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## A review on effectiveness of homoeopathic remedies in the management of post COVID-19 Syndrome

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### Abstract

**Background:** The term long covid is a recently emerging concept that is entirely new to every one of us. It can be simply understood as the prolongation of symptoms present during the acute phase of SARS COVID-19 infection or occurrence of entirely new symptoms.

There are many variations among the long haulers in regards to clinical presentation of long COVID-19. Some develop fatigue, breathlessness, cough, diminished sense of taste and smell, hair loss, forgetfulness, headaches, joint pains and many more as the sequale of long COVID-19.

**Objective:** This review was done to study the effectiveness of homoeopathic remedies in the management of post COVID-19 syndrome.

**Keywords:** Post COVID Syndrome, long haulers, COVID -19, holistic science, Sequale

### Introduction

It has already been three years since the pandemic of COVID-19 was identified which has caused millions of deaths worldwide causing devastating effect on the health care system. But presently, preclinical and clinical efforts are focused on mechanisms, manifestations, pre-symptomatic and prodromal periods of COVID-19 comparing to the postdrome, which occurs as an aftermath, has received very little attention.

Post COVID-19 condition, also known as Long COVID, refers to long -term symptoms that some people experience after they have had COVID-19. People who experience post COVID-19 condition sometimes refer to themselves as “long-haulers”. The most common symptoms associated with post COVID-19 condition include fatigue, breathlessness, and cognitive dysfunction (for example, confusion, forgetfulness, or a lack of mental focus or clarity) <sup>[1]</sup>.

Most people who develop COVID-19 fully recover, but current evidence suggests approximately 10-20% of people experience a variety of mid and long -term effects after they recover from their initial illness <sup>[1]</sup>.

Post covid syndrome poses a burden on patients, patient’s families, society and health care system in general. It is necessary to care for those medically devastated COVID-19 survivors. Clinically symptomatic patients constitute the visible portion of iceberg, but post COVID morbidity and mortality constitute the submerged part of iceberg, which may overwhelm existing health care capacity. There is an urgent need to focus on surge of patients who declared recovered and discharged from hospital. Post COVID -19 sufferers often experience symptoms that cause disturbances in their physical and psychological well-being and their ability to perform daily chores, there is no evidence in this area, where there are particular symptoms that people should look out for that may suggest they are dealing with long COVID. We need to know more about this, so that we will know when to seek for medical advice. This would relieve the anxiety of people who experience the prolonged symptoms after recovering from COVID-19.

In our medical history many epidemic diseases like scarlet fever in 1801, Asiatic cholera in 1831, Spanish flu in 1918, Japanese encephalitis in 1990, homeopathy has been immensely successful in treating as well as preventing the further spread of those epidemics. When there are no remedies or procedures in direction of prevention of COVID-19 except advising people to wash hands, sneeze into a handkerchief, maintain physical distance etc, we came up with Arsenicum album 30 C as preventive medicine recommended by Ministry of Ayush.

As per some studies, consumption of preventive medicine reduced the risk of contracting COVID in high risk groups. In India due to its huge population, financial and medical crisis it is not easy to combat this aftermath. If the conventional medicine runs out of options, for dealing with this, homoeopathy can serve as a best alternative and even as the mainstream.

Hence the above study has been taken up to know the efficacy of homoeopathic remedies in case of Post COVID-19 syndrome.

### Review of literature

Most people with Long COVID experienced symptoms, days after first learning they had COVID-19, but some people who later experienced Long COVID did not know when they got infected. But anyone can experience post-COVID conditions, even people who had mild illness or no symptoms from COVID-19 [13].

The causes of post COVID syndrome remain a mystery. It is not clear if these symptoms are continuation of initial infection or entirely new yet separate entity that we recently began to uncover. Some proposed hypothesis says that some people's immune system responds to COVID more strongly than others leading to cytokine storm, causing severe inflammatory response syndrome. On the other hand, weaker immune responses to COVID may lead to symptoms lingering for several months, gradually causing organ damage.

There is a limited and inconsistent evidence from community studies regarding the risks among different socio-economic or ethnic groups, which are not generally well captured in health care records. This condition of long covid can last for several months or years.

After multivariate adjustment, no baseline clinical features, neither age, sex, comorbidity, severity of acute COVID-19 infection, COVID-GRAM score, inflammatory markers, ICU- admission, hospital/ICU length of stay, or treatment behave as independent predictors of "PCS" [14].

As per a study "Symptoms and risk factors for long COVID in non-hospitalized adults", risk factors for long COVID included female sex, belonging to an ethnic minority, socioeconomic deprivation, smoking, obesity and a wide range of comorbidities.

Diagnosis of Long COVID is done by taking into consideration of health history, if you have tested positive or by exposure or by the symptoms.

The most prevalent symptoms to be fatigue, shortness of breath, muscle pain, joint pain, headache, cough, chest pain, altered sense of smell, altered taste and diarrhea. 5 new symptoms such as hair loss, sneezing, symptoms of sexual dysfunction (difficulties ejaculating and reduced libido), hoarse voice and fever are significantly associated [15].

In many of the present research studies, making definitive conclusions regarding the symptoms, incidence and risk factors is difficult due to lack of control groups, self-reported symptoms, selection bias and none of the studies being randomized.

As per the study Persistent symptoms following SARS-CoV-2 infection in a random community sample of 508,707 people by Paul Elliot a small cluster of their study group had high prevalence of respiratory and other organ-specific symptoms, while large cluster had fatigue as dominant symptom, with lower prevalence of organ-specific symptoms.

According to the study Post-COVID syndrome-a case series and comprehensive review by JUAN- Manuel Anaya, Manuel Rojas, Martha L. Salinas et al, Long COVID is independent of severity during acute illness, it is otherwise based on inter-individual variability of the immune responses. "The Homoeopathic physician must individualize, he must discriminate. He must individualize things widely dissimilar in one way, yet similar in other ways [6]. Variations exist in individual response of patients in time to recover from inflammatory and other immune reactions [7].

Since Homoeopathy is based on individualistic approach and totality of symptoms, not solely on diagnostic criteria fruitful results of this system can be effectively utilized for the benefit of mankind.

Due to diagnostic uncertainty and vague clinical presentations, dealing with long COVID-19 certainly demands tailor made therapeutic approaches for each and every suffering. This would require huge medical resources and man power.

According to K. Park, holistic approach could be adapted for follow up care of all post COVID-19 recovering patients.

Homoeopathy, as a holistic science takes into account the causations, changed disposition during illness, all the changes at mental and physical planes, to find a remedy that exactly matches the disease picture. The cost effectiveness, reliability, harmlessness, easy administration makes Homoeopathy the best choice of treatment for long COVID, where we address psychological, physical, social and behavioural aspects of our patients for improving their quality of lives. This integrative approach is indefinitely necessary in these cases, where homoeopathy has an upper hand.

Homoeopathic literature is enriched with a number of medicines for post-influenza conditions, namely, clinical-influenza-weakness-after [18].

The choice of homoeopathy for dealing the present long COVID-19 seems promising in light of such a strong history of its proven efficacy over centuries.

We need to thoroughly study this recently emerging concept of long COVID-19 as it deteriorates the quality of life of sufferers, it also has significant personal, social and economical impact. With lack of clear guidelines and diagnostic uncertainty long COVID-19 has a potential to re-inundate the health care system.

Here is a fitting opportunity to note that the great epidemic diseases, when they complete their course, especially without a judicious homoeopathic treatment, leave the organism so shaken and irritated, that with many who seem restored, the Psora which was before slumbering and latent now awakes quickly, either into itch like eruptions or into other chronic disorders, which then reach a high degree in a short time, if they are not treated properly in an antipsoric manner [9].

There is a need to throw some light on how we are able to manage it well. Homoeopathy is suggested to be useful in boosting the immunological responses in various conditions and can thus be used as an adjuvant tool in the fight against COVID-19 and its sequelae [7].

### Homeopathic management

#### Bryonia alba

1. Difficult quick respiration, worse every movement

- caused by stitches in chest <sup>[11]</sup>.
2. Cough – dry spasmodic with gagging & vomiting with stitches in sides of chest with headache as if head would fly to pieces < deep inspiration <sup>[10]</sup>.
  3. Complaints from cold drinks/ice in hot weather <sup>[10]</sup>.
  4. Complaints aggravated from exposure to cold wind, dust
  5. Joints red, swollen, hot with stitches and tearing <sup>[11]</sup>.
  6. Stitches and stiffness in small of back <sup>[11]</sup>.
  7. Pains < by inspiration, coughing <sup>[10]</sup>.

### Eupatorium

1. Cough – chronic, loose, chest sore, must support it with hands < night, following measles and suppressed intermittent fever
2. Painful soreness of eyeballs, coryza, aching in every bone, great prostration in epidemic influenza
3. Bruised feeling as if broken all over the body
4. Bone pains affecting back, head, chest, limbs especially wrists as if dislocated <sup>[10]</sup>.

### Arsenicum album

1. Debility, exhaustion and restlessness with nightly aggravation are more important
2. Great exhaustion after slightest exertion
3. Periodicity marked with adynamic, septic fever, intermittent, paroxysms incomplete with marked exhaustion

### Acidum phosphoricum

- Whenever the system has been exposed to the ravages of acute diseases, excessive grief, loss of vital fluids, we obtain conditions calling for it.
- Crushing headache, pressure on top, pressure behind the sternum, rendering breathing difficult.
- Great debility, pains at night as if bones were scraped <sup>[11]</sup>.

### Conclusion

Post COVID syndrome is the current clinical burden on the society and health care system. There is a urgent need to study about this, as we can have a permanent solution to this burning topic. Homoeopathy can offer a reliable, affordable and long-lasting solution to long COVID. If remedies were prescribed based on totality appreciable results could be expected as per previous experiences with our system.

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### Conflict of Interest

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