

**Homeopathy – Approach to Current
Coronavirus epidemic – possible cases**

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COVID-19 Test kits are extremely undersupplied



WHO – Symptoms of COVID-19

‘The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don’t develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention’.

Conventional Drugs for COVID-19 cases

None except for possibly:

Remdesivir found effective in the lab against the SARS-COV but before it could be developed the SARS epidemic had mitigated. It has been shown to work in the lab against the COVID-19 causing SARS-CoV-2 virus but the toxicity profile is not fully known. Cost could also be a prohibitive factor.

Other possible drugs that are being looked at anti-malarial **Hydroxychloroquine** and antibiotic

Azithromycin

Tamiflu is ineffective against COVID-19 as it binds to the active site on neuraminidase (Sialidase) in the flu virus thereby stopping it from breaking through the cell membrane so it can move on to other cells and replicate itself.

Hydroxychloroquine and azithromycin as a treatment of COVID-19: results of an open-label non-randomized clinical trial.

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Abstract

BACKGROUND: Chloroquine and hydroxychloroquine have been found to be efficient on SARS-CoV-2, and reported to be efficient in Chinese COV-19 patients. We evaluate the role of hydroxychloroquine on respiratory viral loads.

PATIENTS AND METHODS: French Confirmed COVID-19 patients were included in a single arm protocol from early March to March 16th, to receive 600mg of hydroxychloroquine daily and their viral load in nasopharyngeal swabs was tested daily in a hospital setting. Depending on their clinical presentation, azithromycin was added to the treatment. Untreated patients from another center and cases refusing the protocol were included as negative controls. Presence and absence of virus at Day6-post inclusion was considered the end point.

RESULTS: Six patients were asymptomatic, 22 had upper respiratory tract infection symptoms and eight had lower respiratory tract infection symptoms. Twenty cases were treated in this study and showed a significant reduction of the viral carriage at D6-post inclusion compared to controls, and much lower average carrying duration than reported of untreated patients in the literature. Azithromycin added to hydroxychloroquine was significantly more efficient for virus elimination.

CONCLUSION: Despite its small sample size our survey shows that hydroxychloroquine treatment is significantly associated with viral load reduction/disappearance in COVID-19 patients and its effect is reinforced by azithromycin.

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KEYWORDS: 2019-nCoV; COVID-19; SARS-CoV-2; azithromycin; clinical trial; hydroxychloroquine

Possible COVID-19 cases

Case I – Male, 37y of age :

Mar 18, 2020 (Wednesday) - Last week a co-worker returned from cruise sick when he started with fever on Friday, 103F on Saturday and 99F on Sunday. Fever spiked 102.5F, headaches, sinus and chest congestion, ear pain and blocked, plugged up. No fever anymore. Yellow phlegm – chest feels open again, sinuses start draining, coughing more. Ear pain mainly in the right ear. Night waking up – with cough.

Was on Gels and Bell. Suggest pause Gels and start Lycopodium 30C in water 4 times a day while continuing the Bell 6c every 30 -120 mins as needed. A good idea to give Variolinum 200C once at night for next 3-4 days and if the fever spikes, Pyrogenium 200C three doses 30 mins apart and for fever Tylenol is fine if needed. I assume it will be 3-4 days before he is somewhat out of it

Mar 23: My cough seems to be almost gone. I'm Still producing minor mucus. My ear is still plugged. And I have been resting. I have been taking the remedy 4 times a day.

Mar 24: No fever body aches or tiredness. My sleep has vastly improved over the past two nights.

Possible COVID-19 cases

Case II – Female, 80 y of age : **Mar 21** : My mom is sick. Don't know if she has the flu or coronavirus she's still waiting to be tested. Her symptoms are sore throat, dry cough, headache, body aches. There is no fever. Her doctor prescribed her Tamiflu. Would you recommend her take the Tamiflu? She's also taking occilococcinum. Suggest she starts Gelsemium (preferably in 200C or even 30C is fine) alternating with Lycopodium 30C 3-4 times a day in water or pills and report in 2-4 days.

Mar 23 : HI arup, just wanted to update u on my mom her cough is getting worse. Her head ache sore throat and body aches still the same. *Increase the Lyco in water to every 2 h and so also the Gels. And start Spongia pills 4 times a day especially when she feels the throat rawness and irritation. And use manuka honey twice daily and no eating or drinking after that for 15-20 mins*

Mar 24: She said she's better. The dizziness and leg pain still the same. she's eating fine

Mar 25: Leg pain is better though still there and the cough has mellowed down. Continues to improve

Mar 26: My mom is doing OK just the dizziness and cough at night and little during the day

Possible COVID-19 cases

Case III – Female, 35 y of age : **Mar 7**: I'm back in nyc and am feeling sick (body aches, low grade fever, tired, itchy throat/cough).

Gels 4 times a day and SPongia 30C or Rumex 30C 2-3 times a day and rest, rest, rest!!

Mar 14 : my symptoms have definitely progressed with headache, body pain, fever and colored mucus. I'm thinking it's just a bad cold? On Gels, Rumex, spong. Also lots of blowing the nose and spitting. so just Kali b 4x/day and not any of the others (gels, Rumex, spongia etc)

Mar 16: Hi Arup, feeling much better. No more discolored mucus, low grade fever, headache or body aches. Only a (very minor) dry cough, mostly in the evening. *Great!! Continue the Lyco 2-3 times a day for 10 days more*

March 22 : Hi Arup, feeling much better. No more discolored mucus, low grade fever, headache or body aches. Only a (very minor) dry cough, mostly in the evening.

Mar 23: Some of my symptoms came back (!) like low grade fever & body aches so not sure what I should do.

Continue Gels and Lyc

Mar 24: Yes, today was better. I woke up with a low grade fever but it disappeared within an hour or so. These symptoms are literally coming up and then going away! Yes, but I don't think I had corona? But I also didn't confirm

Mar 26: Thanks for checking in. I feel better today. I had a bit of a strep throat feeling when I swallowed yesterday but that symptom is totally gone as well.

Possible COVID-19 cases

Case IV – Female, 71 y of age with high afib and myxoma of left atrium septal wall and the flap closure repair –had heart surgery in 2011

Mar 11: I'd like to see you about my afib, current sinus irritation/intermittent sore throat, and immune support in the face of COVID-19.

Advised Aconite 30C, Variolinum 200C at bedtime and Gels if needed

Mar 16: I have 2 boiron aconitum 30c with expiration dates of Sept. 2014 and Jan. 2019. Will either of those work? Still getting intermittent sore throat. Been doing the gelsemium 200c 3x day since I saw you.

Mar 21: Very suddenly and unexpectedly, I had a bout of explosive diarrhea. That's very unusual for me. It's over now and I feel fine. However, I know it's a possible early COVID-19 sign. I've been taking aconitum 30c , two times a day and my sinuses and sore throat are much improved. Is there something else I should do/take? Should I isolate myself from my family? Wear my N95 mask and gloves, etc? My daughter has a sinus cold, sinus mucous and originally had a sore throat, but that's over now. Her friends at school had this last week and all recovered in a few days. She's better today. Any recommendations? *You are the most in risk in your family so you should take Lycopodium 30C 3-4 times a day and Variolinum 200C once at night and report in 3-4 days.*

Mar 23: Better. Yesterday I was fatigued and had some stomach cramping and nausea at mid day and a slight revisit of those symptoms in the early evening after eating plain yogurt but no diarrhea. Today I've felt fine and have been sipping on chicken bone broth but nothing else.

Should I continue the lycopodium and variolinum? My daughter is better as well. **March 25**: I've continued with the lycopodium and Variolinum and am feeling fine

Possible COVID-19 cases

Case V – Female, 37y of age : **Mar 16** : Good morning Dr. Arup. I had a 102 fever last night, horrible pounding headache, achy, weak and scratchy throat. *Gels 200C alternating with Belladonna 6 or 12C – later Belladonna was switched to Lycopodium 30c when the fever broke.*

Mar 21: Headache is finally gone. I have a question, if I became symptomatic 8 days ago, how long am I contagious? Should I continue to sleep in the spare bedroom? The congestion is better but still there, throat is better. I can't taste food

Mar 24: Hi Dr Arup, I have slept well the last 2 nights. Headache is gone. Still no sense of smell or taste. Throat is fine. Still tired but improved from before. I do have a strange congestion. I can breathe out of my nose. The congestion feels deeper. It's hard to explain.

Possible COVID-19 cases

Case VI – Female, 61y of age :

Feb 15 2020: Hi. So I have a strange thing going on in my left side lung?? At sleep I have a expiatory wheeze that is only on the left side. Not constant. Last night it developed into the need to cough, infrequently but it's a deep cough. Really hard to work it up. It's thick yellow sputum. The wheeze went away if I could cough deep enough. It woke me several times. I leave for Costa Rica on Thursday. Thanks so much.

Suggest start Hippozaenium 200C once at night for 3 nights in a row and then once every 3-5 nights as needed

Fine did visit Costa Rica and Florida!

Possible COVID-19 cases

Case VII – Female 63 y and Male, 26 y of age : **Mar 23**: Hi Arup, (My son) A's office has 1 confirmed case of covid19 and a few others, unconfirmed. He is sick with a sore throat, stuffiness and achiness, which came on more strongly, yesterday. He had been stuffy, with a mild sore throat for a couple days before that. I woke up this morning, with a stuffy nose and am feeling very tired.

Start Gelsemium 200C (30c will do too) 4 times a day and Lycopodium 30C 4 times a day and full rest

March 24 : His sore throat is much better, but he's still tired. He's 1 day ahead of me. I am really tired, my nose is runny and I have a dry cough.

March 25: My son is feeling much better, today, so he took a very short walk. When he was almost home, his heart was beating rapidly, which I thought was normal, since he's sick. Then, he thought maybe his pecs were spasming, but I think he was having palps. His heart felt normal, but above it, off a bit towards his left shoulder, I could feel the spasming. It reminded me of when heart goes wonky. He wasn't dizzy or short of breath.

Possible COVID-19 cases

Case VII (contd) – Female 63 y and Male, 26 y of age : **Mar 23**: Hi Arup, (My son)A's office has 1 confirmed case of covid19 and a few others, unconfirmed. He is sick with a sore throat, stuffiness and achiness, which came on more strongly, yesterday. He had been stuffy, with a mild sore throat for a couple days before that. I woke up this morning, with a stuffy nose and am feeling very tired.

Start Gelsemium 200C (30c will do too) 4 times a day and Lycopodium 30C 4 times a day and full rest

March 24 : I am really tired, my nose is runny and I have a dry cough.

March 25: I am still feeling so drained. My head is stuffy and nose runny. My mind keeps going, thinking about all I have to do, to keep my business going.

Mar 26: We are both starting to feel better, but still so tired. We both are a bit stuffed up, him, maybe more than me.

Possible COVID-19 cases

Case VIII – Female, 50y of age :

Mar 22 : Hello. Hope you are feeling well and are well stocked . I am having a sore throat . Back of my throat Dry, more pain to left side. Lyco 200C

Mar 24 : No fever , not tired. Much better

Possible COVID-19 cases

Case IX– Female, 62 y of age :

March 18: I've suddenly gotten sick and my lungs are hurting although I'm not coughing much yet.

May I speak briefly with you about this?

Phos 30C and Lycopodium 200C in water

One dose of each, with a nap in between and I am MUCH better already! Many thanks 😊

March 19: I'm much better mentally and emotionally but am starting to feel a bit in my lungs again.

Start Gels and alternate with Lyco in water

March 24: I feel ALMOST normal but now I am setting my phone to remind me to take the remedies!

I'm still a little congested and a little low energy. Is it possible that the Lycopodium 200c makes me more aches and irritated at night? Thought I noticed that when I've taken it for my GB

Mar 25: Feels stronger and better

Possible COVID-19 cases

Case X – Female, 29 y of age with known sensitivity, allergies and possible asthma (Case from India)

Mar 3 2020: Was having fever for last 8 days. Consulted Doctor (first day 102-103 next day 98-99, 3rd day once again 102-103). Tested for Dengue & Typhoid. she was very weak, even now she is not completely recovered from weakness. As per doctor her resistance power reduced. I was not able to contact you.

Start her on Gelsemium 200 drops twice daily and Senega 30 drops 4 times a day and keep handy Variolinum 200 and Hippozaenium 200. And use tissue salt combination BC16 4 times a day and report in 4-5 days.

Mar 18: 1. Able to wake up on time with no tiredness; 2. Fresh mind and no stress at all about work. 3. No headache 4. Feeling more active and strength even without workout. 5. Only somedays I will have runny nose only in morning, this has reduced a lot compared to before.

Pause the Gels and let her continue the Senega for 4-5 more days and continue the BC16 for 2-3 months. If the nasal discharge does not stop – pause Senega and start Lycopodium 30 liquid 2-3 times a day

Mar 25 – She is doing very well now. Since yesterday she has stopped Senega, taking only BC16

Possible COVID-19 cases

Case XI – Female, 50 y of age :

Mar 17: I have a cough. Mild so far but felt a little whesy last week. Cough seems more today and when I take a derp breath I hear some wheezing at the tail end. It is still very mild. Sneezing every now and again. Sinus pain is better but wasn't good yesterday. It's on and off. What should I do? What remedies should we have on hand in general?

Advised Lycopodium 30c in water

March 19: Ok I have been out of sorts just thinking about the potential of everything. Overthinking. I'm trying to stay away from the news.

March 21: Doing well. **March 24** : I am 85% sure I am sick. My cough has progressed over the last few days and is still mild and naggy, dry . But starting to feel burning. Still mild. No fever. Very mild sore throat. I have been taking lycopodium 4-6 x in water a day.

You can additionally do Spongia 30C as needed when the throat irritation is bothersome – also use Manuka or any raw honey twice daily and do not eat or drink for 10-15 mins afterwards. Rest and give it few days – you will recover – whether we like it or not – most of us will get the coronavirus and will survive fine.

Mar 26: Feels pretty good – no cough while sleeping but only while doing things – dry, hacking in paroxysm and makes her feel a bit wheezy but not really breathless

So what about other remedies?

Arsenicum album – severe chills, coldness with burning.

China off – quinine is derived from this and I have 1 person confirm that china 30C few doses took away the symptoms within 24h

Pulsatilla – where more discharge and when affecting the eyes and often there will be a pulsatill layer or constitution

Camphora – I doubt if homeopaths will see these cases in US needing intermittent use of Camphora as this is needed in sever cases with rapid collapse followed by death – such cases are likely to be in the hospital by the time they reach this state. There has been some reports of its use beneficially from Iran

Bryonia – Motions aggravates, want to be left alone is not as characteristic for COVID-19 though the dryness and cough is present.

Thus, the European Committee for Homeopathy defines genus epidemicus as the 'combined symptoms of a large group of people afflicted with a disease or epidemic, or a remedy that covers all the symptoms which that particular epidemic is capable of producing

To me the genus epidemicus is Lycopodium for the main symptomatology – it is also an excellent remedy supporting the lungs and its' inflammation. Gels is good for supporting in the initial lethargy state seen in many cases. And I suspect Senega 30C and Hippozaenium 200C will be of excellent support in severe cases needing hospitalization.