

“While the medical community is scratching its head looking for a solution to current and future epidemics, one already exists...”



It’s just so simple, conceptually, that they can’t see it.

As Homeopathic practitioners and their patients already know, homeopathy has a long and incredibly successful history in treating and/or preventing epidemics including smallpox, cholera, diphtheria, malaria, yellow fever, meningitis, polio, leptospirosis and the deadly Spanish Flu of 1918. During the flu, which killed up to 50 million people worldwide, homeopaths had a 98% cure rate.

Also effective against viruses, which antibiotics are not, homeopathy offers a powerful, safe, effective and fast response to epidemic diseases. In a given outbreak, homeopaths can determine the symptoms affecting the majority of patients and then arrive at one or a few remedies which cover most cases. Those “genus epidemicus” remedies will often work to prevent the disease as well.

Based on the epidemiological and clinical studies done so far, we know the following symptoms, which our homeopathic remedy should cover:

- Fever
- Chilliness
- Dry Cough
- Pneumonia
- Shortness of breath
- Tightness of chest

The above would be considered to be common symptoms. *Homeopaths look in detail* at these common symptoms and filter out the remedies which match particular symptoms. For instance, the COVID-19 (Coronavirus) comes on slowly so we aren’t looking for a remedy which comes on rapidly, there is no initial runny nose, the symptoms move from right to left, people seem to lose their sense of taste and smell, the throat itches causing a cough, etc.

Dr. Manish Bhatia’s¹, Founder Director of hpathy.com, world’s leading homeopathy portal recently shared an in-depth and collaborative article with fellow Homeopathic practitioners which I found to be helpful. Below is an excerpt.

“So what homeopathic remedy should I take for Coronavirus?”

“If you are living in an area which is not yet affected by Coronavirus, you should not be taking any remedy for now.

*Based on the analysis above, I believe **Bryonia alba 6CH or 30CH**, can serve as a prophylactic. It can be given (only to affected population) once a day, till days become warmer and the epidemic subsides (hopefully). If a patient has flu-like symptoms, you can take the same remedy in 6 or 30 potency, 6 hourly.*

¹ <https://www.doctorbhatia.cm/dr-bhatia/?v=7516fd43adaa>

*If a patient develops tightness in chest and shortness of breath, **Lycopodium 30CH** is likely to help.*

The remedy suggestions are based on the available data. Homeopathy needs much deeper individualization, and clinical experience of treating Coronavirus Covid-19 patients with homeopathy, may bring up a different group of remedies.

I do not recommend self-medication. You can show this article to your homeopath for a better clinical judgment that he/she will make for you.”² Read the whole article [here](#).

According to WHO

Symptoms of COVID-19 are non-specific and the disease presentation can range from no symptoms (asymptomatic) to severe pneumonia and death. As of 20 February 2020 and based on 55924 laboratory confirmed cases, typical signs and symptoms include: fever (87.9%), dry cough (67.7%), fatigue (38.1%), sputum production (33.4%), shortness of breath (18.6%), sore throat (13.9%), headache (13.6%), myalgia or arthralgia (14.8%), chills (11.4%), nausea or vomiting (5.0%), nasal congestion (4.8%), diarrhea (3.7%), and hemoptysis (0.9%), and conjunctival congestion (0.8%).

People with COVID-19 generally develop signs and symptoms, including mild respiratory symptoms and fever, on an average of 5-6 days after infection (mean incubation period 5-6 days, range 1-14 days).

Most people infected with COVID-19 virus have mild disease and recover. Approximately 80% of laboratory confirmed patients have had mild to moderate disease, which includes non-pneumonia and pneumonia cases, 13.8% have severe disease (dyspnea, respiratory frequency 30/minute, blood oxygen saturation 93%, PaO₂/FiO₂ ratio <300, and/or lung infiltrates >50% of the lung field within 24-48 hours) and 6.1% are critical (respiratory failure, septic shock, and/or multiple organ dysfunction/failure).

In closing, while its encouraging to learn that there *are* remedies available in helping us minimize the symptoms of viruses it's important to seek advice from a Homeopathic professional to determine what remedy is suitable for YOU.

² <https://www.doctorbhatia.com/treatment/coronavirus-covid-19-symptoms-homeopathic-remedies-for-treatment-and-prophylaxis/?v=7516fd43adaa>