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Dr. Najima Parveen

Assistant Professor,
Rajasthan Vidyapeeth
Homoeopathic Medical College
& Hospital, Dabok, Udaipur,
Rajasthan, India

Dr. Babita Rasheed

Professor, Rajasthan
Vidyapeeth Homoeopathic
Medical College & Hospital,
Dabok, Udaipur, Rajasthan,
India

Dr. Naveen Kr Vishnoi

Reader, Rajasthan Vidyapeeth
Homoeopathic Medical College
& Hospital, Dabok, Udaipur,
Rajasthan, India

Dr. Ajitha Rani

Reader, Rajasthan Vidyapeeth
Homoeopathic Medical College
& Hospital, Dabok, Udaipur,
Rajasthan, India

Dr. Abhishek Bharadwaj

Associate Professor,
Rajasthan Vidyapeeth
Homoeopathic Medical College
& Hospital, Dabok, Udaipur,
Rajasthan, India

Dr. Pallavi Singh

Assistant Professor,
Rajasthan Vidyapeeth
Homoeopathic Medical College
& Hospital, Dabok, Udaipur,
Rajasthan, India

Corresponding Author:

Dr. Najima Parveen

Assistant Professor,
Rajasthan Vidyapeeth
Homoeopathic Medical College
& Hospital, Dabok, Udaipur,
Rajasthan, India

Homoeopathic approach in COVID-19 pandemic condition: A review

**Dr. Najima Parveen, Dr. Babita Rasheed, Dr. Naveen Kr Vishnoi,
Dr. Ajitha Rani, Dr. Abhishek Bharadwaj and Dr. Pallavi Singh**

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Abstract

In this review paper we discussed analysed the present case of epidemics or pandemics. In Homoeopathy as an adjuvant to the standard of care should be evaluated for the management of COVID-19. The Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH) have suggested the use of Arsenicum album - 30 for its possible role in preventing COVID-19 infection.

Keywords: Covid-19, vaccines, SARS-CoV-2

Introduction

COVID- 19, the recent virus outbreak declared as Pandemic by WHO ^[1] threatened the world by its fast-spreading nature and created an alarming situation worldwide. However, the implementation of prophylactic strategies such as promoting hygiene, social distancing, and global lockdown, the spread of disease remains a challenge. The healthcare system around the world has been posed with an unprecedented challenge by this pandemic. In the wake of the COVID-19 outbreak, entire humanity across the globe are suffering. Enhancing the body's natural defence system (immunity) plays a vital role in maintaining optimum health. In this Pandemic Situation, first approach is to follow preventive measures and educate people about general measures and to provide such interventions which will keep their immunity enhanced. Homeopathy therefore recommends issuing of public notice for Genus epidemics identified by the designated experts for immunity enhancement and practitioners may suggest the same to the people and as per the Advisory issued by Ministry of AYUSH ^[3]. Second approach is to provide homoeopathic symptomatic mitigation to affected persons. Homoeopathic medicines are also useful in the treatment of communicable diseases like Influenza like Illness ^[5, 6], dengue ^[7], acute encephalitis syndrome ^[8].

About coronaviruses

Previous outbreaks of corona viruses (CoVs) include severe acute respiratory syndrome (SARS)-CoV.

The beginning of symptoms is usually within 14 days (2-14 days) of exposure. At present, confirmation of cases of COVID-19 is based on real-time reverse transcriptase-polymerase chain reactions (RT-PCR) with confirmation by nucleic acid sequencing ^[9]. COVID-19 patients can discharge from the hospital if they show two negative PCR samples from the throat within 24 hrs ^[10].

Possible aspects of homoeopathic preventive measures and management for COVID-19

The COVID-19 infected cases are asymptomatic or symptomatic. The symptomatic cases are classified Mild, Moderate, Severe or critical according to the presentation ^[11-13].

Symptomatic management of home isolated asymptomatic & mild COVID-19 patients:-

Stage/condition	Clinical Presentation	Medicine	Dosage
Asymptomatic COVID-19 positive individuals Mild COVID 19 Positive	Fever, Headache, Malaise, Dry Cough, Sore throat, Nasal Congestion Myalgias Oxygen saturation levels above 94%	Arsenicum album 30C Indicated medicine as per totality of symptoms. Commonly indicated medicines according to results of clinical studies are; <i>Aconitum napellus</i> , <i>Arsenicum album</i> , <i>Belladonna</i> , <i>Bryonia alba</i> , <i>Eupatorium perfoliatum.</i> , <i>Ferrum phosphoricum</i> , <i>Gelsemium</i> , <i>Phosphorus</i> , <i>Rhus toxicodendron</i> , etc.	4 globules twice daily for seven days. The dose and repetition of the medicine to be determined by the treating physician as per homoeopathic principles.

Immediate contact of infected person ^[11-13]

Stage/condition	Clinical Presentation	Medicine	Dosage
Asymptomatic immediate contacts of infected persons	----	Arsenicum album 30C	4 globules once daily for seven days.

Conclusion

Today, it is imperative that ever-safe medicinal products such as homeopathic ultra - high diluted successes solutions are tested in this pandemic. With no established conventional specific treatment or vaccine available for COVID-19infection, experience-based homoeopathy medicine should be considered along with the multidisciplinary treatment approach. We may be capable of leading a life with a positive physical as well as mental health.

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