

LONG COVID- 19 & HOMOEOPATHY**Dr. Bhanuja Singh***

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Article Received on
17 November 2023,Revised on 06 Dec. 2023,
Accepted on 27 Dec. 2023

DOI: 10.20959/wjpr20241-30867

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ABSTRACT

The Coronavirus disease 2019 (COVID-19) pandemic due to SARS-CoV-2 spread rapidly into a population that had never encountered such a disease earlier. An unprecedented level of burden was laid on public health resources during the covid -19 pandemic. The greatest challenge was, not just finding a cure/prevention for this viral disease, but dealing with the aggressive host response and long-term sequelae. Covid 19 as we all know as multi-systemic disease. Most of the Covid patients recover quickly with hardly any remnant symptoms. But in some patients, post Covid symptoms and its complications tend to linger on for a long time.

KEYWORDS: Long Covid, Homoeopathy, Covid-19 Symptoms.**INTRODUCTION**

Long Covid is defined as the continuation or development of new symptoms 3 months after the initial SARS-CoV-2 infection, with these symptoms lasting for at least 2 months with no other explanation. These symptoms may be new ones or flare ups of already existing conditions due to covid. Homoeopathy provides better scope as well as intendedly aimed at the treatment of recovering the intricate symptoms in enhanced approach. After comprehensive case history, repertorization and symbolizing with Materia medica, the similimum are given to the patients for handling long covid.

Pathophysiology of “Long COVID”

The exact mechanism behind the persistence of symptoms has to be identified. Reason for the persistence of symptoms can be the sequelae of organ damage, varying time required for the recovery of each organ system, persistence of chronic inflammation (convalescent phase) or immune response/auto antibody generation, rare persistence of virus in the body, sequelae of critical illness, complications related to corona infection or complications related to co

morbidities or adverse effects of medications used. Persistence of infection can be due to persistent viremia in people with altered immunity, re-infection, psychological issues like post-traumatic stress also contribute to symptoms. Differentiating residual symptoms from re-infection is important in the public health perspective.

Signs and Symptoms of Post Covid

Main signs and symptoms that keep on persisting for long Covid 19 are as follows.

Fatigue– People complain of fatigue or lack of energy till months after they have otherwise recovered from Corona.

Cough – Dry cough keeps on persisting in some patients for a long time.

Breathlessness – Patients complain of breathlessness on the slightest exertion. Even walking can make some patients breathless.

Palpitations – Increased heart rate and palpitations are also observed in some cases.

Hair Loss – Patients complain of losing strands of hair .

Loss of appetite– People don't get back their normal appetite back for many days.

Change in taste– Often patients are not able to regain their taste for months.

Loss of smell – At times, it takes a while to get back their smell back.

Disturbance in sleep – Sleep cycles often get disturbed and take time to get back to their normal routine.

Weak Concentration – Patients have shown to have lower concentration levels after exposure to covid 19.

ROLE OF HOMOEOPATHIC MEDICINES IN COMBATING THE LONG COVID 19

This concept of prevention and treatment of epidemic disease was first put forward by Samuel Hahnemann in the Organon of Medicine 5th edition in aphorism 102, —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)... is ... ascertained from the sufferings of several patients of different constitutions.

Some important homeopathic medications that showed great promise in managing the post COVID-19 symptoms are.

- Arsenic album - Its use is indicated where a person feels weak, tired from doing even a slight exertion. Anxious fear of death. There is a desire to lie down as they feel exhausted that

most time. Trembling, twitching, spasms, weakness, heaviness, uneasiness. Cramps in calves. -Disturbed, anxious, restless. Air-passages constricted. Dyspnea worse midnight. Burning in chest. Suffocative catarrh. Expectoration scanty, frothy. Darting pain through upper third of right lung. Wheezing respiration Cough dry, as from sulphur fumes.

- Gelsemium – This medicine is useful to manage complaints of dizziness and weakness. It is one of the well indicated medicines to manage fatigue after viral infections. Persons who need it have marked drowsiness and dullness along with weakness and dizziness. Muscle ache and muscle weakness are present too. It also helps to manage brain fog and concentration issues, problems with fixing attention present along with dullness of mind.

- Carbo vegetabilis – Persons who have never fully recovered from the effects of some previous illness. Falling out of hair after severe diseases; hair falls out more on back of head. Cough with itching in larynx; spasmodic with gagging and vomiting of mucus. Whooping cough, especially in beginning. Deep, rough voice, failing on slight exertion. Hoarseness; worse, evenings, talking; sore and raw chest. Cramp in soles; feet numb and sweaty.

- Calcarea carb – Hair falls out especially when combing, dryness of hair, sensation of coldness of outer head. Tickling cough troublesome at night, dry and free expectoration in morning; Extreme Dyspnea. Painless hoarseness; worse in the morning. Expectoration only during the day; thick, yellow, sour mucus. Longing for fresh air. Sharp sticking pains as if parts were wrenched or sprained. Cold, damp feet; feel as if damp stockings were worn. Cold knees cramps in calves. Weakness of extremities. Burning of soles of feet. Tearing in muscles.

- Ferrum Phos - The typical Ferr phos subject is not full blooded and robust, but nervous, sensitive, anæmic with the false plethora and easy flushing of Ferrum. Prostration marked; especially for catarrhal affections of the respiratory tract. Cough better at night. Palms hot. Restless and sleepless. Anxious dreams with night sweats.

- Phosphoric Acid - The common acid "debility" is very marked in this remedy, producing a nervous exhaustion. Mental debility first; later physical. Whenever the system has been exposed to the ravages of acute disease, Weak. Tearing pains in joints, bones, and periosteum. Cramps in upper arms and wrists. Pains at night, as if bones were scraped. Stumbles easily and makes missteps. Hoarseness. Dry cough from tickling in chest. Salty

expectoration. Weak feeling in chest from talking. Pressure behind the sternum, rendering breathing difficult.

- **Kali Phos** – It is the an important medicine that can be considered where a person complains of marked weakness on both mental and physical spheres. Other than this it may be used in cases of sleep disturbances especially sleeplessness and restlessness. Next, it is indicated for managing brain fog, depression and anxiety issues.
- **Rhus Tox** - Rhus Tox is a leading medicine for managing muscle pain and joint pains. This medicine helps in relieving the pain as well as stiffness in the joints and muscles. Most persons who need it feel that their pain worsens from rest and gets better by movement. They may also have redness and swelling in the joints.
- **Bryonia** – Shortness of breath, with sensation of tightness in the chest. Dryness in the chest in form of dry cough with pain, body aches; feels worse with movement. Dry, hacking cough from irritation in upper trachea. Cough, dry, at night; must sit up; Difficult, quick respiration; worse every movement. Cough, with feeling as if chest would fly to pieces; presses his head on sternum; must support chest Knees stiff and painful. Every spot is painful on pressure. Hair very greasy.
- **China** – Person cannot breathe with head low. Labored, slow respiration; constant choking. Suffocative catarrh; rattling in chest; violent, hacking cough after every meal. Dyspnea, sharp pain in left lung. -Pains in limbs and joints, as if sprained; worse, slight touch; hard pressure relieves. Sensation as of a string around limb Great debility, trembling, with numb sensation. One hand cold other warm, increased/decreased hunger during fever/chill. Desire for stimulants.
- **Arnica** - A muscular tonic. Traumatism of grief. Limbs and body ache as if beaten; joints as if sprained. Coughs depending on cardiac lesion, paroxysmal, at night, during sleep, worse exercise. Acute tonsillitis, swelling of soft palate and uvula. Cough produced by weeping and lamenting. Dry, from tickling low down in trachea. Dyspnoea with hæmoptysis. All bones and cartilages of chest painful. Soreness after overexertion. Everything on which he lies seems too hard. Deathly coldness of forearm.

- Ignatia - It is a top grade medicine in homeopathy when it comes to manage depression symptoms. People who require it remain sad, melancholic and weep frequently with this. They remain irritable and desire loneliness. They also have mental dullness. Sometimes they have mood swings from sadness to happiness and crying to laughing. They feel worse from consolation.
- Coffea Cruda - Coffea Cruda offers great help in cases of sleeplessness. Persons needing it remain restless in bed and tosses from side to side. They have constant thoughts in mind and many ideas crowding the mind. It is well indicated for managing complaints of sleeplessness after acute diseases.
- Nitric Acid - Persons suffering with chronic diseases who take cold easily; Short breath ongoing upstairs, Cough during sleep. Pains: sticking, pricking as from splinters; suddenly appearing and disappearing; indifference; Ailments from continual loss of sleep, long-lasting anxiety, over-exertion of mind and body, anguish from the loss of his dearest friend; indifference; tired of life; sadness before menses. Great anxiety about his disease; constantly thinking about his past troubles;

CONCLUSION

Homeopathy has proven to be highly beneficial in managing the long COVID-19 symptoms. Homeopathic treatment of individual person is based on the unique principle of individualization. It is used for the symptomatic management. Homeopathy has worked wonders during epidemics as prophylactic or therapeutic medication and has been immensely been successful in combating it's long term effects.

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