



# A Clinical Case Study of Treating Post Covid Syndrome by Administering *Calcarea Carbonica* 200 Potency with Assessment of IgG Level

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## Research Article

Volume 7 Issue 2

Received Date: May 24, 2022

Published Date: June 20, 2022

DOI: 10.23880/nnoa-16000218

## Abstract

Consequently, as a result of positive covid individuals who copiously recuperate, but the current evidence recommends nevertheless they convalesce from their initial illness approximately 50% - 60% of public competency towards trifling and long-standing sequel to impediments. Long term covid patients tackled and revenues to confounding to warning signs of weakness, respiratory complaints, gastric issues, depression, diffuse myalgia, and sleep disorders etc. Old age humans may perhaps through the systemic illness and frequently experienced with lingering covid -19 gauges, nonetheless even the younger durably ailing form weeks to months. As a result, while reconnoitring post covid -19 patient's, Homoeopathy devour better scope as well as intendedly aimed at the treatment of recovering the intricate symptoms in enhanced approach. After comprehensive case history, repertorization and symbolizing with Materia medica, elect the similimum *Calcarea Carbonica* 200 allotted to determine the efficacy of handling post covid symptoms by assessing IgG level formerly and ensuing alleviation within 3 to 6 months encompassed as a part of follow-up routinely. This study evidenced as Homoeopathic medicine contribute prospective exploit in treating post covid-19 patients, gages the IgG response and to incite the deranged vitality victims underneath resistor. Thus, with bolstering of vital force, confiscately the predilection of infection subjugated in dynamic slant.

**Keywords:** Covid -19; Complication; *Calcarea Carbonica*; IgG; Homoeopathy Medicine

## Introduction

Covid'19 is an acute respiratory illness caused by a coronavirus, capable of producing severe symptoms and in

some cases leads to death, especially in older people those underlying with systemic disorder [1]. The covid'19 viral strain directly impacts the lungs, reducing its capacity and limiting the intake of oxygen and leading to acute respiratory

distress syndrome and pneumonia. Even healthy individuals deprived of diseases like diabetes and hypertension will be at the risk of succumbing covid'19 if they are smokers. [2] The virus has high risk of long-term health problems generally considered to be effects of covid-19 that persist for more than four weeks acutely [3] often develop critical illness with hypoxemic respiratory failure, extra pulmonary organ failures, and a marked inflammatory response [4]. Post covid complications are a broad range of new, ongoing or persistent health conditions, people can experience with a history of probable or confirmed SarsCoV-2 infection, and cannot be explained by an alternative diagnosis. [5].

A study has initiate the patients who had recovered from covid-19, reported as 87.4% of cases are recurrently occurs around three to six months chronically. Some study illustrates only 40% of people with covid verve to ripen post covid syndrome, while other study views up 70% of cases experienced with persistent covid symptoms [6]. Covid 19 pandemic continues to strike down, after recovery, but still patients remain at risk as a complicating factor of long covid symptoms can continue to impact patients even after recovery [7]. Homoeopathy is one of the furthestmost harmonizing system attributed to individual rather than diseases therefore entrenched in two theories. First, 'like cures like' denote as disease can be cured by a substance that produces similar symptoms in healthy individual. Second "The law of minimum dose" represent as the lower the dosage, the more effective the suppository [8].

However, in handful research studies it describes the effectiveness of homoeopathic medicines in post covid complications clinically and the literature-based data's reveals as it affects their ability to perform daily activities such as work chores [9]. The Homoeopathic remedy, *Calcarea carbonica* specs to exploit on post covid complications on following symptoms palpitation at night, tickling cough, feeling of coldness, restless oppression of chest, forgetfulness, confusion of mind, headache, constipation, depression, intermittent fever, tachycardia etc [10].

## Materials and Methods

The probe of study is to define the complicating feature of post covid symptoms and to estimate the protagonist Homoeopathic remedy *Calcarea carbonica* in post covid complications. Five cases of post covid syndrome attending the outpatient and inpatient of SKHMC, by revenue of subsequent symptoms grounded on irrefutable presentation as cough, headache, irritation of throat, breathing difficulty and diagnosis ensues on the core of resilient detached case history with assessment of IgG level and outcomes were confiscate with the cross-sectional research prescription, constructed on the totality of symptoms with individual

indications through the allusion of standard manuscript records of *Materia Medica* and conferring with affording principles of reiteration through the strategies Organon of Medicine. Research outcomes of homeopathy in post covid complication are identically effective with investigation of pre and post IgG level were subjected for further analysis and follow-up of cases for a minimum period of 3 - 6 month were estimated. After medication improvement criteria are predominantly concluding the source of symptomatic aid with the estimated statement of post IgG level are renowned and appraisal of cases will be centred by the wide-ranging renewal.

## Assessment of Effectiveness

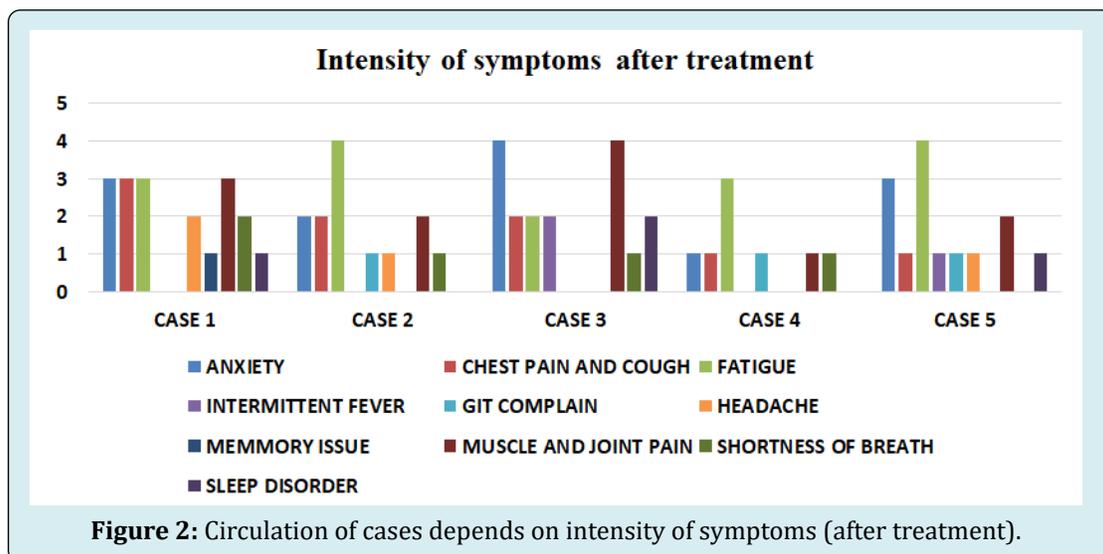
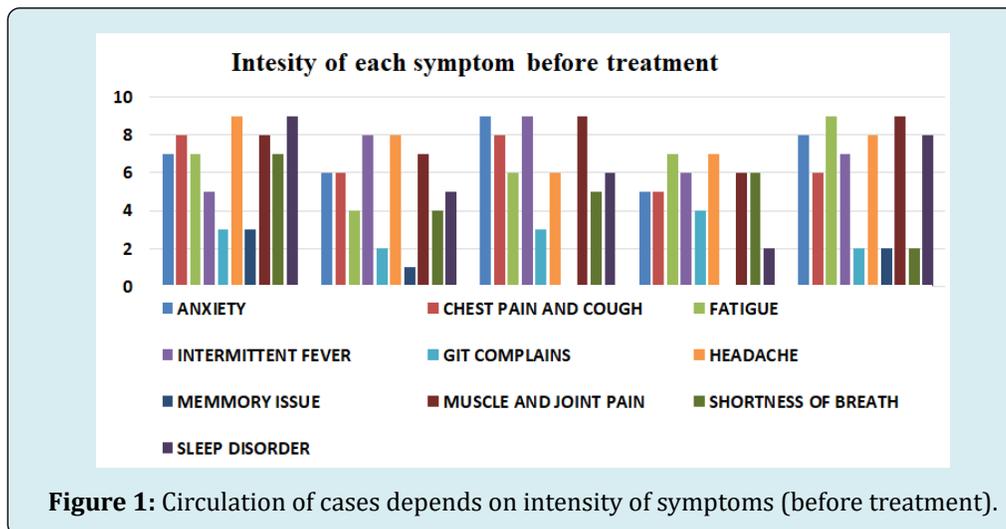
Agreeing with the clinical impost the disappearance of symptoms, enhancement of symptoms, declining the degree of IgG level, trimming the frequency of recurrence of symptoms are verified. In the course of action, the post treatment intensity outcome compared with pre-treatment intensity result. The exist data interpreted with the accordance of sex, the common presenting symptoms, pre and post IgG level, medicine and potency are accessible in tables and figures. The findings obtained through this study has been mentioned in Table 1 and Figure 1. Management and auxiliary measures for post covid complication are sanitize the hands frequently, following social distancing norms, wear mask properly, use bleach agent to disinfect toil, adequate intake of water, take healthy diet rich in essential vitamins, minerals and fibres.

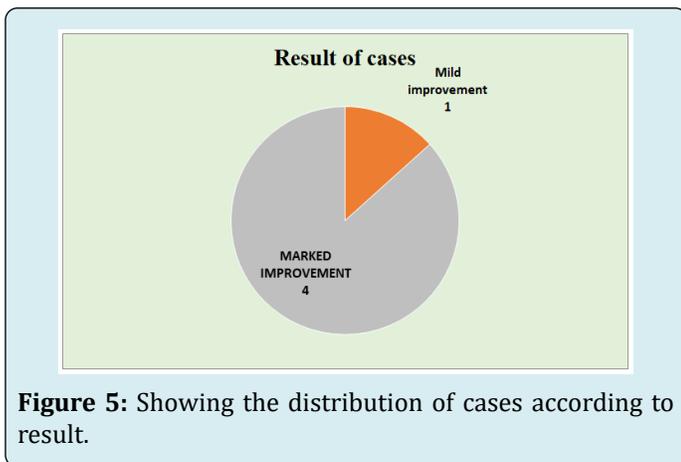
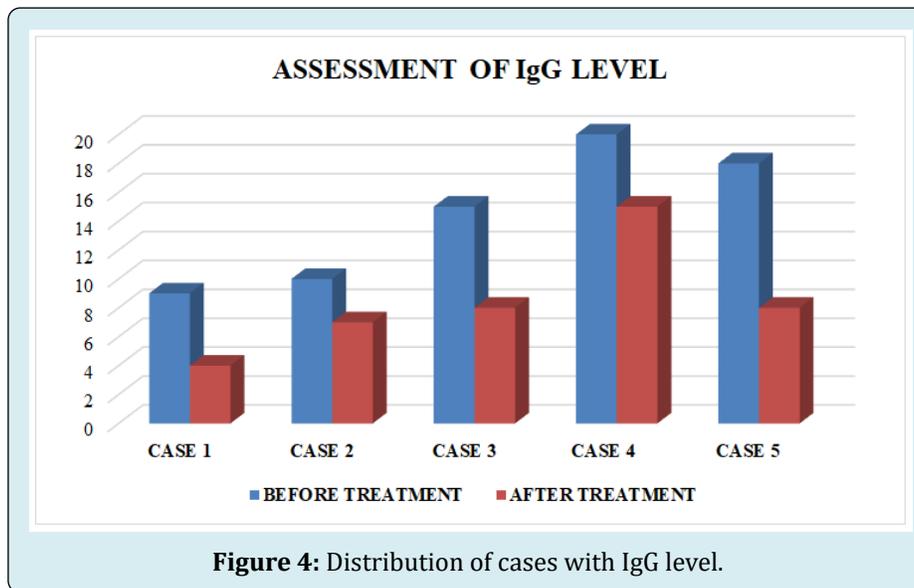
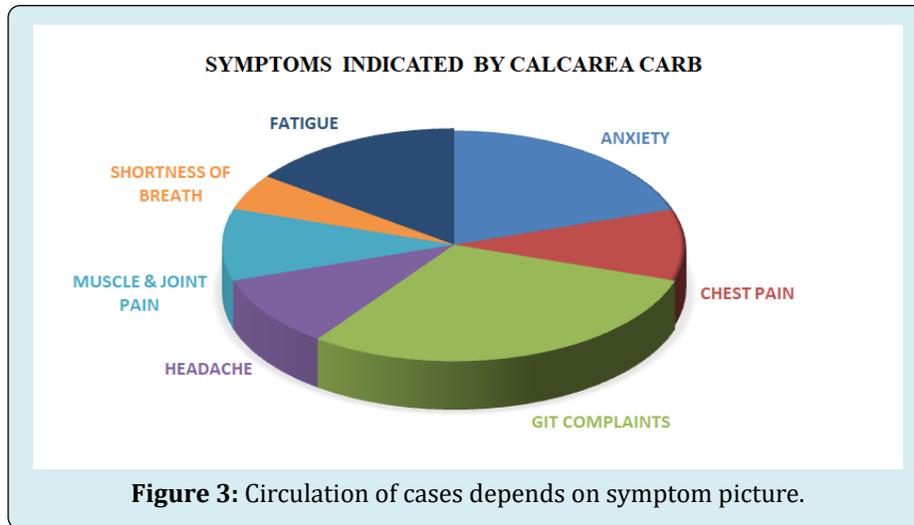
## Results and Discussion

The outcome of the study conducted in 5 cases of post covid syndrome are recorded here. These cases yield up perpetually least period of 3 to 6 month, besides the grades are declared below. The consequences were observed by means of IgG analysis report, symptom similarity, the fallouts devour into charts and the effectiveness of Homoeopathic remedy miscellany based on totality of symptoms that documented in the study. Post Covid complication and IgG level allied symptoms are delimited by means of *Calcarea carbonica* 200 monthly 1 dose for 3 to 6 months and other indications are managed, as a final point the patient illness are abate and IgG level are drop to normal level [11]. The cases were prescribed subsequently by careful analysis entirety of signs which were simultaneously by means of drug indications. All victim was trailed up for three months and so on. This study was imperilled to analysis of symptoms and its intensity were ruled out after 3 months of treatment and regular follow up, further investigation was advised to the patient. Several trails have evaluated the effectiveness of homoeopathy for post covid complication, without disturbing or destroying the local manifestations it heals the internal fundamental diseases.

Analysis of Symptoms	Before (5 Cases)	After (5 Cases)
1. Assessment of IgG level	5	0
2. According to symptoms picture		
i. Anxiety	12	1
ii. Chest pain and cough	10	1
iii. Fatigue	10	3
iv. Intermittent fever	14	0
v. Abdomen complaints	13	1
vi. Head ache	14	1
vii. Loss of memory	12	4
viii. muscle and joint pain	8	2
ix. Shortness of breath	14	1
x. Sleep disorder	16	2

**Table 1:** Showing the distribution of patients according to the recurrent attack of symptoms.





Results were shown and tabulated in Figure 1 and Table 2. Out of 5 cases, 4 cases disclose marked improvement, 1 case showed mild improvement.

According to results	No. of. Patients	Percentage (%)
Marked improvement	4	99
Mild improvement	1	1

**Table 2:** Distribution of patients according to results.

### Conclusion

Homeopathy has been immensely successful in treating post covid complications as well as it has a major role for preventing the minor illness too which were nightmare to the conventional system of medicine. According to the findings of this observational case study, the mineral group homoeopathic medicine *Calcarea Carbonica* was beneficial in treating the case as well as reduction of IgG level [12]. Among the mishaps which disturb the treatment only in a temporary way, but during the treatment of chronic disease

by anti psoric remedies we often need the other non anti psoric medication in case of intermediate diseases arising usually from patients, and so not temporarily disturb the treatment, but even interrupt it for long time. The sequela are the innumerable chronic disease in numberless forms of developed psora which have been unknown as to their origin and consequently remained uncured [13].

Homeopathic treatment of individual person based on the unique principle of individualization, Hahnemann had explained in his text book Organon of medicine in the aphorism § 82 - 83 how to imperator the individualization and to observe the case, recording of symptoms should be in perfect, each disease as phenomenon of distinctive character that must be distinguished from the previous outbreaks but the number of chronic diseases has been immeasurably greater and remains so [14] researchers recommend that doctors closely monitor the people who have been under covid-19 complications to analyse how their intensity and recurrence of symptoms appear either in short interval or long interval after recovery [15]. Large medical centres are opening specialized clinics to provide care for people who have been under post covid symptoms and related illnesses after they recover When a marked reduction was realized in post-test values in comparison with pre-test values it evaluates the efficacy of Homoeopathic medicine *Calcarea Carbonica* and thus we can conclude that administration of homoeopathy remedies in treatment of post covid syndrome could give prime relief in the management of recurrent attack of symptoms as well as the post covid complications [16].

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