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COVID-19: A monster pandemic & it's homoeopathic approach

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Abstract

The prophetic warning by the Nobel Laureate Joshua Lederberg that “the microbe that felled one child in a distant continent can reach yours today and seed a global pandemic tomorrow” has once again proved its relevance with the emergence of corona virus disease 2019 (COVID-19) as the latest pandemic that is affecting human health and economy across the world. The various method of treatment are do their level best to fight and overcome this monster pandemic, but the result is not up to the mark. During a viral disease where host factors trigger an insusceptible reaction against infection. In any case, immune pathogenesis is related with an invulnerable reaction that runs wild, and result in lung tissue damage, functional impairment, and decreased lung capacity. Aside from the above host factor, Host for example the individual is the most significant point in homeopathic philosophical and functional reasoning. Homoeopathy play a vital role for that covid-19, by their individualistic and holistic approach of treatment. These article is helps to know the COVID-19 & its whole effects in human being. It's also helps to know the how Homoeopathy tackle pandemic disease & why we choose it for COVID-19.

Keywords: Homoeopathy, Covid-19, genus Epidemicus, integrative approach

Introduction

The global public health emergency of COVID-19 pandemic disease caused by severe acute respiratory syndrome corona virus 2 (will be referred as SARS-CoV-2 hereafter) has been unfolding rapidly that emerged in Wuhan, China^[2] and has now spread to at least 210 countries. Corona viruses (CoVs) represent a major group of viruses mostly affecting human beings through zoonotic transmission. In the past two decades, this is the third instance of the emergence of a novel corona virus, after severe acute respiratory syndrome (SARS) in 2003 and Middle East respiratory syndrome corona virus (MERS- CoV) in 2012. The repeated emergence and global scale of transmission and significant number of death, infection and mortality of care providers and healthcare workers (HCWs), and higher risk of death in vulnerable or susceptible groups, have been the major causes of concern. To defeat this issue required some novel technique for treatment which bargains the individual all in all and select the medicine by law of similia. Homoeopathy is a Medical science that utilizes natural substances to copy illness and invigorate mending It relies upon the idea "Like Cures Like". Any substance that can convey signs in a sound individual can fix those equivalent appearances in a cleared out person. Homoeopathy makes a smooth track as an integrative approach to abolish the giant killer COVID-19. COVID-19 is a new form of flu virus which effects human economy. Homoeopathic treatment forms an obstacle between COVID-19 affection to the people and helps to provide immunity to fight against it.

Current Scenario of COVID-19

COVID-19 is makes an impact to the whole world, about 210 countries comes under its affection. It first start from Wuhan, China and then affects whole world. Global scenario is much terrific which forms an earthquake to the entire world people.

1. **Total number of case:** 97,54,569
2. **Total number of Death:** 4,92,671
3. **Total number of recovered patient:** 52,80,520

Globally, Highest number of case is found in USA: 25,06,370, total number of death: 1,26,839 total number of recovered: 10,52,446. In China total number of case 83,462, total number of death 4,634, total number of recovered: 78,439

In India, Total number of case: 4,97,359, total number of death: 15,401, total number of recovered: 2,89,326. (The whole data is till 26th June,2020, 14:29 GMT) [3].

COVID-19: A Pandemic

Pandemic the term used when any cases occurring over a wide geographical area such as a section of a nation, the entire nation, a continent or the world..

Sequence of Event COVID-19

- A. **8th December 2019:** 1st case, Wuhan, China
- B. **31st December 2019:** China, Reported to WHO
- C. **8th January 2020:** First Full genome sequences submitted to Gene Bank by China
- D. **30th January 2020:** WHO declared Public Health Emergency of International Concern (PHEIC)
- E. **8th February 2020:** COVID-19 (Disease); SARS-CoV-2 (Virus)
- F. **11th March 2020:** WHO declared as Pandemic

SARS-CoV-2 is a type of RNA virus which is zoonotic in origin and it is estimated that Corona virus infections are likely to emerge periodically in humans due to frequent cross-species infections and occasional spill over events.[4] Corona viruses are a large family of viruses that cause the common cold as well as more serious respiratory illness.

There are six known human corona viruses which were first identified in the 1960s from patients with the common cold. The transmission of coronavirus is reported by following way-

1. Through respiratory droplets (droplet are $>5-10\mu m$),
2. Human close contact within 1 meter,
3. Through fomite example- cardboard, stainless steel, plastic etc.
4. Through faecal-oral route,
5. Through air borne when droplet nuclei $< 5\mu m$, it remains long time in the air [5].

Median incubation period is 5.8 days with range reported from 2.1 days to 11.1 days. This implies that under conservative assumption, length of quarantine or active monitoring can be up to 14 days [2].

The most common symptoms of COVID-19 are fever, tiredness and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Around 1 out of 6 people who get COVID-19 becomes seriously ill and develop breathing difficulty. Older people, and those with underlying medical problems like hypertension, heart problems, Diabetes are more likely to develop serious illness [6].

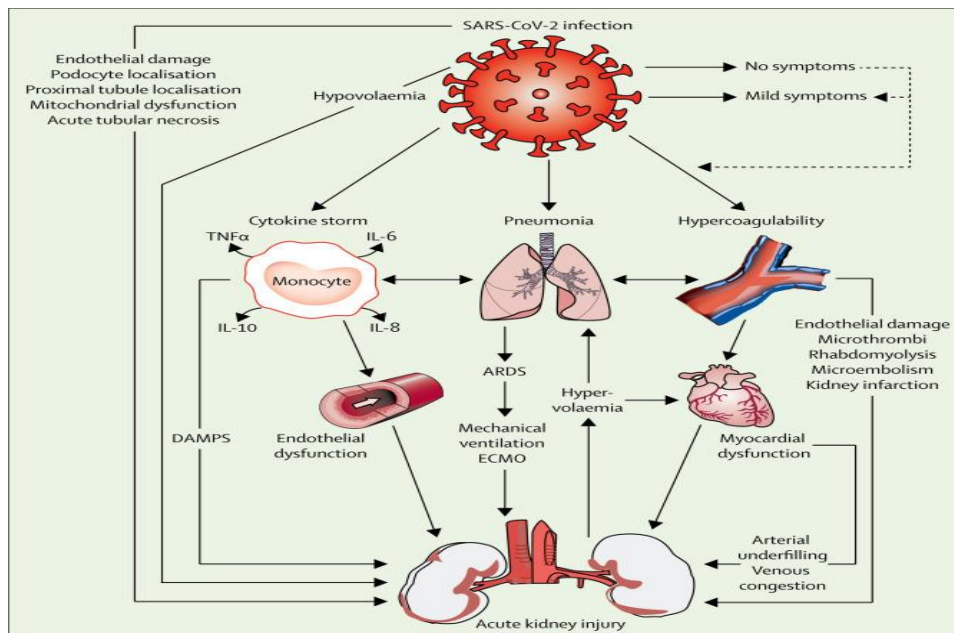


Fig 1: COVID 19 Pathogenesis

Homoeopathic Approach of Pandemic Disease

Pandemic disease and Homoeopathic approach is not a new one, from eighteen century to twenty century Homoeopathy play an important role for root out the disease. Homoeopathy is the science and art, which makes patient mentally as well as physically healthy. In case of pandemic disease Homoeopathic medicine acts as a “Tram card” to the human being. The preventive aspect of Homoeopathy is well known, and historically, Homoeopathy has reportedly been used for prevention during the epidemics of Cholera, Spanish Influenza, Yellow fever, Scarlet fever, Diphtheria, Typhoid etc. The genus epidemicus is the remedy found to be most effective for a particular epidemic once data have been gathered from several cases.

Concept of Homoeopathy: Homoeopathy depends on the individualistic approach towards each and every case, but during pandemic disease it effects a large area or continent so the symptomatology of that area is more over similar to the other affected person. With the help of characteristic or to formulate the totality of symptoms for that area we select “Genus Epidemicus”. This Genus epidemicus also select with the help of Law of Similia and Individualistic approach and selected medicine is helpful to that patient of that area. The medicine acts as preventive purpose.

According to Organon of Medicine: Dr. Hahnemann said, to landed over Genus epidemicus or to selection of appropriate medicine required proper case taking each and

every case. Sec-101, “.....by a close observation of several cases of every such collective disease that he (physician) can become conversant with the totality of its sign and symptoms.....” Sec-241,“..... each single epidemic is of a peculiar uniform character common to all the individuals attacked, and when this character is found in the totality of the symptoms common to all, it guides us to the discovery of homoeopathic (specific) remedy suitable for all the cases.....”^[7].

How select Genus Epidemicus as a Prophylactic (Schematic Diagram, Fig 1)

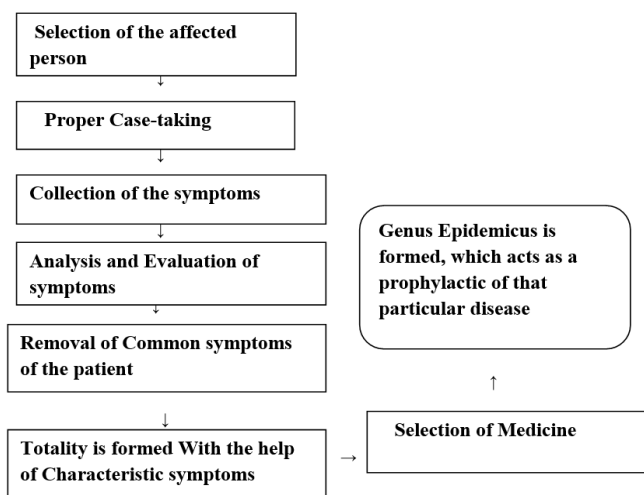


Fig 2: How Genus Epidemicus Is formed (As per Organon of Medicine)

Homoeopathy: An Integrative approach towards COVID-19

Integrative approach of Homoeopathy is beneficial to the patient and reduce the mortality rate as well as improve the patients satisfaction. It makes a proper balance between body, mind and soul, least side effects to the patient as well as it is cost effectiveness. COVID-19 is a world wide crisis disease which effects economy and whole world is going to backward and bored under soil. There is no known medicine or any vaccine is available, the Govt. Spends lots of money but outcome is not up to the mark. At that time required some alternative path as an integrative way, which helps to reduce mortality rate.

Question: Why choose Homoeopathy for COVID-19?

Ans: In the whole world awaiting some miracle, that vaccine will be prepared or any medicine is made up immediately to get rid of this crisis. But it is not possible within this short period required some time to the scientist

to prepare it. Homoeopathy not only now from the ancient era also proves that when ever this type of crisis comes they raise there hand and said we can do it.....Now this is the time to come forward. Let us discuss few example when Homoeopathy proves there ability to combat or fight against world wide crisis.

Homeopathy was successful during the Spanish flu epidemic of 1918 to 1919, in which at least 20 million people died worldwide, more than 500,000 in the United States alone. According to the historian Julian Winston, the death rates for patients treated with homeopathy (genus epidemicus) were 1 to 2% compared with 30 to 60% mortality for those treated by conventional physicians.^[8,9] As in every single aggregate malady, the picture of the clinical picture rises in the wake of watching an impressive number of patients; Hahnemann suggests observing several cases in order to paint the full picture of the disease, totality of characteristic sign and symptoms or Genus Epidemicus. Genus epidemicus is identified through observation of several cases of an epidemic disease, and analysing the symptomatology of those cases for the most indicated medicine. This medicine is the preventive medicine for the ongoing epidemic of that disease It was accounted for that, during ongoing past Genus Epidemicus had been utilized during different malady flare-up for forestalling the spreading of illnesses like Chikungunya, Dengue Fever, Japanese Encephalitis and Cholera with great outcomes.^[2] The nitty gritty record of utilization of homeopathy in charge of pandemics is given in ongoing production.

In Indian scenario, CCRH had so far undertaken clinical trials in Dengue and Acute Encephalitis syndrome/JE with Homoeopathy as an add-on to usual care in tertian care setups. In Dengue Hemorrhagic fever, add on Homoeopathy could bring early improvement in platelet count and decrease in hospital stay by 2 days.^[10] Similarly, in Acute Encephalitis Syndrome/Japanese Encephalitis homeopathy as an adjuvant to the Institutional Management protocol could decrease death rate by 15% in comparison to those who received only Institutional Management protocol.^[11] In both the studies, adverse effect was not observed. Keeping in view the clinical success in above mentioned severe viral diseases, Homoeopathy as an adjuvant to the usual care may be tried in COVID-19 patients, which acts as a preventive as well as curative.

Treatment with Homoeopathy in the past when whole world stuck:

From the earliest days Homoeopathy has been able to treat epidemic diseases with Substantial rate of success, Table 1^[19] when compared to conventional treatments. The success makes a placed so firmly in the world wide.

Table 1: Homoeopathy & Its effectiveness in Pandemic situation

SL. NO.	Name of the Disease	Year	Mortality rate with Conventional Treatment	Mortality rate with Homoeopathic Treatment
1.	Typhus Fever	1813	30%	1.11% (180 case & 2 death)
2.	Epidemic Cholera	1830	40%	7%
3.	Yellow Fever	1850	15-85%	6.43% (Holcome said) 5.73% (Dr. Devis said)
4.	Yellow Fever	1878	50%	5.6%
5.	Diphtheria	1862-64	83.6%	16.4%
6.	Influenza Pandemic	1918	28.2% (24,000 case)	1.05% (26,000 case)

Homoeopathic Management for COVID-19
Homoeopathy definitively a fruitful choice of treatment for

COVID-19, but main thing is how we utilise this holistic approach of treatment for the sake of mankind.

Homoeopathy makes huge difference and makes a miraculous result by its integrative approach towards it. For the COVID-19 treatment prevention is the prime theme. Before giving medicine required general management of the patient as well as healthy person because we know “Prevention is better than cures”. If any person do not maintain hygiene than no medicine will be acts. So first and fore most duty each an every person to “stay healthy, live healthy, makes your health healthy”.

General Management: As the world struggles to respond to the COVID-19 pandemic, WHO recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices.

1. Frequently clean hands by using alcohol-based hand rub or soap and water.
2. When coughing and sneezing cover mouth and nose with flexed elbow or tissue throw tissue away immediately and wash hands.
3. Avoid close contact with anyone who has fever and cough. Promote social distancing.
4. If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.
5. When visiting live markets in areas currently experiencing cases of novel corona virus, avoid direct unprotected contact with live animals and surfaces in contact with animals.
6. The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices^[12].

Homoeopathic Management: For any disease treatment required general management first priority, specially infectious, viral infections. General management and medicinal management is an interconnecting with each other. Medicine destroy the organism and increase immunity to prevent disease. Homoeopathic medicine is may be makes a good result for COVID-19 treatment because of its previous effectiveness in viral affection proves it.

1. Homoeopathic prophylactic medicine makes the person healthy and well being is occurred,
2. Homoeopathic medicine helps to immunity booster to the healthy as well as effective person.
3. Genus epidemicus if it selected on the basis of totality

of symptoms, then it shows its effectiveness and unlock the case.

4. Homoeopathy affects both physical and mental sphere so person may become spiritually healthy.
5. Close observation by each and every case then it is also helpful to know the different stages of the disease and also formulate the totality as well as to know the patient state of health after giving medicine.

Ministry of Ayush (CCRH) approach During Pandemic: Homoeopathy

In 2020, As to the positive outcomes from the prophylactic homeopathic medicine during pestilence flare-ups of different infections during ongoing past, the Scientific Advisory Board of our Council in meeting held on 28 January 2020 discussed to find out possible genus epidemicus for recent outbreak of corona virus in China. The sign and symptoms of the patients were referred from the recent publication from the clinical history of patient of Wuhan china the Lancet titled “Clinical features of patients infected with 2019 novel corona virus in Wuhan, China” Therefore, the Health advisory given by Ministry of AYUSH against corona virus infection included Homoeopathic medicine Arsenicum album 30 as a possible preventive for flu like illness such as corona virus infection. Scientific Advisory Board considered that the same medicine has been advised for prevention of Influenza Like Illness. Arsenic album as one of the constituents in a formulation has been shown to affect HT29 cells and human macrophages. Also, it showed low NF-kB hyperactivity, low TNF α release in macrophages. More over Arsenic album is a common prescription in the cases of respiratory infections in day to day practice.^[2]

In 2009, during swine flu affection, CCRH has suggested Homoeopathic medicine Arsenicum album could be taken as prophylactic medicine against flu like illness. It is recommended one dose of Arsenicum album 30 daily on an empty stomach for 3 days. The dose should be repeated after one month by following same schedule in case flu like conditions prevail in the area.^[13]

Effectiveness of Homoeopathy in viral infection: Review study

Effectiveness of Homoeopathy in different viral infection is not an unknown one, it plays a vital role and shows it effects. Many events and clinical, observational study proves that it is helpful for the well being of the nations. Thus few proven study discuss in Table 2

Table 2: Effectiveness of Homoeopathy in Viral Infection different survey & clinical study

SL NO.	Author's Name	Title of Journal	Year	Study Type	Summary/ End Result
1.	P.S Chakraborty et al	Effect of individualized homoeopathic treatment in influenza like illness: A multicenter, single blind, randomized, placebo controlled study	2013	Clinical study	Total number of screened sample 739, objective is to know the effect of Homoeopathic medicine and compare the complication who receive medicine and who take only placebo. Medicine: The most commonly indicated medicines were Arsenic album (n = 75), followed by Bryonia (n = 33) and Rhus toxicodendron (n = 32) ^[14]
2.	Stephan Vincent PharmD, et al	Management of Influenza-Like Illness by Homeopathic and Allopathic General Practitioners in France During the 2009–2010 Influenza Season	2013	Observational Study	Total number of sample 461, objective This study was done to determine characteristics and management of patients in France visiting allopathic general practitioners (AGPs) and homeopathic general practitioners (HGPs) for influenza-like illness (ILI). The patient who take Homoeopathy is more satisfied than other patient.

					Medicine: Belladonna (6.1% versus 33.8%; $p < 0.0001$); Eupatorium perfoliatum (5.2% versus 30.5%; $p < 0.0001$); Gelsemium (7.1% versus 22.5%; $p < 0.0001$) ^[15]
3.	Robert T.Mathie et al	Homoeopathic treatment of patients with Influenza like illness during 2009 A/H1N1 Influenza pandemic in India	2013	Clinical Study	Aims to survey the practice of Homoeopathic practitioners in India in the management of Swine Flu with respect to patient's symptoms at presentation and at follow up(FU) Medicine: The most frequently prescribed Arsenicum album (n=265; 23.5%). Arsenicum album was prescribed most frequently overall (n=28; 28.0%) ^[16]
4.	Camila Monteiro Siqueira et al.	Homoeopathic Medicines for Prevention of Influenza and Acute Respiratory Infections in Children: Blind, randomized, placebo controlled clinical trial	2016	Clinical Study	Study period 2009-2010, out of 600 children recruited 445 completed the study. The results shows and suggested that the use of Homoeopathic medicines minimize the number of fluand acute respiratory infection symptomatic episodes in children, signaling that the Homoeopathic prophylactic potential should be investigated in further studies ^[17] .
5.	Robert T Mathie et al.	Homoeopathic Oscillococinum for Preventing and Treating Influenza and Influenza-like illness	2015	Clinical Study	To determine wheather Homoeopathic Oscillococinum is more effective than placebo in preventing Influenza or Influenza like illness in adults or children. Six studies was done where 2 prophylaxis and 4 treatment trials. There is insufficient good evidence to enable robust conclusions to be made about Oscillococinum in the prevention or treatment of Influenza or Influenza like illness. ^[18]

Homoeopathy In the Pandemics Influenza A H1N1 (1918)

Pandemics continue to cause high mortality in the 20th century: the Spanish flu claimed 20-40 million victims, the Asiatic flu H2N2 (1957) claimed 1 million and the Hong Kong flu H3N2 (1968) claimed 700 thousand.

During the time of pandemic Influenza (1918) at that time also lots of death occurs, but when it treated with Homoeopathy mortality rate will became diminished, mortality rate from different source and from different place are discuss Table 3^[9].

Table 3: Cases of Human Influenza Treated with Homoeopathy in 1918

Source	Place	Total number of Patient	Mortality Rate
1.Pearson, W.A	Philadelphia	26,795	1.05%
2.30 doctors from several cities	Connecticut	6,602	1%
3.Wieland, F	Chicago	8,000	0.01%
4.Sappington, E.F	District of Columbia	50,000	0.01%
5.McCann, T.A	Dayton, Ohio	1,000	0%

COVID-19 effects Psychological & Emotional Sphere

COVID-19 effects human life in very badly. It create lots of problem in physically as well as mentally. Psychological symptoms are-

1. Virus related worries and insecurity
2. Felling of being overwhelmed by events
3. Negative thinking
4. Feeling of insecurity,
5. Depression, sadness
6. Inability to concentrate
7. Financial ruin & thinks of job

All the condition effects to the mental sphere to physical sphere. In such condition the aggressiveness, thinks of suicide is hits everyone mind. We must overcome it with proper counselling, by mental strength & will power.

In Homoeopathy we thinks much regarding mental symptoms. There are lots of medicine have tackle these

situation quietly. We must thinks in proper way, because bodily disease is formed due to internal derangement. So, when person is mentally happy, his/her physical disease is reduce gradually.

Ultimate Result

Homoeopathic medicine shows its effectiveness in different times. From the above discussion as well as showing of different data helps to know its effectiveness to the whole world. There are so many example which was not discuss in that article, but from that discussion atleast we know that Homoeopathic medicine acts on viral infection and not only acted but also reduce the mortality rate. But it is true that more future study is necessary as a clinical or randomized to the large population by which we strength our therapy and makes a conclusive evidence. This study proves Homoeopathy assumes a significant role for that kind of viral infection and fight against it.

What whole Homoeopathic Fraternity wants:

Homeopathy is the longest settled Complementary and Alternative Medicine. Homeopathy is totally safe and harmless, it acts in all ages and genders. In the event of COVID-19, there is no explanation behind not endeavoring Homeopathy. Research in Allopathy is going on yet the outcome isn't sufficient. There is no immunization or against viral medication is set up for COVID-19. Indeed, even Allopathy additionally do symptomatic treatment for COVID-19. We are not saying that we have treatment for COVID-19. If the Homeopathic medicine is given alongside Allopathy it is a lot of supportive, it won't any destructive impacts. So, use this dynamic medicine for the sake of human being.

Conclusion

Homoeopathy is the dynamic method of treatment. Since from the past it is effective in various kind of pandemic, epidemic, infectious disease. At this time when whole world is going to die without proper medication, wants a miracle from whole medical world. The vaccine as well as medicine is not found, only gives symptomatic medicine. Now we should think as well as Govt. Should emphasize on

complementary and alternative medicine as an adjuvant along with allopathic medication. Homoeopathy previously do their job during whole world is going to crisis, so for that reason think about Homoeopathy and gives a chance to do their duty for mankind. Not only medicine is helpful, but also people do their level best to stay at home and save life, they must maintain all the general measure said by the health advisory.

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