOCTOR AND NOT TO BE PUBLISHED IN ANY SOCIAL MEDIA OR OTHER PUBLIC MEDIA. IF ANYBODY VIOLATE THIS, THEY SHOULD BE THE SOUL RESPONSIBLE FOR ANY CONSEQUENCES. ALSO NOTE THAT THIS PROTOCOL IS ONLY FOR THE USE OF DRUGS FOR THE TREATMENT AND SHOULD BE USED WITH STRICT COMPLIANCE OF THE GOVERNMENT ISSUED PROTOCOL REGARDING GENERAL MANAGEMENT, DIET AND HYGIENE FOR COVID-19. ALSO NOTE THAT THE TREATMENT USING HOMOEOPATHIC DRUGS IF ANY SHOULD BE STRICTLY AS PER GOVERNMENT APPROVAL OF YOUR COUNTRY/REGION/STATE. NOTE THAT HERE ONLY ESSENTIAL EPDEMIOLGY IS EXPLAINED AS IT IS AVAILABLE EVERYWHERE AND WEIGHTAGE IS GIVEN TO HOMOEOPATHIC THERAPEUTIC PART IN DETAIL.

COVID-19

SIMPLIFIED TREATMENT PROTOCOL FOR POSITIVE CASES USING HOMOEOPATHIC DRUGS

(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 (Corona RNA virus). Incubation period around 5 days (3 to 14 days). Asymptomatic in 80% of the cases. Mild symptoms in another 15%. Complications develop in only 5% cases.

Three category:

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

Cat-B: High grade fever with above s/s or cases that 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)

Tests:

Antigen test-

Rapid, 50% sensitive, high specificity

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

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

Other tests-

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

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.
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 mainstream Allopathy. Currently empirical, based on symptom support. Various drugs tried are- Antipyretics, HCQ, Antibiotics, Antiviral drugs, Steroids etc. with no marked specific 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 60% 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**, Lach, Nat.m, **Nux.v**, **Phos**, Puls, **Rhus**, **Rumex**, **Sulph**, Tinosp, 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, Lachesis, Natrum mur, Nux vomica, Phosphorus, Pulsatilla, Rumex, Sulphur, 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, 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 abd., 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.

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.

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

Group three drugs:

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

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

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.

Watch out for any developing s/s and intervene as early as possible. Advice not to take HCO, 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*. Most cases are responding to **Bry, Gels** and **Ars** (in the order). **Rhus** is indicated only in a limited cases.

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 **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 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.

Diet & Regimen.

-) Only light foods rich in calories **for the first three days**.
Rice/Wheat porridge, Oats, Raagi, Bread, Rusk, Rice puffs, Biscuits, Well-cooked and mashed banana, dates soaked in water 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 five 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 only 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 melon 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 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 all 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.

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.

For any clarification contact: Dr. Abdul Gafar. Ph. +91 7034469659. email: dr.gafar@gmail.com