

Homeopathy to holistically strengthen body's defences for coronavirus infection

SARS-CoV-2 produces a flu-like illness. Homeopathy has an impressive two-centuries long track record of the prevention and treatment of flues and other epidemic diseases. [1-27]

Just like an individual disease is a challenge and opportunity for healing for a person, an epidemic disease is an opportunity for healing and transformation for the collective – mankind, all of us. (For further inspirational thoughts and ideas click [here](#))

The remedies we select to prevent and treat should cover the signs and symptoms observed in diseased patients. In the following list you can find different people and schools giving their experience and ideas. Some have derived their conclusions more from secondary information (official publications), some from real treatment of confirmed Covid-19 patients.

Every homeopath has to apply his own due diligence and decide on his own reasoning.

As regular medicine currently has no medical instruments to prevent coronavirus infection and might soon reach the limits of its capacity to treat infected patients, the current situation is an obligation and an opportunity for homeopathy to significantly contribute during this crisis. It is therefore important that the options for prophylaxis and treatment are shared and regularly updated, so we can serve humanity the best way we can.

Below you find:

A – information on homeoprophylaxis of COVID-19

B – information on homeopathic treatment of COVID-19

C – Resonance therapy for boosting the immune system against COVID-19

A. Prophylaxis

- *Bryonia alba* has been suggested by several sources and most [thoroughly documented](#) by Manish Bhatia. Advice: take *bryonia alba* in 6CH or 30CH.
- *Gelsemium* has been suggested by the Hong Kong Association of Homeopathy and Macau Association of Homeopathy Dr. Aaron To. Prescription: *gelsemium* C30 once a week as prophylaxis as long as the outbreak is not near to where you live, and change to once daily for one week once it gets near and then change to twice per week.
- *Camphora* 1M, melt 4 pills twice daily under the tongue for 2 days. Recommendation by Rajan Sankaran and Aditya Kasariyans based on cases observed and treated in Iran ([see article](#)).
- *Arsenicum album* 30C has been recommended as prophylaxis by Indian governmental Ministry of AYUSH based on the study of Chinese cases reported in the [Lancet – Feb 15, 2020](#)). Advice: use once a week as long as the outbreak is not near, and change to once daily for one week once it gets near and then change to twice per week.

- *Justica adhatoda* has been suggested by Farokh Master¹. Advice: *justica adhatoda* 3X (or 3D) once daily 10 drops in a teaspoonful of water (increases your IgE levels to fight the virus). (Malabar nut, India)
- Isaac Golden, who has extensive experience in homeoprophylaxis, suggest a combination remedy consisting: *influenzinum triple nosode M* + *pneumococcinum M* + *bacillinum M* + *arsenicum album 200* + *justicia adhatoda 200* + *gelsemium 200* + *bryonia 200* + *antimonium tartaricum 200*.
- [Piet De Baets](#) suggest to use a dose of *phosphorus* MK as prophylaxis.
- [Influenzinum 200C](#) (Joshis) or in *CV30* ([Cilla Whatcott](#)).
- [Oscillococcinum](#): recommended by Pierre Schmidt as prevention and in beginning stage. Use 5 globules twice daily (not the whole bottle as label suggests).

B. Treatment

- Manish Bhatia has made an in-depth analysis of the genus epidemicus based on reliable sources of information and regularly updates [his article](#) on it.
His recommendation:
 - *Bryonia alba* to prevent and treat
 - *Lycopodium* for the later stage of infection when pneumonia sets in (lyc is also complementary to bry)
- Italian colleague treated 100 cases. Depending on symptoms with *arsenicum album* 30C, *bryonia* 200K (better than 30C) or *phosphorus* 200K.
- Dana Ullman has forwarded a [paper published in the Lancet](#). It has lot of first-hand data and clinical details of the actual cases from China. The clinical picture/cases in this paper have been divided in four groups. [comments regarding homeopathy by Mania Bhatia in braces]
 - Group A: Mild – with no respiratory symptoms. [remedies like *gelsemium*, *eupatorium perfoliatum* and *bryonia* seem indicated]
 - Group B: Moderate – with respiratory symptoms like cough and Fever. One characteristic symptom from this document is that patients have pale or pale-red tongue. Also, cough is either dry or has little yellow sputum. There is dry throat too. [remedies like *bryonia*, *antimonium tartaricum*, *arsenicum album* and *phosphorus* seem indicated]
 - Group C: Heavy – with respiratory distress. One characteristic symptom from this document is that patients have red-tongue or yellow-furry at this stage.

¹ Scientific validity of *Justicia adhatoda* based on the following scientific papers:

<https://www.ncbi.nlm.nih.gov/pubmed/29618423>

<https://www.ncbi.nlm.nih.gov/pubmed/11129964>

https://www.researchgate.net/.../236681826_Immunomodulatory_a...

Pak J Pharm Sci. 2018 Mar;31(2):371-377.

Patient gasps on movement. [remedies like *lycopodium*, *pyrogenium*, *lachesis*, *bryonia* and *arsenicum album* seem indicated]

- Group D: Critical – with respiratory failure, cyanosis and collapse. One characteristic symptom from this document is that patients have purple-tongue at this stage. Movement aggravates, there is agitation and sweating with cold limbs [remedies like *merc-sol.*, *lach.*, *ars.*, *hydr-ac.*, *camph.*, *ant-ars.*, *carb-v.* may be useful at this stage]
- Homeopaths from Iran – supervised by Rajan Sankaran (Mumbai) – have found *Camphora* indicated ([see article](#)). After studying 40 cases and recording all symptoms they decided on camphora and observed dramatic effects. Camphora comes from the subclass Magnolidae which has the theme of shutting yourself in and walling off the outside world which seems to be the main idea in this epidemic. Advice:
 - Mild infection: *camph.* 1M, 8 pills in 100 ml of water. (1 tablespoon 6 hourly for days until symptoms largely abate. Nothing but water 30 minutes before and after.)
 - Severe infection: *camph.* 10M, 8 pills in 100 ml of water. (1 tablespoon 6 hourly for days until symptoms largely abate. Nothing but water 30 minutes before and after.)
- Massimo Mangialavori: 1st choice *chininum muriaticum*, 2nd choice *grindelia*, 3rd choice *camphora*
- The Hong Kong Association of Homeopathy and Macau Association of Homeopathy studied the common symptoms of 14 mild or moderate COVID-19 cases. They found two sets of homeopathic symptom pictures, indicating *bryonia alba* and *gelsemium sempervirens*, they were indicated in 3 and 8 cases out of the 14 cases respectively.
- Paul Herscu ([newsletter nr 8](#)): In terms of the larger remedies, the main effective homeopathic remedies have been, in order of likelihood: *sulph*, *lyc.*, *bry.*, and then less likely *phos.*, and *ars*. By far, at this moment, the most common remedy is *sulph*. The more acute remedy seems to be *bry*.
- LMHI Executive Committee Communication Regarding Coronavirus Epidemic (March 18, 2020):
 - Early stage (in order of importance): *gels.*, *bry.*, *ferr-phos.*, *eup-perf.*, *bell.*, *ars*.
 - Later stage (in order of importance): *ars.*, *phos.*, *ant-t.*, *stann.*
- Dr. Renzo Galassi (Italy):
 - First phase (in order of importance): *bry.*, *gels.*, *ferr-phos.*, *bell.*, *eup-perf.*, *nux-v.*, *acon.*, *ars*.
 - Later phase: *phos.*, *ars.*, *hepar.*, *ant-t.*, *kali-c.*, *puls.*, *sil.* and *sulph*. In very severe cases: *opium* and *carb-v*
- [Piet De Baets](#) suggests the genus epidemicus is covered by: *acon.*, *ant-t.*, *ars.*, *bry.*, *chin.*, *eup-per.* and *phos*. Advice: based on Dr. Grimmer give the indicated remedy in low potency (5CH) repeatedly: every hour at the beginning and gradually 3 times a day until healing.
- *Antimonium tartaricum* is also mentioned by [Eddie Thielens](#).

- Jeremy Sherr has published a [free webinar](#) which can be watched [1:45 min]. His work in progress is highly differentiated. On the basis of about 80 collected cases reported from many different countries he brings remedies for different stages to attention: *acon.* (st.1), *merc.* (st.1-2), *ph-ac.*, *phos.* (st.1-2-3), *ant-t.* (st. 2-3 – best yet!), *gels.* (st.1-2), *bry.* (st.1-2-3). Other remedies mentioned by him are *Cryptococcus neoformans*, *Radon*, *Senega*, *Stannum muriaticum*, *Sticta pulmonaria*.
- Belgium webinar (reported by Resie Moonen): *gels.*, *eup-perf.*, *bry.*, *phos.*, *ars.*, *anisum stell.*, *camph.*, *chin-ars.*, *tub-a*.
- *Lobelia purpurascens* 200C suggested as genus epidemicus by Michael Frass and Gerhard Resch (Austria). Confirmed by cases (Germany).
- Dinesh Chauhan also mentions *Lob-p*, as also *Quebracho*, *Grindelia*, *Echinacea angustifolia*, *Camphora*.
- *Oscillococcinum (anas-b)*: Usuf Mass compared it with arsenicum album and found it covered COVID-19 better. Available at pharmacies and health food stores: use five little pellets twice daily (not the whole bottle as label suggests).
- Ulrich Welte recommends *bryonia* and *camphora*.
- Franz Swoboda recommends *camphora* and *antimonium arsenicum*.
- Bhawisha & Shachindra Joshi: most important (*ant-t.*, *ant-ars.*, *ant-iod.*); mild stage (*ars.*, *bry.*, *phos.*, *camph.*, *gels.*, *grind.*); moderate cases (*ant-t.*, *grind.*, *camph.*).
- André Saine: *bryonia alba*, *beryllium*, *eupatorium perfoliatum*, *gelsemium*, *lobelia purpurascens*, *senega* (<https://www.homeopathy.ca/homeopathy.ca/>).
- Jan Scholten reported a spectacular reaction on *Artemesia abrotanum*.

By adding up all different recommendation we can create a rubric with remedies that can be indicated for COVID-19: *abrot.*, *acon.*, *anis.*, *ant-ars.*, *ant-iod.*, **ANT-T.**, *ARS.*, *bell.*, *beryl.*, **BRY.**, *carb-v.*, **CAMPH.**, *chin.*, *chin-ars.*, *CHIN-M.*, *crypt-n.*, *echi.*, *EUP-PER.*, *ferr-p.*, **GELS.**, *GRIND.*, *hepar.*, *hydr-ac.*, *just.*, *kali-c.*, *lach.*, *LOB-P.*, *lyc.*, *merc.*, *nux-v.*, *op.*, *PHOS.*, *phos-ac.*, *puls.*, *pyrog.*, *queb.*, *rad.*, *seneg.*, *stann.*, *stann-mur.*, *stict.*, *sulph.*, *tub-a.*, *tub-bov.*

C. Resonance therapy to boost immunity against coronavirus infection

Using the law of similar, Source Medicine applies a different way of creating the similimum (Source Resonance) for a disease. The [specially designed SR Releasing Coronaviruses](#) for the current pandemic, supports evolving through all the effects of coronaviruses including MERS-CoV, SARS-CoV-2 (COVID-19, 2019-nCoV).

Source Resonances for epidemic and infectious diseases have been successfully used in Africa since 2002 in many thousands of cases of malaria, HIV/AIDS, tuberculosis, hepatitis, syphilis etc. The SR for the regular flu has been used with good results for many years. In people that have used the SR Releasing Coronaviruses in a proving the symptoms resembled coronavirus infection.

The SR Releasing Coronaviruses can be used in all stages of COVID-19. It is advised to be used alongside homeopathic prophylaxis or treatment, as the two complement each other. It is ideal if no clear remedy is indicated and can also be used by therapists that miss the skills to individualize on the basis of symptoms. If distribution is an issue the same is also available as audio file (see below). This means that wherever one is in the world, as long as there is internet the resonance can be used. A coronavirus app makes it possible to also listen offline on a smart phone.

SR Releasing Coronaviruses is available in pill form and as audio file:

- Pill form (confirmed by cases). Under the code name SR2424c it can be ordered at Helios pharmacy (UK – use [secure order form](#)), Hahnemann Apotheek (Netherlands – [e-mail](#)) and Apotheke z. heiligen Florian (Austria – [order by email](#)). It is advised to bang the bottle with granules 5 times on a wooden surface each time before using it.
- For a patient it is recommended to prepare a dropper bottle. For a 10ml dropper bottle dissolve one granule (or 5 globules), let it stand for 15 minutes to dissolve and then bang the bottle 5 times with force on a wooden surface.

SR2424c can safely be combined with any other form of treatment.

- Prophylactic use: Once daily 5 drops after each time banging the bottle 5 times.
- Treatment: In mild cases give 3 drops every 6 hours (bang 5 times before each dose). In severe cases give 3 drops every 30 minutes; once symptoms improve slowly increase the intervals in time (bang 5 times before each dose)
- Audio file. With the audio file you can also reach those that live remote from you. Find different ways of listening to the audio file and instructions on how to use it [here](#).

COVID-19 – a wake-up call

For further ideas regarding the genus epidemicus and some inspirational thoughts click [here](#).

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