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UNNAT BHARAT ABHIYAN

HOMOEOPATHIC PREVENTIVE AND PROPHYLACTIC FOR CORONA VIRUS (COVID-19)

Corona Viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV) and Corona Virus Disease (COVID-19)

Mode of Spread: Spread from person to person among those in close contact. It spreads through respiratory droplets released during coughing and sneezing by infected person, sharing the accessories used by the infected persons.

Symptoms: Symptoms may appear 2 to 14 days after exposure to virus infection. Common symptoms include, sore throat, cough, fever, myalgia, fatigue and shortness of breath or difficulty in breathing. In more severe cases infection can cause Pneumonia, Severe Acute Respiratory Syndrome (SARS), Cardiovascular Shock, Kidney failure. Complaints are more severe in people who are older or have existing heart disease and other respiratory illnesses.

The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies stress, nutrition and immunity as a cofactor in the infectious disease susceptibility and outcomes.

General preventive measures

- Observe good personal hygiene. Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Follow respiratory etiquettes- Cover your mouth and nose with elbow or tissue during coughing and sneezing and wash your hands after coughing and sneezing, throw tissue into closed bin after use.
- Avoid touching your eyes, nose and mouth.
- Avoid travel if you have fever and cough.
- Avoid spitting in public places.
- Avoid contact with animals and consumption of raw/undercooked meats.
- Avoid close contact with anyone who is unwell or showing symptoms of illness, such as cough, running nose etc.
- Wear a mask if you have respiratory symptoms such as cough, running nose and immediately seek medical care and share your travel history.

In addition, the following specific measures may be adopted:

The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc. Frequent sipping of water boiled with Tulsi leaves, crushed ginger and turmeric would be beneficial. Honey with a pinch of pepper powder is also beneficial in case of cough. Cold frozen and heavy foods may be best avoided. It is always beneficial to avoid direct exposure to cold breeze. Appropriate rest and timely sleep are advisable.

Homoeopathic preventive and prophylactic

The holistic approach of Homoeopathic system of medicine focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity by simple remedies based on presentations of symptoms. The preventive aspect of Homoeopathy is well known, Homoeopathy has been used for prevention during the epidemics of Cholera, Spanish Influenza, Yellow fever, Scarlet fever, Diphtheria, Typhoid etc. The Genus epidemicus(GE) is the remedy found to be most effective for the particular epidemic once data have been gathered from several cases.

Ministry of AYUSH has advised Arsenicum album 30C, daily once in empty stomach for 3 days, the dose should be repeated after one month by the following schedule in case Corona virus infections prevail in the community.

The medicine should be taken in consultation with qualified Homoeopathic physicians.

Reference

1. Advisory from Ministry of AYUSH Letter No.D.O.No.S.16030/18/2019-NAM. dt: 06th March 2020