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CASE REPORT

ROLE OF HOMEOPATHIC PRESCRIPTION BASED ON MENTAL SYMPTOMS IN COMBATING COVID 19 AND LOWERING THE RISK OF POST COMPLICATIONS: A CASE SERIES

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Abstract

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Key Word- Covid 19,
Homoeopathic treatment,
Post Covid complications.

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COVID-19 has become a global crisis all over the world. People with COVID-19 reported wide range of symptoms from mild to severe illness. Individualistic Homeopathic approach based on mental symptoms can be used in epidemic diseases to hasten the recovery and to avoid post complications. Here dissuessed case series, after detailed case taking, different homoeopathic medicines were prescribed on the basis of totality, giving more importance to mental symptoms. Then each case was followed up to 6 months. After prescribing the homeopathic remedy it has seen that the recovery was very rapid in all the cases. All the prominent mental symptoms were relived along with the physical symptoms and vitals of the patients. After negative RTPCR for covid 19 each case was followed up to six months and reported no complication thereafter. Homeopathic medicine based on totality of the symptom can cure the patient with permanent restoration of the health.

INTRODUCTION

COVID-19 has become a global crisis all over the world. People with COVID-19 reported wide range of symptoms from mild to severe illness It is not only affecting the physical sphere of the patient but also it has a great impact on

psychology of the patients as they are reporting fear of death, depression, anxiety, loneliness & panic attacks during the illness. Other than this covid 19 causes sequelae or other medical complications that lasts from weeks to months after initial recovery. Since the Era of

Hahnemann, Homoeopathy proved its efficacy in treating different epidemics.

CASE STUDY

Case 1

Date: 29-4-2021

Patient's Name: XYZ

Age: 38 yrs/ sex: F

Marital status: Married

Religion: Hindu

Occupation: Teacher

Address: Noida

Presenting Complaints:

- Fever for past 4 days.
- Excessive pain in the whole body.
- Pain in the head along with nausea better by open air.
- Heaviness of both the eyelids with excessive lachrymation ameliorated by open air.
- Dry cough with uneasiness in the throat.
- Difficulty in falling asleep due to headache and nausea.
- Decreased appetite.
- Pain in lumbar region.
- Dryness of mouth.
- Bitter taste in mouth.

Past History- Nothing Specific

Treatment History- Patient is Taking Paracetamol 650 mg along with zinc and vit C from last 4 days

Physical Generals

- Thermal Reaction - chilly

- Appetite- Decreased
- Thirst- 2-3 Lt/day
- Craving – N.s
- Aversion- N.s
- Intolerance – N.s
- Taste- Bitter
- Stool- Constipated
- Urine- Normal
- Perspiration- Scanty
- Sleep- Difficult
- Dreams- N.S
- General modalities- Amelioration by Open air

Mental Generals

Patient was extremely irritable. She does not want to talk to anyone. She was not attending phone calls of her relatives and friends. Even she does not want to see her husband and son.

She wanted to sit alone all the time in the open balcony. She got extremely irritable and furious every time her mother or any other family member tries to console her.

General Physical Examination

- Built- Average
- Nutrition- Average
- Height - 5.3''
- Weight - 55kgs
- Pallor - Present
- Icterus- Absent
- Cyanosis- Absent
- Clubbing- Absent

- Oedema- Absent
- Temperature- 101.4 °F
- Pulse- 95/Minute
- BP- 130/80mmhg
- SPO2- 89
- Pigmentation not present
- Tongue- White Coated

Laboratory Investigation

- **Previous Investigatory Reports -**
RTPCR Positive for Covid 19 on dated: - 1-5- 2021
- Investigation Advised for RTPCR Covid 19

Diagnosis – Infected with Covid 19 virus

Analysis And Evaluation Of Symtoms

S.No	Symtoms	Comm on	Uncomm on	Physical General	Mental General	Particu lar
1	Excessive pain in the whole body.	✓				✓
2	Pain in the head along with nausea better by open air.		✓			✓
3	Heaviness of both the eyelids with excessive lachrymation ameliorated by open air.		✓			✓
4	Dry cough with uneasiness in the throat.	✓				✓
5	Difficulty in falling asleep due to headache and nausea.		✓	✓		
6	Decreased appetite.		✓	✓		
7	Pain in lumbar region.	✓				✓
8	Dryness of mouth.	✓				✓
9	Bitter taste in mouth.		✓	✓		
10	Irritability		✓		✓	
11	Indifference towards her family and friends		✓		✓	
12	Consolation aggravates her Complaints		✓		✓	
13	Chilly Patient		✓	✓		

14	Amelioration from open air		✓	✓		
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- Chilly Patient
- Amelioration from open air
- Difficulty in falling asleep due to headache and nausea.
- Heaviness of both eyelids with excessive tears

TOTALITY OF SYMPTOMS

- Irritability
- Indifference towards her family and friends
- Consolation aggravates her

Complaints

Repertorial Totality & Sheet

The screenshot shows a web-based repertory search interface. The search term 'Consolation' is entered. The results table lists various remedies and their associated symptom counts for different categories. The table below summarizes the data from the screenshot:

Remedy Name	Nat-m	Sep	Bell	Caust	Sulph	Nux-v	Phos
Totally	23	22	20	20	20	19	19
Symptoms Covered	7	7	7	6	6	7	6
Kingdom	[Icons representing Kingdoms]						
[Complete] [Mirilli's Themes]Indifference: (682)	4	4	4	4	4	3	4
[Kent] [Eye]Lachrymation (see tears): (154)	3	2	3	2	3	2	3
[Kent] [Eye]Heaviness:Lids: (68)	2	2	1	3	2	2	2
[Complete] [Stomach]Nausea:Headache, during: (333)	3	4	3	4	4	4	3
[Complete] [Generalities]Air:Open:Amel.: (538)	4	4	3	4	4	4	4
[Complete] [Sleep]Falling asleep:Difficult: (162)	3	2	3	3	3	3	3
[Complete] [Mind]Irritability:Consolation agg.: (29)	4	4	3			1	

First Prescription

1. SEPIA 1M 3 Doses

- Adequate Fluid Intake
- Avoid Fried Food
- Protein Rich Diet

General Management

- Take Rest

Follow –Up

Date	Follow Up	Precription
30-4-2021	The fever & body ache subsided and temperature settled down to 100F, Spo2 91.	S.L 200
1-05-21	Again temperature raised up to 102 °F	Sepia 1M repeated
2-05-2021	No Change in Fever	S.L 200
3-05-2021	Re case taking was done. Along with the previous symptoms now patient was tired and exhausted and marked amelioration by open air	Nat Mur 1M 3 doses were given

4-05-2021	No fever and patient slept quietly last night Spo2 96	S.L 200
5-05- 2021	Patient was feeling well and no other complaints Spo2 97	S.L 200 for 3 days
9-05-2021	Patient is back to her daily routine. Covid test was negative	S.L- 200 1 week
25-05-2021	Patient was healthy with no symptoms	S.L- 200 1 week
20-7-2021	Patient has no complications post covid	S.L- 200 1 week
1-11-2021	Patient has no complications post covid	S.L- 200 1 week

Case 2

Patient reported on the 8th day of illness. He was suffering from fever temperature ranging from 100°F – 102°F for the last 8 days. He had left sided congestion in the chest and bloody ulcer present in the mouth causes difficult deglutition and loss of appetite. Patient had terrible fear of death and insomnia. Despite of taking conventional treatment the fever was constantly raising and no relief in chest congestion and cough. Patient had undergone HRCT and the score came to be 7 but the symptoms of the patient were severe. Psychologically the patient was very disturbed with constant thought of death. The patient was prescribed Lachesis 50M one dose OD, after 48 hours there were no changes noticed in fever but his anxiety was slightly less. One dose of Lachesis 50M again repeated. After 48 hours the fever and anxiety were gradually decreased, the patient started feeling better and within

LAB REPORT

Customer Care Number
9599593622
9599593625

Certificate No.: MC-2097
NABL Accredited Pathology Laboratory

Barcode No	C10022174	Lab No	00012105014135
Patient Name	[REDACTED]	Reg Date	01.May.2021 04:17PM
Age/Sex	37 YRS/Female	Sample Coll. Date	01.May.2021 04:16 PM
Referred By	SELF	Sample Rec. Date	01.May.2021 04:22 PM
Client Code/Name	AP090930 STREAM LINE HEALTH CARE	Report Date	01.May.2021 07:07PM
Ref. Lab/Hosp		Nationality	Indian
SRF ID	0767100754167	Passport No	
Aadhar No	86538143825		

Test Name With Methodology	Result	Unit	Biological Ref.Interval
MOLECULAR BIOLOGY			
COVID-19 (SARS-Cov-2) RT-PCR			
Covid-19 RT PCR	Positive		
Target Gene CT Value	19.57		

Note: ICMR Registration number for COVID 19 is ADAHPDD

Sample type: Nasopharyngeal & Oropharyngeal swabs

Before

PROCESSED AT :
Thyrocare,
Plot No.428,Phase-IV,
Udyog Vihar,
Gurgaon,Haryana - 122 015

Thyrocare
The Trust. The

Corporate office : Thyrocare Technologies Limited, D-17/1, TTC MIDC, Turbhe, Navi Mumbai - 400 703
022-3090 0000 / 6712 3400 9870666333 wellness@thyrocare.com www.thyrocare.com

REPORT

NAME	[REDACTED]	HOME COLLECTION :	TOWER 9 FLAT NUMBER 2305 LOTUS PANACHE NOIDA UTTAR PRADESH -201301
REF. BY	: SELF	Date:	09-05-2021
TEST ASKED	: COVID-19	Amount Paid :	Rs.500/-
PATIENTED	: 2749700903869		
SRF ID	: 2749700903869		

TEST NAME	RESULT
COVID-19 RT PCR	NOT DETECTED

Interpretation	
NOT DETECTED	COVID-19 RNA was not detected in the patient specimen or less than detection limit
DETECTED	COVID-19 RNA was detected in the patient specimen
INCONCLUSIVE	Target is inconclusive, Advised to send fresh specimen for recheck.

ICMR Registration No: THYTRC/IGH

The performance of this test has been validated & evaluated by National Institute of Virology/ICMR.

Indications
COVID-19 is an infectious disease caused by the virus strain "severe acute respiratory syndrome coronavirus 2" (SARS-CoV-2). Common signs of infection include: respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and kidney failure.

After

one week the patient recovered from all the symptoms.

Case 3

Another case of 59 yrs. old covid positive female with marked symptoms like diarrhoea, shivering, vertigo, violent headache, thirstlessness, burning and heaviness at epigastric region all the time. She got better and showed marked improvement with Gels 1M.

Case 4

Patient age 61 yrs covid positive male with marked high fever, headache and breathlessness while lying. The patient was eventually very restless and fearful. He had extreme fear of death and was very hopeless for his recovery. On the basis of patient's totality Arsenic 10M was prescribed. Patient recovered in 4-5 days.

CONCLUSION

In our medical history many epidemics like Epidemic of Sporadic and Continual fever of Jan 1971, Small pox epidemic of Iowa in 1902, Cholera Epidemic of Vienna in 1830-31, Spanish flu pandemic of 1918 homoeopathy proved its calibre in many ways such viable experimental evidence of its success are compiled then it can become good evidence in favour of homoeopathy showing its efficacy against

any viral epidemic disease. In this global crisis smaller countries like India having huge population are facing financial and medical crisis to combat with this pandemic. The conventional mode of treatment was trying hard to save the humanity but they were also helpless. In future homoeopathy could be seen as alternate in treating epidemic diseases.

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