Homeopathy as preventive medicine against Covid 19

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Abstract

Till date, more than 7.5 million people in more than 213 countries and territories with death of 4 hundred thousand plus have been affected with 2019-nCoV.According to World Health Organization, there is no intervention yet identified that can treat the Virus. Although the number of studies are underway to find therapeutics and develop a vaccine. The best way to overcome, is to prevent further spread by taking necessary defined guidelines and improving our immunity. Homeopathy medicines play catalyst role in improving the immunity without any side effect. Homeopathic medicines have been used extensively for flu-like symptoms and in epidemics around the world. If you decide to take a homeopathic medicine, this should be in addition to the various measures outlined above and should not be your only approach. Selection of the most appropriate homeopathic medicine is based on an individual's unique symptoms. However, Arsenicum album 30C are commonly used for flu-like symptoms and have a long-established, traditional usage over many years.

Homeopathic options can form one part of your approach to the current Covid-19 outbreak but should always be used alongside other measures. 1918 when Spanish Flu epidemic had spread in Ohio, of the 24,000 patients who were treated with allopathy medicines, the mortality rate was 28.2 %, while of the 26,000 patients who were treated with homeopathic medicine, the mortality rate was 1 %. Homeopathic medicines are over 200 years' old and they hardly fail to deliver. In case of Arsenicum album, it has been prepared by taking into account all the symptoms of cold, cough, fever, breathlessness, fear, phobia and anxiety and create a curative. It increases the immunity level in people and thus helps them fight the virus. The medication has proved itself over a period of time. Most modern medicines which were wonders before have become blunders now. So far there have been no side effects of any homeopathy medication and people are advised to take them after consulting doctors.

The evidence of the effectiveness of homoeopathy for increasing immunity and prevention of viral infections are merely clinical with hundreds of years of experience in hand. Use of Homoeopathy for the treatment of However, evidence of mechanism of action at molecular level is lacking and proper reverse pharmacology studies need to be conducted. The role of homoeopathic medicines in flu-like diseases is well experienced and a similar effect was also observed in our cohort for COVID-19 infection during the follow-up period ranging from 8-12 weeks.

The best way to prevent COVID-19 infection is via social distancing by avoiding contact transmission. In addition to that good health, personal hygiene and immunity are essential for better protection from the current pandemic of COVID-19, especially when we resume us routine lifestyle.

How can I increase my immunity?

- Eating healthily, including at least 5 portions of fruit and vegetables a day.
- Staying well-hydrated.
- Regular, moderate exercise.
- Getting enough sleep.

Additional measures for which there is some evidence for reducing the length and/or severity of upper respiratory tract infections include regular supplements of probiotics, vitamins C and D and Zinc. Most people infected with COVID-19 virus have mild disease and recover. Approximately 80% of laboratory confirmed patients have had mild to moderate disease, which includes non-pneumonia and pneumonia cases, 13.8% Severe disease (dyspnea, respiratory frequency 30/minute, blood oxygen saturation 93%, PaO2/FiO2 ratio 300, and/or lung infiltrates >50% of the lung field within 24-48 hours) and 6.1% are critical (respiratory failure, septic shock, and/or multiple organ dysfunction/failure). A study done in Wuhan China reports a mortality rate of 86% with covid-19 patients who are treated with invasive ventilation (ventilators) in hospitals.

Arsenicum album 30C, a homeopathic solution prepared by diluting aqueous arsenic trioxide until little or no arsenic remains that is used in respiratory disorders and has been in widespread use for more than 220 years with a good safety record, was found to be an effective prophylactic during the swine flu epidemic in 2009 &.It is profoundly acting remedy on every organ and tissue. Respiratory action of Arsenicum album covers symptoms, fever, air passages constricted, suffocative catarrh, wheezing respiration, darting pain to upper third right lung, dry cough, these symptoms are most similar seen in covid 19 patients. Homeopathy medicine acts on the principle known as *Similia similibus curentur*. This parlance in Latin means "like cures like". By matching the clinical features, the repertory found Arsenicum album 30C to be a suitable fit for the current outbreak. Boosting the immune system of the body, Arsenicum album can potentially reduce the virulence of the coronavirus, thereby tempering disease intensity.

Dosage:

6 globules for Adults / 4 globules for children for three consecutive days on an empty stomach. Repeat the same dose every month.
Arsenicum Album 30C, three doses, 5 minutes apart each followed by 1 hour break. The best way to fight is to take all general measures defined by .the World Health Organization to prevent spread along with this preventive medicine.

Conclusion:

With no established conventional specific treatment or vaccine available for COVID-19 infection, experience-based homoeopathy medicine should be considered along with the multidisciplinary treatment approach. Although the use of homeopathy medicine by us showed promising effects in the prevention of COVID-19 infection in clinical settings, control randomized trials need to be conducted to confirm the findings.

"Prevention is better than cure"



Biography

Dr Vrushali Bartakke is a Homeopathy Consultant. She has been practicing Homeopathy for 12 years. She specialized in solving Infertility cases in Woman & Men using Homeopathy. She has completed her Bachelors in Homeopathy Medicine and Surgery from Maharashtra University of health science, India. She holds Diploma in Emergency Medical Service it is recognized by the Los Angeles Para Medic Training Institute & department of transportations, USA. She holds a Diploma in Yoga Science from International Yoga Alliance, USA.

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