

On the question of homeopathic therapy for the new coronavirus infection COVID-19

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SUMMARY

Based on the analysis of literature data, the author substantiates the use of the homeopathic approach to treat patients with the new coronavirus infection COVID-19. A great similarity between the manifestations of the disease and the pathogenesis of the drug Arsenicum album was demonstrated. A method of its "routine" use for therapeutic purposes in patients with COVID-19 infection is proposed, if the picture of the disease corresponds to the pathogenesis of the drug, as well as for the purpose of prophylaxis in healthy individuals, which is justified by the Arndt-Shulz law.

Key words: coronavirus infection, COVID-19, homeopathic therapy, Arsenicum album.

RESUME

Basing on the analysis of literature data, the author substantiates the use of the homeopathic approach to treat patients with the new coronavirus infection COVID-19. A great similarity between the manifestations of the disease and the pathogenesis of the drug Arsenicum album was demonstrated. A method is proposed for its "routine" use for therapeutic purposes in patients with COVID-19 infection, if the picture of the disease corresponds to the pathogenesis of the drug, as well as for the purpose of prophylaxis in healthy individuals, which is justified by the Arndt-Shulz law.

Keywords: coronavirus infection, COVID-19, homeopathic therapy. Arsenicum album.

"If you know the enemy and know yourself, you do not need to fear the result of hundreds of battles. If you know yourself, but not the enemy, then for every victory won, you will also be defeated. If you know neither the enemy nor yourself, you will be defeated in every battle. "

Sun Tzu, VI century BC NS.

2020 has passed under the sign of the fight against the pandemic caused by the coronavirus COVID-19 and, according to WHO, who has claimed lives (at the time of this writing) already

more than 2.3 million people [3]. A large number of observations have been accumulated concerning epidemiology, pathogenesis, clinical presentation, methods of treatment and prevention, which are reflected in numerous publications in professional medical and "near-medical" literature. Certain successes have been achieved in the treatment of severe cases of the disease; vaccines have been created and started to be used in a number of countries. Efforts to combat the pandemic have not spared the homeopathic community either. After analyzing the clinical picture of the infection, homeopaths came to the conclusion that the manifestations of the disease are very similar to the pathogenesis of a number of homeopathic medicines [9, 13]. Attempts are being made to determine the drug that can be used "routinely" for the treatment and prevention of the disease. Most suitable recognized *Arsenicum album* [13]. Experience has been accumulated in its use in patients with infection, as well as its prophylactic use, which resembles vaccination. These, as well as other aspects of the problem, are the subject of this literature review.

The purpose of the review is to substantiate, based on an analysis of the literature, the use of homeopathic medicines for the prevention and treatment of COVID-19 infection.

According to clinical observations [4], on average, 50% of the infected have the disease asymptomatic. In 80% of patients with clinical symptoms, the disease proceeds in a mild form of ARVI. Twenty percent of the confirmed cases reported in the PRC were classified as severe by the PRC health authorities (15% critically ill, 5% critically ill). The average age of patients in the PRC was 51 years, the most severe forms developed in elderly patients (60 years or more), among sick patients, such concomitant diseases as diabetes mellitus (in 20%), arterial hypertension (in 15%) are often noted, other cardiovascular diseases (15%).

The clinical picture of ARVI in COVID-19 is characterized by [1]:

- increase in body t (> 90%);
- cough (dry or with a small amount of phlegm) in 80% of cases;

Shortness of breath (30%);

- fatigue (40%);
- a feeling of congestion in the chest (> 20%).
- there may also be a sore throat, runny nose, decreased sense of smell and taste, signs of conjunctivitis.

The most severe shortness of breath develops by 6-8 days after infection. It was also found that among the first symptoms may be myalgia (11%), confusion (9%), headaches (8%), hemoptysis (2-3%), diarrhea (3%), nausea, vomiting, palpitations. These symptoms at the onset of infection can be observed in the absence of an increase in body temperature [1].

Clinical variants and manifestations of COVID-19 [1]:

- ARVI (damage to only the upper respiratory tract);
- pneumonia without respiratory failure;
- ARDS (pneumonia with ARF);
- sepsis, septic (infectious toxic) shock;
- DIC syndrome, thrombosis and thromboembolism;

- hypoxemia (SpO₂ <88%) occurs in more than 30% of patients.

One of the dangerous and still not yet fully understood phenomena in COVID-19 is the phenomenon of "silent" hypoxemia: the infected do not feel short of breath. They do not complain of shortness of breath, their respiratory rate does not increase, even with a significant, up to 70% decrease in blood oxygen saturation. The danger of such hypoxemia is that, while experiencing "quiet" hypoxia, the patient does not notice an important transition from mild symptoms to severe ones, as a result of which a critical condition rapidly develops with high mortality due to complications from other organs, primarily the heart. The authors of one of the hypotheses explain the "silent" hypoxemia by a violation of the reflex mechanism from the chemoreceptors of the carotid sinuses. Under physiological conditions, these small organs, located on either side of the neck next to the carotid artery, detect a drop in oxygen in the blood and reflexively stimulate the respiratory center, causing compensatory hyperventilation and increased heart rate. In patients with COVID-19, a decrease in cells in the carotid bodies was found, which, according to the authors, disrupts this reflex [11, 14, 16].

Based on the above clinical manifestations of infection, in our opinion, the most indicated homeopathic medicine should cover the following symptoms:

- increase in body t;
- cough (dry or with a small amount of phlegm);
- fatigue;
- a feeling of congestion (tightness) in the chest caused by

COVID-19.

Shortness of breath;

MATERIALS AND METHODS

For the analysis of the literature, sources from the open press were used, reflecting various aspects of coronavirus infection. Mainly, these are publications that are of interest from the standpoint of homeopathic therapy, which, as you know, is based on three laws [5, 8]:

1. Determination of indications for the use of a medicinal product based on the results of tests on healthy people (provings) (or the results of toxicological studies, as well as descriptions of cases of acute and chronic poisoning).

2. Strict adherence to the similarity rule.

3. The use of the drug in small doses in potentiated form.

In accordance with the first law of homeopathy on the need to compare the symptoms of the disease with the symptoms obtained during provings [5], we analyzed the clinical picture of coronavirus infection. The most typical symptoms were further analyzed with computer repertory using the COMPLETE DYNAMICS software package by Edward van Greensven and Roger Van Zandworth (<https://www.completdynamics.com/>).

RESULTS AND ITS DISCUSSION

In one of the early publications (March 2020) on homeopathic therapy for coronavirus infection, the list of the most likely homeopathic remedies was presented by the following drugs: Phosphorus, Bryonia alba, Lycopodium, Arsenicum album, Sulfur, Iodum, Belladonna, Kali carb., Mercurius, China, Lachesis, Antim tart., Chelidonium, Gelsemium [nine].

After removing from the list of drugs that do not have a dry cough with fever in their pathogenesis, the list acquired the following form: Aconite, Bryonia, Ipecac., Kali carb., Phosphorus, Arsenicum album, Nux vomica, Sabadilla, Lycopodium, Sulfur, Carbo veg., Lachesis, Pulsatilla.

Further analysis excluding drugs with rapid onset of symptoms such as Aconite, Belladonna, Nux vomica, Arsenicum album, etc., as well as those with the pathogenesis of the initial manifestations of the disease, the common cold, has led to a reduction in the list to 5 drugs: Bryonia, Phosphorus, Lycopodium, Mercurius, Kali carb., Which, according to seems to cover the laterality, sequence and rate of development of symptoms of an infectious disease rather well.

According to the author, Phosphorus may be excluded because it is indicated in hemorrhages and pneumonia with the formation of cavities [9], which is not described in coronavirus infection, and the remedy that best covers the initial symptoms of the disease is Bryonia alba, and later Lycopodium. Can expect them to help the vast majority of people who develop pneumonia. In case of a picture of sudden collapse, a drug is recommended Camphora 1M [nine].



Rice. 1



Rice. 2

Subsequent analysis of funds, taking into account modalities, patterns of origin and

the subsequent development of infection (Fig. 2) for the list of drugs from the initial list showed that the most suitable remedy is still *Arsenicum album*, not *Calcarea carbonica*, *Bryonia alba*, *Phosphorus*, *Lycopodium*, *Mercurius*, *Kali carb.* (rice.1). The results of this analysis seem to be more correct if we recall the work of the outstanding American homeopath D.T. Kent, in which he insistently warned against prescribing on the basis of particulars and ignoring general symptoms [6]. So the correct remedy *issimilia* - must have unusual key symptoms and be consistent with general characteristics (modalities) and be miasmatic similar.

Indeed, the agent most suitable for treating COVID-19 ("Genus Epidemicus") must be specific to the season / weather and environmental conditions in which the epidemic began and which favored the emergence and spread of the virus initially rather than at present. ... The first case of COVID-19 was diagnosed in a 55-year-old man on November 17, 2019 in Hubei province, China. Later, on December 10, 2019, a seller at a Wuhan wet seafood market was diagnosed with symptoms of COVID-19. The Chinese WHO office was alerted to the outbreak on December 31, 2019 [3]. Thus, it becomes clear that the epidemic began in a cold winter and that the outbreak was in the seafood market in Wuhan (or surrounding areas), China.

It has been shown that the distribution of significant outbreaks of the disease in communities over limited latitude, temperature and humidity is consistent with the behavior of the seasonal respiratory virus [15]. Based on this data, a simplified model is proposed that shows that weather modeling can predict regions most at risk of significant spread of COVID-19 in the coming weeks, which, according to the authors, will focus public health efforts on epidemiological surveillance and infection containment [15].

Thus, to a large extent, one can be sure that the environmental conditions favorable for the maintenance and spread of COVID-19 are cold and humid, and we need to look for remedies with modalities of deterioration in winter, cold and moisture and improvement in warmth and from heat. These conditions, as shown by repertorization, are most consistent with *Arsenicum album*.

This statement is supported by the analysis of modalities.

COMPLETE: *Arsenicum album*:

Worse: cold; cold drinks or food. Better: from the heat in general.

COMPLETE: In his *Materia Medica V*. Berick writes about *Arsenicum album*:

Worse: Damp weather, cold, cold drinks or food. Sea coast. Better: heat; warm drinks.

Arsenicum album thus meets the conditions for outbreaks of infection.

COMPLETE: H.K. Allen [1] regarding *Bryonia* points out: Worse: entering a warm room. Worse: warmth, warm clothing.

Better: from cold, there are cold things. COMPLETE: In Materia Medica Berick [2], oh Bryonia: Conditions. Worse: warm, hot weather. Better: cold things.

Thus, based on the analysis of modalities, we can confidently exclude Bryonia "from the candidates" for similia.

COMPLETE: H.K. Allen [1] writes about Gelsemium:

General depression from heat, sun or summer.

Headache: worse: heat of the sun.

COMPLETE:

Boger's general analysis.

Worse: heat, heat of fire, sun, overheating, etc. Gelsemium (2 degree)

General provisions; warmly; worse: sun, from Gelsemium (4 degree).

So we exclude Bryonia alba as well as Modality-based Gelsemium (fig. 2).

In my personal experience and according to the description of the clinical picture of infection by other authors [10, 13], patients with coronavirus infection are anxious, restless, chilly, and often drink in small sips to moisturize dry lips. This is a symptom Arsenicum album, not Bryonia alba, which drinks rarely and in large quantities (Allen), and not Gelsemium, which has no thirst during fever (COMPLETE) [1].

It is possible that the use Bryonia alba due to similar local symptoms with a mild course of the disease, it can accelerate recovery, however, cases of moderate severity and severe cases will require a more precisely selected remedy with strict compliance with general characteristics. This means, as the above analysis of modalities, patterns of the onset and subsequent development of infection shows, is Arsenicum album.

Above, we have already cited the results of observations, according to which the average age of patients in the PRC was 51 years, the most severe forms developed in elderly patients (60 years or more), among sick patients, such concomitant diseases as diabetes mellitus are often noted (in 20 %), arterial hypertension (15%), other cardiovascular diseases (15%) [4].

Such sensitivity to coronavirus infection in elderly people with concomitant diseases can be justified based on the homeopathic theory of miasms. In homeopathy, miasm is a measure of how much or how much acutely or chronically, how deeply or desperately the situation is perceived (R. Shankaran) [8]. R. Shankaran described 10 miasms, each of which corresponds to a certain depth of despair.

According to R. Shankaran's miasmatic classification, Arsenicum album refers to the cancerous miasm [8] (according to the classification of S. Hahnemann - to the syphilitic [5]).

With a cancerous miasm (not to be confused with a disease called "cancer"), the sensation is perceived at a depth where it is seen as chaos that gets out of control and turns into destruction, and a person limits the ability to take control of the situation [8]. Attitude in response - beyond its capabilities - strains with all its might, making an inhuman effort to bring the chaos under control [8]. Unlike

syphilitic miasm (not to be confused with a disease called "syphilis"), with a cancerous miasm, the experience of sensation is not entirely destructive, and there is some hope of establishing control [8]. An important clarification is that pathology does not determine the miasm [5, 8].

The keywords of the cancer miasm are control, perfection, expectations, order, chaos, superhuman, transcending.

Thus, in the cancer miasm, the depth of despair corresponds to the feeling of an elderly person aged 60–70 years, who, sensing the approach of the end of life (death), begins to follow dietary recommendations, thoroughly washes his hands and maintains cleanliness (ideal!), Motor regime, monitors health and carefully follows the recommendations of doctors, being picky about order in the house, at the workplace, in things, etc.

In the classification of R. Shankaran, several dozen drugs of mineral, plant and animal origin are assigned to the group of "cancer" agents, and the "standard" of the miasm is the nosode Carcininum [eight]. As an example, here are some well-known homeopathic remedies: Staphysagria, Conium, Ignatia, Acidum nitricum, Kalium arsenicosum, Anacardium [eight].

In my opinion, it follows from this that the patient is at the age of the cancerous miasm, i.e. at the age of 60–70 years and older, as a result of processes associated with the aging of the body, has a lower level of resistance, resistance to the effects of etiological factors (not only infectious ones), is susceptible to diseases (diabetes mellitus, cardiovascular diseases, etc.). Upon contact with a coronavirus infection in such patients, the picture of the disease easily takes on specific outlines, proceeds heavily, which brings it closer to the pathogenesis Arsenicum album.

Below are the respiratory symptoms Arsenicum album from Materia Medica S.R. Fataka [7].

Respiratory system: ODYSHKA (register is indicated as in the original source); the patient cannot lie down, he has to get up and sit up in bed; dyspnoea worse from smells, from laughter, going upstairs, when the patient turns in bed, or when the rash disappears; shortness of breath is also relieved by coffee and sugary water.

Wheezing wheezing. Asthma: Worse with cold, midsummer. Cough: sometimes dry, sometimes with phlegm, alternately; dry cough at night; decreases when the patient sits in bed; worse from drinking. The sputum is scanty, frothy. Severe shortness of breath; it is felt in the nose; while the face is bluish, covered with cold sweat; the patient is very anxious.

Aphonia. Emphysema. Pulmonary edema. A burning or cold feeling in the chest. Cough is triggered by smoking. Sensation as if sulfur vapor had entered the larynx. The cough is accompanied by bloody expectoration. Hemoptysis, including accompanied by burning everywhere or pain between the shoulder blades, occurs in drunkards; with suppression of menses. Lung gangrene. Piercing pain in the upper lobe of the right lung. Yellowish spots on the chest [7].

Keywords [7]: burning pains + restlessness and anxiety + acrid scanty discharge + prostration + putrid cadaveric odor + aggravated at noon, aggravated after midnight.

Thus, the above analysis allows us to consider the "routine" use of a homeopathic drug to be fully justified. Arsenicum album in treatment COVID-19, although other drugs may be selected if the analysis of the clinical picture and the totality of the patient's symptoms (private and general) have a "similarity" with the pathogenesis of other drugs. In this case, you will need to consult a homeopathic doctor.

When should one resort to homeopathic therapy? Obviously, given the complexity of the pathogenesis, the variable clinical picture and the serious prognosis of the disease, homeopathic therapy should be complementary to pharmacotherapy and other therapeutic approaches included in the clinical guidelines for the treatment of COVID-19. If pharmacotherapy is ineffective, intolerant or contraindicated, homeopathic therapy may be the therapy of choice.

The choice of dose (potency) depends on the patient's condition. The author of this publication has experience in using Arsenicum album C30 1 time per day if COVID-19 is suspected, even if there is no detailed clinical picture (respiratory symptoms) of the disease. For example, with an increase in temperature and a decrease in SpO₂ below 95% with repeated measurements with a pulse oximeter. With a detailed clinical picture and severe anxiety and concern Arsenicum album C200 was more effective, doses were repeated depending on the response organism and dynamics of symptoms of the disease.

The treatment was carried out in patients with a confirmed diagnosis of COVID-19 (positive test for COVID-19, pneumonia with a characteristic X-ray picture on CT), with mild and moderate course of the disease, who were recommended pharmacotherapy on an outpatient basis in accordance with the "Temporary guidelines" [4]. Homeopathic therapy was carried out as an additional one in the absence of the effect of pharmacotherapy (if persistent fever, shortness of breath, severe weakness occurred) through online consultations at the request of patients or their relatives.

Arsenicum album, according to our observations, also had a preventive effect. with the appointment of 1 dose every other day in the C6 potency, only 3 doses. In more than 100 patients who went to a licensed clinic to see a homeopath for help and took the drug for a prophylactic purpose, we did not observe a single case of moderate or severe disease. In several mild test-confirmed cases of the disease, administration of the drug in the C30 potency quickly eliminated the clinical manifestations of the disease. The most persistent symptoms were sweating, weakness, and increased fatigue during exercise. Other drugs were practically not used.

Preventive use of the drug Arsenicum album can be substantiated with positions of the Arndt-Shulz law [5, 13], according to which "small doses stimulate, medium suppress, and high suppress organ function." Shown that chronic exposure of humans and animals to arsenic compounds (arsenosis or arsenosis) due to pollution by the latter (drinking water, air, food) in large industrial centers (India, Bangladesh) may cause a person's susceptibility to viral infection (due to suppression of the function of the immune system), for example, influenza A (H1N1), with the development of

respiratory and other symptoms. In this regard, it is assumed that avoiding drinking water with a high content of arsenic and its compounds can significantly reduce the respiratory symptoms of influenza [10, 12]. It is possible that similar results can be obtained over time and with regard to COVID-19.

The analysis performed allows us to draw a number of conclusions:

1. The most likely homeopathic "candidate" for treatment COVID-19 is a drug Arsenicum album.
2. Presumably Arsenicum album would be advisable to apply both with medical (Arsenicum album C30 and C200) and prophylactic (C6).
3. Homeopathic therapy should be carried out as an adjunct to pharmacotherapy, and in case of impossibility of carrying out the latter, could be the therapy of choice.

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