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## COVID-19

### SIMPLIFIED TREATMENT PROTOCOL FOR POSITIVE CASES USING HOMOEOPATHIC DRUGS

(Constructed from experiences of treating actual positive cases  
by homoeopaths in different parts of the world)

#### ***The Rubric (COVID-19)***

(with 4 degrees of intensity)

**ARS**, Alfa, Aswag, Aven.sat, **Ant.t**, Boer, **BRY**, **Carb.v**, China, Dros, Echi, **GELS**,  
**Gingk.bil**, **Grind**, Iodo, Ipec, **Just**, Lach, **Nux.v**, **Phos**, Puls, **RHUS**, Rumex, **Sulph**

#### ***List of medicines (in alphabetical sequence)***

Group One (Primary care drugs)

**Arsenicum album**, **Bryonia**, **Gelsemium**, **Rhustox**

Group Two (Drugs if disease advances further):

**Antimonium tart**, **Carbo veg**, **Drosera**, **Lachesis**, **Nux vomica**, **Phosphorus**, **Pulsatilla**, **Rumex**, **Sulphur**

Group Three (Drugs to support and supplement the treatment):

**Arsenicum alb 3x**, **Alfalfa Q**, **Aswagandha Q**, **Avena sat Q**, **Boerhaavia Q**, **China Q**, **Echinacea Q**,  
**Ginkgo bil Q**, **Grindelia Q**, **Iodoform 3x**, **Ipecac 3x**, **Justicia Q**

#### ***Key indications (specific Covid-19 related s/s) for prescription.***

*Group one drugs:*

**Ars alb**: Cough (dry, suffocative), Severe prostration but with restlessness, agitation, fear (of disease and/or death), mild to moderate difficulty in breathing, appetite increased.

**Bryonia**: Continued fever, myalgia, headache (mainly forehead), thirst increased (moderate to intense), dry incessant cough, prostration with inclination to lie down.

**Gelsemium**: Headache (moderate to severe) on top, back or whole head, heaviness of head, chilliness, pain in back (upper or whole of spine), thirst decreased or nil, dry parched feeling in throat, mild to moderate cough.

**Rhustox**: Prostration (mild to moderate) but no relief from lying down, myalgia (moderate to severe), arthralgia, pain in lower back, thirst for warm drinks.

*Group two drugs:*

**Anti tart**: Cough with rattling, moderate to severe difficulty in breathing, nausea/vomiting.

**Carbo veg**: Moderate to severe breathing difficulty, epistaxis, cold skin, cold sweat, hoarseness towards evening, abdominal discomfort with eructations.

**Drosera:** Dry hollow barking cough, < night, lying down, suffocative feeling esp. with sore throat and hoarseness. May escalate to paroxysms with whooping.

**Lachesis:** Dry burning feeling in throat/pharynx, sleep reduced or can't sleep (as an intercurrent)

**Nux vomica:** Mental excitement, much worried about disease (without fear of death), nausea, bitter taste in mouth (or loss of taste or smell), abdominal discomfort with pain (which mostly ends in a stool), frequent ineffectual urging for stool. *Especially useful if the patient already comes after treatment with NSAIDs and Antibiotics (as an intercurrent).*

**Phosphorus:** Burning sensation in throat/pharynx, moderate to severe prostration, highly sensitive, pain chest with weak empty feeling.

**Pulsatilla:** Loss of taste and smell (if there is no other specific indication), decreased thirst, sleeplessness.

**Rumex:** Dry incessant cough, as soon as talking, with tickling in larynx. Mainly towards evening, < with slightest cold, sensitive to open air.

**Sulphur:** if fever continues (esp. dry heat) despite the indicated remedy (as an intercurrent), prostration with empty all gone feeling, increased appetite, sleep reduced (esp. with suffocative feeling), feeling of congestion of chest with burning in throat.

*Group three drugs:*

**Arsenicum alb 3x:** acute severe difficulty in breathing with gasping, intense suffocation.

**Alfalfa Q:** Dizziness on raising with pallor (as a general tonic)

**Aswagandha Q:** in anaemia along with low to very low total WBC counts

**Avena sat Q:** General prostration, loss of sleep (as a general tonic),

**Boerrhaavia Q:** general immune booster, esp. in aged patients with HT & prostration.

**China Q:** Severe prostration esp. in later stages (due to anaemia), dizziness.

**Echinacea Q:** General immune booster, blood purifier.

**Ginkgo biloba Q:** General tonic, anti-clotting properties, esp. useful if there is peripheral lung opacities

**Grindelia Q:** Cough (esp. with rales) persisting despite indicated drug, sleepless due suffocation.

**Iodoform 3x:** Breathlessness with suffocation, dyspnoea, esp. in severe acute stages.

**Ipecac 3x:** Cough with fine ronchi/wheezing, moderate difficulty in breathing, nausea

**Justicia Q:** Cough (esp. dry) persisting, suffocation, hoarseness, pain throat/larynx

## ***Line of Treatment***

### **Points to note:**

- \* Covid-19 is a serious disease for about 20% with intense s/s.
- \* Severe to very severe discomfort can occur within a short time in about 5-10% cases.
- \* Be on alert all the time, tell the patient to report any s/s at the earliest and prescribe accordingly without delay.
- \* With well selected homeopathic remedy any complication and casualty is minimum.

) If it is an asymptomatic positive case, give only general management along with nutrition. Can give drugs to counter anxiety, if needed.

One dose of *Bryonia 200* will help in speeding test negativity.

Watch out for any developing s/s and intervene as early as possible. Advice not to take HCO, any Antibiotics or restrict the use of NSAIDs. Advice against self-medication for fever.

- ) With symptomatic cases select from one of the primary drugs of *group one*. Most cases are responding to **Bry, Gels** and **Ars** (in the order). **Rhus** is indicated only in a limited cases.

As a general rule **dry parched throat, dry cough** and **mild to moderate fever** are the first symptoms. With any or all of these symptoms if there is-

\* **Moderate to severe headache (whole or back), chilliness, less/no thirst and back pain** is **Gels**.

\* **Less headache (mainly forehead), more thirst, continued fever and body pain** is **Bry**.

\* **Low fever, with moderate to severe prostration and great agitation or fear** is **Ars**.

\* **More body pain and less agitation, but restless, with thirst for warm drinks** is **Rhus**.

Give **30 potency three to four doses daily** until s/s improve. Reduce the dosage to BiD after improvement for another three days. In severe or intense s/s give the remedy more frequently (once in two to three hours) in water doses.

*Preparation and administration of water doses:*

Dissolve one drop of liquid potency or twenty globules of No:40 size in half a glass (100 ml) of distilled or pre-boiled water. Administer one teaspoon (half tsp. for children, five to ten drops for infants) at a time. Water dose is especially useful for quick relief in severe acute stages and can also be administered frequently (up to as frequent as once in five to ten minutes interval).

- ) Usually s/s start to subside within two days. If there is no relief within two days and if s/s increase or new s/s appear think about a remedy from *group two*.

Give 30 potency two to three doses a day *along with the indicated primary remedy*. If there is no desired result within 24 hours, *change the drug to 200 potency* once daily. Stop this drug after two to three days once the particular s/s disappear.

- ) In case of acute suffocation, gasping, severe prostration, persistent cough etc. select a remedy from group three. **Ars 3x** & **Iodo 3x** give good results in severe acute stages if given with indicated drugs like **Ant.t** or **Carb.v**.

Give mother tinctures 10gtt Tds/Qid. Give 3X potency in water doses once in two to three hours. Once in 5 to 10 minutes in severe acute cases. Continue until s/s improve.

- ) Start with one dose of **Nux vom 1M** potency if the patient comes after already taking Allopathic drugs.

- ) Use **Sulphur 1M** (minute quantity, i.e. one medicated pill of No 40 size) as an intercurrent if fever continues, in constipation along the case, for increased appetite, sinking all-gone feeling, burning in chest/stomach/abdomen.

## ***Diet & Regimen.***

- ) Only light foods rich in calories **for the first three days**.

Rice/Wheat porridge, Oats, Raagi, Bread, Rusk, Rice puffs, Biscuits, Well-cooked and mashed banana, dates soaked in water etc.

Citrus fruits and watery fruits like watermelon, mango, apple etc.

Plenty of fluids. 2 litres of water/day, lemon juice, light tea/coffee. Milk permitted only if patient desires it.

No oily/spicy food in this period.

- ) From day five onwards- More solid foods can be added.

In addition to the above foods- corn flakes, rice flakes (well soaked), well cooked rice/wheat, ripe banana, avocado, eggs, milk etc.

Mild oily/spicy food permitted. Tea/coffee permitted.

Continue fluids.

- ) From day eight onwards normal food is permitted.

- ) Absolute rest for the first three days.
- ) Mild activity from day four (like mild walking for ten minutes).
- ) Moderate exercise (like normal walking for 20 minutes) from day eight.
- ) Back to normal activity and exercise level as the patient feels comfortable.

### ***Patients with co-morbidities.***

- ) Go for institutional treatment only as explained below, except in mild cases of co-morbidities.
- ) NCDs like DM/HT/Hyperlipidaemia:  
Continue only the most essential drugs. Stop the others for the first three to five days.  
Manage the illness with other means for the time being (like bitter melon for hyperglycaemia, garlic for hyperlipidaemia etc.). Also use homeopathic palliative drugs for the same.  
Can go back to normal routine after five days if/when there is no fever or patient feels strong again.
- ) Cardiac diseases:  
Continue only the most essential drugs. Stop the others for the first three to five days.  
As far as possible Support with indicated homeopathic drugs as available, according to s/s.
- ) Lung diseases.  
Continue only the most essential drugs. Stop the others for the first three to five days.  
As far as possible Support with indicated homeopathic drugs as available, according to s/s.  
Mother tinctures (Aralia/Grindelia/Justicia Q/Sambucus Q/Blatta Q etc.) can be used for nebulisation (10-20 drops with 1 ml distilled water).
- ) Immune-compromised patients:  
Avoid all use of immunosuppressant drugs and antibiotics for the duration of homeopathic treatment. Isolate patient and keep in the best possible sterile environment. In addition to the above drugs Support with general immune-booster drugs like Echinacea Q, Alfalfa Q, Avena Q, Boerrhaavia Q, Ginkgo biloba Q etc.

***Please keep an accurate record of all your cases. We may need it in future to save homoeopathy and then to save mankind through Homoeopathy!***

Rest assured the cases responds well and recovery ensue within 2-7 days. If any other drugs (than listed above) is found effective kindly inform the author with indication, potency and dosage so that those can be added to the repertory.

*For any clarification contact: Dr. Abdul Gafar. Ph. +91 7034469659. email: dr.gafar@gmail.com*