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A case of COVID-19 mild pneumonia treated by homoeopathy

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Abstract

The global public health emergency of COVID-19 pandemic disease is caused by SARS-CoV-2. The main pathogenesis of SARS-CoV-2 as a respiratory system targeting virus is severe pneumonia, RN Aemia and acute cardiac injury. Homoeopathy medicine works in many respiratory conditions including pneumonia caused by SARS-CoV-2. A 31yrs old male contacted through phone on 20/7/20 complained of fever with chills, headache and body pains since last night. On enquiry he said, his residential area has positive COVID-19 cases. I prescribed *Bryonia alba* 200C/5 pills/4 doses per day for 2 days. Fever reduced by 21/7/19. On 22/7/20, he underwent RT-PCR test, resulted positive. Under home isolation he continued Homoeopathy treatment and improved. On 4/8/19 he was retested, RT-PCR resulted negative for COVID-19.

Keywords: COVID-19, Mild pneumonia, homoeopathy

1. Introduction

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A novel corona virus (COVID-19) was identified in 2019 in Wuhan, China, which has not been previously identified in humans.

Clinical syndromes associated with SARS-Cov-2 infection are classified as Uncomplicated Illness, Mild Pneumonia, Severe Pneumonia, Acute Respiratory Distress Syndrome, Sepsis and Septic Shock. The Chinese CDC report divided the clinical manifestation of disease with a spectrum of illness severity as Mild disease, severe disease, Critical disease^[1].

Patients with mild symptoms and without underlying chronic conditions such as lung or heart disease, renal failure, or immune compromising conditions that place him/her at increased risk of developing complications may be cared for in home environment. This decision requires careful clinical judgment and should be informed by assessing the safety of the patient's home environment^[2].

2. Patient Information: A 31yrs old male contacted through phone on 20/7/20 complained of fever with chills, frontal headache and body pains since last night 11pm. On enquiry he said, his residential area has positive COVID-19 cases.

3. Clinical Findings: Since the patient is at a distant place and made consultation through phone call, clinical findings could not be assessed.

4. Diagnostic Assessment: He underwent test for 2019-nCoV RNA Qualitative by RT-PCR on 22/7/20, result received on 23/7/20. It shows Detection of COVID-19 RNA Qualitative, COVID-19 N Gene, COVID-19 E Gene and COVID-19 RDRP Gene. Hence, the specimen is Positive for COVID-19 RNA.

5. Time Line & Therapeutic Intervention: I Prescribed *Bryonia alba* 200C/5 pills/4 doses per day, basing on the reportorial result considering the following rubrics in repertory of Schroyens F, Synthesis 9.0.

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Table 1: Rubrics selected

1	Fever-Chills, with
2	Fever-Night-midnight before
3	Head-Pain-forehead-in
4	Generals-Pain-Muscles
5	Stomach- Thirstless

6. Follow-Up and Outcomes: Under home isolation he continued Homoeopathy treatment as shown in the table 2.

Table 2: Follow-up of the case

S. No	Date of Follow-up	Symptoms	Medicine prescribed
1	21/7/20	Fever with chills reduced, headache and body pains slightly reduced	<i>Bryonia alba</i> 200C/5 pills/4 doses per day
2	22/7/20	No fever, headache and body pains reduced	<i>Bryonia alba</i> 200C/5 pills/4 doses per day
3	23/7/20	No fever, headache and body pains, Complained of slight weakness.	<i>Bryonia alba</i> 200C/5 pills/4 doses per day
4	24/7/20	No fever, headache and body pains, slight weakness persisting, complained of cold and dry cough.	<i>Bryonia alba</i> 200C/5 pills/4 doses per day
5	25/7/20	No fever, headache and body pains, slight weakness persisting, cold and dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/4 doses per day
6	26/7/20	No fever, headache and body pains, weakness reduced, cold and dry cough slightly persisting, complained of slight discomfort in chest.	<i>Bryonia alba</i> 200C/5 pills/4 doses per day
7	27/7/20	No fever, headache, body pains, cold and dry cough. Slight discomfort in chest persisting, complained of weakness moderately.	<i>Arsenicum album</i> 200C/5 pills/4 doses per day
8	28/7/20	No fever, headache and body pains, weakness reduced, cold, dry cough reduced, complained of discomfort in chest moderately persisting.	<i>Bryonia alba</i> 200C/5 pills/1dose every 1 hourly (6 doses advised per day)
9	29/7/20	No fever, headache and body pains, weakness reduced, cold reduced, discomfort in chest reduced moderately, dry cough present in the morning.	<i>Bryonia alba</i> 200C/5 pills/1dose every 3 hourly (5 doses advised per day)
10	30/7/20	No fever, headache and body pains, weakness reduced, cold reduced, discomfort in chest reduced, dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/1dose every 4 hourly (4 doses advised per day)
11	31/7/20	No fever, headache and body pains, weakness reduced, cold reduced, discomfort in chest occasionally present, dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/1dose every 4 hourly (4 doses advised per day)
12	1/8/20	No fever, headache and body pains, weakness reduced, cold reduced, discomfort in chest occasionally present, dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/1dose every 4 hourly (4 doses advised per day)
13	2/8/20	No fever, headache and body pains, weakness reduced, cold reduced, discomfort in chest occasionally present, dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/1dose every 4 hourly (4 doses advised per day)
14	3/8/20	No fever, headache and body pains, weakness reduced, cold reduced, discomfort in chest occasionally present, dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/1dose every 4 hourly (4 doses advised per day)
15	4/8/20	No fever, headache and body pains. Weakness reduced, cold reduced, discomfort in chest reduced, dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/1dose every 4 hourly (4 doses advised per day)
16	5/8/20	No fever, headache and body pains. Weakness reduced, cold reduced, discomfort in chest reduced, dry cough reduced.	<i>Bryonia alba</i> 200C/5 pills/1dose every 4 hourly (4 doses advised per day)

He was retested for 2019-nCoV RNA Qualitative by RT-PCR on 4/8/20, result received on 5/8/20. It shows No Detection of COVID-19 RNA Qualitative, COVID-19 N Gene, COVID-19 E Gene and COVID-19 RDRP Gene. The specimen is Negative for COVID-19 RNA.

7. Discussion

The clinical picture of viral pneumonia differs from that of the bacterial pneumonia in which, fever and toxemia usually precede respiratory symptom by several days. Severe headache, malaise and anorexia are the characteristic features in the early stages^[3]. A few days later appears dry, hacking, non-productive cough with retrosternal burning due to tracheitis and bronchitis. Chest radiography may show patchy or diffuse consolidation^[4]. Thus, the above case, clinically diagnosed as COVID-19 Mild Pneumonia, was successfully treated with Homeopathy medicine alone under home isolation according to the guidelines with support of digital pulse oxy meter for monitoring SpO₂. Vit. B complex and vit. C supplement were advised along with nutritious diet daily.

8. Conclusion

The treatment in Homoeopathy doesn't depend on

nosological terms, but upon pathogenesis and clinical presentation of disease in every particular patient in an individualized manner. Homoeopathy system with the vast literature in Materia Medica provides medicines with the similar picture of pneumonia, which act curatively in the condition of pneumonia. We don't need to panic about developing a new medicine, with the emergence of every new disease. Basing on the Homeopathic law of similars, upon accurate observation, we can easily find a remedy that suits the clinical presentation of every disease including COVID-19.

9. Patient Perspective: Patient felt better with homoeopathy treatment, noticed symptomatic relief and general improvement every following day. He felt assured with Tele medicine consultation and support, as and when required. He felt very much happy when his RT-PCR retest resulted negative for COVID-19. He further suggested, Homoeopathy as a better mode of treatment for COVID-19 positive patients under home isolation through Telemedicine service.

10. Informed Consent: Yes, Informed consent was obtained from the patient.



REPORT

PATIENT NAME		PIN No.	PIN23072028313
AGE	31Years	TIN No.	TIN23072044174
SEX	MALE	COLLECTION DATE, TIME	22 Jul 2020, 13:00
REF. DOCTOR	Dr.NARESH	RECEIVING DATE, TIME	22 Jul 2020, 15:00
LOCATION	HYDERABAD	REPORTING DATE, TIME	23 Jul 2020, 12:39
CLIENT	SRI SWASTIK HOSPITAL	SAMPLE TYPE	ORO & NASOPHARYNGEAL SWAB

LABORATORY MEDICINE – MOLECULAR VIROLOGY
2019-nCoV RNA QUALITATIVE by Real Time PCR

TEST DESCRIPTION	STATUS	REFERENCE
COVID -19 (2019 – nCoV) RNA QUALITATIVE (RGQ real time PCR using Taqman Chemistry)	DETECTED	DETECTED NOT DETECTED
COVID -19 (2019 – nCoV) N Gene	DETECTED	
COVID -19 (2019 – nCoV) E Gene	DETECTED	
COVID -19 (2019 – nCoV) RdRP Gene	DETECTED	
NON TEMPLATE CONTROL (NTC)	NOT DETECTED	
INTERNAL CONTROL (IC)	DETECTED	
POSITIVE CONTROL (PC)	DETECTED	

COMMENTS: The specimen is **DETECTED** for **COVID -19 (2019 – nCoV) RNA**

BACKGROUND:

COVID-19 is a novel coronavirus belongs to genera Betacoronavirus. COVID-19 is containing single-stranded (positive-sense) RNA associated with a nucleoprotein within a capsid comprised of matrix protein. A typical CoV contains at least six ORFs in its genome. All the structural and accessory proteins are translated from the snRNAs of CoVs. Four main structural proteins are encoded by ORFs 10, 11 on the one-third of the genome near the 3'-terminus.

RT – PCR (Quantitative):

Real time PCR is a sensitive, accurate and efficient method for detection of **COVID -19** RNA from naso/oro pharyngeal swabs or body fluids. In the present assay three gene markers namely E, N and RdRP are amplified using primers and probe based on **Taqman Chemistry**. The sample is co amplified with an internal control (IC)

NOTE:

- ICMR Regd. No. for COVID - 19 testing : **BIOGNOSYS TECHNOLOGIES INDIA PVT LTD, HYDERABD – BTPLH001**
- Test conducted on Nasopharyngeal & Oropharyngeal Swabs.
- Testing for SARS-CoV-2 was performed on a commercial ICMR approved RT-PCR kit/US FDA EUA/CE IVD approved kits.
- Negative result does not rule out the possibility of Covid-19 infection. Presence of inhibitors, mutations & insufficient RNA specific to SARS-CoV-2 can influence the test result. Kindly correlate the results with clinical findings. A negative result in a single upper respiratory tract sample does not rule out SARS-CoV-2 infection. Hence in such cases a repeat sample should be sent. Lower respiratory tract samples like Sputum, BAL, ET aspirate are appropriate samples especially in severe and progressive lung disease
- Kindly consult referring Physician / Authorized hospitals for appropriate follow up
- As per ICMR guidelines, the contact and test details of all patients undergoing COVID-19 testing need to be uploaded on the ICMR reporting portal and the same will be accessed by stakeholders including IDSP, MoHFW for timely initiation of contact tracing and appropriate control measures.

END OF THE REPORT

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Dr. V. V. RAMACHANDRA RAO

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REPORT

PATIENT NAME	[REDACTED]	PIN No.	PIN05082030138
AGE	31Years	TIN No.	TIN05082046470
SEX	MALE	COLLECTION DATE, TIME	04 Aug 2020, 15:00
REF. DOCTOR	Dr.NARESH	RECEIVING DATE, TIME	04 Aug 2020, 18:30
LOCATION	HYDERABAD	REPORTING DATE, TIME	05 Aug 2020, 17:03
CLIENT	SRI SWASTIK HOSPITAL	SAMPLE TYPE	ORO & NASOPHARYNGEAL SWAB

LABORATORY MEDICINE – MOLECULAR VIROLOGY
2019-nCoV RNA QUALITATIVE by Real Time PCR

TEST DESCRIPTION	STATUS	REFERENCE
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COVID -19 (2019 – nCoV) N Gene	NOT DETECTED	
COVID -19 (2019 – nCoV) E Gene	NOT DETECTED	
COVID -19 (2019 – nCoV) RdRP Gene	NOT DETECTED	
NON TEMPLATE CONTROL (NTC)	NOT DETECTED	
INTERNAL CONTROL (IC)	DETECTED	
POSITIVE CONTROL (PC)	DETECTED	

COMMENTS: The specimen is **NEGATIVE** for COVID -19 (2019 – nCoV) RNA

BACKGROUND:

COVID-19 is a novel coronavirus belongs to genera Betacoronavirus. COVID-19 is containing single-stranded (positive-sense) RNA associated with a nucleoprotein within a capsid comprised of matrix protein. A typical CoV contains at least six ORFs in its genome. All the structural and accessory proteins are translated from the snRNAs of CoVs. Four main structural proteins are encoded by ORFs 10, 11 on the one-third of the genome near the 3'-terminus.

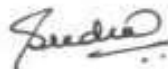
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11. References

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