

Homoeopathic approach in COVID 19

Mild cases (initial stage)

Belladonna

- Sudden intense fever
- Intense burning + slight thirst
- active, dryness
- < lying down; wants to be covered
- Forehead hot, feet cold: affected parts sweat++ (aco. doesn't sweat)
- Desire lemonade; draft <
- Dry heat - externally hot
- Sudden; heat predominate

Ferr phos

- Between belladonna - active and - dull as gels; chilly ++
- Throbbing headache with sensitive scalp + ear ache
- sweaty palms
- Chills with desire to stretch
- Redness, congestion, initial stage
- Dry cough - clean tongue
- Chilly, thirsty
- Talkative, excited

Aconite

- Sudden; excitement, anxiety, restlessness with dryness of mouth and thirst
- Skin is dry or hot
- Dry cough; left side chest pain < lying on affected side
- Uncovering desire
- Fear of death, complaining

Gelsemium

- Recent uncomplicated case of fever with dullness, body ache
- Thirstless + clean tongue
- Dull, lethargic, weakness; Gradual onset
- Chill - spine; wants to be covered; Chill predominate
- Perspiration on genitals
- Wants to lie still

Bryonia

- Heat predominate
- Slow gradual onset
- Dry cough -stitching - chest
- Thirst with dryness of mouth
- Chills begin from fingers, toes; Heat with desire to uncover and bitter taste
- Rotatory vertigo
- Desire soups, cold drinks
- Dry heat with headache
- Joint pains, gradual onset
- Irritable wants to be quiet

Rhus tox

- Fever with muscular pains
- Chills begins from esp right side
- Restlessness, muscle stiffness > motion, chilly
- Dry cough before chill++/heat, thirst ++
- Urticaria during heat, sweat.
- > warmth, triangular red tip tongue
- Fever blister
- Craving for milk and cold water

Nux vom

- Anticipating chill/fever; chills followed by heat
- Needs to be covered in all stages ++
- Perspiration after chill; with chills pain in limbs
- Internally chilly
- Thirst; with dry cough > left side

Mild cases (initial stage)

Hepar sulph

- Catarrhal fever with ear, nose and throat complaints;
- chilly ++
- Chilliness < draft of air
- < 4-8pm
- Chills with urticaria < uncovering
- Thirstlessness during chill; thirst during heat
- bitter taste in mouth
- Throat pain better by warmth
- Desires for acids and tasty things
- Chill stage is predominating; chill followed by heat

China

- Intermittency, Periodicity, dull, thirstless during chill, heat, sweat (thirsty after chill, heat) intermittent
- prodrome, hunger, headache, sneezing
- Chill beginning from legs; shaking chills for hours without thirst
- Dry cough with pain in abdomen during heat
- Sweat with thirst; sweating during heat ++
- One hand cold other warm
- increased/decreased hunger during fever/ chill
- Clear cut stages - chill, heat, sweat
- Chill < uncovering, bitter taste, active mind
- Desire for stimulants

Pulsatilla

- Catarrhal fever with snuffles
- Thirstless with chill; thirst with heat, wants to be uncovered in heat stage
- Internally feels feverish externally imperceptible
- Coated tongue with bitter slimy taste
- Diarrhoea at night
- Mild, tearful disposition
- Ever changing symptoms
- One sided: oversensitive,
- Desire lemonade

ipecac

- When gastric symptoms predominate in chill in fever - first remedy to be thought of.
- Short chills, long fever
- Periodicity
- Cold hands and feet; one hand cold, other hand hot
- Thirstlessness with chills
- Nausea and salivation as a prodrome
- Breathlessness and dry cough causing nausea and vomiting in fever stage
- Chill without thirst
- Chill < warmth
- Stringy viscid saliva
- Warm room agg

Eup. perf

- Bone pains++ with fever;
- Thirst before fever; chills with thirst; along with backache; wants to be covered
- drinking causes nausea, bitter vomiting at end of chill
- Scanty sweat ++
- Heat stage often absent
- No periodicity
- D/D - bryonia, china
- Chills behind from lumbar

Moderate to severe pneumonia cases

Kali carb

- Esp when bell, bry ; initial remedies not helped
- First look Anxious, swollen exhausted
- dry cough with stitching pain in chest; < by lying have to sit upright
- Anxiety felt in chest, stomach; better sitting at elbow and knee
- 2 - 3 am <; < lying on painful side or left side; < sudden motion
- Salty expectoration and cough with involuntary urination
- Desire; hot food; sweet and sour food
- lower lobe > upper lobe
- left side > right side
- Concomitant - eyelids swollen
- Slightest exertion < , profuse sweat
- Anxious, startles, alone <

Phosphorus

- Has to be differentiated with bry in initial days
- Base of lung is affected
- Fast paced disease; sometimes within 24 hr
- Reddish flush on face and Patient more active initially; later on exhausted
- Cough with rawness of chest
- Chilly patient; desires of cold drinks, juicy
- Bright red hemoptysis by 2nd or 3rd day
- Constriction of the larynx
- < lying on left side; better by lying on right side
- Paroxysms of 2 -3 coughs; < lying down; has to hold the abdomen; > warm applications
- Chills begin from back, abdomen; Fever at night with perspiration; Burning heat; restlessness with thirst
- Wants to hold on to the attendants

Arsenic

- For later stages of pneumonia; comorbidities - renal and cardiac;
- Cold feet are concomitant
- Dyspnea , wheezing < lying down
- Right upper side of lung pain
- Heat stage predominant
- Dry burning heat with desire of cold water; wants to be uncovered during heat stage
- Chill and heat alternate
- Desire for lemonade, warm drinks, water taste bitter
- anxiety ; fear of death, despair
- Anxious Restless, weakness, <midnight, thirsty; breathlessness and asthma
- Needs company

Amm. carb

- Dullness, weakness drowsiness; fat pat with wheezing; a state before antim tart
- Prolonged pneumonia with weakness
- Complications of pneumonia, clots ; In later stages pulmonary oedema
- > better lying on abdomen
- Chilly ++ ,< slightest exertion; <3-4am
- Nose block at night and mouth breathing
- Carbon like state; with weakness and heaviness (long continued coryza)
- Coryza and sneezing on getting up or waking up in morning
- Talking and hearing others talk affects him ++
- Right > than left
- In known cases of pulmonary and cardiac comorbidities

Lycopodium

- Neglected, unresovled bronchopneumonia; Right lower lobe pneumonia esp in infant & old people
- Cough profuse greenish thick sometimes blood streaked
- frown on forehead and flapping of alae nasi during breathlessness
- Also in later stage of pneumonia with brain related symp and delirious stage.
- Loose cough during fever; < lying down, periodicity
- Concomitant heartburn, flatulence, headache
- Nervous; scared, still hopeful
- > hot drink

Antim ars

- Catarrhal pneumonia
- Dyspnea with excessive secretion
- Rales and d crepitation in chest; esp in climacteric and old people; comorbidities of heart.
- Coated tongue with thirst
- Weakness and restlessness like ars; wheezing like antimony
- Concomitant swelling of face
- < eating, lying down

Stannum met

- Prolonged pneumonia
- Extreme exhaustion - loose cough sweetish, saltish taste < lying on right side
- Sweat on neck and forehead, exhausting
- Empty sensation in chest, abdomen
- Weakness - chest ++
- Paroxysms of cough; 2 - 3
- Comorbid - lung, cardiac, bone disease
- Coldness; legs
- Complementary - puls
- hopeless, emotional

Bromium

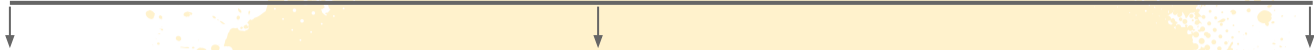
- Prolonged cold and cough < by heat, summer
- Comes very close to bry
- Base of lung esp right lower lobe
- Inspiration <; Slightest exertion <
- Cough morning < open air; >Better by drinking; Dry cough during heat ; Loose cough < by exertion and warmth
- with hoarseness ;burning pain behind the sternum
- Cold drinks and coffee >
- Cough with rattling of mucus in larynx
- Throat feels raw, with hoarseness.
- < dampness, overheating, chilled while hot

Verat alb

- Important in initial or last stages of pneumonia
- Esp cold sweat on the forehead+++
- Rattling cough with pneumonia comes very close to antim tart and carbo veg
- Tickling in chest in middle of sternum
- Very strong mind symptoms
- in initial stages verat is very anxious like ars

Sulphur

- Indicated in initial stage or for clearing up the final patches in the lung.
- *keynote* is the redness (congestion) of nose, lip or the tongue
- Cases not responding so well to other remedies
- Esp left sided pneumonia
- Dry offensive mouth with thirst They gen have very peaceful and happy dreams
- Morning agg 5am; morning diarrhoea
- Very offensive heavy sweat
- Many bry pneumonia may later on require sulph
- They cannot tolerate closed rooms and require fanning



Nat sulph

- Catarrhal, sycotic pneumonia
- Tongue yellowish green discharge; bitter taste in mouth
- Soreness, stabbing pain on coughing
- Restlessness wants to change position constantly; Warmth <
- Lower left lobe affected
- Desire; icy cold things; yogurt
- Depressed, Wants to be alone

Senega

- After bryonia stage
- Sticky thick expectoration with wheezing
- Rattling in chest; difficulty in raising sputum; esp in cases of chronic emphysematous and copd pat
- Dryness in throat and chest
- Violent cough; hyperesthesia of chest
- < lying on right side
- Aphonia later on

chelidonium

- Renal and liver complication with pneumonia
- Pain in lower angle of scapula
- Stupor with pneumonia
- Chilly; < hunger
- Restless of limbs, coldness of right foot
- Hemoptysis with dark colored expectoration
- Useful in early and late stages of pneumonia
- Tongue cracked
- < 4am - 4pm
- Right lower lobe
- Yellowish tinged skin

Emergency cases esp admitted in ICU with low spo2

Pyrogen

- Hyperpyrexia; rapid onset; pulse and temp not in ratio
- Stupor; toxicity
- Tongue dry; sweetish taste; shiny as if varnished ; thirsty;
- Chilly; Desire; cold water; chocolate
- Bed sores
- Offensive discharges; soreness; weakness and thirst; restless > continued motion++
- In Delirious stage - loquacious; talks about money and greatness

Carbo veg

- Remedy for last stage; 'death reviver'
- Complicated pneumonia with multiple infections; esp in old people
- Offensive sputum
- Cyanotic, blue, pinched appearance; icy cold sweat
- Air hunger; want sips of cold water; gasping breath
- Carbo an - right lung pneumonia; greenish sputum; chilly; > rubbing

Merc sol

- Complicated pneumonia
- Trembling, anxious, restless
- Salivation with thirst;
- Offensive sweat++; offensive mucus
- Cough in 2 paroxysm
- Right lower lobe affected; base of lung; with liver complication
- Talking in sleep; confusion
- Desire cold thing
- <lying on right side
- Merc sulph - pleural effusion

Lachesis

- Stupor; Face puffy; purplish hue
- Expectoration bloody purulent and difficult
- Suffocated when lying down
- Left sided lung affection
- < warmth; < slightest touch
- Suspicious; delirium

Camphora

- Chill; better by uncovering
- Pneumonia with sudden collapse and weakness
- Frightened; clinging
- In later stages violent and maniacal
- Chill predominant; icy cold; chattering of teeth; fast paced
- Excessive sweat on hands and feet
- Exhausted; < cold air

Verat alb

- Sudden effects
- Cold sweat on forehead++
- Loquacity; religious
- Sensation of coldness in different parts of body
- Tickling in chest with rattling cough
- Cramps especially in calves
- Profuse diarrhoea with violent nausea and vomiting
- Desire; cold drink, juices, sour

Antim tart

- Cold sweat; cyanosis; flapping of alae nasi
- Loud rattling; unable to get up the phlegm
- Coated tongue
- Loss of appetite and nausea
- > lying on right side
- Heat in palms
- > by eructations and expectoration

Carboneum oxy

- When carbo veg fails
- Patient goes into unconsciousness
- Sense of suffocation with rattling of mucus; respiratory rate slow

HCN

- Pneumonia with sudden collapse
- Coldness; weak pulse ; cyanosis
- Comatose conditions

opium

- Stertorous respiration; with involuntary urination and stools
- Rattling in chest during sleep
- Redness of face with swelling
- Eyes and mouth half open; constipated
- Lack of reaction - Comatose cases
- History of fright; emotional excitement

Potency selection

30 c

With very few symptoms

200 c

With 3 peculiarities

1M

With mind + physical symptoms

10M/50M/CM

Especially when lack of reaction in ICU

Post covid

Lung fibrosis

- Nosodes
- Bleomycin
- Thios
- Beryllium
- Kali iod

Low SpO2

- Aspidosperma 6c
- Nosodes (as an intercurrent between indicated remedy)

Cough/coryza

- Nosodes
- Kali sulph
- Antim ars

Weakness

- Chin ars
- Phos acid
- Sarcolactic acid
- Nosodes

Loss of smell/taste

- Nosodes
- Muriaticum
- Constitutional remedy

*The Above Map will give you hints towards finding a remedy.

**Detailed case taking, proper analysis and using materia medica for final confirmation would be needed.