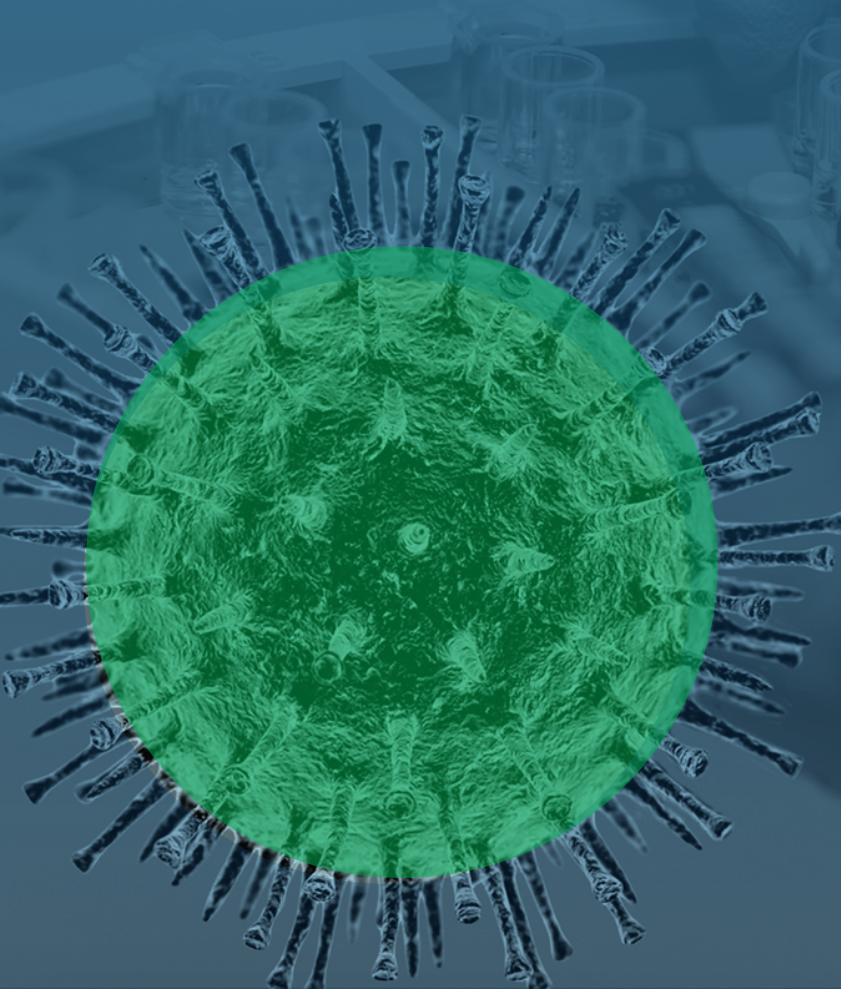


HOMEOPATHY AGAINST EPIDEMICS

EFFECTIVENESS OF HOMEOPATHY IN
BOOSTING IMMUNITY TO FIGHT
AGAINST EPIDEMICS SUCH AS COVID-19

 **insightsutras**
Data To Decisions

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PREAMBLE

The ongoing global pandemic of Covid-19 has heightened the emphasis on understanding the efficacy of alternate forms of medicine such as Ayurveda, Homeopathy, Siddha etc. in treating infectious diseases. Physicians are also exploring the possibility of better effectiveness in treatment by using any of the forms of alternate medicines in conjunction with allopathy. Structured and unstructured trials are underway globally and some of these use homeopathy medicines. Historically homeopathy has demonstrated to be highly successful in treating epidemics such as the Spanish flu, Leptospirosis etc. Further homeopathy has evidence of being effective in treatment of respiratory disorders akin to some of the symptoms exhibited by Covid-19 infected patients. There is thus observed a rejuvenated focus in India and across the world on homeopathy as a treatment option for the current pandemic and homeopathy practitioners worldwide are spreading awareness on the same.

For this purpose, Dr. Manoj's Homeopathy approached InsightSutras to assist in developing a position paper on the effectiveness of homeopathy in treating infectious diseases and respiratory ailments. InsightSutras analyzed the clinic's patient data for the last 10 years to ascertain the effectiveness of their treatment on Covid-19 like symptoms. Additionally, focused research on relevant published cases globally was conducted for corroboration.

InsightSutras is pleased to present excerpts from this research whitepaper.

SUMMARY

Epidemics such as the current Covid-19 infections draw attention to the need for concerted combined efforts of different forms of medicine in curbing infectious diseases.

Historic evidence herald Homeopathy's efficacy in treatment of epidemics including Spanish flu, Leptospirosis, Japanese Encephalitis etc. through appropriately chosen remedies. It has also proven to raise immunity against contracting infections.

Need for better immunity to fight against diseases such as Covid-19 is driving the focus on Homeopathy which is extremely effective in developing the immune system to ward off infections and it has proven to be supremely efficient against respiratory infections.

The preliminary results emerging from across the globe demonstrate that homeopathy has shown to be vastly better to conventional treatment in Covid-19 patients.

In the absence of an immediate vaccine, there is much merit in considering homeopathy to complement allopathy in treatment of corona virus infected patients.

The recent Government of India notification to allow all systems of medicine including Homeopathy to undertake research and trials on Covid-19 is a significant development as it provides the opportunity to study infected patients for common symptoms and identification of a genus epidemicus for the corona virus pandemic.

EVOLVING CONTAGIOUS OUTBREAKS CALL FOR DYNAMIC EVOLUTION IN TREATMENT MODELS

Evolution of mankind has witnessed many groundbreaking inventions and advancements while at the same time being plagued by regular occurrences of epidemics and natural disasters that temporarily halt the progress. Civilization has been challenged by many debilitating pandemics from time immemorial and the revival from each has helped in newer understanding of diseases, their control and the need for innovative medical interventions. Until the 1900s, infectious diseases were found to be the root cause of nearly 50% of all human deaths. With the advent of vaccines and adoption of better public health measures, this scenario began to change considerably. However, in the recent decades, complex relationships between animals and

humans have given rise to plethora of human pathogens originating from animal reservoirs. Avian flu, SARS, MERS, Ebola, Zika and the current pandemic caused by Corona virus are some examples and the carnage they have caused clearly demonstrate the need for preparedness for similar future threats.

1918 ...	INFLUENZA
2002 ...	SARS
2009 ...	HINI FLU
2014 ...	EBOLA
2020 ...	COVID-19

FEW OF THE MAJOR CONTAGIOUS OUTBREAKS COMPARED WITH COVID-19



As is evident, the ongoing Covid-19 pandemic is far more contagious than some of the earlier outbreaks and the prognosis currently looks ominous as it is likely to take another 6 months to a year, in the least, to have a vaccine developed.

Development of vaccine to build immunity is considered as the way forward, yet it is pertinent to study the need for general immunity boosting in humans as a means to prevent contraction of such infectious outbreaks in the future. Even though it is still early days to study the human immune system's ability to fight the corona virus, available early evidence suggest encouraging findings.

HISTORIC EVIDENCES OF EFFECTIVENESS OF HOMEOPATHY AGAINST EPIDEMICS

Commonly during epidemics, the objective is to study several affected patients to thoroughly understand the symptoms, reaction based on other pre-existing ailments to identify unique symptoms that define the nature of the disease.

Homeopathy then identifies the most appropriate remedy or set of remedies that can treat the identified symptoms of the epidemic and this remedy is termed as the "**Genus Epidemicus**".

Historic evidence indicates that homeopathy is not just effective in treatment of epidemics through appropriately chosen remedies but is equally potent in raising immunity against subsequent attacks of the same epidemic.

- ❖ In Dayton, Ohio 24,000 patients treated with allopathy had mortality rate of 28.2% as against 1.05% mortality rate for 26,000 patients treated through homeopathy.
- ❖ In district of Columbia, of 1500 cases reported at the homeopathic medical society, only 15 deaths were reported.
- ❖ 100% recovery of epidemic patients in the National Homeopathy hospital in the USA.
- ❖ In Connecticut, less than 1% mortality rate amongst the 6,602 patients treated homeopathically.
- ❖ Overall success rate of 98%.



- ❖ During the Leptospirosis epidemic Cuba had vaccines for only 15,000 high risk patients. All population above 1 year (~2.3 million) were administered a homeopathy medicine developed by the Cuban National Vaccine Institute.
- ❖ In a few weeks, overall cases had fallen to 4 per 100,000 per week, lower than the forecast of 38 over 100,000 per week.
- ❖ 8.8 million people in remaining provinces who did not get the homeopathy medicine registered the higher rate of infection.
- ❖ It built immunity as 84% reduction was seen in the province where it was administered whereas other areas increased by 22%.



HISTORIC EVIDENCES OF EFFECTIVENESS OF HOMEOPATHY AGAINST EPIDEMICS (CONT')

- ❖ First case of Japanese Encephalitis (JE) was documented in 1871. It is transmitted to humans through bites of infected mosquitoes and is most common in South Asia and South East Asian countries.
- ❖ Annual incidence of clinical disease varies both across and within endemic countries, ranging from <1 to >10 per 100,000 population or higher. With approximately 50,000+ cases each year globally, the number of deaths is ~13,000-20,000.
- ❖ Homeopathic medicines have over the years proven to be most effective in treating JE. Belladonna is one of the top homeopathic remedies for JV.
- ❖ A 2010 study conducted by Kolkata school of Tropical Medicine proved that Belladonna is effective in treating and preventing JE using 2 models - Chorioallantoic Membrane (CAM) model and suckling mice model. Conducted in collaboration with the Central Council for Research in Homoeopathy (CCRH) under the Department of AYUSH, the in-vitro showed a significant decrease in the pocks (discrete foci of cell proliferation and necrosis) count when the JE virus infection was challenged with homoeopathic medicine Belladonna in different potencies. The results were published in the American Journal of Infectious Diseases.

HOMEOPATHY EFFECTIVENESS IN TREATING JAPANESE ENCEPHALITIS



CORRELATION BETWEEN BETTER IMMUNE SYSTEM AND RESISTANCE TO CONTAGIOUS INFECTIONS

Researchers at the Peter Doherty Institute for Infection and Immunity in Australia[i] who analyzed blood samples from a previously healthy 47-year-old woman who contracted Covid-19 have found that her recovery was due to an unexpectedly strong immune response. The woman was admitted with typical moderate corona symptoms namely lethargy, sore throat, chest pain, dry cough, shortness of breath and fever, which had started 4 days prior to hospitalization.

PATIENT'S RESILIENT IMMUNE SYSTEM & IMMUNE RESPONSE LED TO RECOVERY

47-year old
(otherwise healthy) patient admitted with Covid-19 symptoms (travel history to China).

3 days after admission, doctors observe large populations of several immune cells – an indication of recovery typical of influenza infections.

Physicians predict recover to commence in **3 days**.

Recovery is observed in **3 days**; by **day 10** of hospitalization, chest is clear.

Discharged on **day 11**. All symptoms disappear on **day 13**.

Treatment given: Intravenous fluids to keep patient hydrated.
NO antibiotics; NO steroids; NO antiviral drugs;
Did not require Ventilator

STUDY THAT DEMONSTRATES STRONG IMMUNE SYSTEM AS A DETERRENT TO COVID-19 INFECTION

Within 11 days of hospitalization, all symptoms vanished, and she was discharged having successfully recovered, thanks to a strong immune response. The team had submitted a scientific paper on her case to be published in Nature Medicine. The researchers opine that the woman's case was the first report of broad immune response to Covid-19. This study gives some hope in understanding the longevity of human immune response and whether it is sufficient to build up lasting immunity

in people who have been infected. Similarly other parallel studies by scientists at Peking Union Medical College in China, who infected monkeys with the virus have found that the monkeys produced antibodies to resist subsequent infection. These early studies portend well to indicate that human patients would also respond strongly for preventing re-infection if their innate immunity is stronger.

Homeopathy as a science of medicine has shown to be extremely effective in developing the immune system to ward off infections and it has proven to be supremely efficient against respiratory infections. Conventional medical treatments usually rely on treating or controlling symptoms which only helps in addressing the problem superficially. Homeopathy on the other hand, focuses on targeting the root of the problems and works towards augmenting an individual's own inherent defenses by strengthening the immune system. This ensures long term benefit as the person's immune system develops resistance which prevents recurrence of infections. Infections typically establish themselves only when an individual's own immune defenses are compromised or weak thus making him/her susceptible to infections. Which is why, it is paramount to develop stronger resistance and immunity in individual and communities as a measure to ward off infectious diseases or give better resistance to attacks. Research indicates homeopathy to be far more effective in strengthening immune systems than any other conventional medicine or therapies. Even as early as the 1800s, studies document homeopathy's effectiveness in its significant successes in treating people suffering from fatal infectious disease epidemics that raged during that time. [i] Cholera, typhoid, yellow fever, and scarlet fever were but some of the infectious diseases that homeopathic medicines were exceptionally effective in treating.

Homeopathic medicines most effective in augmenting immune and defense systems

ARSENICUM ALBUM



Common homeo medicine effective in treating many conditions from food poisoning, digestive disorders, anxiety, asthma to insomnia

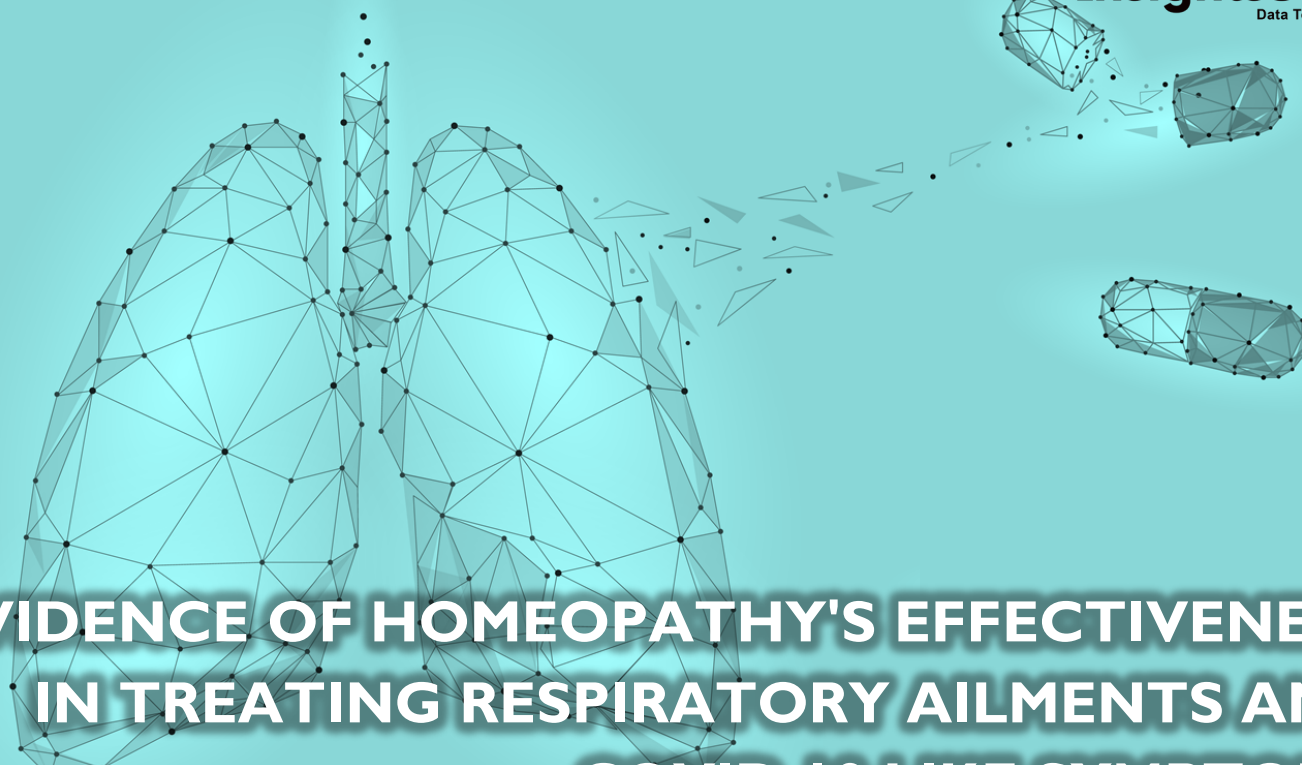


It is effective not because it has antibiotic properties but has capacity to heal specific pattern of symptoms it is known to cause if taken in large doses



It is not effective in treating patients whose symptoms do not match the symptoms that arsenic is known to cause





EVIDENCE OF HOMEOPATHY'S EFFECTIVENESS IN TREATING RESPIRATORY AILMENTS AND COVID-19 LIKE SYMPTOMS

Respiratory problems are amongst the most common of ailments of patients visiting a general practitioner. This is owing to the reason that our airways are a very vulnerable interface with our environment making it an entry point for viruses, bacteria, potential allergens, pollutants and irritants. Humans as part of the evolution process have developed defense mechanisms to address these airborne challenges and the stronger an individual's immune system the lesser the vulnerability to infections caused by them. Most of the respiratory disorders or diseases showing respiratory symptoms be it bronchitis, asthma, chronic obstructive pulmonary disease (COPD), sinusitis have been best treated through homeopathy.

Homeopathy has some of the best remedies to treat acute signs and symptoms of different respiratory infections. Using homeopathy for these infections is beneficial as it has no side-effects. A study conducted by the European committee for Homeopathy (ECH) in April 2005 that studied the treatment of 6000 patients and some of the findings are as below:

- ❖ 89% of patients with bronchial asthma improved rapidly using homeopathy
- ❖ 67% of patients with respiratory tract infections showed marked improvement with homeopathy treatment compared to 56% who were treated with conventional medicines during the same time period

The findings were consistent across acute and chronic respiratory issues thus leading to the conclusion that homeopathy is a very safe and natural treatment option which is most effective in treatment of respiratory conditions and ailments of the respiratory tract.

STUDIES SHOWING EFFECTIVENESS OF HOMEOPATHY IN TREATING RESPIRATORY DISORDERS

UPPER RESPIRATORY TRACT INFECTIONS¹

- Study evaluated **397** patients in Germany.
- **77%** receiving homeopathy treatment showed improvement in **3 days** compared to **61%** taking conventional treatment.

SINUS INFECTIONS²

- Randomized placebo-controlled study of **42 patients** studied total nasal symptoms score (TNSS) for **2 weeks** and studied the changes in individual symptom scores (ISS) during the same period.
- The group treated with homeopathy medicines showed better improvements in TNSS and ISS

ASTHMA³

- A study in the US examined children with allergic bronchial asthma treated homeopathically
- **44.2%** of patients demonstrated "satisfactory improvement"; **36.7%** demonstrated "manifest improvement"

COPD⁴

- Randomized, placebo-controlled study evaluated the use of homeopathy in **50 COPD** ventilator dependent patients.
- Results showed that the homeopathy treated patients were extubated sooner and discharged sooner from ICU (**4.2 days against 7.68 days**)

Sources:

1. Klein-Dipl P, Schmiedel V. A Complex Homeopathic Preparation for the Symptomatic Treatment of Upper Respiratory Infections Associated With the Common Cold: An Observational Study. *EXPLORE*; Vol 2, (Issue 2, March 2006): 109-114. <https://www.sciencedirect.com/science/article/pii/S1550830705005811>
2. Bernstein JA, et al. A randomized, double-blind, parallel trial comparing capsaicin nasal spray with placebo in subjects with a significant component of nonallergic rhinitis. *Annals of Allergy, Asthma & Immunology*, Vol 107 (Issue 2): 171 – 178. [https://www.annallergy.org/article/S1081-1206\(11\)00383-8/fulltext](https://www.annallergy.org/article/S1081-1206(11)00383-8/fulltext)
3. Mosquera Pardo MF. Bronchial asthma in childhood: management by means of homeopathy. *Proc 2nd OMHI Congress, Mexico; (1990)156- 166*
4. Dielacher C, et al. Influence of potassium dichromate on tracheal secretions in critically ill patients. *Chest*; March 2005 (127):936-941. <https://www.ncbi.nlm.nih.gov/pubmed/15764779>

CAN HOMEOPATHY PROVIDE THE ANTIDOTE FOR COVID-19?

Across the world, homeopathy practitioners have been putting forth the efficacy of homeopathy to treat pandemics like the Covid-19. There are early indications of patients being treated with homeopathy faring better than just conventional treatment. Dr. Aditya Kasariyans has been treating Covid-19 patients with homeopathy under the guidance of Dr. Rajan Sankaran and has observed marked improvement within short time. Dr. Aditya has treated as many as 30 + Covid-19 positive cases, of which for 5 patients, only homeopathy medicines have been administered. She opines that symptoms showed improvement as much as 40% the first 24-30 hours of prescription and that the recovery time for all cases has been as short as 5-6 days. Further, as preventive measure, homeopathy medicine was administered to 90 persons in most vulnerable environments and after 5 weeks, there was not a single new infection amongst those given preventive medication. Similar reports of homeopathy's success with corona virus treatment have started to surface, though detailed studies and comprehensive reports are yet too early to expect.

The Ministry of Ayush has recently notified that scientists, researchers, clinicians of any of recognized systems of medicine can undertake research on Covid-19 through Ayurveda, Siddha, Unani and Homeopathy systems including prophylactic measures, intervention during the quarantine, asymptomatic and symptomatic cases of Covid-19, public health research, survey, lab-based research etc. to generate evidence. This is a significant development as it provides the opportunity to study infected patients for common symptoms and identification of a genus epidemicus for the corona virus pandemic.

HOMEOPATHY IN THE TREATMENT OF COVID-19

Dr. Rajan Sankaran, India:

- ❖ Appealing for randomized double-blind study in India. Study approved by Central council of research in homeopathy and by Ministry of Ayush, Gol. Seeking approval from Indian council for medical research, ICMR

Dr. Massimo Mangialavori, Italy:

- ❖ 90 cases treated with homeopathy
- ❖ Zero hospitalization and zero fatality

Dr. Paul Herscu, USA:

- ❖ 168 patients treated with just homeopathy
- ❖ Zero hospitalization
- ❖ Zero fatality

Dr. Aditya Kasariyans, Iran:

- ❖ 30+ cases treated with homeopathy medicines
- ❖ 40% improvement in 24-30 hours
- ❖ Recovery within 5-6 days

CONCLUSION

Results of the many global studies on efficacy of homeopathy in boosting immunity against infections combined with the analysis of 10 years of patients' history at Dr. Manoj's homeopathy clinic clearly vindicate that homeopathy has demonstrated evidence of being most effective over other conventional treatments in building strong immune systems that resist attacks of infections. It is also clearly evinced that homeopathy is very effective in treatment of symptoms/ailments including cold, cough, respiratory disorders, bronchitis, asthma, dyspnea etc.

The commonality of these ailments with symptoms shown by patients diagnosed with the current Covid-19 epidemic leads to the need for further study on the impact of better immune systems in resisting epidemics like corona virus infections. Awareness on the need for better immune response shall further bolster homeopathy adoption.

Most importantly, the preliminary results emerging from across the globe demonstrate that homeopathy has shown to be vastly better to conventional treatment in Covid-19 patients. In the absence of an immediate vaccine, there is hope that there will be better receptiveness to studying the effectiveness of homeopathy and more universal embracing of homeopathy as a more viable alternative for treating the current epidemic. The current pandemic, is therefore a clarion call for urgent measures to expansively adopt homeopathic practices in boosting immunity at community levels so that humanity as a whole is better prepared to resist future pandemics.



- i. International Journal of Infectious Diseases
- ii. <https://www.ft.com/content/70945888-6938-11ea-800d-da70cff6e4d3>
- iii. D. Ullman, [Discovering Homeopathy: Medicine for the 21st Century](#), Berkeley: North Atlantic, 1991, 39-40.
- iv. Van Wassenhoven M. Priorities and Methods for Developing the Evidence Profile of Homeopathy: Recommendations of the ECH General Assembly and XVIII Symposium of GIRI. Homeopathy; April 2005:94,107

LINKS TO RELATED ARTICLES ON EFFECTIVENESS OF HOMEOPATHY IN THE FIGHT/BATTLE AGAINST CORONAVIRUS

1. **Could Homoeopathy Be A Solution?**
<https://www.youtube.com/watch?v=gO0dfmPsWC0&feature=youtu.be>
2. **Cuba promotes homeopathy as effective 'weapon' against the coronavirus**
<https://www.miamiherald.com/news/nation-world/world/americas/cuba/article241803371.html>
3. **Cuba advances on applying homeopathic med in face of Covid-19**
<https://www.plenglish.com/index.php?o=rn&id=54402&SEO=cuba-advances-on-applying-homeopathic-med-in-face-of-covid-19>
4. **Here's Some Extraordinary Proof Indian Homeopath, Dr.Rajan Sankaran, Is Placing Before Us While Making A Humble Appeal To The Indian Government To Permit Homeopathy Treat Covid-19 Patients.**
<https://www.facebook.com/1231421962/posts/10222314949962576/?d=n>
5. **Homeopathy can manage modern infectious diseases, shares a homeopath**
<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/world-homeopathy-day-homeopathy-can-manage-modern-infectious-diseases-shares-a-homeopath/articleshow/75080827.cms>
6. **Herd immunity, homeopathy - not lockdown - best to fight coronavirus: Rajiv Bajaj**
<https://www.businesstoday.in/latest/trends/herd-immunity-homoeopathy-not-lockdown-best-to-fight-coronavirus-rajiv-bajaj/story/400768.html>
7. **Coronavirus & Homeopathy. Why Rajiv Bajaj is a believer but "not at exclusion of other treatments"** <https://youtu.be/LTQrNwGvh38>
8. **Homeopathy for Coronavirus: Appeal to the Government of India**
https://www.youtube.com/watch?v=OPR0kL_nyx0
9. → https://cdn.intechopen.com/pdfs/33316/InTech-The_role_of_belladonna_200_in_the_prevention_of_japanese_encephalitis_je_virus_infection.pdf
10. → <https://medicaldialogues.in/ayush/ayurveda/news/ministry-of-ayush-nod-to-research-clinical-trials-of-ayurveda-siddha-unani-and-homeopathy-systems-for-covid-19-65101>

ABOUT INSIGHTSUTRAS

InsightSutras is an upcoming outsourcing solutions company, providing Market Research Services, Data Analytics & Insights and Offshore Partnership. The company is founded and backed by four accomplished and well-known market research professionals, sharing over 130 years of global industry experience among them. This rich experience mirrors in every aspect of InsightSutras' client-centric, value added and world-class services offerings.

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Winfred has three decades of experience in the Market Research industry and has worked with many leading consumer brands and corporates, helping them build their brand and marketing strategy through research-based insights. Over the years, he worked with marquee MR companies in the Indian sub-continent like ORG, ORG-MARG, AC Nielsen (now Nielsen) etc. Before launching InsightSutras, he was head of India organization having 300 plus employees, and Global L&D at MetrixLab, as its Executive Director and India board member.