

Research Article

Covid-19 - prospectiveness of alternate system of medicine Homoeopathy – pre, post and during the contagion

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Abstract

In 2020, the world witnessed the most horrific sight in the form of the pandemic, Corona(Covid-19).After an interval, the second wave has been reported in March 2021.Even after continuous battling for over 1 year, the chance of defeating the pandemic is creating a wide commotion in the society and has been creating far-reaching health consequences.Homoeopathy, one of the systems of medical science that was ignored,and considered for curing diseases slowly, is getting all the limelight as many medicines from Homoeopathy, have proven to be capable of preventing and curing Covid-19 without lasting post-Covid syndromes and related health issues.This paper attempts to make a study on Covid-19, Homoeopathy, and its significant role in preventing and treating the pandemic, Covid-19.

Keywords: Covid-19, Quarantine, Lockdown, Homoeopathy, Immunity.

Introduction

Pandemics are not a new concern and concept to people. The civilization has perceived many pandemics irrespective of taking measures on hygiene, healthcare, etc. One of the main reasons for the spread of pandemics is man mingles with animals.The fabric of life on this earth necessitates such a union and co-existence with the plant kingdom and animal kingdom. The ancient man was a wanderer as well as forest dwellers, but when they settled in different places that resulted in the formation of several communities and colonies.

With the shifting focus from hunting to other practices like farming, milking, fishing,the man maintained a close communion with animals and birds.

The carriers of most of the pandemics are birds and animals. These diseases are called “Zoonotic diseases” which are caused by germs that spread between animals and people.Pandemics are mainly due to virus but one cannot dismiss the bacterial

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presence in these viral pandemics. Most often it is happening as a sporadic,spontaneous outbreak and leaves man in a difficult situation to find a time-bound,and effective risk-free and, easily acceptable preventive or controlling solution.

In the above context,no one should forget that Mother Nature has a mechanism to balance the situation when it is necessary.Here,the weaker section of mankind is most vulnerable to this pandemic; that means people with weakened immune systems, and who is undergoing treatment for chronic diseases like diabetics, hypertension, carcinogenic patients etc. It seems that nature is making Covid a weapon to balance the overgrowing population of mother earth. And to a certain extent, the survival of the fittest is being maintained by the nature. While addressing the Covid situation, mankind could not ponder in the terms of the above theory.The only thing runs through their mind is keeping the generation and people intact, secure and protected. This is the bond and approach of the human race.Moreover,the human race is considered as the protector of other species in this world as well. When there is an outbreak of pandemics human race is always acting as the protector or a saving instrument of the affected friendly and co-existing species, virus attacks on domesticating birds and animals for example foot and mouth disease etc.

In the context of the present widespread Covid scenario,the entire world is agape as to what caused the outbreak of this deadly virus and how to control this endemic. There is tittle-tattle that it is a manmade disaster. This pandemic cannot be ruled as a calamity to humanity. Man's interference in the field of creation and cloning of beings are wholly and solely recognized to be the business of the supernatural power "GOD". Even mutations are believed to be done by the hands of GOD as the situation necessitates. Mankind is supposed to have no business to interfere in this area as the spiritual teachings of different faiths. The spiritual teachings of various faiths reflect the belief that human beings do not have any role in this progression. At this juncture, mankind should contemplate that this is a punishment for the human race,or is it a corrective mechanism from the part of Almighty.

The dreaded Nipahvirus was discovered to be originated from Bats. Rat (Plague), Mosquito (Dengue), Civet (SARS), Bat (Ebola, Rabies) etc. are some familiar examples of viral carriers.When we look into history, we could explore the serious aftermaths of those disasters caused by pandemics. The standard of living usually doesn't allow people to compromise.But, the year 2020 saw how the world experienced a sudden pause in their luxurious living. The words 'lockdown' and 'quarantine' became typical and ordinary.

The word 'quarantine' originates from the Italian word 'Quarantena' that suggests 40 days.During quarantine,people are isolated to a particular place thatprohibits themfrom exposure to other people;so that the chance of spreading the disease can be controlled. The isolated people are given proper medical attention as well as requirements.After the required period of isolation, the person undergoes tests like RT-PCR, to know about his health status, whether he is affected or not;if the test result is negative, that person is free and can cancel the quarantine, if he is positive, the procedure of quarantine is repeated.

It was on Dec 31, 2019, the World Health Organization declared the detection and the outbreak of the coronavirus. And the 'WHO' had pronounced that the living conditions of the human race won't be as it was before and it will take an indefinite period and space to come back to

normalcy. Within a stipulated time, a good number of people got infected by the virus. Irrespective of countries, the virus attained a maximum spread speed, making a count of more than 2 lakh patients. The death rates peaked, and India was not excluded from the outbreak. The immigrants, the natives, all were affected by the mass spread. In India, the first report of detecting Corona Virus was reported on January 30, 2020, in Kerala. It is the same day as WHO declaration a Global Health Emergency for the increasing outbreak and spreading of the Coronavirus.

On 11 February 2020, WHO announced the disease spread by Corona Virus as Covid-19. In March, the Indian government promulgated a curfew to avoid the mass spread of the disease. Public transportation facilities like bus, international flights as well as domestic flights, trains, etc. are instructed to cancel their services. The commuters are stopped to travel freely. And in the same month, the Prime Minister's proclamation of 'lockdown' for nearly 21 days, for the avoidance of community spread of the virus. The first wave of the Corona Virus is somewhat tolerable. It displayed wider ramification and symptoms, like pyrexia, sneeze, throat pain, short cough, loss of smell and taste, etc. The Corona Virus spreads through scleral parts. The most serious concern about this epidemic is that the RNA of the Virus undergoes periodic mutations that directly impact the prevention of the disease.

Even after one year, India is still tackling ways to defeat the epidemic. Thinking about this context, India is the second overpopulated country in the world. To take effective controlling measures is not that easy because of the status of overpopulation of the country. The virus is spreading seriously, and the vaccinations somehow guarantee life, but the aftermath of the current situation is a bit more obscure. The lockdowns are initiated by the government to secure the society from a communal spread, but even after all these initiatives; people still lack awareness about the depth of this situation. An inherent fear, misinformation, ignorance is still prevailing in our society. All these somehow contribute to the widespread of the virus. The afflicted ones are unknowingly transmitting the disease to others.

Covid-19: An Overview

Covid-19 is a serious easily spreading viral disease, sometimes leads to fatal, irrespective of age. Corona Virus belongs to Coronaviridae, highly homologous to SARS *Corona Virus 1*. The size of the virus is approximately 120 nm in diameter; it has four structural proteins responsible for post attachment and penetration, resulted in becoming Corona a 'pandemic'. Despite a low viral load, patients are highly infectious. The infectious condition can be divided into three stages: First stage - the acute inflammatory state that is mild temperature, sneezing, mild headache, mild body pain, etc., Second stage - a) mild pneumonia b) severe pneumonia and require oxygen support; and Third stage - acute respiratory distress syndrome (Hypoxia) needs ventilator support. The first stage doesn't require hospitalization or any deep antibiotics. But the advanced stages of the disease require antibiotic supportive treatment as well as oxygen support to save vital organs.

In the second stage of Covid-19 massive inflammation of whole alveoli occurs so it disturbs the oxygen supply to the lungs that cause severe respiratory arrest that leads to the coagulation of blood in major and minor blood vessels. Thus, generalized sepsis develops (all vital dysfunction).

The lack of blood supply to the brain leads to sudden confusion of mind and cyanotic symptoms. If proper help is provided in the first stage itself, the patient can be protected from fatal conditions.

The infection can be ruled out using laboratory investigations like, complete blood count (CBC) and C- Reactive Protein (CRP) levels. The particular test of Covid-19 is RT-PCR (Reverse Transcription Polymerase Chain Reaction). Some people are diseased by the virus, but they don't show any symptoms. The level of Immunoglobulin G and Immunoglobulin M in the blood usually helps for the detection of post infected condition of a person.

After thorough inspections, many virologists have discovered Variants of Corona Virus such as B.1.1.7, B.1.351, Brazilian variant P1, Brazilian variant P2, Cluster 5 and B.1.617 from different parts of the world. These variants are a real concern for the medical field as well as the common public, as they can cause multiple complications in the infected person. Variants of Corona - B.1.1.7, B.1.351 and B.1.617 have been reported in India, and it could be the real cause of the second wave of the pandemic. The most serious concern about these variants is that they have the ability and capability to undergo multiple mutations; it could even negatively affect the accuracy of the diagnosis of the virus.

Black fungus or Mucormycosis is a serious Post- Covid complication. Other complications are extreme weakness, sleeplessness, pedal swelling, impaired memory, depression, arthralgia, impaired hearing, and post-covid cough.

Homoeopathy: The Healing Art

It is a specialized system of treatment according to the principle 'Similia Similibus Curenter' that is the medicines that are prescribed for a particular disease have the power of producing similar symptoms in healthy people. This system of medicine has a wide application in the plant and animal kingdom as well. Its approach in treating patients is multifaceted, which means each medicine has a simultaneous effect on the mind of the patient as well. The master of Homoeopathy, Dr. Christian Friedrich Samuel Hahnemann was a German Allopath, who had to sacrifice his native land as he deviated from the conventional mode of Allopathic treatment. Thoughts like the workings of different drugs on people, the very notion of cure, the effects of drugs in curing diseases, the causes of chronic diseases, etc. triggered him, and the result was the invention of a new field of medical science called Homoeopathy.

Dr. Hahnemann is well-known for the discovery of three ideas: the idea of 'Vital Dynamis', 'Conceptual Force', and 'Medicinal Force'. Homoeopathy relies basically on these truths. 'Homoeos' means similar and 'pathos' means study. He intended to provide a system of medicine free from side effects. In this attempt, he has successfully proved that he had provided a system of medicine that has a simultaneous influence on the body, mind and medical hereditary of a person.

In simple words, the 'Vital Dynamis' can be related to the idea of Immunity Mechanism or Resistance of the human body. Immunity refers to the way a human body reacts to foreign bodies or substances by producing different chemicals (antibodies) thereby, defeating the growth of the

alien body. A homoeopath treats according to the constitution of the patient, based on the idea of Immunity. The idea of constitution refers to the body buildup of a person and it is different in each person.

The constitution is mainly divided into two types: Dynamic Constitution and Adynamic Constitution. The Dynamic Constitution means curable patients, as they have good immunity mechanism and, in such people, the Homoeopaths usually prescribe medicines with low potency at shorter intervals to produce similar antigens to trigger the patient's ability of immunity. In this way, the patient's diseases are cured. While the Adynamic Constitution refers to patients who react poorly to medicines and they have poor immunity mechanism. They might be suffering from some fatal as well as chronic ailments and in this case, the Homoeopaths prescribe medicines with high potency in long intervals.

The idea of 'Conceptual Force' is vital as it means how some patients are vulnerable to infections as well as to drugs. Some people are susceptible to disease-causing infections while some are not. Similarly, some people are susceptible to drugs while some are not. The Homeopaths prescribes medicines that create susceptibility in the in taker. But the only condition is that the indications of the person should respond to the medicinal signs itself.

The idea of 'Medicinal Force' refers to the idea that substances that have no medicinal properties acquire medicinal virtues when they are provided in potentised form. The potentised form easily helps the reactive mechanism of the person who intakes the medicine.

The origin of diseases in a healthy human is mainly due to certain situations and Dr. Samuel Hahnemann called the situations 'Miasm'. He mainly divided Miasm into three: Psora, Sycotic and Syphilitic. Diseases like pandemics can be categorized at first under Psora, and the advanced stage of the disease leads to Sycotic tendency, and finally, it ends in Syphilitic, and this result in cell destruction as well as the death of the patients. In the Psoric stage, the patients are highly susceptible to infections.

There are several benefits for relying on Homoeopathy. Unlike other medicines, Homoeopathy medicines don't create new ailments while curing the disease. The unique feature of Homoeopathy is that treatment is based on the symptoms of the disease on patients, and thus even doubtful and unknown diseases can be treated efficiently. It approaches the treatment on an individual basis, generality has very little place in this system. Each patient is viewed as a different person and treatment is given accordingly. The use of potentised drugs triggers the immunity of the sick person, and it enables the cure inherently without complications. The Homoeopaths doesn't usually entertain surgeries as they focus completely on medicines for treating a disease. But before considering Homoeopathic treatment, one should understand that homoeopathic medicines heal diseases permanently, but it takes some time for the patient's body to react, so patience and cooperation towards the physician are necessary. Homoeopathy also gives importance to the mind and psychology of the patients.

Relevance of Homeopathy in Covid-19 treatment and prophylaxes

Epidemics could be called acute diseases, as it shows its duration of illness. The causes of acute diseases are infectious and contagious minute creatures that are viruses. For curing acute diseases, Dr Hahnemann has described certain definite principles in the 5th and 6th edition of *Organon of Medicine*. According to Aphorism 72:

Concerning the first point, the following will serve as a general preliminary view. The disease to which man is liable are either rapid morbid processes of the abnormally deranged vital force, which tend to finish their course more or less quickly, but always in a moderate time – these are termed *acute* diseases; – or they are diseases of such a character that, with small, often imperceptible beginnings, dynamically derange the living organism, each in its own peculiar manner, and it gradually deviate from the healthy condition, in such a way that the automatic life energy, called vital force, whose office is to preserve the health, only opposes to them at the commencement, and during their progress imperfect, unsuitable, useless resistance, but is unable of itself to extinguish them, but must helplessly suffer (them to spread and) itself to be evermore, and more abnormally deranged, until at length the organism is destroyed; these are termed chronic diseases. They are caused by infection with a chronic miasm. (*Organon of Medicine*, 116-117).

In Aphorism 72, Hahnemann clearly explains acute diseases. He states how healthy people are affected by acute diseases, progression of under unsuitable resistance (immunity). Hahnemann called it as ‘vital force’. In Aphorism 9, Hahnemann describes the concept of vital force as:

In the healthy condition of man, the spiritual vital force (autocracy), the dynamics that animates the material body (organism), rules with unbounded sway, and retains all the parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher purpose of our existence. (*Organon of Medicine*, 58).

He considers vital force as the base of health and “without that the material body is incapable of feeling, function, or self-preservation” (*Organon of Medicine*, 58). The approach of homeopathy to diseases is symptomatic. The decision on administering medicine to patients is based on the totality of symptoms. The Homeopaths are treating the disease based on the symptomatology of the patient, and it possibly varies, even if the affected ones belong to the same family, and thus the prescription of the medicine might also diverge. The Homeopaths approach an unknown epidemic according to the principles of ‘genus epidemicus’. Aphorism 101 and 102 clearly describes this principle. Aphorism 101 states:

It may easily happen that in the first case of a disease that presents to the physician’s notice, he might not obtain a knowledge of its complete picture, as it is only by close observation of several cases of every such collective disease that he can become conversant, with the totality of its signs and symptoms. The carefully observing physician can, however, from the examination of even the first and second patients, often arrive so nearly at a knowledge of the true state as to have in his mind a characteristic portrait of it, and even to succeed in finding a suitable, homoeopathically adapted remedy for it. (*Organon of Medicine*, 137).

Aphorism 102 describes the selection of more characteristic and more significant symptoms as:

In the course of writing down the symptoms of several cases of this kind, the sketch of the disease picture becomes ever more and more complete, not more spun out and verbose, but more significant (more characteristic), and including more of the peculiarities of this collective disease; on the one hand, the general symptoms (e.g., loss of appetite, sleeplessness, etc.) become precisely defined as to their peculiarities; and on the other, the more marked and special symptoms which are peculiar to but few diseases and of rarer occurrence, at least in the same combination, become prominent and constitute what is characteristic of this malady. All those affected with the disease prevailing at a given time have certainly contracted it from the same source and hence are suffering from the same disease; but the whole extent of such an epidemic disease and the totality of its symptoms (the knowledge whereof, which is essential for enabling us to choose the most suitable homoeopathic remedy for this array of symptoms, is obtained by a complete survey of the morbid picture) cannot be learned from one single patient, but is only to be perfectly deduced (abstracted) and ascertained from the sufferings of several patients of different constitutions. (Organon of Medicine, 137-138).

According to this concept, physicians carefully observe several cases of the same disease and based on symptom similarity, they select apt medicines per this. In the case of Covid-19, thus homoeopathic medicine 'Arsenicum Album' became very popular and made a significant impact in prophylaxis.

The general symptoms of upper respiratory tract infection of Covid-19 correspond to the symptoms of Arsenicum Album such as rhinitis, headache, temperature, mild cough (primary stage) and fear of death. Lack of complete knowledge about the pandemic created anxieties as well fears about death in almost all Covid patients and the use of Arsenicum Album was successful. The next stage of the infection affects the lower respiratory tract and causes several problems like severe cough, broncho-pneumonia, breathing difficulty and hypoxia. In the hypoxia condition, 'Carbovegetabilis' – 1 m potency showed miraculous results in several patients.

The consumption of homoeopathic medications in the first stage of the disease effectively controls further symptoms and complications. In the treatment phase, medicines like Aconitum Napellus, Baptisia Tinctoria, Bryonia Alba, Eupatorium Perfoliatum, Gelsemium sempervirens, Rhus Toxicodendron, Eucalyptus globulus, Justicia adhatoda, Phosphorus, Antimonium Arsenicosum, Lobelia inflata, Senega Officinalis, Veratrum viride, etc. are very effective, if the symptoms correspond. Apart from these medicines, according to the symptoms, homoeopaths prescribe other medicines too.

Some medicines and their indications (used in treating Covid-19)

Aconitum Napellus: – Sudden onset of high fever, great fear and anxiety, rhinitis, mild cough, etc.

Baptisia Tinctoria: – High fever with gastric symptoms like nausea, vomiting, diarrhoea, body pain, the offensiveness of all discharges, etc.

Bryoniaalba: – Cough with chest pain (indication of pneumonia), body pain (more by motion but better by rest), dryness of mouth, bitter taste in the mouth, thirst for large quantities of cold water in long intervals, etc.

Eupatorium Perfoliatum: – Severe body pain with fever, insatiable thirst before during and after fever, etc.

Gelsemium sempervirens: – Shivering during fever, drowsy, lack of muscular coordination, thirstless and dull headache beginning in the cranium and spreads over the whole head then settles over the eyes, etc.

Rhus Toxicodendron: – dryness of tongue along with triangular red tip during fever, body pain mainly on joints but the pain feels better by continuous motion, restlessness is a characteristic feature of this drug. Fever resembles typhoid form.

Eucalyptus globules: –Main catarrhal remedy used as an expectorant. Mild body pain, in virtue of its anti-viral property it is said to be a preventive for influenza. This drug mainly affects the mucus membranes, etc.

Justicia adhatoda: –Hay fever, sneezing, dry spasmodic constricted cough, etc.

Phosphorus: –Cough, croup with lung disorders, pneumonia with sharp stitching pain in the chest, sensation as if a great weight in the chest or tightness across the chest, etc.

Antimonium Arsenicosum: –catarrhal pneumonia leads to emphysema, pleural effusion (pleura - covering of lung), etc.

Lobelia inflata: –bronchial asthma with hyperventilation, cough and croup, meningeal headache, dyspnea from constriction of chest worse in exertion, etc.

Senega Officinalis: –cough with catarrhal symptoms, the difficult raising of tough profuse mucus, throat inflammation with hoarseness, etc.

Veratrum viride: –Dyspnea, slow and heavy breathing as of a load on chest, pneumonia with faint feeling in the stomach and violent congestion, temperature chart will be in a zigzag manner. This medicine found to be effective in almost all stages of pneumonia.

Conclusion

The medical field stretches rank to Allopathy for the cure treatments while Ayurveda and Homeopathy as two procedures for prevention. It could be better if the medical field integrates all three choices and systems for treatments. The first and second stages are curable in Ayurveda and Homeopathy, and the third stage is severe while comparing the other two. By that, hospitals could reduce the rush and unnecessary problematic situations. It is time to move systematically. Pressurizing only one side could cause irregular stress to doctors. If these three could join hands, could bring numerous swaps in these havoeking circumstances. All three have effective

medicines to cure. Misconceptions and egotistic approaches leave a futile environment, and there is a lack of acceptance regarding this issue. Government should take proper action on this suggestion. It is affordable, and the availability of physicians is pretty high. It is safe and reportedly with no harsh side effects. The government could give extensive awareness to this matter, by that people would catch a clear idea. It would be healthier if the government could propose a wide-ranging scheme.

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