Collecting clinical experience of homeopathic treatment of COVID-19

Second issue

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At present we have collected 40 (probable) COVID-19 cases responding well to the following homeopathic medicines: *Gelsemium (Gels)* (10 cases), *Bryonia (Bry)* (8), *Camphora (Camph)* (8), *Arsenicum album (Ars)* (5), *Conium (Con)* (2), *Drosera (Dros)* (1), *Eupatorium perfoliatum (Eup-per)* (1), *Lachesis (Lach)* (1), *Mercurius (Merc)* (1), *Natrium muriaticum (Nat-m)* (1), *Pulsatilla (Puls)* (1) and *Sulphur (Sulph)* (1). Cases are sent in from China (13), USA (10), Iran (8), France (4), Germany (3), Argentina (1) and Turkey (1).

The purpose of this project is to combine the practice experience of many practitioners. In one country *Camph* was prescribed to all cases with prostration/weakness, in another country *Gels* was prescribed to all cases with the same symptom. The symptoms indicating both medicines can now be compared to learn what symptoms differentiate the best between both medicines.

All cases so far were in text format. To allow counting of similar symptoms had to edited to one symptom: the symptoms weakness and prostration etcetera were combined as 'prostration'.

We present two tables, one ordering symptoms according to occurrence and specified per medicine for the four medicines with more than two cases. The second table indicate symptoms that differentiate between these medicines.

Table 1: symptoms observed in patients responding well to four medicines. 2/5 = 2 out of 5 patients, etcetera.

Symptom	*Ars*	*Bry*	*Camph*	*Gels*
Prostration	2/5	1/8	7/8	9/10
chilliness/cold	2/5	3/8	4/8	5/10
chill alternating with fever	1/5	3/8		
thirst	3/5	3/8	2/8	2/10
dry cough		4/8	4/8	3/8
headache		2/8	3/8	5/10
pain in joints and/or back, chest	2/5	7/8		3/10
nausea and/or diarrhoea	5/5	1/8	3/8	1/10
dry mouth/throat	1/5	1/8	1/8	
open air > or desire	1/5	2/8	1/8	
dizziness/vertigo/fainting	1/5	1/8	1/8	
chest pain from cough		3/8		3/10

Table 1 gives an indication of most frequently observed symptoms. With the limitations mentioned in the Discussion we have a first idea about symptoms indicating less eligible medicines. Prostration is not very prominent in patients responding well to *Bry*. Dry cough is less probable in *Ars*. Headache is less probable in *Ars*, etcetera. Generally, these symptoms do not point at one medicine out of these four.

The present data give also some idea about symptoms differentiating between each other in this group of four medicines, see Table 2.

Table 2: symptoms differentiating between four medicines.

Symptom	*Ars*	*Bry*	*Camph*	*Gels*
heaviness eyelids				6/10
motion <, or aversion to motion		4/8		1/10
cold perspiration			2/8	
anxiety/fear	2/5			
restlessness	2/5			
slow onset/progression of symptoms		3/8		
chattering teeth during chill			2/8	
involuntary urination during cough				3/10
bitter taste			3/8	

As an example: if prostration is the most striking symptom in a patient you still need to differentiate between *Camph* and *Gels*. Therefore you should check 'heaviness of eyelids', 'cold perspiration', 'chattering of teeth', 'involuntary urination from cough' and 'bitter taste', but don't forget the *Ars* symptoms: 'anxiety/fear' and 'restlessness'.

Other validated symptoms

We also have some validated symptoms from former prognostic factor research (PFR) for three of the four medicines mentioned above.

Arsenicum

Conscientious about trifles; fear of death/that something will happen; anxiety in heart-region; hurry; sleepless from thoughts; sensitive to light; pain cervical region.

Cough is mostly moist.

Cough ameliorates: in warm room; from warm food or drinks.

Cough aggravates: from swallowing; cold drinks.

Bryonia

Cough is mostly dry.

Cough ameliorates: in daytime; in dry weather; from cold food or drinks.

Cough aggravates: in open air; from drinking.

Gelsemium

Anxiety about future; persistent thoughts; emotional excitement; trembling internally; anxiety in stomach; diarrhoea from anticipation.

Discussion

Thanks to colleagues all over the world we now can add experience from treating COVID-19 patients in daily practice to the existing knowledge in repertory and materia medica. The experience of colleagues with different training and different experience is combined, showing variation but also consensus. This information renders information to differentiate between the most applied homeopathic medicines in this pandemic.

Mind that this is a work in progress, adding more cases will increase the validity and the number of medicines that can be assessed.

We still have to handle these data with care. Most data are retrospective and some prone to confirmation bias. For this reason we added some symptoms to be checked in every patient, see below.

Only part of all COVID-19 cases can be treated with this limited number of medicines, only those cases that fit the medicines evaluated here.

PLEASE KEEP SENDING SUCCESSFUL CASES.

Resuming requisites for case descriptions

We resume the minimal necessary data for this project. We already had:

- Severity of COVID-19 illness: Mild – Moderate – Severe – critical
- Is COVID-19 confirmed?
- Medicine, with date of first intake
- Number of hours until onset of improvement and/or until absence of fever
- If possible 3-5 symptoms that were characteristic for the case

Also check:

- Prostration/weakness; where is the weakness seated
- Fever, chill, or chill alternating with fever
- Thirst
- Pain; where