

Role of Homeopathy in Managing COVID-19 Symptoms in Elderly Patients: A Case Series Study

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ABSTRACT

The global healthcare systems are facing a substantial challenge due to the COVID-19 pandemic, particularly concerning elderly patients with concurrent health conditions. This research study outlines the use of homeopathic remedies in managing COVID-19 symptoms among elderly patients. A comprehensive analysis of 116 elderly cases was conducted based on the severity of symptoms and associated health conditions. The study revealed that remedies such as Sulphur, Arsenicum Album, Lycopodium, and Phosphorus demonstrated notable efficacy in addressing severe cases, while Bryonia and Carbo Vegetabilis proved beneficial in alleviating cough and breathlessness, respectively.

INTRODUCTION

COVID-19 disproportionately affected older adults, particularly those with underlying health conditions such as diabetes and hypertension. Conventional treatment options were often inadequate or accompanied by complications, leading to an interest in complementary and alternative medicine. This study focuses on the role of homeopathic treatment in managing COVID-19 symptoms, particularly in patients aged 50 and above.

Methods:

From July 2020 onwards, 400 patients were treated at the GG COVID Centre, Vasai. Of these, 116 patients were 60 years or older. Patients were categorized into three groups based on symptom severity: mild, moderate, and severe. Data were collected retrospectively, focusing on presenting symptoms, comorbidities, remedies prescribed, and outcomes.

- Mild cases: Asymptomatic or presenting with fever and body pain.

- Moderate cases: Symptoms included cough and moderate breathing issues.

- Severe cases: Marked by breathlessness, chest pain, and multiple comorbidities (diabetes, hypertension, asthma).

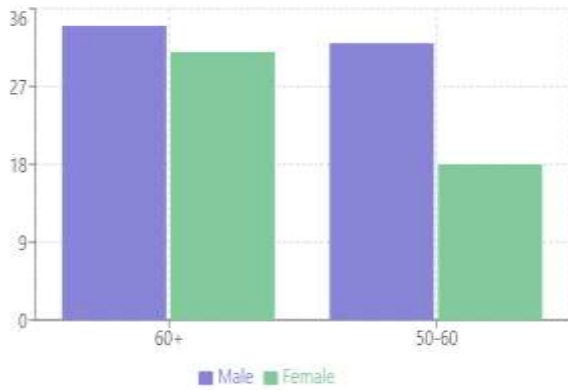
Results:

Patient Demographics:

- Age group 60+: 34 males and 31 females.
- Age group 50-60: 32 males and 18 females.

COVID-19 Study Visualizations

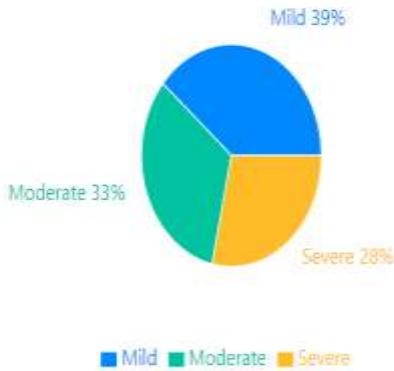
Patient Demographics



Distribution of Cases by Severity:

- Mild: 45 cases
- Moderate: 38 cases
- Severe: 33 cases

Distribution of Cases by Severity



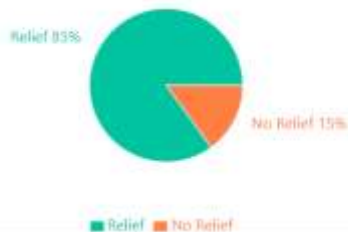
Remedies Used:

- Sulphur: Frequently prescribed for severe cases, particularly for symptoms of burning sensations, breathlessness, and weakness.
- Arsenicum Album: Used for cases presenting with cough, fever, and gastrointestinal disturbances.

Discussion:

Treatment Outcomes

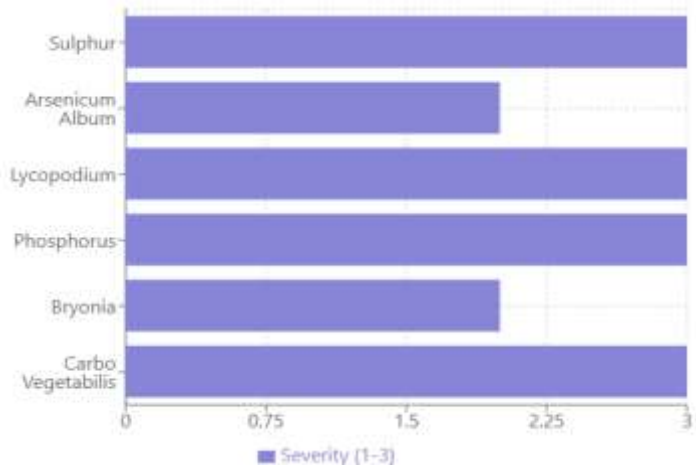
Symptomatic Relief (10-15 days)



This study highlights the potential benefits of homeopathic remedies in managing COVID-19, particularly in elderly patients with comorbidities. Remedies like Sulphur and Arsenicum Album

- Lycopodium: Effective in managing breathlessness, chest pain, and loss of appetite.
- Phosphorus: Frequently used in patients with severe respiratory symptoms, including orthopnea and chest congestion.
- Bryonia: Commonly prescribed for cough-related issues.
- Carbo Vegetabilis: Helped acute breathlessness and was effective in severe respiratory distress cases.

Homeopathic Remedies Used in COVID-19 Treatment



- Remedy Names: The y-axis lists the names of the six homeopathic remedies you mentioned.
- Severity Scale: The x-axis represents a severity scale from 0 to 3, where 3 indicates the remedy was used for more severe cases.
- Bars: The length of each bar corresponds to the severity level for which the remedy was typically used. Longer bars indicate use in more severe cases.

Comorbidities:

- Comorbidities were present in 74% of male patients and 62% of female patients.
- Common comorbid conditions included diabetes, hypertension, and asthma.

Outcomes:

- All patients were monitored closely, with symptomatic relief observed in 85% of cases within 10-15 days.
- No deaths were recorded in the cohort, suggesting a potential role for homeopathic intervention in reducing mortality.

Survival Rate

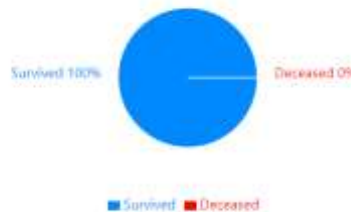


Figure: Pie charts showing symptomatic relief and survival rate in COVID-19 patients treated with homeopathy

appeared to be particularly effective in severe cases, while Bryonia and Carbo Vegetabilis were beneficial for managing respiratory symptoms like cough and breathlessness.

CONCLUSION

Homeopathy may offer a viable complementary approach in managing COVID-19 symptoms in elderly patients, particularly those with comorbidities. The use of remedies such as Sulphur,

Arsenicum Album, Lycopodium, and Phosphorus shows promise, though further studies are required to establish a more robust evidence base.

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