Collecting clinical experience of homeopathic treatment of COVID-19

Third issue

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Increasing quality

The quality of our data collection increases step-by-step by more cases and more practitioners submitting cases. By including more practitioners from different countries the influence of variation is less, also confirming the universal applicability of homeopathy. Another cause of improvement of our data is more prospective assessment of symptoms: symptoms like 'prostration/weakness' are now systematically checked. We can now add 'slow or fast onset of complaints' and 'dry or moist cough' to our checklist.

Please send in cases that were clearly improved by ONE homeopathic medicine; if a cases responded well to more than one homeopathic medicine it is less useful for our purpose: identifying the symptoms that discriminate between medicines.

At present we have collected 54 (probable) COVID-19 cases responding well to the following homeopathic medicines: *Bryonia (Bry)* (14), *Gelsemium (Gels)* (11 cases), *Camphora (Camph)* (9), *Arsenicum album (Ars)* (7), *Conium (Con)* (2), *Drosera (Dros)* (1), *Eupatorium perfoliatum (Eup-per)* (1), *Kalium bichromicum (Kali-bi)* (1), *Kalium muriaticum (Kali-m)* (2) *Lachesis (Lach)* (1), *Mercurius (Merc)* (1), *Natrium muriaticum (Nat-m)* (1), *Pulsatilla (Puls)* (1) and *Sulphur (Sulph)* (2). Cases are sent in from USA (18), China (13), Iran (8), France (7), Germany (3), Turkey (3), Argentina (1), and Brazil (1).

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 indicates symptoms that differentiate between these medicines.

Table 1: symptoms observed in patients responding well to four medicines. 3/7 = 3 out of 7 patients, etcetera.

Symptom	*Ars*	*Bry*	*Camph*	*Gels*
Prostration	3/7	5/14	7/9	10/11
slow onset of symptoms		5/14	1/9	
chilliness/cold	3/7	4/14	4/9	6/11
chill alternating with fever	1/7	3/14		
thirst	4/7	4/14	2/9	2/11
dry cough	1/7	7/14	4/9	4/11
headache	1/7	5/14	4/9	6/11
pain in joints and/or back, chest	2/7	7/14	1/9	4/11
nausea and/or diarrhoea	5/7	4/14	3/9	1/11
dry mouth/throat	1/7	2/14	1/9	
open air > or desire	1/7	3/14	1/9	
dizziness/vertigo/fainting	1/7	1/14	1/9	1/11
chest pain from cough		3/14		3/11

Table 1 shows an indication of most frequently observed symptoms. 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				6/11
motion <, or aversion to motion	1/7	7/14		1/11
cold perspiration			3/9	
anxiety/fear	4/7			
restlessness	4/7			
chattering teeth during chill			2/9	
involuntary urination during cough				3/11
bitter taste			3/9	

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

After mixed methods (qualitative, then quantitative) assessment of 54 cases from eight countries we see a tendency that most successfully treated (suspected and confirmed) COVID-19 cases (76%) responded to the homeopathic medicines .*Arsenicum album, Bryonia, Camphora* and *Gelsemium*.

COLLEAGUES WITH DIFFERENT EXPERIENCE ARE URGENTLY INVITED TO SEND IN THEIR CASES.

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. Based on these preliminary data and former PFR data we can give indicate some symptoms for prescribing four medicines:

Arsenicum album: anxiety or fear (of death); restlessness; thirst (for small sips); respiratory + gastro-intestinal symptoms; chilliness; moist cough.

Bryonia: slow onset of symptoms; aggravation from motion; pain in joints/back/chest (aggravated by motion/cough); thirst; dry cough.

Camphora: weakness/tiredness/prostration; cold perspiration; chattering teeth during chill; bad taste in mouth.

Gelsemium: weakness/tiredness/prostration; heaviness of eyelids; chilliness; headache; chest pain from cough; involuntary urination from cough; anxiety

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:

- Slow or fast onset of complaints
- Prostration/weakness; where is the weakness seated
- Fever, chill, or chill alternating with fever
- Thirst
- Pain; where
- Cough dry or moist