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Homoeopathic perspective on Covid 19 pandemic

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Abstract

Coronavirus 2019- nCoV is a new form of virus which is responsible for covid 19 pandemic in recent days, mainly spreads as droplet infection from person to person through sneezing and coughing with close contact. The incubation period of novel corona virus is approximately from 2 to 14 days with appearance of symptoms after 11-12 days from day of exposure. The clinical features of covid 19 are cough, fever, difficulty in breathing, headache, haemoptysis, etc. Homoeopathy is a system of medicine which raises the immunity of a person and prevents from attack of covid 19. Regular washing hands, mouth and nostril covered with masks, social distance maintaining and maximum time home retaining are the most important measure to be taken to prevent from covid 19.

Keywords: Covid 19, Human corona virus, Homoeopathy

1. Introduction

A new variety of the coronavirus 2019- nCoV had been identified recently which produces both acute and severe respiratory syndrome in humans. This virus presents with fever, cough, and dyspnea named as Covid-19^[1, 2].

Covid 19 pandemic is the third serious outbreak by corona virus within past few years, after SARS- CoV in 2002-2003 and MERS -CoV in 2012.² WHO states that COVID-19 pandemic had infected around 4,312,716 patients and there is 2,90,945 deaths worldwide^[3, 4].

Corona viruses transmit to humans through various vectors. Severe acute respiratory syndrome-coronavirus (SARS-CoV) and the Middle East respiratory syndrome-coronavirus (MERS-CoV) are the two important viruses which will affect the humans through animals. MERS-CoV was found to be transmitted from Arabian camels to humans, whereas SARS-CoV was transmitted from civet cats to humans^[3].

Human corona virus was first identified in mid of 1960^[5]. In 2003, the virus affects by name SARS which started from China and had spread to the other parts of the world. At 'Wuhan' a city of 'China' it started as pandemic COVID-19 by December 2019^[5, 6]. It has been assumed that SARS-CoV-2 have to be originated from bats and first report of case was identified from Wuhan, Hubei Province in China, an animal-to-person spread from a live animal market. Then the virus spread outside Hubei, to the rest of the world via human transmission. For controlling this deadly disease knowledge about disease, method of spread and hygienic measures are to be thoroughly known by each and every human being essentially needed^[7]. The origin and development of covid -19 is listed in table 1.

Causative organism: Coronaviruses (family Coronaviridae, subfamily) one of the pathogenic organism of birds and mammals. These are positive-sense RNA viruses and are classified into: Alpha coronavirus, Beta coronavirus, Gamma coronavirus, and Delta coronavirus^[9]. Coronaviruses measures about 120 nm in diameter and it has a crown like or coronal, appearance virus due to Club-shaped glycoprotein spikes in the envelope. It has been found that coronavirus SARS-CoV-2 may be the cause of the COVID-19 pandemic^[10].

Method of spread: Mainly by droplet spread from persons who were on primary contact with infected persons or with live animal markets. It spread by sneezing and coughing with close contact without mask within 1 meter and also through fomites like example plastic, stainless steel, cardboard, etc. It is termed as respiratory droplets when droplet particles are between 5-10 µm in diameter and drop let nuclei when the diameter is below 5 µm^[5, 6, 7, 11].

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Table 1: Origin and development of COVID-19 [8].

1.	08.12.2020	In Wuhan, China – 1 st case had been identified
2.	31.12.2019	China, Reported to WHO
3.	12.01.2020	China submitted first full genome sequences to Gene Bank
4.	30.01.2020	WHO declared Public Health Emergency of International Concern (PHEIC)
5.	03.02.2020	WHO releases international community's Strategic Preparedness and Response Plan
6.	11.03.2020	Pandemic declared by WHO
7.	18.03.2020	WHO launched a clinical trial for COVID-19.

Types of transmission of coronavirus

A. Imported cases - when infection is imported into a country, which was not the source of the infection.

B. Locally transmission- when infection is locally transmitted in the country from one person to other within the country itself.

C. Community transmission - after the virus has infecting and circulating in the community. Lock down needs in this stage.

D. Epidemic When the infection becomes more endemic [5].

Incubation Period: The incubation period of Novel Corona Virus ranges from 2 to 14 days after exposure, and the appearance of symptoms will be within 11 – 12 days of exposure with Median incubation period of 5.8 days [5, 6].

Types of Corona Viruses:

Totally there are 7 types of corona viruses:

- a) 4 common human corona viruses (H CoV-229 E, H CoV-NL63, HCoV-OC43, HCoV-HKU1)
- b) 3 are other human corona viruses - MERS – CoV (transmitted from dromedary camels to the humans), SARS – CoV (transmitted from civet cats to the humans) and SARS – CoV-2 or 2019-nCoV (Novel Corona virus) [5, 6].

Clinical Features: Noval Corona virus infection may be presenting with features like fever, cough, expectoration, difficulty of breathing, nose irritation and congestion, sore throat, hemoptysis, tiredness, headache, diarrhea, etc. In severe cases there will be severe respiratory distress, acute renal failure, multiple organ failure and death also can occur [2, 5, 8, 12].

Elderly persons and patients with diabetes, hypertension and cardiac diseases are easily susceptible for early development of disease [8].

3 phases of clinical features are there according to severity:

- 1. A mild phase with upper respiratory symptoms

- 2. Non-severe pneumonia
- 3. Severe pneumonia complicated by acute respiratory distress syndrome (ARDS) [2].

Investigations

CT scan of Lungs shows bilateral pulmonary infiltrates and opacities.

Blood shows lymphocytopenia and leucopenia.

Procalcitonin (PCT) test can be used to diagnose Covid 19. Increased positive cases in PCT test are now found in Covid patients, as the test identifies the underlying bacterial infection associated with Covid [5].

Management

As such no treatment has been identified rather than controlling the infection and symptomatic relief. These includes medications to treat symptoms like pain, fatigue, fever and respiratory symptoms [13].

Plasma therapy: It is one of the adjuvant therapies for covid patients. This procedure is done by transfusing certain components from blood from patients who were recovered from corona virus to the highly infected and extreme sick patients who were infected by corona virus. This develops antibodies against the COVID 19 virus [14].

Homoeopathic approach:

Homoeopathy is a scientific system of medicine which is based on principle of “Similia Similibus Curenter” means “Like cures like”. By homoeopathic treatment it is possible to create a barrier against COVID-19 among people by producing immunity against it. The patient is treated based on individuality with holistic approach. Patients signs and symptoms are considered as main guidelines for prescriptions known as totality of the patient. Remedies are prescribed with high diluted product based on indicated picture of the patient [2].

Depending on the pathological stages, the presentation of the disease changes may be divided into early, late and final stages. The important remedies useful in treatment of covid 19 based on the stages are listed in table 2.

Table 2: Homoeopathic Remedies useful in Covid-19 [2].

Stage of Covid 19	Indicated Remedies
Early stage	Aconitum napellus, Arsenicum Album, Eupatorium perfoliatum, Gelsemium, Ipecacuana,
Later stage	Bryonia, Phosphorus
Final stage	Antimonium Tartaricum, Baptisia, Camphor Officinalis

Prevention of Covid 19

The following steps to be taken to prevent infection from others:

- 1. Washing hands regularly with disinfectants
- 2. Covering mouth and nose with suitable masks
- 3. Maintain social and physical distancing
- 4. Retain ourselves maximum in home unless emergency need. [5]

Conclusion

Today it is more essential that safer treatment strategies and methods are needed by the public in controlling and treating this hydra headed covid19 pandemic. Homoeopathy is the one system which occupies the best position to fulfill the above criteria. More epidemiological research studies in homoeopathy on covid19 pandemic by using high ultra-dilution remedies on the population and education about the disease among the public will solve this problem among the whole community.

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