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## Covid-19: A homeopathic recommendation to global health policy

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### Abstract

COVID-19 is an infectious disease caused by a newly discovered corona virus named Novel Corona virus (SARS nCoV-2), pandemic in nature, limited treatment. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Up to now the best way to prevent and slow down transmission about the COVID-19 virus outbreak. Many developed countries, including Italy, France, England, and the United States of America (USA) are facing to tackle fatal infections and death their peoples. Unfortunately, no specific treatment protocol is available till today. In this situation, Homoeopathy can play a vital role in the developing countries like Bangladesh, India, Pakistan whose outbreak already clusters to community transmission. Remember, Homoeopathy is the method of treatment with those medicines which can produce symptoms similarities. In past, it has potential epidemic record in treating disease like scarlet fever, typhoid, and cholera in globally. From the period of discovering, homoeopathy has been efficient role in the treatment of RTI and pneumonia by several homeopathic remedies.

**Keywords:** Novel Corona virus, COVID-19, Pandemic, Pneumonia, Homeopathy, Homoeoprophylaxis, Ars Alb

### Introduction

The 2019–20 corona virus pandemic is an ongoing pandemic of corona virus disease 2019 (COVID-19) caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). The outbreak was identified in Wuhan, China, in December 2019. The World Health Organization declared the outbreak a Public Health Emergency of International Concern on 30 January, and a pandemic on 11 March. The virus is primarily spread between people during close contact, often via small droplets produced by coughing, sneezing, or talking. Common symptoms include fever, cough, fatigue, shortness of breath, and loss of smell. Complications may include severe pneumonia and syndrome. The time from exposure to onset of symptoms is typically around five days, but may range from two to fourteen days. There is no known vaccine or specific antiviral treatment. Primary treatment is symptomatic and supportive therapy. In this situation, we understand that as the homoeopathy based on totality of individual symptoms similarity; however we encourage to global peoples especially peoples of Bangladesh for the scope of homoeopathic medicines in the treatment of patients with COVID-19 either it is prophylactic or symptomatic.

### Scope of homoeopathic treatment for Covid-19 patients in Bangladesh perspective

According to a study, homeopathy, or homeopathic medicine, is a holistic system of treatment and is based on the idea that substances that produce symptoms of sickness in healthy people will have a curative effect when given in very dilute quantities to sick people who exhibit those same symptoms. Homeopathic physicians seek to cure their patients on the physical, mental and emotional levels, and each treatment is modified to a patient's individual needs.

Homeopathy is a popular system of alternative medicines throughout the world as well as in Bangladesh. Though European in origin, it became very popular in the Indian subcontinent right from the time of Hahnemann, the founder of Homeopathy. For the following scopes we suggest to treat the covid19 patients:

1. The incumbent government has paid due attention to the development of homeopathy as it has taken various initiatives to promote and institutionalize homoeopathy medical care.
2. The government has appointed about 150 homeopathy doctors to many government hospitals.

3. The government has also signed MoU with India for education, training and research on homeopathy.
4. There is a government Homeopathic Medical College with 100-bed hospital in the capital. It is one of most important and popular Homoeopathic Medical College Hospital in Bangladesh and the doctors of this institution are Bachelor of Homeopathic Medicine and Surgery (BHMS) degree holder from the University of Dhaka recognized the system by conferring a five-year course.
5. Besides, there are around 62 homeopathic Diploma colleges and Hospitals and 4 Homoeopathic Medical centre in different area in Bangladesh overseen by the Bangladesh Homeopathy Board. These can also provide their service to COVID-19 patients.
6. There are about 40 thousands homoeopathic graduate and diploma doctor in Bangladesh, we suggest that government might be engaged these homoeopathic practitioners for COVID- 19.
7. The homoeopathic medicines are cost-effective.

### **Suggestive treatment guideline for covid-19**

We recommend the following 3 ways to treat the covid-19 patient according to guideline of WHO and symptomatic treatment with Homoeopathy.

1. Prevention by awareness
2. Homoeoprophylaxis
3. Symptomatic treatment by homoeopathy

#### **Prevention by awareness**

- Frequently wash your hands with soap and water for at least 20 sec
- Cover your mouth and nose with tissue/handkerchief or with bent when you cough or sneeze
- Maintain physical distancing at least one meter (three feet) from a person with cough
- Avoid touching face (mouth, nose and eyes)
- Avoid spitting
- Avoid mass gatherings

#### **Homoeoprophylaxis**

We now have a substantial evidence base supporting the effectiveness of homoeoprophylaxis, but the quality of the evidence is variable. Most interventions are not controlled clinical studies but are undertaken in emergency situations to prevent loss of life and suffering using observational methodology. In the light of the recent outbreak of COVID-19 and the report of its incidence in India, the central AYUSH ministry had issued an advisory and they recommended that homoeopathic medicine Arsenicum album 30 could be taken empty stomach daily for three days as a preventive medicine against the infection. A single time use of a prophylactic may not give a protective effect for the epidemic if it prevails for a longer period. So, it is better repeat the prophylactic medicine in the prescribed potency once or twice in a week (as done by Hahnemann in cholera epidemic in the past) until the epidemic subsides.

#### **Evidence that Homoeoprophylaxis is effective in flu like illness and respiratory infections**

Homeopathy has been a boon to the patients of scarlet fever, typhus fever, yellow fever, Pneumonia, Cholera, Influenza, Hepatitis, Dengue, Chikungunia, Leptospirosis and Conjunctivitis during the times of pandemics and epidemics.

Let deeds speak reality. Homeopathy has always served people in epidemics and pandemics crisis, in old times and modern times.

#### **Examples from the past**

**1968:** Between 1968-70, a survey conducted in Indian factories and offices compared the results of allopathic (conventional) treatment and homeopathic treatment of influenza. The purpose of this survey was to determine the effectiveness of the nosodes (a remedy prepared from a disease component) as a homeopathic preventative (prophylactic). Almost 20% of the patients treated by conventional medical physicians contracted the flu. Among the homeopathically treated patients, only 6.5% came down with the disease. Those who did become ill recovered more rapidly than their allopathically treated patients. The number of working days lost by the allopathically treated patients was nearly eight and a half times greater than those lost by homeopathic patients.

**2007:** Human herpes virus 1, human adenovirus C serotype 5, influenza A virus, human respiratory syncytial virus, human parainfluenza virus 3, human rhinovirus B serotype 14, and human coxsackie virus serotype A9 cause, among other complaints, colds, flu, sore throat, runny nose, cold sores, bronchiolitis, pneumonia, hand foot and mouth disease, and conjunctivitis. Gripp-Heel, a proprietary combination remedy demonstrated significant *in vitro* reductions of infectivity by 20% to 40% when tested against these viruses.

**2010:** Human rhinovirus B serotype 14, influenza A virus, H1N1 virus, herpes simplex virus 1, vesicular stomatitis virus, respiratory syncytial virus, parainfluenza type 3, and adenovirus cause, among other complaints, flu, colds, sore throat, swollen glands, oral vesicles, runny nose, cold sores, bronchiolitis, pneumonia, hand foot and mouth disease, and conjunctivitis. Proprietary products Engystol and Gripp-Heel displayed *in vitro* prophylactic effects when tested against these viruses.

**2011:** Nosodes (remedies prepared from a disease component) or placebo was given for 30 days to 450 children in Brazil to test their effectiveness in preventing flu and acute respiratory infections. Over the next 12 months the incidence of diagnosed acute respiratory infection or flu was 3 times higher in the placebo group than those given the prophylactics. The researchers commented that the low cost of treatment and the absence of adverse effects made these nosodes a useful therapeutic option for the Brazilian Public Health Service.

#### **Methods of finding the prophylactic medicine**

There are three methods of Homoeoprophylaxis.

1. By administering potentised homoeopathic preparation of the causative agent in the community.
2. By Finding a Genus Epidemicus.

In known diseases: If the symptomatology of the disease is known - by using a medicine which covers the generic totality of the disease. ie, a medicine which is proved to be capable of producing the symptomatology of the disease under consideration, in healthy individuals.

In new diseases: By studying the symptomatology of as many individuals affected with the disease to construct a picture of the disease and achieving prevention by using a medicine which is capable of producing the similar disease

picture in healthy individuals.

By using the Constitutional medicine.

In COVID-19, as the generic symptomatology is known from the studies in China and other countries, a preventive medicine could be selected on the basis of those symptoms.

**Symptomatic treatment by homeopathy**

**Life Span of the SARS-CoV-2 on Surfaces**

A new study published in the New England Journal of Medicine found that the virus remains for several hours to days on surfaces and in aerosols.

Surface	Life span covid-19 virus
Air	3 hrs
Copper	4 hrs
Curd board	24 hrs
Stainless steel	2-3 days
Polypropylene plastic	3 days

**Incubation period**

Incubation period range from 2 to 14 days, most commonly around five days. It is said that it is contagious even during the incubation period.

**Symptoms of Covid-19 positive patients**

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19.

Box-1: COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:	Less common symptoms:	Serious symptoms:
Fever.	Aches and pains.	Difficulty breathing or shortness of breath
Dry cough.	Sore throat.	Chest pain or pressure.
Tiredness.	Diarrhea.	Loss of speech or movement.
	Conjunctivitis	
	Headache	
	Loss of taste or smell	
	A rash on skin, or discoloration of fingers or toes.	

We conduct the symptomatic treatment using homeopathic medicine above the symptoms of COVID-19 affects

different people in different ways (Box-1) by repertorization.

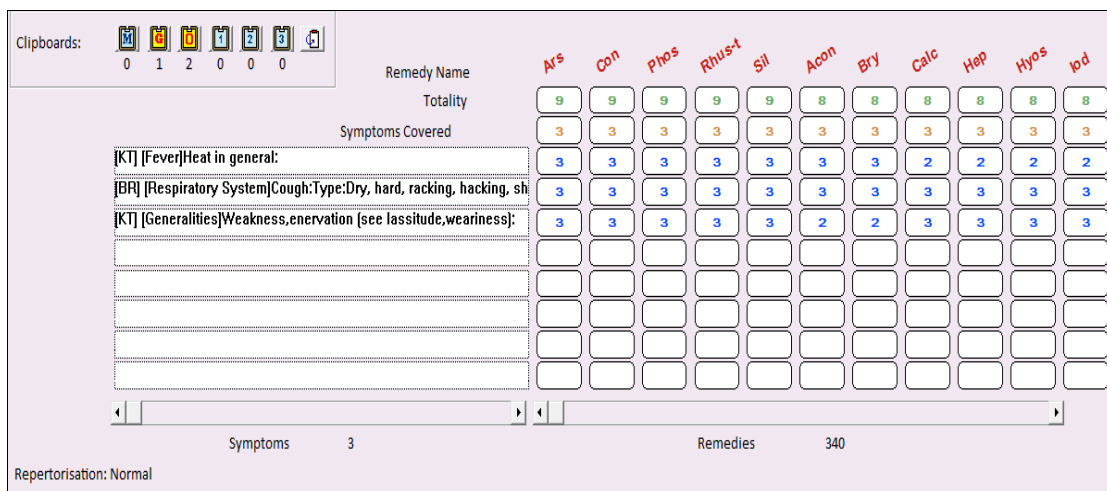


Fig 1: Repertorization for most common symptoms of COVID-19 by Edu Homeopathy.

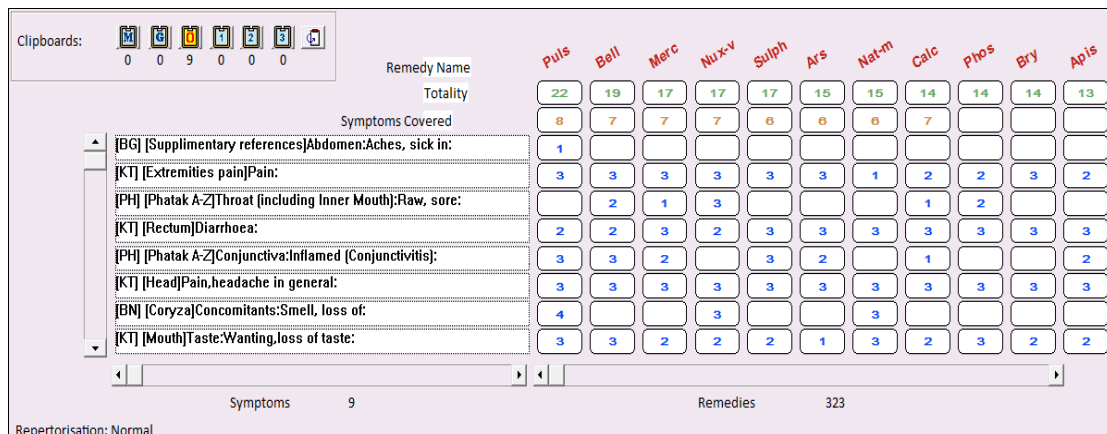


Fig 2: Repertorization for less common symptoms of COVID-19 by Edu Homeopathy.

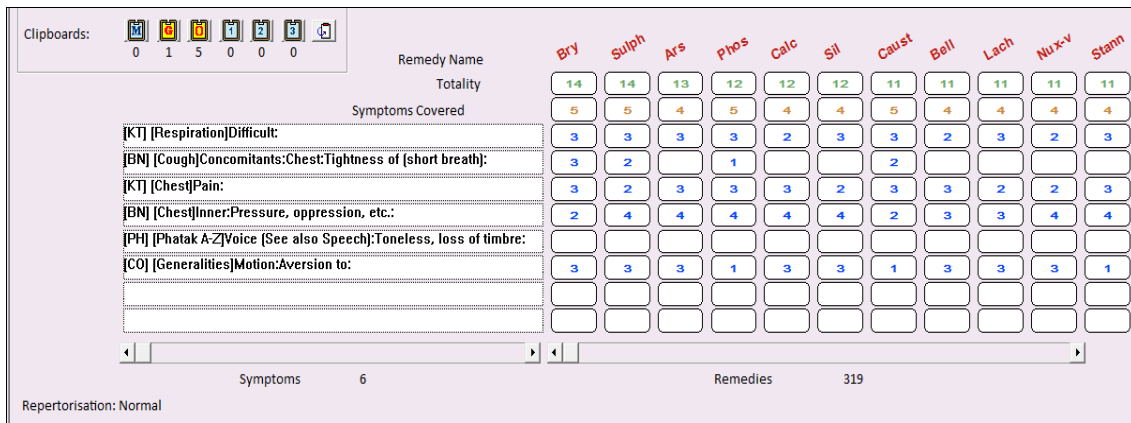


Fig 3: Repertorization for Serious symptoms of COVID-19 by Edu Homeopathy.

**Box-2: Symptoms in Different Stages**

Stage	1 <sup>st</sup> Stage (Day 1 to 4)	2 <sup>nd</sup> Stage (Day 5 to 7)	3 <sup>rd</sup> Stage (Day 8-10)
Symptoms	Starts as throat pain, anosmia, anorexia, mild diarrhea or vomiting and then develops fever, fatigue, muscle pain and dry cough.	Patient may develop pneumonia like respiratory symptoms, especially if he has some underlying disease like diabetes, hypertension, obesity or any other systemic illness reducing immunity	Those with less immunity, passes to this stage and may develop acute severe respiratory syndrome and may need admission to ICU. On average, people who recover from the virus are discharged from the hospital after 2.5 weeks.
Hospitalization	No need	May need hospitalization or not.	Need hospitalization

**Summary**

The main purpose of this article is to accelerate by using homoeopathic medicine successfully to Covid-19 patients in the present situations of Bangladesh. And we also feel very strongly that now is probably the best time for all to take comfort and assurance regarding the fantastic, nontoxic, and inherently safe medicine of homeopathy. Homeopathic medicines have been effectively used with every symptom being manifest by the current disease making its rounds through the world today and these medicines have a successful track record of more than 200 years. We hope our suggestive treatment guideline for COVID-19; prevention for awareness, Homoeoprophylaxis and symptomatic treatment by homoeopathy can play a vital role in the world as well as Bangladesh, India Pakistan socio-health-economic perspective.

**Conclusion**

The therapeutic strategies to deal with the disease at the moment are only supportive and the main weapon used to fight against the disease is hygienic and other preventive measures aimed to reduce community transmission. With the use of Homoeopathic medicines, there is a scope for mass therapeutic prevention in the community and symptomatic management of affected individuals, which may serve as a very cost effective alternative way which can reduce mortality rate, can cut short hospital stay duration of patients and could even reduce the need of ICU support and ventilator support in the patients affected by the disease. This is an attempt to explain the possibilities of Homoeopathy, as a therapeutic system in the prevention and treatment of COVID-19. We do be assured that, first, what made homeopathic medicine so popular from its beginnings is the fact that these inherently safe medicines work with the body and its natural desire to be well. And, beyond this, what really helped homeopathic medicines to stand out is their effectiveness during times of epidemics/pandemics around the world as well as Bangladesh, India Pakistan.

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**Author contributions**

All authors have reviewed and approved the manuscript prior to submission, and this manuscript has not been submitted to any other journal for publication. N. A. R. conceptualized the need for study, contributed to data analysis, data interpretation, and drafting the manuscript for submission. R. A. R. also conceptualized the need for study. He edited and contributed to significant revisions of the manuscript as submitted. M. M.R. S. and A. K. A fully read the manuscript, provided significant edits, and provided new content based in their experience as homoeopathic individuals. N. A. R. and R. A. R. assisted in the design of COVID-19 friendly language and interpretation of the summary and conclusion. All authors read, critically revised and approved the final manuscript.

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**Supplemental material**

Supplemental material for this article is available online



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