



Seasonal Viral Diseases: Homeopathic Treatment for Covid - 19



What you need to know to use homeopathy effectively

1. **Individualisation** - each person's symptoms are different
2. **Law of similars** - the remedy symptoms must match the patient symptoms
3. **Totality of Symptoms** - mental, general, specific
4. **The peculiar symptoms are very important**



Let's talk about Covid -19

Covid-19 is caused by SARS COV2 virus

The virus is composed of single-stranded RNA. It inserts itself into the human cells and make them to produce the proteins of the virus code.

The virus enters through the respiratory tract , spread through droplets and fomites.

With time the virus mutate creating different strands



Covid Stages

- Mild Stage
- Moderate Stage
- Severe Stage
- Critical Stage



Covid Stage I - Mild Stage Symptoms

Young Age Group.

People respond well to homeopathic , symptomatic treatment and even plain vitamins.

- Weakness
- Coryza
- Feverish feelings
- Slight body ache
- Loss of smell or taste



Covid Stage I - What is happening

The illness remains from 7-10 days

PCR covid test shows positive results and is considered to be a covid diagnosis

In two weeks if person is completely recovered the antibody test will show covid antibody, indication that the body developed the protection against the virus.

Some people can turn to the worse, and very quickly, if the virus goes down airways causing inflammation, ARDS symptoms



Covid Stage II - Moderate Stage Symptoms

Any age groups, we should be careful with the groups of risk (older or with pathologies). Homeopathic treatment on the first stage reduces the number of people going to the second stage. But some immune compromised people still may go there.

React well to homeopathic treatment

- High grade fever - 100-101
- **High breathlessness**
- Increased heartbeat rate - tachycardia
- Tiredness
- Persistent cough
- Dryness in the mouth



Devices

Oximeter - measures blood oxidation, pulse

Thermometer - measures temperature

BP measuring device - measures blood pressure

Inhaler - steam inhaler





Covid Stage III - Severe Stage Symptoms

Pneumonia - like stage

- High fever continues
- Pain in the chest
- Bluishness in the face/lips
- Breathlessness Increases - rapid shallow breathing
- **Increased heart rate, not in the proportion with high temperature**
- **Lowered oxygen levels (less than 94% oxidation)**



Covid Diagnostic Tests

X-Ray Chest - ground glass opacities in the middle and lower lungs

CT-Scan Chest - it can show:

- ground glass opacity,
- or bronchiectasis
- or vascular dilation

That indicates that the person comes into the Covid - IV stage



Covid Diagnostic Tests

- LDH - Lactate dehydrogenase - inflammatory marker indicating inflammation and tissue damage
- Leukopenia - reduction of the white blood cells - tissues damage
- CRP - C-Reactive Protein - raised indicates the lung damage.
- D-Dimer level raised - virus penetrated from respiratory level to circulatory system. It indicates thrombosis and tissue injury.



Covid Stage IV - Cytokine storm

Cytokines are immune bodies that produced to fight infection.

In case of covid - 19 - hyper-production occurred





Covid Stage IV - Cytokine storm symptoms

- Fatigue
- Headaches
- Skin rashes
- Low blood pressure
- Frequent heart rate
- Breathlessness
- nausea/vomiting/diarrhea
- seizure/ delirium/hallucinations



Covid Stage IV - Cytokine storm symptoms

When overproduction accrued it can cause the following:

- Inflammatory changes all around the body
- Acute respiratory distress syndrome (ARDS)
- Disseminated intravascular coagulation (DIC)
- Multi-organ failure



Covid Stage I - Remedies

- Influenzinum
- Ferrum Phosphorus
- Arsenicum Album
- Aconitum Napellus
- Gelsemium



Influenzinum

- Used in initial stage. Even like prophylaxis
- Not well developed symptoms yet, but **feverish**
- **General malaise:** weakness, aching pain, fever, cold
- Diarrhea
- Catarrh, Laryngitis. Pharyngitis. Sinusitis.
- Sudo-state of previous infections, previous viral fevers improperly treated



Ferrum Phosphorus

- Initial stages of inflammation
- It will be short coughs, dry cough, but always in the initial stages
- **Anemic, prostrated person**, not as unmoving as gelsemium, more active
- **Vertigo on rising from the bed**
- The person is sad and photophobic
- **HA on forehead, worse with noise and light**
- **Pale face and Redness of the eyes with swollen lids**
- Sneezing and coryza



Arsenicum Album

- Fever where heat is predominant
- **Burning sensations** - palms, soles, whole body - better by warmth
- During Cough there is **sweating on the forehead**
- Chilliness, dryness of the tongue - **wants to drink cold water by small sips**
- **Restless and anxious**
- In the initial stage of pneumonia - more weakness,
- Fever rising - more mental anxiety and prostration
- **If there is in the case: anxiety, prostration, weakness, back ache intense thirst for cold water and general aggravation in the mid-night - it is Arsenicum**



Aconite Flu Symptoms

- **Great thirst for cold drinks.**
- **Worse after 12 am, dry wind**
- **The acute illness can be tremendously violent or life-threatening.**
- **Inflammations following exposure to wind, fright or shock**
- **One half of face red, one is pale**
- **Swollen face**
- **Bitter taste in the mouth, better drinking**
- **Burning pain in the throat**
- **Faintness**
- **Aversion to motions**



Gelsemium

- **Good for about 80% of cases - in initial stage**
- Weakness and prostration is so severe that the person goes to sleep in the middle of conversation
- He is very chilly
- Eyelids are very heavy
- If you ask him to show the tongue - it is trembling
- He will experience the chill along the spine
- And complete thirstlessness
- Some patients develop double vision
- **If you see fever, double vision , drowsiness, prostration and no thirst, low pulse - Gelsemium**



Comparing Remedies

	mental/emotional
Influenzinum	Sad
Ferrum Phos	Occupation amel Heroic,
Arsenicum	Fear to die alone, needs to be supported and comforted and taken care of
Aconite	Presentment of death, restless, anxiety,panic attacks
Gelsemium	Extreme prostration



Comparing Remedies

	Onset	Thirst	Chills
Influenzinum	slow	Not too much	Chills
Ferrum Phos	slow	Not too much	No chills, external heat
Arsenicum	fast/sudden	Thirsty for small amounts of hot drink	Cold, chills
Aconite	fast/sudden	Thirsty for lemonade	Cold, chills
Gelsemium	slow	thirstless	Chills along the spine



Comparing Remedies

	keynotes	amelioration	aggravation
Influenzinum	The very initial stage	Not too much	cold
Ferrum Phos	Weakness Pale face with red eyes HA from light and noise Fever but no localizing or individualizing symptoms.	Better -laying	Worse, at night, 4-6 am heat



Comparing Remedies

	keynotes	amelioration	aggravation
Arsenicum	Restless, burning pains in the throat, HA Fear of death and disease	Better motions, head elevated , heat	Wet weather, after mid-night
Aconite	Starts after shock, fright,panic, or air drafts	Thirsty for lemonade, aversion to motions	Cold, chills
Gelsemium	Eyelids are very heavy, sleeps in the middle of conversation	Bending down, Motions Open air	Dump weather



Case of the flu

The was on the trip , in Moscow. She visited her mother in Moscow, who was sick and completely alone. It was sad situation because she could not stay with the mother and she could not take her with her.

The woman was anxious, nervous, with the disturbed sleep

While traveling she's got sick.

The main complaint was extremely intensive throat pain, chills at night, fever with no sweating. No weakness or pain in the bones/muscles

The remedy prescribed was aconite.



Case of the flu

Next day the pain in the throat subsided

But stuffy nose appeared. She didn't experienced the pain in the muscles or weakness.

No fever

This day, no remedy was given, she was taking vitamins



Case of the flu

Next day the cough started.

She was chilly, especially at night

A lot of congestions in the chest

Cough during day

Limited expectorations green expectorations

Weakness

Antimonium Tartaricum was given.



Aconite Use Cases

- Panic Attack
- Shock
- Fright



Remedies for the moderate state

- Case of the initial breathlessness, dry cough, when no mucus coming out but you can hear the mucus rattling in the chest: **Antimonium tartaricum**
- Case when there is a sinus infection, pressure between the eyebrows, headaches and post nasal dripping: **Kali bichromium**
- Extreme weakness, every move makes it worse: **Bryonia Alba**



Antimonium Tartaricum

- Indicated when there is an excessive dyspnea and dry cough with rattling of mucus
- Worse when eating or lying down
- Severe tachycardia and exhaustion
- The person is cranky from the physical suffering
- Inflammation of lungs
- Helps to take a patient out of the crisis



Kali Bichromium

- Snuffles of children, ESPECIALLY FAT, CHUBBY BABIES.
- PRESSURE AND PAIN AT ROOT OF NOSE, and sticking pain in nose.
- FETID SMELL. DISCHARGE
- THICK, ROPY, GREENISH-YELLOW. TOUGH, ELASTIC PLUGS from nose; leave a raw surface.
- Inflammation extends to frontal sinuses, with distress and fullness at root of nose.
- Dropping from posterior nares. (HYDR.) LOSS OF SMELL.
- Much hawking. Inability to breathe through nose.
- Dryness.
- CORYZA, WITH OBSTRUCTION OF nose.
- VIOLENT SNEEZING.
- Profuse, watery nasal discharge
- Chronic inflammation of frontal sinus with stopped-up sensation.



Remedies -Bryonia

- Good in all stages of covid - sphaera of action -low respiratory tract
- The sickness started after the person was exposed to the cold weather
- Slow unset
- Extreme dryness of the mucus (constipation), thirsty all the time for the cold water(Arsenicum Album drinks for burning, Br drinks for dryness)
- Want to be left alone
- Worse with motions. No restlessness of arsenicum.
- Pain in the joints relieved with pressure, He touched the sore parts all the times
- Tongue is very coated
- Pneumonia stage, bronchitis with chest pain.
- They feel better when lying on the painful side

Summary: Dryness with the extreme thirst, better with the complete bed rest, no movements and all pains are better from pressure and bandaging



Comparing Remedies

	keynotes	amelioration	aggravation
Kali-bic	Green stringy discharges	Warmth Seating up	3-5 am Hot weather
Antimonium tartaricum	Congestion, rattling in the chest with no mucus coming out Weakness, drowsiness, sweaty	Seating erect	At night Evening Drinking sour things
Bryonia	Dryness with the extreme thirst, no movements and all pains are better from pressure and bandaging	Bed rest	Slightest movement



Comparing Remedies

	Mental	Thirst	Chills
Kali-bic	Sad, Impatient, talks to himself. Better after eating	Dislike water Thirst for acid things	Slow, deep processes, little fever,
Antimonium tartaricum	Fear of being alone dyspotency	THIRST FOR COLD WATER, LITTLE AND OFTEN, AND DESIRE FOR APPLES, FRUITS, AND ACIDS GENERALLY.	Cold, clammy sweat , with great faintness. Intermittent fever with lethargic condition.
Bryonia	“Leave me alone attitude”	Extreme thirst	Chills and dry heat



Case of Bryonia

61 yo woman, normally very hot and sweaty

Got sick after the trip, when the weather was changed frequently

From hot to cold and windy.

Started having the throat pain, during couple of days was intensified

She was very cold and thirsty with dryness in the mouth



Case of Bryonia

On the third day, she's developed the high fever with no sweat and intensive heat.

When she was laying down she felt fine, but every movement she does makes her feel worse, even cough was painful, when the chest moved

The chills felt in the legs, not other parts of the body

It was the pain in joints when she walked, was not there before



Case of Bryonia

Very intensive thirst for cold drinks, normally she prefers hot tee,

Metallic taste in the mouth

Very sticky, thick mucus, had hawk to get it out

Even though it was a high fever the person felt hungry

5 sips of Bryonia 200c during one day - took it all off on the next morning



Homeopathic treatment of the covid advanced stages

Homeopathy can help with the advance stages of covid as well. In such stages people need medical help. But homeopathy can also assist in that.

- It can reduce breathlessness, fatigue and respirations.
- It can help to remove the fibroid tissues in lungs left after covid
- With effects of the long covid

But to treat this situation , the professional homeopath help is needed.



After Covid Symptoms

- Extreme Prostration
- Shortage of breath
- Drowsiness
- Brain Fog