

# A Homoeopath's Introductory Guide to the Treatment of COVID-19

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**Abstract:** This article explores the potential of homeopathic remedies in the treatment of Covid-19, offering a detailed guide for practitioners based on symptomatic severity. The study categorizes remedies into mild, intermediate, and severe cases, discussing specific indications for each. By presenting commonly used remedies and their effectiveness as observed in clinical practice, this guide aims to assist homeopathic practitioners in the holistic management of Covid-19 symptoms, with an emphasis on individualized treatment plans. The purpose of this article is to explore the clinical indications of various homeopathic remedies in the treatment of Covid-19 symptoms, offering guidance to practitioners in selecting appropriate remedies based on symptomatic presentation.

**Keywords:** COVID-19, Homoeopathy, Symptomatic Treatment, Holistic Medicine, Alternative Therapy, Cough, Sore throat, Diarrhea, Dyspnoea, Vomiting

## A Homoeopath's Guide to the Treatment of Covid-19

“Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.

Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age.

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.”<sup>1</sup>

Before we begin, I think it is necessary to state the obvious; that this is in no way an exhaustive list of medicines by which to treat individuals suffering from the SARS-CoV-2 infection. In each case, the most similar remedy is to be prescribed, based on the totality of the acutely presenting symptoms. The following is a list of some of the remedies most frequently indicated (as shown by experience), along with their indications. These have proven to be of immense utility in clinical practice while treating this disease.

In order to better understand our line of treatment, we have clustered our tables based on symptomatic severity.

## Mild cases

The most commonly indicated remedies in mild cases are:

Bryonia	<ul style="list-style-type: none"> <li>Increased thirst</li> <li>Dry mouth</li> <li>May have dry cough</li> </ul>
Ars-alb.	<ul style="list-style-type: none"> <li>Anxious, restless</li> <li>Thirst for small quantities of water, often</li> </ul>
Gels.	<ul style="list-style-type: none"> <li>Thirstless</li> <li>Violent headache</li> <li>Sleepiness, drowsiness</li> <li>Desire to close eyes and lie down</li> </ul>
Puls.	<ul style="list-style-type: none"> <li>Thirstless</li> <li>Dry mouth</li> <li>Desire open air</li> </ul>
Hep.	Usually comes with sore-throat which is > warm drinks

Other remedies, which while not as commonly indicated as the above, are also often indicated include:

Phos.	<ul style="list-style-type: none"> <li>Desire for cold water</li> <li>Appetite may be increased</li> <li>Cough &lt; laughing, talking</li> </ul>
Nat-m.	<ul style="list-style-type: none"> <li>Watery or albuminous coryza, with much sneezing and lachrymation</li> </ul>
Rhus-t.	<ul style="list-style-type: none"> <li>Body-ache</li> <li>Restlessness &lt; lying down</li> <li>Pain in leg during the fever</li> </ul>
Merc.	<ul style="list-style-type: none"> <li>Profuse salivation with thirst</li> <li>Salivation may be accompanied with a sensation of dryness</li> <li>Profuse perspiration</li> <li>Chilliness</li> <li>If there is diarrhea, it will be with tenesmus before, during and after stool</li> </ul>
Ars-s-f.	<ul style="list-style-type: none"> <li>Watery, acrid nasal discharge, without restlessness or anxiety</li> </ul>
Nux-v.	<ul style="list-style-type: none"> <li>Tenesmus which is &gt; after stool</li> </ul>
Chinin-ar.	<ul style="list-style-type: none"> <li>Diarrhea with restlessness, anxiety, great flatulence and weakness</li> </ul>
Alumina	<ul style="list-style-type: none"> <li>Dryness in throat &gt; warm drinks</li> </ul>
Arnica	<ul style="list-style-type: none"> <li>Fever with hot head and cold hands and feet</li> <li>Seen mostly in children</li> </ul>

## Cases of intermediate severity

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These cases are more severe than those previously mentioned. They may present with dry or wet cough, sore throat, diarrhea or vomiting.

**Dry cough**

<b>Bryonia</b>	<ul style="list-style-type: none"> <li>• Desire large quantities of water, dry mouth</li> <li>• Chest pain when coughing</li> <li>• Head pain when coughing</li> <li>• Cough &lt; deep breathing, lying down (usually you would expect Bryonia to be &gt; lying down, but in Covid you can find either amelioration or aggravation)</li> </ul>
<b>Puls.</b>	<ul style="list-style-type: none"> <li>• Thirstless, mouth dry, desire open air</li> <li>• Sometimes you may find dry cough in evening and wet in morning</li> <li>• Cough &lt; lying down, patient must sit up (Dros., Con., Hyos.)</li> </ul>
<b>Phos.</b>	<ul style="list-style-type: none"> <li>• Desire cold water</li> <li>• Appetite may be increased in about 40% cases</li> <li>• Cough &lt; talking, laughing, cold air</li> </ul>
<b>Alumen</b>	<ul style="list-style-type: none"> <li>• Cough with yellowish expectoration</li> <li>• Dryness in throat &gt; warm drinks</li> </ul>
<b>Drosera</b>	<ul style="list-style-type: none"> <li>• Violent paroxysmal cough</li> <li>• Cough &lt; as soon as the head touches pillow</li> <li>• Cough &lt; night, midnight, 2 AM</li> <li>• Attacks follow one another quickly</li> <li>• Cannot lie down</li> <li>• You may sometimes find Cough &gt; walking</li> </ul>
<b>Spongia</b>	<ul style="list-style-type: none"> <li>• Barking cough, day and night</li> <li>• Cough as if a saw is cutting wood (Sibilant cough)</li> <li>• Croupy cough</li> <li>• May also have hollow cough</li> <li>• Cough &lt; on going to sleep (1st remedy Lach.)</li> </ul>
<b>Hyos.</b>	<ul style="list-style-type: none"> <li>• Cough &lt; lying down</li> </ul>
<b>Conium</b>	<ul style="list-style-type: none"> <li>• Cough due to irritation from a dry spot in throat, &lt; lying down</li> <li>• Mostly dry cough, but can also be wet</li> </ul>
<b>Mang.</b>	<ul style="list-style-type: none"> <li>• Cough &gt; lying down (Bry., Coca.)</li> <li>• Usually dry cough, but can also be wet</li> </ul>

**Wet cough**

<b>Hep.</b>	<ul style="list-style-type: none"> <li>• Cough with sore throat, and expectoration of yellowish phlegm</li> <li>• Sore throat &gt; warm drinks</li> </ul>
<b>Arg-met.</b>	<ul style="list-style-type: none"> <li>• Cough with easy expectoration of white jelly like mucus</li> </ul>
<b>Arg-nit.</b>	<ul style="list-style-type: none"> <li>• Wet cough and sore throat, which is accompanied by conjunctivitis &gt; cold applications</li> <li>• Much thick mucus in throat</li> <li>• Splinter like pain in throat &lt; swallowing (if splinter like pains are &gt; warm drinks, give Hepar-sulph)</li> </ul>
<b>Lob.</b>	<ul style="list-style-type: none"> <li>• Pneumonia and dyspnoea accompanied with acidity</li> </ul>
<b>Sil.</b>	<ul style="list-style-type: none"> <li>• When Hep. seems indicated but does not work</li> <li>• Dry cough that has now become wet, with purulent discharge, where warm drinks ameliorate, but desire cold drink.</li> <li>• Patient feels cold with profuse perspiration.</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>• Indicated in lingering cases</li> <li>• Persistent cough, slow recovery from pneumonia</li> <li>• Expectoration usually thick, lumpy</li> <li>• Expectoration usually yellowish, but can be green</li> </ul>
<b>Carb-veg.</b>	<ul style="list-style-type: none"> <li>• Hoarseness, voice changed &lt; evening</li> <li>• Usually accompanied by eructations</li> <li>• Feeling of suffocation, even if oxygen levels are normal</li> </ul>
<b>Squilla</b>	<ul style="list-style-type: none"> <li>• Violent cough</li> <li>• Cough with lachrymation and involuntary urination</li> <li>• Cough &lt; deep inspiration, cold drinks</li> </ul>

<b>Conium</b>	<ul style="list-style-type: none"> <li>• Cough &lt; lying down</li> <li>• Cough due to dry spot in throat</li> <li>• Cough &lt; deep breathing</li> </ul>
<b>Puls.</b>	<ul style="list-style-type: none"> <li>• Thirstlessness with dry mouth</li> <li>• &gt; Open air</li> <li>• Thick phlegm</li> </ul>
<b>Caust.</b>	<ul style="list-style-type: none"> <li>• Rawness in throat may be present</li> <li>• Deep seated mucus, must swallow</li> <li>• Mucus reaches a point and then recedes back, and must be swallowed Cough &gt; drinking water Cough with involuntary urination (Squilla, Puls., Nat-m.)</li> </ul>
<b>Sepia</b>	<ul style="list-style-type: none"> <li>• High fever which increases on exertion</li> <li>• Cough starts in the evening and goes on for hours, sometimes till midnight, sometimes till the next morning</li> <li>• Follow this medicine with something constitutional or some other medicine quickly, otherwise patient even though better in cough and fever may sink further</li> </ul>
<b>Kali-s.</b>	<ul style="list-style-type: none"> <li>• Greenish expectoration</li> <li>• &gt; Open air</li> <li>• Thirsty</li> </ul>

**Sore throat**

<b>Hep.</b>	<ul style="list-style-type: none"> <li>• Pain in centre of throat or whole throat &gt; warm drinks</li> </ul>
<b>Alumen</b>	<ul style="list-style-type: none"> <li>• Dryness in throat (not so much in mouth) &gt; warm drinks</li> <li>• Throat conditions may be painful</li> </ul>
<b>Ginko-biloba.</b>	<ul style="list-style-type: none"> <li>• Pain in left side of throat &gt; warm drinks</li> </ul>
<b>Lach.</b>	<ul style="list-style-type: none"> <li>• Pain in left side of throat (sometimes centre) &lt; empty swallowing, swallowing liquids</li> <li>• No complaints on swallowing solids</li> </ul>
<b>Cench.</b>	<ul style="list-style-type: none"> <li>• Pain in right side of throat, extending to ear</li> </ul>
<b>Merc-i-f.</b>	<ul style="list-style-type: none"> <li>• Right sided sore throat with brownish discoloration at base of tongue</li> <li>• Salivation increased</li> </ul>

**Diarrhoea**

<b>Chinin-ar.</b>	<ul style="list-style-type: none"> <li>• Symptoms present as a combination of Arsenic and China</li> <li>• Diarrhea with flatus, which is not ameliorated by eructations</li> <li>• Restlessness, anxiety</li> </ul>
<b>Nat-s.</b>	<ul style="list-style-type: none"> <li>• Used as a biochemic remedy where there are no other indications for the diarrhea</li> <li>• It can also be given along with other indicated remedy for diarrhea, as a biochemic</li> </ul>
<b>Sulph.</b>	<ul style="list-style-type: none"> <li>• Morning diarrhea, on waking</li> <li>• Heat of palms and soles may be present</li> <li>• No appetite, with increased thirst (this is also one of the common symptoms manifested in this disease)</li> <li>• Patient may not look very sick</li> </ul>
<b>Ph-ac.</b>	<ul style="list-style-type: none"> <li>• Painless diarrhea</li> <li>• Desire for juicy refreshing things, tea, juicy fruits</li> <li>• No desire for food</li> <li>• Weakness due to fever (although generally there is no weakness due to diarrhea in this remedy, here the fever is accompanied by weakness)</li> <li>• Patient lies on back, listless</li> </ul>
<b>Merc-sol.</b>	<ul style="list-style-type: none"> <li>• Much tenesmus before, during and after stool</li> <li>• Increased perspiration and salivation</li> <li>• Chilliness</li> </ul>
<b>Nux-v.</b>	<ul style="list-style-type: none"> <li>• Much tenesmus before stool which is &gt; after stool Chilliness</li> </ul>

**Vomiting**

<b>Ars-alb.</b>	<ul style="list-style-type: none"> <li>Offensive vomiting with great restlessness</li> <li>Thirst for small quantities of water, often</li> <li>Prostration disproportionate to amount of vomitus</li> <li>Much restlessness and anxiety</li> </ul>
<b>Ipecac</b>	<ul style="list-style-type: none"> <li>Great nausea which persists after vomiting</li> <li>Thirstlessness</li> <li>Clear tongue</li> </ul>
<b>Nux-v.</b>	<ul style="list-style-type: none"> <li>Great nausea which is ameliorated after vomiting</li> <li>Very difficult to vomit</li> <li>Thinks he would feel better if only he could vomit</li> <li>Chilliness</li> </ul>
<b>Phos.</b>	<ul style="list-style-type: none"> <li>Desire for cold drinks</li> <li>Vomiting as soon as water becomes warm in the stomach</li> <li>Can drink cold drinks, but vomits after a few minutes</li> <li>Warm drinks are immediately vomited out</li> </ul>

\* Sulph.- When the indicated medicines do not seem to work, a dose of Sulph. can be given, in this stage of the disease.

**Severe cases**

<b>Ars-alb.</b>	<ul style="list-style-type: none"> <li>Indicated in almost 35-40% cases where oxygen has dropped</li> <li>Restlessness, anxiety</li> <li>Severe dyspnoea on slightest exertion</li> <li>Thirst for small quantities of water at short intervals</li> </ul>
<b>Stann.</b>	<ul style="list-style-type: none"> <li>Much dyspnoea, and much expectoration</li> <li>Patient can't speak without feeling suffocated</li> <li>Sensation of weakness or hollowness in chest</li> <li>Complete exhaustion</li> <li>Easy and copious expect</li> </ul>
<b>Stram.</b>	<ul style="list-style-type: none"> <li>The patient becomes delirious</li> <li>Incoherent speech</li> <li>Disorientation of time and space</li> <li>May talk to absent unknown individuals (in state of delirium)</li> </ul>
<b>Opium</b>	<ul style="list-style-type: none"> <li>When patient is not responding to medication, almost in comatose</li> <li>Stertorous breathing</li> <li>Patient may be constipated</li> <li>Face swollen</li> </ul>
<b>Senega</b>	<ul style="list-style-type: none"> <li>Rattling cough, usually with yellowish expectoration</li> <li>Feeling of suffocation</li> <li>Oxygen levels rapidly dropping</li> <li>Especially indicated in older patients</li> </ul>
<b>Ant-t.</b>	<ul style="list-style-type: none"> <li>Rattling cough with difficult expectoration of whitish mucus</li> <li>Drowsy</li> <li>Thirstlessness</li> <li>Chest seems congested with mucus</li> </ul>
<b>Coca</b>	<ul style="list-style-type: none"> <li>Cough &gt; lying down, with rapidly dropping oxygen levels and no other indications</li> </ul>
<b>Lach.</b>	<ul style="list-style-type: none"> <li>Cough on going to sleep</li> <li>Sore-throat</li> <li>Oxygen levels dropping</li> </ul>
<b>Dros.</b>	<ul style="list-style-type: none"> <li>Violent, paroxysmal cough &lt; lying down, talking</li> <li>Patient must sit up</li> </ul>
<b>Dig.</b>	<ul style="list-style-type: none"> <li>Cough with slow pulse and extreme weakness</li> </ul>

	<ul style="list-style-type: none"> <li>Fever, dyspnoea</li> </ul>
<b>Naja</b>	<ul style="list-style-type: none"> <li>Palpitation is a marked symptom of this remedy</li> <li>Palpitation &lt; exertion, lying on left side, walking</li> <li>Cannot speak because of severe palpitation</li> <li>May be found with right sided throat pain</li> </ul>
<b>Pyrog.</b>	<ul style="list-style-type: none"> <li>In fevers of 104° F or more, with no other indications</li> </ul>
<b>Queb. (Aspidosperma)</b>	<ul style="list-style-type: none"> <li>Very rarely this medicine helps. It has shown to help in certain cases, but there are no clear-cut indications as of yet</li> <li>It can be given as an SOS in case the indicated remedy fails</li> <li>Don't expect miracles from this remedy!</li> </ul>

\***Opium:** A dose of Opium may need to be given if the patient becomes non-responsive to medication in this stage of the disease.

For symptoms persisting post Covid infection

<b>Aven.</b>	<ul style="list-style-type: none"> <li>For weakness persisting after recovery from all other</li> <li>Symptoms Dosage- 5 drops of tincture, three times a day</li> </ul>
<b>Kali-bi.</b>	Post Covid sinusitis with thick discharge from nose and throat
<b>Thiosin.</b>	Can be used to reduce pulmonary fibrosis

**Conclusion**

This guide aims to provide a brief overview of homeopathic remedies that may be useful in managing Covid-19 symptoms. It aspires to be a contribution that other practitioners of the science can draw on and further build upon.

**References**

[1] World Health Organization. 2023. Coronavirus disease (COVID-19). Available from: <https://www.who.int/health-topics/coronavirustab=tab1>