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COVID-19/SARS/COV-2 : Its Symptoms and General Management with Homeopathy

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ABSTRACT: Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the etiological agent of the (Corona Virus Disease 2019) COVID-19, is first reported in Wuhan province of China in December 2019 and now emerged as a disease of the century with high transmission rate.1 World health organization (WHO) declared this disease as a public health emergency pandemic.2 As the COVID-19 pandemic continues to spread across the world, it infected 2,995,758 and killed 204,987 peoples as of April 29, 2020.3 Due to human contact and aerosol transmission, this deadly disease has enclapsed the entire globe, bringing the world economies to their knees. Doctors, scientists, and governments are searching for safe and effective treatments to help those who are sick. However, yet there is no specific treatment and cure available. At present, the SARS-CoV-2 treatment can alleviate the symptoms, such as difficulty in breathing, chest discomfort, fever, body aches, etc. Drugs available may not directly act on viruses due to non-specificity but providing relief to infected people by reducing the complications. The scientific idea behind treating the symptoms is to help prolong a patient's life and buy time for their immune systems to kick in and recover from viral infection. Due to this, old age people, children, and immunocompromised patients may at higher risk, although a young person is not invincible from the COVID-19. Person with diabetes, cardiac problems, kidney disease, and COVID-19 may need special attention and clinical care.

The Indian traditional medicines emphasize on avoidance of causative factors and enhancing the self-immunity against a host of infections and this is the key characteristics feature of the classical Ayurveda and homeopathy remedy. The Indian traditional medicines interventions are well known, and historically become even more relevant by the fact that there is an elaborate description of causation and management of epidemic such as Janapadodhwamsa in Ayurveda. And Homeopathy also has been used and proven effective during the several epidemics. Homeopathy have enough potential and possibilities to be employed in the management of COVID-19.

I. INTRODUCTION

The COVID-19 pandemic, also known as the coronavirus pandemic, is an ongoing global pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The virus was first identified in December 2019 in Wuhan, China. The World Health Organization declared a Public Health Emergency of International Concern regarding COVID-19 on 30 January 2020, and later declared a pandemic on 11 March 2020. As of 22 May 2021, more than 165 million cases have been confirmed, with more than 3.43 million deaths attributed to COVID-19, making it one of the deadliest pandemics in history. Symptoms of COVID-19 are highly variable, ranging from none to life-threateningly severe. [1]

Transmission of COVID-19 commonly occurs when people inhale droplets or small airborne particles exhaled by an infected person.[5][6] Less commonly, infection can occur via contact with contaminated surfaces.[5][6] The risk of infection is highest when people are in close proximity, but particles can travel long distances and remain suspended in the air for minutes to hours, particularly indoors in poorly ventilated spaces.[5] People remain contagious for up to 20 days, and can spread the virus even if they do not develop any symptoms.

Symptoms of Covid-19 are similar to other viral upper respiratory illnesses. Three major severity level phases characterize the coronavirus disease: a mild phase with upper respiratory symptoms, non-severe pneumonia, and severe

pneumonia complicated by acute respiratory distress syndrome (ARDS). The main systemic and respiratory symptoms caused by Covid-19 infection are dependent on the age of the patient and the status of the patient's immune system. The main systemic disorders are fever, cough, fatigue, sputum production, headache, haemoptysis, acute cardiac injuries, hypoxemia, dyspnoea, lymphopenia, and diarrhea. On the other hand, the main respiratory disorders are rhinorrhoea, sneezing, sore throat, pneumonia, ground-glass opacities, RNAemia, acute respiratory distress syndrome.

Red Flex symptoms/warning signs for patient includes-Breathlessness (cannot speak one complete moderate sentence) without gasping for breath; SPO₂ less than 94 & unexplained chest pain

The novelty of the virus rests in its unpredictable strange behavior, although in the early stages of the infection it develops very slowly and behaves like the common viruses; if it finds a weakened immune system, it proceeds severely fast, destroying the lungs, by creating pulmonary fibrosis. At this state the patient has a level of dyspnea as if he is drowning in water. At present, there are no specific antiviral drugs or vaccine against Covid-19 infection for potential therapy of humans.[2]

Homeopathy is a natural therapy method and an experimental science. It exploits a main property of nature, that of self-similarity on a change of scale. The term self-similarity is used to show that similarity between the disease and the substances which under the same conditions present similar behavior must be full and lead to a mathematical identity.

Homeopathy, as a healing method, is based on the Hippocratic "Similia Similibus Curentur" therapeutic law. The physician relies on the wholeness of symptoms revealed during the entire evolution of the infection, and prescribes an ultra - high diluted succussed solution product which has been proven to heal similar conditions. This is a great advantage in this timing while Covid-19 disease is in rapid development, because the diagnosis of the indicated ultra-high diluted succussed solution product is based on individual symptoms (if these are very characteristic) or on the totality of symptoms, and not in the pathology.[3]

II. LABORATORY INVESTIGATIONS

Tests for the etiological agent identify genetic material of SARS-CoV-2 or humoral responses to it. The gold standard for diagnosis is the identification of viral genome targets by real-time polymerase chain reaction (RT-PCR) in respiratory tract materials during the first week of symptoms.

Serological tests should be indicated from the second week of symptoms onwards. A wide range of different tests is available, with variable sensitivity and specificity, most of which require validation. Laboratory tests such as complete blood count, C-reactive protein (CRP), D-dimer, clotting tests, lactic dehydrogenase (LDH), ferritin, and procalcitonin identify risk of disease with greater severity, thromboembolic complications, myocardial damage, and/or worse prognosis. Imaging tests may be useful for diagnosis, especially when there is a compatible clinical picture, and other tests presented negative results or were unavailable.[4]

Plain chest X-rays are less sensitive than computed tomography, but may evidence sparse bilateral consolidations accompanied by ground glass opacities, peripheral/subpleural images, predominantly in the lower lobes.

Complete blood count – lymphopenia, eosinopenia, and neutrophil/lymphocyte ratio ≥ 3.13 are related to greater severity and worse prognosis. Thrombocytopenia is related to a higher risk of myocardial damage and a worse prognosis

III. DIET PLAN

Start with meeting 50% of the nutritional requirement of the patient and proceed to 70% by the 3rd day, gradually increasing to 100% by the end of the week.

Calorie requirement / RDA

- Non-obese -25-30kcal/kg Actual Body Weight
- Overweight or obese- 25-30kcal/kg IBW or Adjusted BW
- Underweight -25-35kcal/kg Adjusted BW
- Protein requirement – 1-1.5gm/kg/ Actual Body Weight
- Fats requirement – 25-30% of the total calories



- Multivitamin, minerals & trace elements
- Vitamin D – 10-1000mcg/day
- Vitamin A – to be consumed through diet
- Vitamin E – 134-800mg/day
- Zinc – 30-220mg
- Vitamin C – 200mg- 2gm[5]

The above micronutrients increase the T-cells & B-cells(antibody) in your body and will help in COVID recovery; Oral Nutritional Supplements (ONS) – In case of diarrhoea

Nutritional guidelines for COVID patients

- Leftover food to be treated as medical waste.
- Regular physical activity and breathing exercise to be advised, as per tolerance.
- Having a balanced diet with moderate carbs and fats, and High Biological Value proteins.
- Provide Oral Nutrition Supplements and Antioxidants to meet the demands of the patients.
- Consumption of Antioxidant Vitamins and Minerals should be encouraged especially Vitamin C and Vitamin D.
- Milk with turmeric powder [6]

The main diet focus for COVID patients is to consume foods that would help rebuild muscle, immunity and energy levels.

PHYSICAL ACTIVITY AND BREATHING ACTIVITY

- Breathing exercise
- Three bolus spirometer
- Yoga
- Adequate sleep
- Avoid alcohol and drugs
- Steam inhalation
- Regular health monitoring-BP, Pulse, Temperature,Blood sugar, SPO₂ level
- Psychological support

IV. HOMEOPATHIC MEDICATION

Homeopathy is an individualized system of therapy, therefore there is no possibility that one remedy will cure all cases of a specific pathology. However, from the afore-mentioned symptoms, both respiratory and systemic, professional homeopathic physicians could use homeopathic ultra - high diluted succussed solution products in the early stages of pathology such as *Aconitum napellus* or *Arcenicum Album* or *Eupatorium perfoliatum* or *Gelsemium* or *Ipecacuana*, in the later stages *Bryonia* or Phosphorus as the main drugs, and in the final stages *Antimonium Tartaricum* or *Baptisia* or *Camphor Officinalis*, *Belladonna*, *Arsenic album*, *Rhustox toxicodendron*, Sulphur, *Nux vomica*, *Viratrum viride*

Homoeopathic medicines that can help in managing Long COVID complications are:

1. GELSEMIUM- It acts upon the nervous system, causing various degrees of motor paralysis. General prostration with Muscular weakness. Dizziness, drowsiness, dullness, and trembling is present along with Slow pulse, tired feeling, mental apathy. [7] Complete relaxation and prostration of whole muscular system with entire motor paralysis. Desire to be quiet, to be let alone; does not wish to speak or have any one near her, even if the person be silent.
2. PHOSPHORICUM ACIDUM- "Debility" is very marked in this remedy, producing a nervous exhaustion. Mental debility first; later physical. [9] Is listless, apathetic; indifferent to the affairs of life; prostrated and stupefied with grief; to those things that used to be of most interest. [8] The patient pines and emaciates, grows weaker and weaker, withered in the face; night sweats; cold sweat down the back.

3. ARSENICUM ALBUM- It includes exhaustion, and restlessness, with nightly aggravation, are most important. Great exhaustion after the slightest exertion. This, with the peculiar irritability of fiber, gives the characteristic irritable weakness. [9] There is Great prostration, with rapid sinking of the vital force with mental restlessness, but physically too weak to move; cannot rest in any place: changing places continually; fear of death; thinks it useless to take medicine, is incurable, is surely going to die.

4. CHELIDONIUM MAJUS- A prominent liver remedy, covering many of the direct reflex symptoms of diseased conditions of that organ. The jaundiced skin, and especially the constant pain under inferior angle of right scapula, are certain indications. [10] Constant pain under the lower and inner angle of right scapula. Patient suffers from Constipation with hard, round balls stool like sheep's dung.

5. ANTIMONIUM TARTARICUM- Through the pneumogastric nerve it depresses the respiration and circulation. [2] Clinically, its therapeutic application has been confined largely to the treatment of respiratory diseases, rattling of mucus with little expectoration has been a guiding symptom. There is much drowsiness, debility and sweat. [9] when the patient coughs there appears to be a large collection of mucus in the bronchi; it seems as if much would be expectorated, but nothing comes up.

6. BAPTISIA- The symptoms of this drug are of an asthenic type, simulating low fevers, septic conditions of the blood, malarial poisoning and extreme prostration. Indescribable sick feeling. Great muscular soreness and putrid phenomena always are present. All the secretions are offensive-breath, stool, urine, sweat, etc. Epidemic influenza. Chronic intestinal toxæmias of children with fetid stools and eructations. [11] Patient has aversion to mental exertion; indisposed, or want of power to think. Perfect indifference; don't care to do anything, inability of fix the mind to work.

7. HYDROCYANIC ACID- Convulsions and paralysis are the leading notes of the medicine's action. It acts on the medulla and through the vagus nerve on heart and respiration. The breathing is irregular and gasping. The heat is greatly disturbed, blueness and coldness of surface, pulse feeble, imperceptible. Respiration profound, frequent, and stertorous. Anxious respiration. Paralysis of the lungs. Violent constriction of the diaphragm, with a sense of suffocation. Tightness of the chest (first and second days).

8. LAUROCERASUS- Dyspnoea, with sensation as if lungs would not be sufficiently expanded, or as if pressed against spine. Spasmodic oppression of chest. Gasping, suffocating spells; clutches at heart; palpitation. Cough is dry, almost constant, titillating cough; throat and mouth feel as if burnt with whistling sound. Cough, with evening aggravation, severe cramps in chest, and rapid sinking of vital forces.

9. NAJA TRIPUDIANS- Uneasiness and dull, heavy pain in chest. Lancinating pains that aggravates on deep inspiration. Asthmatic constriction of chest; cannot expand lungs; followed by mucous expectoration. Pain in left pectoral muscles in forenoon. [12] Suicidal insanity, broods constantly over imaginary troubles. Simple hypertrophy of heart.

10. PHOSPHORUS- Hard, dry, tight, racking cough with congestion of lungs. Sweetish taste while coughing. Burning pains, heat and oppression of chest. Tightness across chest with great weight on chest. Sharp stitches in chest; respiration quickened, oppressed. Much heat in chest. Pneumonia, with oppression; worse, lying on left side.

11. CROTALUS HORRIDUS- Action feeble, pulse tremulous. Palpitation, especially at menstrual period. Trembling feeling of heart. Cough, with bloody expectoration. Tickling from a dry spot in larynx. [12] Hoarseness, with weak, rough voice. Bruised pain from larynx to chest. Cough with stitch in left side and bloody expectoration.

12. CARBO VEGETABILIS- Cough with itching in larynx; spasmodic with gagging and vomiting of mucus. Deep, rough voice, failing on slight exertion. Hoarseness; worse, evenings, talking; evening oppression of breathing, sore and raw chest. Wheezing and rattling of mucus in chest. Occasional spells of long coughing attacks. Cough, with burning in chest; worse in evening, in open air, after eating and talking. Spasmodic cough, bluish face, offensive expectoration, neglected pneumonia. Breath cold; must be fanned. Hémorrhage from lungs. [9] For the bad effects of exhausting diseases, whether in young or old; cachetic persons whose vitality has become weakened or exhausted.

13. ARNICA MONTANA- The face or head and face alone is hot, the body cool. Unconsciousness; when spoken to answers correctly but unconsciousness and delirium at once return. Says there is nothing the matter with him. [2] Angina pectoris; pain especially severe in elbow of left arm. Stitches in heart. Pulse feeble and irregular. Cardiac

dropsy with distressing dyspnoea. Fatty heart and hypertrophy. Coughs depending on cardiac lesion, paroxysmal, at night, during sleep, worse exercise.

V. CONCLUSION

Today, it is imperative that ever-safe medicinal products such as homeopathic ultra - high diluted succussed solutions are tested in this pandemic. Epidemiological research has to be carried out to include homeopathic treatment and compare it to established treatments. Patients should be assigned randomly in two different groups of at least 200–400 individuals, and receive respectively established and homeopathic treatment. The evaluation of the results from both groups could reveal which group has a superior outcome in survival, general health conditions, etc., and to what extent.

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