Covid-19 and Homeopathy: Systematic Review and Meta-Analysis of Clinical Outcomes

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Abstract

COVID19 characterized by respiratory symptoms, the virus spreads primarily through respiratory droplets. Efforts to curb transmission have included widespread vaccination campaigns, social distancing measures, and public health interventions. Post-COVID syndrome is characterized by a diverse array of symptoms that persist for weeks or even months after the initial infection. These symptoms often transcend the respiratory issues typically associated with COVID-19, affecting various organ systems. Common manifestations include fatigue, shortness of breath, cognitive impairment, joint and chest pain, sleep disturbances, headaches, loss of taste or smell, and gastrointestinal symptoms. One of the challenges in understanding and managing post-COVID syndrome lies in its multifaceted nature. The syndrome does not conform to a one-size-fits-all pattern; instead, it varies widely among individuals. Some experience a prolonged recovery from respiratory symptoms, while others grapple with neurological or cardiovascular issues. This heterogeneity underscores the importance of a comprehensive and multidisciplinary approach to diagnosis and treatment. On-going research aims to understand the virus variants, long-term effects, and optimal strategies for managing the crisis. Homoeopathy is found effective in many cases of COVID patients.

Keywords: COVID-19; Cardiovascular; Homoeopathy; Meta-Analysis

Introduction

The emergence of the novel coronavirus, SARS-CoV-2, marked the onset of one of the most significant global health crises in recent history [1]. The virus, first identified in Wuhan, China, quickly spread across borders, leading to the declaration of a pandemic by the World Health Organization (WHO) in March 2020 [2]. This essay explores the multifaceted impact of COVID-19 on public health, economies, societies, and the unprecedented efforts undertaken to mitigate its effects. The pandemic underscores the importance of global collaboration in addressing emerging infectious diseases

and strengthening healthcare systems worldwide [3,4]. The pathology of COVID-19, caused by the SARS-CoV-2 virus, involves a complex interplay of viral invasion, immune response, and organ system involvement. COVID-19, caused by the SARS-CoV-2 virus, primarily targets the respiratory system by binding to ACE2 receptors [5]. Viral replication leads to respiratory symptoms, ranging from mild cough to severe pneumonia and, in critical cases, acute respiratory distress syndrome (ARDS) [6]. The immune response plays a crucial role, with potential for cytokine storms. COVID-19 is not solely a respiratory disease; it can have systemic effects, impacting organs such as the heart, kidneys, and liver [7,8]. Thrombosis and coagulopathy contribute to the heightened risk of blood clots. Long-term effects, known as Long COVID, may result in persistent symptoms even after the acute phase has passed [9].

On-going research continues to unravel the complexities of COVID-19 pathology. Proponents of homeopathy suggest that these highly diluted substances, known as remedies, can stimulate the body's vital force and promote healing [10]. The specific remedy chosen is based on an individual's unique set of symptoms, considering physical, emotional, and mental aspects [11,12]. Thus, with the enhancement of vital energy, the proclivity for infection is suppressed in dynamic slant. One of the challenges in understanding and managing post-COVID syndrome lies in its multifaceted nature [13]. The syndrome does not conform to a one-size-fits-all pattern; instead, it varies widely among individuals. Some experience a prolonged recovery from respiratory symptoms, while others grapple with neurological or cardiovascular issues [14,15]. This heterogeneity underscores the importance of a comprehensive and multidisciplinary approach to diagnosis and treatment [16].

Materials and Methods

Study Design

This study followed a preliminary exploratory and descriptive design. The study was conducted to find contemporary clinical manifestations of COVID-19 and analyse them to sort homoeopathic specific medicines, denominated as the most indicated medicines list. Search databases and search strategies A systematic review was performed and is being reported according to the 'Preferred Reporting Items for Systematic Reviews and Meta-Analyses' (PRISMA) statement. It was searched in two databases PubMed, Google scholar, to identify studies reporting COVID-19. The following keywords were used in the search: COVID-19', Homoeopathy and Covid 19.

Inclusion and Exclusion Criteria

Articles that were published from December 2019 to December 2023 were considered for this study. Irrespective

of any design, based on the title and abstract, the articles were listed as a primary inclusion criterion. This also included diagnosed patients with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infections who were treated in intensive care unit; and the clinical features of the patients who died due to SARS-CoV-2 were also considered. The considered clinical features comprised of subjective symptoms and signs, laboratory findings, abnormal Computed Tomography (CT) imaging results, forensic reports and comorbidities. Non-English or articles that were published more than once, and those that presented with insufficient data on clinical characteristics were not included in the review.

Results

A total of 40 articles were selected for the study; after deleting duplicates, a sum of 25 records was retained, of which 10 were excluded based on the title or abstract. Then, 5 were eliminated due to lack of information on clinical characteristics. Finally, a total of 25 articles were included in this study. From the articles selected, the data obtained were follows

Clinical Presentation

We found that the main clinical symptoms of COVID-19 patients were fever, chillness, dry cough, fatigue, and dyspnoea, Nasal congestion, Anorexia, Nausea, Vomiting, Tachypnea Confusion, Haemoptysis, Loss of appetite, Conjunctival congestion, Swelling tonsils, & Constipation [17-19].

Comorbidities Present

Hypertension, Diabetes, Cardiovascular disease, Lung disease and Liver disease [20].

The most indicated medicines of covid-19

By summarising clinical symptoms, laboratory findings, comorbidities, we constructed an epidemiological profile of COVID-19 according to our statistical analysis. There was a study with a total of 37 symptoms were selected and evaluated for repertorization according to the epidemiological profile of COVID-19 [21,22]. A total of 1684 medicines coincided with the symptoms repertories. According to the totality of symptoms and their intensity, we found that the Arsenicum album covered 94.59% of symptoms (35/37, did not cover: pain, body, all over and chest, inflammation, lungs, pneumonia and bronchopneumonia) with high intensity, Phosphorus covered 91.89% of symptoms, Bryonia alba covered 91.89% of symptoms (34/37, did not cover: appetite, defective, loss anorexia; heart and circulation, thrombosis and heart and circulation, embolism) with high intensity [23,24].

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Laboratory Findings

The laboratory findings of the patients showed decreased white blood cell count, decreased neutrophil count, increased lymphocyte count and decreased haemoglobin levels [25].

Chest CT Findings

In the chest CT findings, it was found that the pneumonia was bilateral, compromised in the right lung, involving predominantly lower lobe and upper lobe and peripheral distribution; Ground-glass opacity, patchy lesions and consolidation [26,27].

Discussion

In this study, we analysed 25 studies that happened from December 2019 to December 2023, counted numerous laboratory findings and radiological images [28]. Clinical data of various patients' clinical data was reviewed to get a complete out print of COVID_19. A wide variety of clinical presentations was observed in COVID_19, ranging from asymptomatic to critical states [29,30]. Adults with various comorbidities including hypertension, diabetes, chronic kidney diseases and cardiovascular disease were more vulnerable than children [30,31].

This study summarised general symptoms of COVID-19 which included fever, chilliness, headache, dry cough, sore throat, chest pain, dyspnoea, anorexia and malaise. Furthermore, nausea, vomiting, and diarrhoea were obvious in some patients. In the recent past, researchers reported diarrhoea in Middle East respiratory syndrome-CoV and SARS-CoV in 30% and 10.6% of patients, respectively. Some other researchers indicated that SARS-CoV-2 has an increased affinity to angiotensin-converting enzyme 2 in the intestine which indicates gastrointestinal symptoms also should be considered in diagnosing COVID-19 [16,17]. Haematological reports showed leukocytopenia, neutropenia, decreased haemoglobin, thrombocytopenia and elevated D-dimer [30]. These findings suggest that COVID-19 may interfere with haematopoiesis.

The inflammatory response initiated by SARS-CoV-2 may facilitate disseminated intravascular coagulation which reflects the severity of COVID-19 [12,13]. Our study upholds that ground-glass opacity, patchy lesions and consolidations are the distinctive radiological marks in COVID-19patients, which is consistent with previous studies. We found Bryonia alba, Arsenic album, Phosphorus, Sulphur, Pulsatilla Nigricans, Lycopodium Clavatum, Aconitum Napellus, Nuxvomica, Belladonna, Calcarea carbonica, etc., are prioritised in the list of the most indicated medicines for COVID-19 [31]. The selection of individualised homoeopathic medicine is based on a patient's presenting clinical manifestations and individualised characteristics including mental symptoms.

Conclusion

Based on the findings of the study presented in the research, the conclusion seems to indicate that the homoeopathic medicines that were discovered could potentially be useful in the treatment of COVID-19 patients. Nevertheless, additional study is required in order to validate these findings. More specifically, case studies and randomised clinical trials are the types of research that are required. If these studies were conducted, they would provide more solid information regarding the efficacy and safety of homoeopathic treatments for COVID-19 viruses. In addition, the conclusion promotes the utilisation of an integrative approach, which involves the combination of homoeopathic medicines and conventional medical therapies together. This holistic technique has the potential to provide a more all-encompassing approach to the management of COVID-19, as it addresses not only the patients' physical symptoms but also their general well-being. In doing so, the research highlights the significance of not relying simply on a single method of treatment but rather utilising the strengths of both homoeopathy and conventional medicine in a manner that is complementary to one another.

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