

HOMOEOPATHY AN ALTERNATIVE REMEDY FOR COVID-19**Uma Dwivedi***

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Corresponding Author*Dr. Uma Dwivedi**Prof. N. M. Institute of
Paramedical Sciences,
Chinhat, Lucknow.**ABSTRACT**

On 31 December 2019, the WHO China Country Office was informed of cases of pneumonia unknown etiology (unknown cause) detected in Wuhan City, Hubei Province of China, the coronavirus was identified, the causative agent behind the outbreak and was subsequently the World Health Organization announced an official name for the disease as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV".^[34,35] In last 20 years, it is third serious coronavirus outbreak, following SARS in 2002-2003 and MERS in 2012 and COVID-19 in 2019. In medical fraternity still no

effective therapeutic measures is available and many details of this virus still unknown. On the other hand homoeopathy has a vast clinical experience for the immune-boosting effect and prevention of viral infection and proven its mettle to control infectious epidemics with good results and recovery. It is a whole medical system practiced in many region of the world.^[17] The primary objective of this study to highlight the scope of homoeopathic medicines, an alternative therapeutic method to control the coronavirus pandemic (Covid-19).

KEYWORDS: Coronavirus-Covid-19, Infectious disease, Homoeopathy, Pneumonia & Genus Epidemicus.

INTRODUCTION

Covid-19 is the infectious disease caused by the coronavirus, SARS- CoV-2, which is respiratory pathogen. WHO first learned on this new virus from cases in Wuhan, People's Republic of China of China on 31.12.2019.^[32,35] On 7 January 2020, Chinese authorities confirmed identification of a novel coronavirus, named "2019-n Cov from the family of viruses that include SARS-CoV and MERS-CoV".^[34,35] The first case of Covid-19, outside China was reported in Thailand on 13, Jan 2020 and in Japan on 16 Jan 2020.^[1,35] On the 30th

January, WHO declared this Chinese outbreak of Covid-19 as a Public Health Emergency at international Concern (PHEIC), alarming about the high risk to countries with vulnerable health systems. At that time there were 98 cases and no deaths in 18 countries outside China. Four countries had evidence (8 cases) of human-to-human transmission outside China (Germany, Japan, the United States of America, and Viet Nam).^[28,34,35] On 13th March, 2020, WHO declared the COVID-19 as a pandemic.^[11,29,34] The Coronavirus is a family of viruses that has high transmissibility in acute respiratory syndromes and it has been found for the first time in human beings.^[32] The COVID-19 infection has emerged as a global health emergency spreading over 220 countries and territories around the world. As of 15 Nov 2020, over 53.7 million cases and 1.3 million deaths reported globally.^[33] The Symptoms of Covid - 19 are very much similar to other viral respiratory diseases. The Covid-19 infection causes, the main systemic and respiratory symptoms dependent the status of the patient's age and immune system.^[24-26] The most common symptoms of COVID-19 are fever, dry cough and fatigue. The other symptoms that are less common and may affect some patient includes: Loss of taste or smell, Nasal congestion, Conjunctivitis, Sore throat, Headache, Muscle or joint pain, Different types of skin rash, Nausea or vomiting, Diarrhea, Chills or dizziness, Irritability, Contusion, Reduced consciousness (sometimes associated with seizures), Anxiety, Depression, Sleep disorders, more severe and rare neurological complications such as strokes, brain inflammation, delirium and nerve damage. Some people become infected but only have Shortness of breath, Loss of appetite, Confusion, Persistent pain or pressure in the chest, High temperature (above 38 °C).^[32] The novelty of this Corona virus is its unpredictable strange behavior, in its early stages, the infection develops very slowly and behaves like the common viruses and when it finds a person with weak immune system, it proceeds severely fast and starts destroying the lungs, by creating pulmonary fibrosis.

RESULTS AND DISCUSSION

Homoeopathy/ Homeopathic remedies used in past

The human kind was perturbed in past also by epidemics, as it was plague in Europe, in the Middle Ages, smallpox, yellow fever in the Americas or the infamous worldwide H1N1 Spanish flu pandemic of 1918-1919 claimed around 50-100 million victims and many more.^[12] In addition, the epidemics of influenza, Swine flu, Zika encephalitis, Ebola, dengue, chikungunya are also effected humankind in recent time. One the other hand, Homoeopathy was established long before the beginning of modem vaccination and sanitation. In 1796, the German physician Samuel Hahnemann presented a paper entitled "A New Principle of

Healing," which he termed homoeopathy.^[20-21] The name of homoeopathy was derived from the Greek words "homoion pathos" meaning "similar disease." The name itself indicates that homoeopathy uses those substances to cure diseases that are able to produce similar symptoms in healthy persons when ingested by them".^[7-9] It has long history to control the infectious epidemics and is most famous alternative system of medicine. In homoeopathy, a patient receives medicine only after being individualized using full case analysis and this concept of individualization was first put forth by Samuel Hahnemann in the Organon of Medicine, Aphorism 241, as "Each single epidemic is of a peculiar, uniform character common to all the individuals attacked, and when this character is found in the totality of the symptoms common to all, it guides us to the discovery of homoeopathic (specific) remedy suitable for all the cases."^[4,10] If several patients have the same drug selected after analyzing, then the prescribed remedy may be used as the specific drug for that geographical area and will be called as Genus Epidemicus. This should be selected within a few days of pandemic infection. There is no guarantee that drugs used in previous epidemics, will help in the next outbreak, which Hahnemann mentioned in his article 'Observations on the Scarlet Fever'.^[15] The Homeopathic medicines have been successful in treating several epidemics, including typhoid, cholera, yellow fever, scarlet fever, smallpox, diphtheria, Spanish flu, meningitis, and polio, which made homoeopathy popular at the USA and Europe in the nineteenth century.^[19,23] Interestingly, Hahnemann found distinctiveness in various epidemic infections, he used the Belladonna drug to prevent the epidemic phase of Scarlet fever in Europe in 1799AD and he published this information in the form of a pamphlet in 1801AD.^[19] During Scarlet pandemic in Germany between 1800 AD and 1808AD, a homeopathic drug 'Aconite' proved to be specific.^[22] In 1813AD, Hahnemann was successful in treating typhoid pandemic using homeopathic drugs Bryonia alba, Hyoscyamus niger, or Rhus Toxicodendron.^[6] In 1831AD, Hahnemann explained the use of Cuprum metallicum, Camphor, and Veratrum album, as Genus Epidemicus in the prevention and treatment of Asiatic pandemics in the Germanic region.^[5] There is also anecdotal evidence about the effectiveness of homeopathic treatment during the -Spanish flu epidemic of 1918 to 1919. According to the historian Julian Winston, the death rates for patients treated with homoeopathy (Genus Epidemicus) were 1 to 2% compared with a 30 to 60% mortality for those treated by conventional physicians.^[2,27] In 1995, Cuba successfully controlled Kerato conjunctivitis, and in 2007, India controlled Chikungunya at Kerala.^[19] In Brazil, in May 2001, a single dose of the homeopathic remedy Eupatorium perfoliatum 30C was given to 40% of residents of the most highly affected neighborhood. Thereafter, dengue incidence

decreased by 81.5%, a highly significant decrease as compared with neighborhoods that did not receive homeopathic prophylaxis.^[14] In 2007 and 2008, some other researchers at Cuba demonstrated the effectiveness of homeoprophylaxis against leptospirosis triggered by extensive hurricane damage.^[3] Recently, the homeopathic medicine Arsenicum alb 30 was given to more than 400 persons not having COVID-19 related symptoms but many of them were already under homeopathic treatment during Jan 2020 to Feb 2020 and claimed none of them found infected by Covid-19 till 21 April 2020.^[18] Also, the health department of Gujrat distributed homeopathic medicine Arsenicum Album-30 to 3.48 crore people, which is more than half of the state's population of 6.6 crore. The state government claimed that 99.6 per cent of people who availed AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy) remedies as prophylaxis during their quarantine period tested negative for coronavirus. However, there is no scientific evidence that the drug works against COVID-19.^[16]

CONCLUSION

This study highlighted the effectiveness of homeopathic medicines in past epidemic and also in some case (without scientific evidence) of present Covid-19 situation. The experience gathered so far has provided sufficient evidence and knowledge to apply them in present pandemic situation. Also, during Ebola outbreak in 2014, the expert group of WHO also recommended that it is ethical offer unproven interventions with as yet unknown efficacy and adverse effects, as potential treatment or prevention" keeping in view no vaccine or anti-viral were available.^[31] Hence in absence of effective medical therapeutic measures, the homoeopathy can be a useful approach to provide an alternative treatment against Corona virus.

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