Collecting clinical experience of homeopathic treatment of COVID-19

Fourth issue

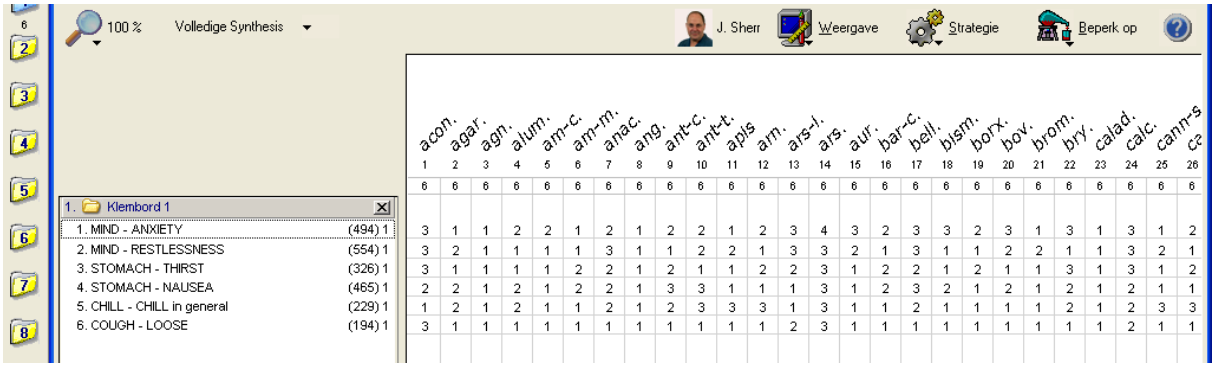
LMHI newsletter 6 April 2020

Adding expert knowledge to the repertory

In the third feedback to 54 collected COVID-19 cases we showed preliminary information about the four most prescribed medicines: symptoms that are most frequently seen in these cases and symptoms that discriminate between the four medicines. These symptoms are not peculiar symptoms, precisely because they are the most frequently occurring symptoms. Nevertheless, it is possible to see in what respects the medicines differ. The prescribing doctors did more than use just these symptoms, they observed the totality of patient with their experience of many years of homeopathic practice. This can be shown by comparing the symptoms we collected with the standard repertorisation of those symptoms. we use standard repertorisation to show how an expert reads such a repertorisation.

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

Repertorisation:



	acon.	agar.	agn.	alum.	am-c.	am-m.	anac.	ang.	ant-c.	ant-t.	apis	arn.	ars-i.	ars.	aur.	bar-c.	bell.	bism.	borx.	bov.	brom.	bry.	calad.	calc.	cann-s	ca
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
1. MIND - ANXIETY (494) 1	3	1	1	2	2	1	2	1	2	2	1	2	3	4	3	2	3	3	2	3	1	3	1	3	1	2
2. MIND - RESTLESSNESS (554) 1	3	2	1	1	1	1	3	1	1	2	2	1	3	3	2	1	3	1	1	2	2	1	1	3	2	1
3. STOMACH - THIRST (326) 1	3	1	1	1	1	2	2	1	2	1	1	2	2	3	1	2	2	1	2	1	1	3	1	3	1	2
4. STOMACH - NAUSEA (465) 1	2	2	1	2	1	2	2	1	3	3	1	1	1	3	1	2	3	2	1	2	1	2	1	2	1	1
5. CHILL - CHILL in general (229) 1	1	2	1	2	1	1	2	1	2	3	3	3	1	3	1	1	2	1	1	1	1	2	1	2	3	3
6. COUGH - LOOSE (194) 1	3	1	1	1	1	1	1	1	1	1	1	1	2	3	1	1	1	1	1	1	1	1	1	2	1	1

The repertorisation places *Arsenicum* at the 14th position, but an experienced homeopath looking at those symptoms will immediately think of *Arsenicum*. For him/her an interesting aspect of this repertorisation will be the appearance of, e.g., *Antimonium tartaricum*, and the attention will intuitively go to how the patients coughs and the sound of his respiration. Similar consideration will pop up for several other medicines in this repertorisation.

In this standard repertorisation the grade of the medicine is not considered. Repertorisation with weighing of grades will push *Arsenicum* forward, especially because ‘anxiety’ is in fourth grade (fat underlined). On the other hand, using this weighing *Ammonium carbonicum (am-c)* would disappear. *Am-c* is much less used than *Arsenicum* and the expert would consider this medicine because one of the characteristics of this medicine – under-oxygenation – is also a characteristic of COVID-19.

Bryonia is also present in this repertorisation, but in that case the experienced homeopath will immediately notice if the patient has an aggravation from motion. Our data collection shows a less

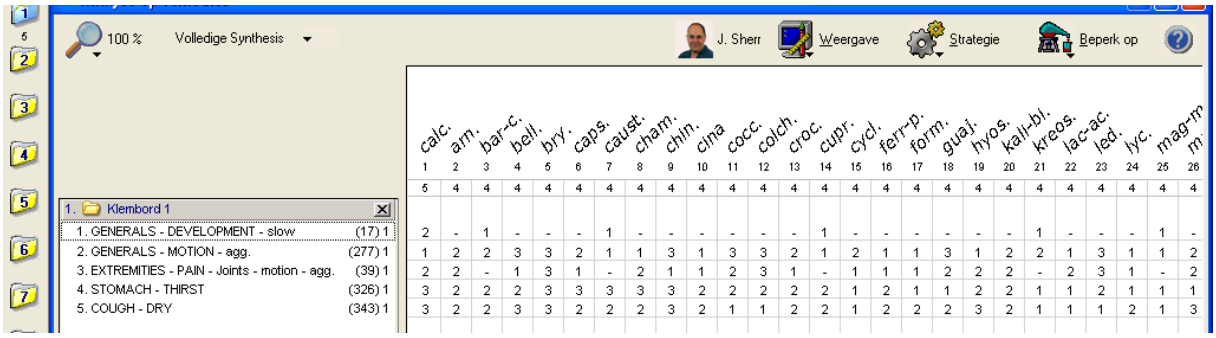
well-known aspect of *Bryonia*: the slow onset of symptoms. Now, let's compare our inventory of *Bryonia* symptoms with the repertorisation.

What would happen if an experienced homeopath presented this case after success with *Ars*? For educational reasons he would use weighing of grades, maybe add another *Ars* symptom he observed, to get *Ars* in the first position. However, would someone with minimal knowledge of homeopathy be able to do the same?

Let's consider the other medicines.

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

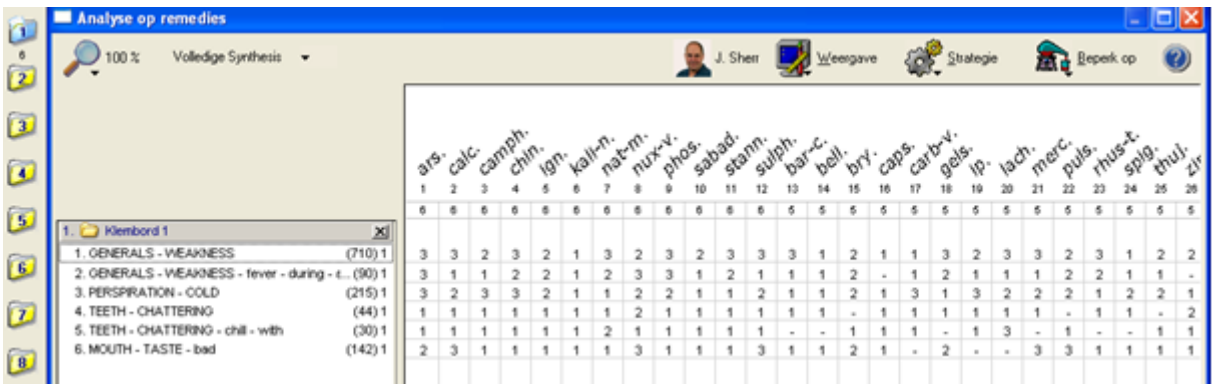
Repertorisation:



The repertorisation places *Bryonia* at the 3rd position despite the fact that *Bry* is not in the rubric 'slow development of disease', but the experienced homeopath will recognise the medicine from the other symptoms. However, with the presence of *Cuprum* in this repertorisation he might notice a purple discoloration of the face of the patient when he coughs. The case collection in this COVID-19 epidemic tells us that we should add *Bryonia* to the repertory-rubric 'Slow development'.

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

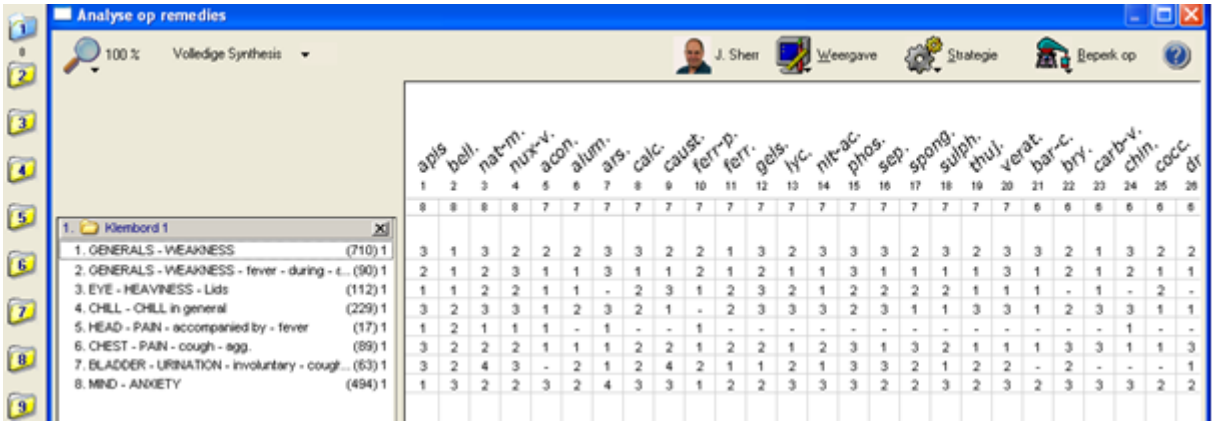
Repertorisation:



The repertorisation places *Camphora* at the third position. With these symptoms *Arsenicum album* would also be eligible, but we know that *Camphora* worked.

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

Repertorisation:



The medicine *Gelsemium* is at the 12th position. The rubric 'Head pain accompanied by fever' does not contain *Gels*. An experienced homeopath might also choose *Causticum* (position 9) because of involuntary urination caused by cough, or *Nux vomica* because of the totality of symptoms. However, a homeopathic practitioner has many other considerations in each case that cannot be expressed in symptom rubrics.

Discussion

Our data collection shows that a majority of COVID-19 cases responds well to a limited number of homeopathic medicines. We must realise that in this pandemic many healthcare workers and patients will become desperate and therefore willing to try homeopathy. We could accommodate those people by providing optimal data about the medicines that experts prescribe most frequently. Handing over the repertory and materia medica to these healthcare workers is no option, they don't have the knowledge to use these instruments properly.

On the other hand, collecting this experience the knowledge of experts also grows. It seems interesting to have more *Antimonium tartaricum*, *Nux vomica* and *Causticum* cases, and maybe a rarely prescribed medicine like *Cuprum* might be interesting. *Bryonia* should be added to the repertory-rubric 'GENERALS – DEVELOPMENT – slow'.

We chose standard repertorisation of symptoms and different analyses are possible, but that does not make an essential difference. Several other medicines could also be considered and, in fact, many homeopathic medicines are already proposed for this COVID-19 illness. We await new cases with other medicines with good effects. This way we can increase our knowledge about medicines that had good effects in actual COVID-19 cases. Experience is the cornerstone of homeopathy.

The symptom 'loss of smell and/or taste' appears frequently in COVID-19 cases. This is reason enough to check this symptom in every patient.

With this newsletter we hope to induce a quality circle in our collection of data. Keep sending us cases and we can provide you with the knowledge of your colleagues.

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
- Loss of smell or taste