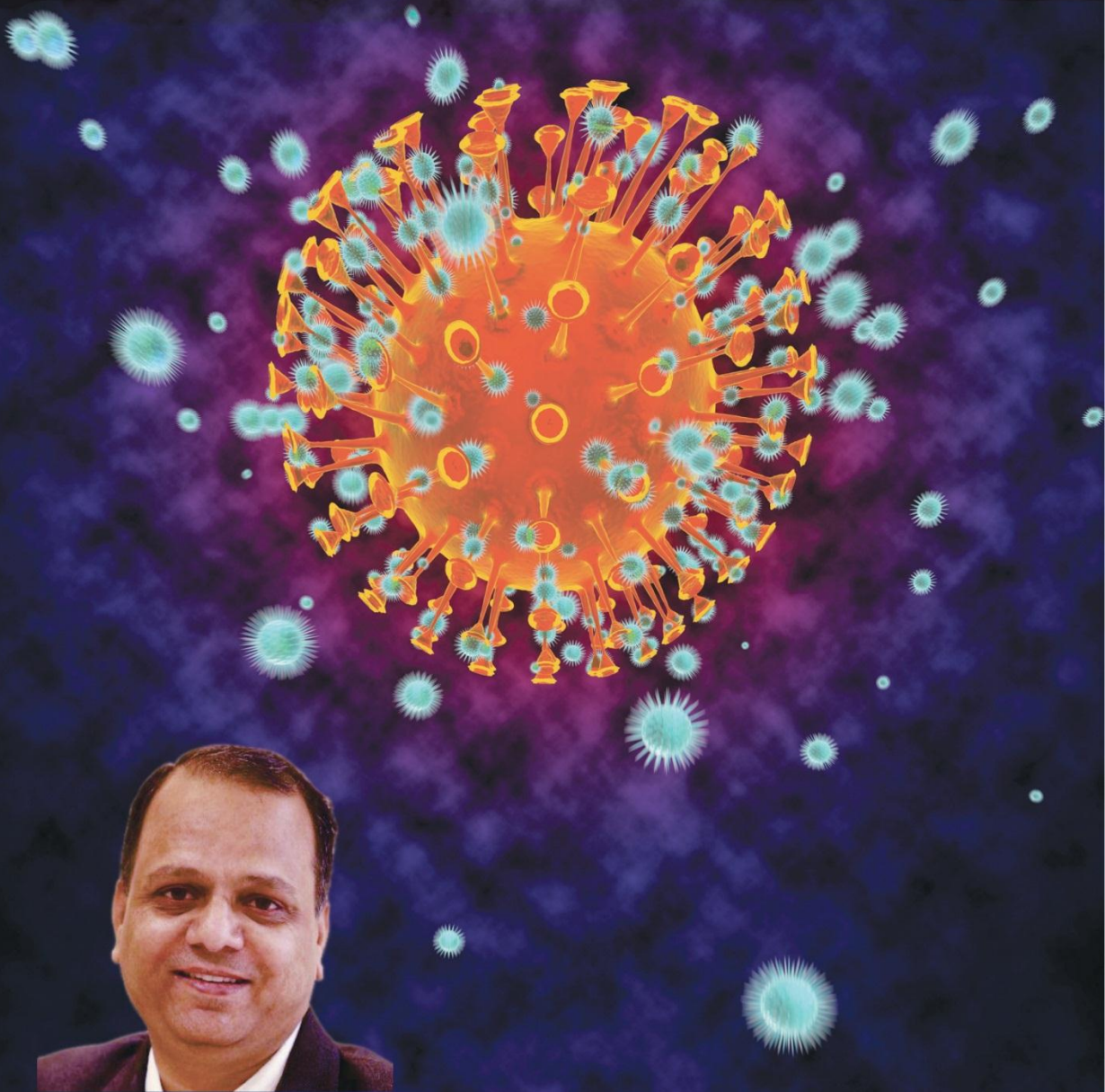


SCOPE OF HOMOEOPATHY IN CORONA VIRUS INFECTION

A Scientific Empiricism



Dr. Dilip Soni

www.limitlesshomoeopathy.com

SCOPE OF HOMOEOPATHY
IN
CORONA INFECTION

Dr Dilip Soni

Dr. Dilip Soni

Dedicated

To

Master Dr C. F. Samuel Hahnemann,

The founder of Homoeopathy,
Who showed the path of prevention and healing...

&

The Suffering Humanity

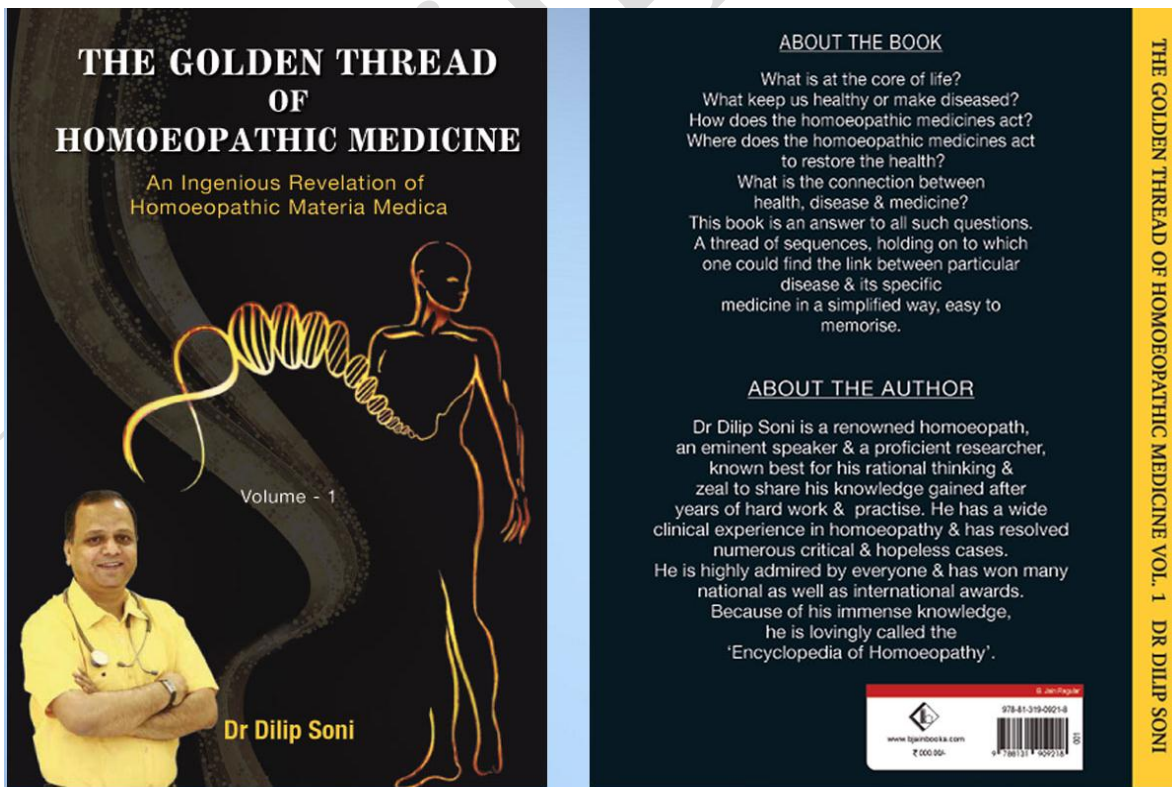
Of

Planet Earth

About the Author....

Dr. DilipSoni, a renowned Homoeopathic Physician practicing at Jaipur, India. He completed his BHMS from Rajasthan University in the year 2000 with distinction. He is also a distinction holder at SCPH, Mumbai. He has several years of experience in handling a wide variety of cases including congenital disorders, complicated cases and emergency medicine. He has been instrumental in resolving numerous critical and hopeless cases. He is a voracious reader, a great teacher, an eminent speaker and a proficient researcher known best for his rational thinking and zeal to share his vast knowledge. He is highly admired by everyone and has a humorous way of communicating and teaching. Among homoeopathic doctors he is known as '**THE ENCYCLOPEDIA OF HOMOEOPATHY**'. Dr. DilipSoni is an excellent academician and has numerous publications in various journals. He has also been a speaker at multiple national and international seminars. Besides this, he takes a keen interest in outreach camps for the treatment of Congenital and Hereditary Disorders treating those cases which are generally considered incurable.

He is also the author of, '**THE GOLDEN THREAD OF HOMOEOPATHIC MEDICINE**', an unparallel book, in which he has explained how homoeopathic medicine acts on body and the ways by which a reader can learn whole medicine scientifically and logically.



ACKNOWLEDGEMENT

*“Achieving a milestone for any person alone is extremely difficult.
However, there are motivators which come across the curvaceous path like
twinkling stars in the sky and make out task more easier.....
It becomes my humble and foremost duty to acknowledge all of them”*

-- Anonymous

At the very outset, I am thankful to the *Almighty* and *Universe*, without whose Grace nothing is possible.

Writing a book is could be quite challenging on a topic which still on verge of exploration. The time when almost whole of world is suffering and there is *little hope* among experts as how to remove the *sufferings of humanity*. This wouldn't have been possible without the support of my colleagues, friends, family and the blessings of my parents, who have been standing by my side in all the ups and downs of my life.

I will always remain thankful to my first Guru, Dr P.L. SHARMA, who held my hand and taught me to walk in the initial years of my practice. I am thankful to Dr PrafullVijayakar, who lit the light in me and helped me find my way. I acknowledge the contributions of my teachers and seniors for igniting the quest of knowledge in me.

The book version would have remained incomplete if I do not mention the contribution of my friend Dr Jaswant Singh Jain, an enthusiastic and always supporting personality, who discovered my hunger for knowledge and sharing with others. He has encouraged and inspired me to write a book on such a topic. He is the Editor and Proof reader of this book. Our journey and friendship, with the Grace of God, shall continue forever.

I am grateful to Dr Rashmi Arora and Dr Yogita Singh who have helped me in editing the book. I would also express my gratitude to Dr Vinod Mev for his whole-hearted efforts to give final shape to this book in a very short span of time. Thanks to Dr Suresh Jatolia, for being a continuous inspiration to develop the *Materia Medica* of Corona virus infections. I am also thanking Ms. Prerna Sharma for publishing this material on Kindle.

I find this unique opportunity to thank all the friends and supporters who have shown faith in me and inspired me to write this book. Their contribution in shaping this book is unparalleled. Special thanks to Dr Rajiv Kotgire, Dr Renu Kulshreshtha and Dr Abha Gupta, the founders of the following teams 'Mind of Pathology', 'Learn Limitless Homoeopathy' and 'Mission Sunrise' for their untiring efforts and constant questioning which encouraged me explore more. I acknowledge the contribution of Dr Umesh Fatehpuria, Dr Satyendra Singh, Dr Deepak Verma, Dr Shubham Dadhich, Dr Chandra Mohan, Dr Ram Kripal Lakhwat, and Dr Pranjli Agarwal. I am also thankful to Dr Sanjeev Bhama for making the beautiful cover page of this book.

I owe my honest gratitude to all my patients who, in these 20 years of my practice, have helped me directly and indirectly in making or developing this book and the process of gaining experience continues....

At the most, I pay my tribute to Dr C.F.S. HAHNEMANN for sharing his knowledge and experiences to the world for the benefit of the suffering mankind.

I will always remain indebted to my beloved wife Usha, for being so kind even in the times, when I could not manage to give her due attention. She has always been supportive and has encouraged me to do better & better. From reading early drafts to giving me advice on the cover, she owes an equal contribution to this book as mine.

My wonderful kids, Mukul and Palak, thank you for your love. I feel blessed to have you in my life.

Dr Dilip Soni

www.limitlesshomoeopathy.com

Jaipur Homoeo Clinic: B-5, 6, Unnati Tower, Sec-2,
Vidhyadhar Nagar, Jaipur

Branch: Jaipur Homoeo Clinic, 426,
JaggannathPuri Road, Jhotwara, Jaipur

How to read.....ABOUT THE BOOK...

This book is about the Acute Respiratory Distress Syndrome (ARDS) which has affected humanity from time to time, the different parts of the world.

Although we have not treated the cases of present pandemic disease but our understanding is based on the Golden words of Master Hahnemann in Organon of Medicine, the cases available on media and through the experience of treating doctors.

Homoeopathy treats the MAN IN DISEASE not the DISEASE IN MAN. Every time a patient comes to a Homoeopathic doctor for the treatment, he should always be treated on the Homoeopathic Principles that is, treat the sick on the basis of totality, not on the disease diagnosis.

In the present scenario the ARDS not only affects the human respiratory system but also other organs and systems. We suggest Homoeopathy for the above. In the last several pandemics (scarlet fever, Spanish flu of 1918, cholera) it has proved its efficacy.

It is high time for the Homoeopaths to come forward and help the sufferers. The homeopathic physicians, as of now they are not allowed by the Government of India to treat the patients of present ARDS cases, if get a chance in future, we should be ready for that. This is like a preparation before going into a battle.

We are providing certain guidelines for case taking in such cases, how to analyze and to treat them on the basis of Homoeopathic Principles.

This book is not only for the present crisis but it can also help in the other such conditions.

As the reader can be a medical personnel or a lay man, I warn the non-medical reader, after reading this book, not to do self-medication without consulting a Homoeopathic physician.

This book is divided in two parts. In the first part I have given the prevention chart and in second part the suggested treatment. Prevention chart is divided into

hot, chilly, thirsty and thirst less with their indicated medicines and their behavioral differences.

The treatment part is divided into three sections; stage one, two and three based on the severity of complaints and involvement of other organs or systems along with their best indicated medicines with their indications. *Stage 1 & 2 medicines are also subdivided as chilly, hot, thirsty & thirst less, because this helps in deciding the appropriate medicine; in stage 3 thermals & thirst becomes insignificant unless and otherwise very prominent, in this different parameters are to be considers as mentioned this book.*

I strongly warn the reader, not to take or give any medicine on their own. One must always seek the guidance of a specialist in Homoeopathy.

This book is just a guideline not a guarantee of any cure in anyway.

I request all the readers to follow the guidelines issued by their respective Governments and the World Health Organization.

Thank you.

Dr DILIP SONI

*A Student of
"Homoeopathy in particular & Life in general"*

TABLE OF CONTENTS

S NO.	CONTENTS	PAGE NO.
1.	Dedication	3
2.	About The Author	4
3.	Acknowledgement	5
4.	About the book	7
5.	Scope of Homoeopathy In Corona Infection	11
6.	What is Corona Virus Infection	11
7.	Homoeopathic Approach	15
8.	Symptoms of Corona	16
9.	Investigations in Corona	16
10.	Preventive Chart	17
11.	Treatment – Case Taking	19
12.	Materia Medica of Corona Virus Infection	24
13.	Aconite Napellus	25
14.	Alumina	26
15.	Antimonium Arsenicum	26
16.	Antimonium Tartaricum	27
17.	Arsenicum Album	28
18.	Belladonna	29
19.	Bromium	30
20.	Bryonia Alba	30
21.	Calcarea Carbonica	32
22.	Camphora Officinalis	33
23.	Carbo Vegetabilis	34

24.	Causticum Hahnemanni	34
25.	Chelidonium Majus	35
26.	Cuprum Metallicum	36
27.	Digitalis Purpurea	37
28.	Drosera Rotundifolia	38
29.	Dulcamara	39
30.	Echinacea Purpurea	40
31.	Elaps Corallinus	40
32.	Grindelia Robusta	41
33.	Ignatia Amara	42
34.	Influenzinum	43
35.	Iodium	43
36.	Ipecacuanha	44
37.	Kalium Bichromicum	45
38.	Kalium Carbonicum	45
39.	Kalium Iodatum	47
40.	Lachesis Muta	48
41.	Lobelia Inflata	50
42.	Lycopodium Clavatum	50
43.	Medorrhinum	52
44.	Natrum Muraticum	53
45.	Natrum Sulphuricum	54
46.	Nux Vomica	55
47.	Opium	56
48.	Oxalic Acidum	57
49.	Phosphorus	57

50.	Psorinum	59
51.	Pulsatilla	60
52.	Pyrogenium	61
53.	Ranunculus Bulbosus	61
54.	Sambucus Nigricans	62
55.	Sanguinaria Canadensis	63
56.	Sepia Officinalis	64
57.	Silicea Terra	65
58.	Squilla Maritima	66
59.	Stannum Metallicum	66
60.	Sulphur	67
61.	Thuja Occidentalis	68
62.	Tuberculinum	69
63.	Veratrum Viride	71
64.	How To Administer The Medicine	72
65.	Posology – Potency & Repetition Of Doses	72
66.	Diet And Regimen	73

SCOPE OF HOMOEOPATHY IN CORONA INFECTION

It is fact that whole world is fighting with corona and it just wants to get rid of this pandemic disease. In my view, homoeopathy is best for this pandemic. Why, because it treats the man in disease not the disease in man, means name of disease or a syndrome doesn't matter much. A person who is sufferer or any other patient suffers in little differently and requires different remedy; so it is the sick person who is important than the name of disease. Therefore it might be the best medical tool to win the battle but it is neglected due to some reasons.

I want to show the utility of Homoeopathy in corona through this book. I have gone through various web sites and media to get details of corona, to search out probable useful homoeopathic medicines and to get rid from corona. It is just an educative book for Homoeopathic doctors of the world, to enhance their knowledge of disease and medicines, which can annihilate it. According to me, physician must have knowledge of virus, route of infection, homoeopathic prevention and probable treatment, follow up of recovery; and also how homoeopathic medicine acts on different parts.

Therefore, I feel this book may be a boon for whole homoeopathic fraternity.

What is corona virus?

Corona is a family of many viruses. COVID-19 also belongs to this family of corona viruses. In the 1960s, scientists discovered the human corona virus for the first time, then in 2002, it was known as SARS, then after ten years in 2012 with the name MERS and in 2019 with the name of COVID-19. It is a single-stranded RNA virus with a protein coat known as a capsid. There are spicules of glycoprotein on the surface known as spikes of the corona (fig. 1). The difference between MERS and COVID-19 is only one amino-acid in RNA structure. COVID-19 has one amino acid more than MERS. Corona viruses are fastidious, because they grow in particular or specific cells only. Scientists assume that *Corona virus* first developed in Bats, then spread to humans through a carrier means SARS- it spread from Bat to civet to human; MERS-Bat to Camel then to humans and COVID-19-Bat to pangolin then to human.

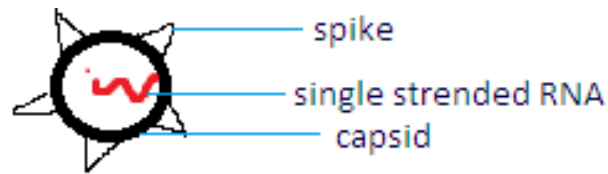


Fig. 1

TRANSMISSION OF THE CORONA VIRUS TO HOST:

The transmission of the infection is through droplets that come out while sneezing, coughing or spitting. The droplets remain in the air for around 1 to 8 hours because of the different molecular weights. When the host comes in contact with carrier and surfaces where the droplets have settled, then the host may get infected, if they reach their respiratory tract by any means. It can also be transmitted via fecal-oral route as well.

That is why WHO gave guidelines for social distancing, wearing masks, sanitization, quarantine, etc.

PATHOPHYSIOLOGY:

The favorite place for corona virus is the respiratory tract of human beings, and most favorable site is the alveoli of lungs. Alveoli are of two types – pneumocyte type -1 (for gaseous exchange), and pneumocyte type-2 (producing surfactant to maintain the size of alveoli).

COVID-19 likes to live in pneumocyte type-2, because it has ACE-2 receptors. When corona infects the host, its (corona's) spike of glycoprotein fits in ACE-2 receptors just like ligands, while inside the cell; some lysosomal activity starts due to stimulation of the inner side of the cell membrane. The RNA of the single-stranded virus ultimately enters the cell just like phagocytosis.

Now the RNA of virus acts as mRNA in the cytoplasm. Ribosome's do translation and form different type of proteins. These poly-proteins are collected in the cytoplasm and form the capsid and spikes of the virus (fig. 2).

In another mechanism, viral RNA reaches to an enzyme known as RNA dependent RNA polymerase. It forms many RNAs from the single RNA in the cytoplasm.

These RNAs make coating from the fragmented poly-protein by translation in the ribosome, resulting in forming a new corona virus inside the cytoplasm, which comes out from the pneumocyte type-2 by breaking its cell membrane. These viruses can infect the other pneumocytes type-2 of alveoli, and from here the disease progresses rapidly.

So, now we know that the first effect is on surfactant then it affects the other pneumocyte indirectly.

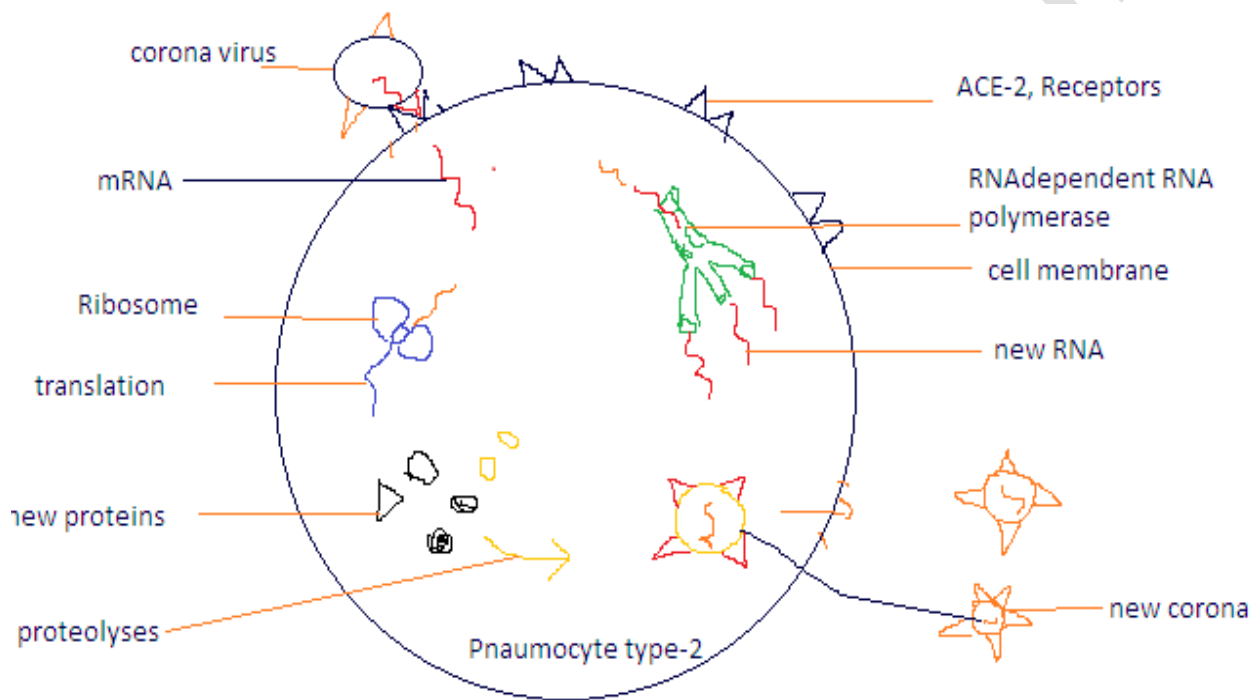


Fig.2

SECOND PHASE:

When these cells burst, they release some inflammatory mediators that invite macrophages which releases - IL-1 (interleukin), IL-6, IL-7, TNF-Alfa, IP-10, and more. These mediators enter from alveolar space into the blood and act as vasodilators. Vasodilation causes the pooling of blood. In contrast, vasodilation of alveolar capillaries results in increased permeability, so plasma may enter into

interstitial spaces and accumulate, which leads to compression of alveoli due to which some of the fluid is able to enter into the alveoli causing alveolar edema, which drowns out the surfactant (that decreases the surface tension of the alveoli in order to maintain its shape). Due to increase surface tension, the alveoli collapse or shrink. The accumulation of the fluid between the capillaries and the alveoli interrupts the gaseous exchange at the alveolar membrane. It causes **hypoxia**, and the patient faces difficulty in normal breathing. At the same time, during an inflammatory reaction, many neutrophils enter into alveolar space, which releases reactive oxygen species and proteases. It destroys some of the viruses along with pneumocyte type-1 alveolar cells, due to which gas exchange drastically reduces and further increase in **hypoxia**. All the slough of the destroyed cells collects in the alveolar cavity along with some proteins. This causes **consolidation**, which also alters the gaseous exchange. There is little expectoration and its color may vary as per secondary infection, which helps in diagnosis and selection of proper medicine to a homoeopathic doctor.

Simultaneously, the inflammatory mediators IL-1 & IL-6 reach to the hypothalamus of CNS and stimulate it to secrete prostaglandin (PG-2) which reestablishes the thermostat and increase the body temperature which is known as **fever**.

[The low partial pressure of oxygen → chemoreceptor → CNS stimulation → increase heart rate (tachycardia) + increase respiratory rate (change in the pattern of breathing)]

Prolonged Inflammation causes **Septicemia** → CVS – vasodilation and increase capillary permeability, fluid accumulates in extracellular space → decreased pressure on vessels (causing low BP or **hypotension**) → reduce cardiac output which may lead to multi organ failure.

Kidney – increase in creatinine & BUN;

Liver - releases inflammatory enzymes like SGOT/ SGPT / BILIRUBIN/ CRP /FIBRINOGEN/ IL-6, that lead to fibrosis of lungs.

HOMOEOPATHIC APPROACH:

These types of pandemic can be prevented and treated by homoeopathy in a scientific manner. So before this, the reader should know about the ACE-2 receptors and how they form. According to aphorism 73 of Organon of Medicine, Dr. Hahnemann says, that the causative factor of these sporadic or pandemic disease is telluric and meteoric change and noxious or injurious agents. These changes can open the promoter box (starting point of transcription) of DNA.

Then DNA starts the process of transcription to make mRNA in the nucleus which enters into the cytoplasm after maturation. Ribosome of cytoplasm translates it and synthesizes the required protein ACE-2, which then attaches to the outer side of the cell membrane, and then it is known as the ACE-2 receptor. The synthesis of such protein is variable depending on the environmental changes.

These receptors resemble the susceptibility, or we can say sensitivity in simple words. The sensitivity of the individual for particular infection depends on the number of the receptors on the cell membrane, meaning that individuals having more ACE-2 receptors are more vulnerable to Corona virus infection.

HOW HOMOEOPATHY HELPS:

Most of the homoeopathic medicines balance the sensitivity; meaning that, when sensitivity is more, homoeopathy reduces it; and if the patient is less sensitive then homoeopathic medicines balances the sensitivity. When receptors are less in number, then chances of infection are very less. So in prevention, homoeopathic medicine may balance the sensitivity that reduces the chances of corona infection. That is why whenever we attempt for preventive measures, we should know the sensitivity level of the patient. Patients having more receptors develop **anticipation or anxiety** and some can even develop delusions and properly selected medicine based on sensitivity certainly benefits the patient.

CORONA FIGHTER CHART OF HOMOEOPATHY (CFCH) – the preventive chart (fig. 3) covers around 70% of the sensitivity of the individual, particularly for this disease.

These medicines can be given to the first or second stage patients also.

SYMPTOMS OF CORONA INFECTION:

- The patient is Sneezing like influenza with malaise and fever with loss/alteration of taste or smell.
- Roughness, scrapping or pain in the throat with difficulty in swallowing.
- Cough initially dry; followed by productive cough.
- Respiratory distress and cough with heaviness in the chest, pain in chest in different postures and movements.
- Wheezing, rattling or crackling on auscultation.
- Severe Acute Respiratory Distress Syndrome
- Hypoxia or cyanosis and swelling of the body, high fever and hypotension and hypervolemia with enlargement of liver and spleen.
- At the end septicemia / cardiac / renal failure, or altogether present.

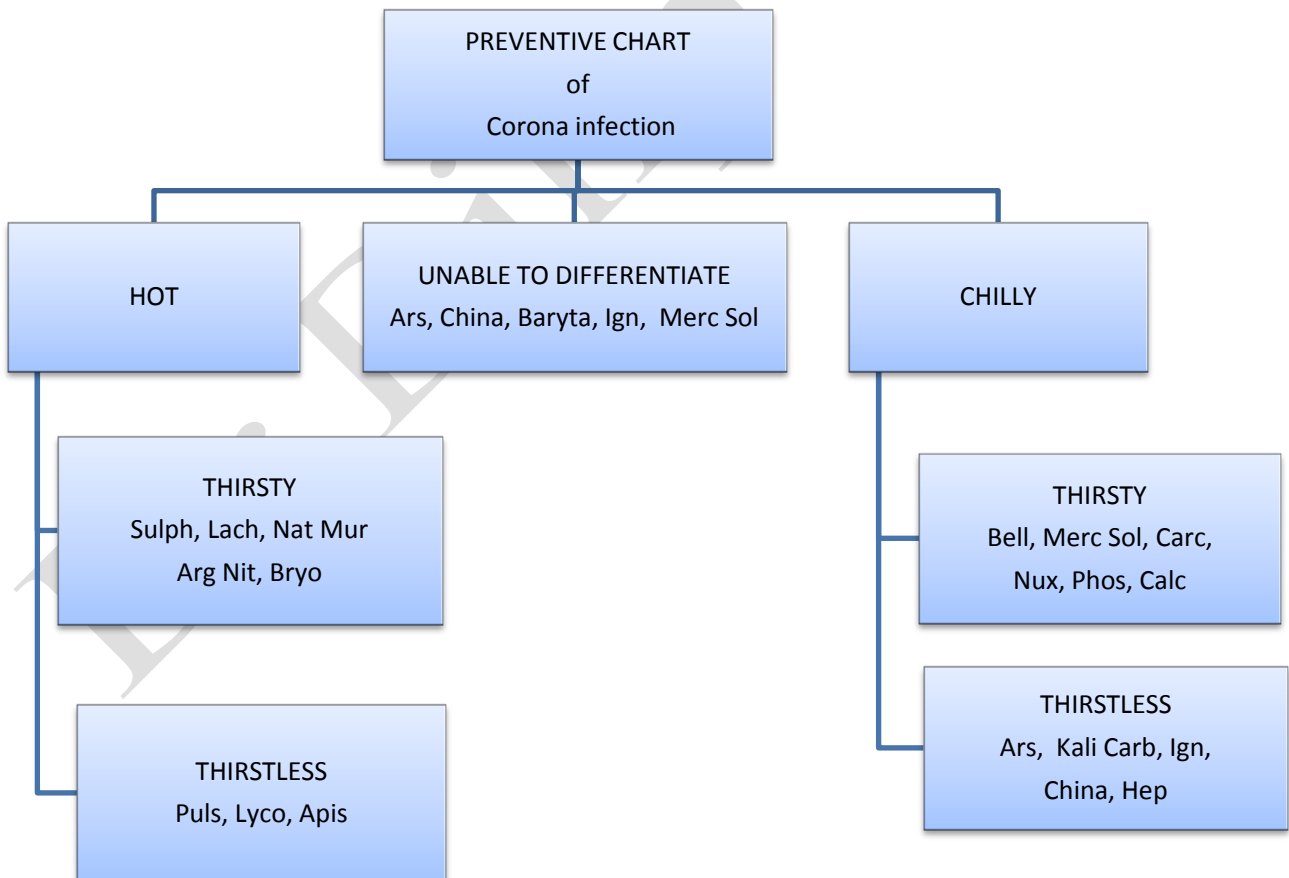
LAB INVESTIGATIONS:

- Decrease neutrophils and WBC, lymphopenia
- Increased d-dimer, increased ESR
- Increase SGOT, SGPT, SERUM BILIRUBIN
- INCREASE – CRP, FIBRINOGEN, IL-2, AND IL-6
- INCREASED SERUM CREATININE AND BUN
- POSITIVE - RT-PCR, POSITIVE – NUCLEIC ACID AMPLIFICATION TEST (NAAT), procalcitonin – elevated, superadded by bacteria.
- X-RAY — GROUND GLASS HAZINESS OF XRAY CHEST PA VIEW
- CT-SCAN - ground glass, consolidation, crazy paving pattern.
- USG – increasing B-line

PREVENTIVE CHART:

There are two parts of the homoeopathic approach, one is the prevention of disease, and the other is the probable cure. In the first part, there is a chart of prevention of Corona virus, and other part includes the approach towards an infected case. So for a proper result, we should follow the Organon, aphorism 150 and 262, 291.

We do not advice or promote self-treatment. One should always and always consult a homeopathic expert and follow their government's directions without any ifs and buts. There is a possibility that there may be different medicines for different personalities because of their different behavioral patterns.



TO ZERO DOWN THE MEDICINE

Ars Alb.	Do not want to quarantine, with a slight fever (prodromal)
China	Prodromal symptom with anxiety but ready for quarantine
Cal carb	Do not go out from home and busy in prayer or remain in touch with the doctor
Carc	Obey the rules given by the WHO or government's and try to disinfect everything either by washing or by sanitizing
Merc sol	Do opposite activity then advisory provided by the health organization
Lach	Suspicious. Thinks or talks that this is a chemical war, and being purposefully spread by China
Sulph	Create strange ideas for prevention like make underwear mask, tissue paper, cloth mask
Arg nit	Restless and anxiety about future; thinks what will happen if he is admitted in the hospital; hospital phobia
Bell	Aversion to visit, sleeplessness and restlessness
Lycy	Avoid meeting friends or new persons, want to stay at home with family but sit alone in the room
Nat mur	Do preventive activities like sharing, distributing masks, sanitizer, preventive things and food to others, but gives no attention to the family
Bryonia	Likes to be at home but does not sacrifice income for it, so he goes to his workplace and makes money even in the crisis
Apis	Doing hard work as like doctors and medical or para medical staff
Nux-vomica	These persons uses alcohol, ayurvedic Kadas, multivitamins and other things to save themselves from the corona
Puls	Depressive due to the prohibition of hugging or kissing due to maintaining social distance
Ignatia	They are panic or brood on the situation of the world and gets too emotional for others while watching TV
Kali carb	He thinks he has no immunity, his body is hollow, so he may get infected, and this medicine is also useful after infection
Phos	Read the medical or treatment-related books to know about the disease because they are the most affected individual's. They wants therapy due to anxiety, specially naturo - therapy or yoga

Scope of homoeopathy in treating positive cases or suspected positive cases

How homoeopathy can help in these cases –

1. By reducing the ACE-2 receptors.
2. By reducing the activity of RNA dependent RNA polymerase.
3. By lowering the lysosomal activity, so cell membrane could not express phagocytosis.
4. By lowering the ribosomal activity.
5. Increasing healing by the formation of new tissue, so new alveoli can replace the older ones.
6. By expanding the surfactant.

Among these few are confirmed in clinical practice with lab diagnosis. There are certain medicines which have curative power at a particular point. As per aphorism -3 of Organon of medicine, the physician should know that what is therapeutic power of medicine and where it acts, e.g. Bryonia medicine is the best for increasing surfactant (how homoeopathic medicine acts on the body and organs, is described in my other book – "**The Golden Thread of Homoeopathic Medicine**").

For proper treatment, we divide this disease into three stages –

The first stage: it includes the primary infection in the patient or incubation period. The patient may have primary symptoms like sneezing, irritation in the nose, slight fever, irritation in the throat and loss of taste and smell, means it covers the nose, buccal cavity, throat and larynx.

The second stage: it includes symptoms like coughing, irritation in trachea and bronchioles. The coughs mostly dry, sometimes with slight expectoration. However, most of the time, this stage has fewer symptoms only. The area involved is from the larynx to bronchioles or bronchial trees. Mostly infection creates irritation, as virus stuck in the mucus membrane of respiratory tracts.

The third stage: it involves and damages the alveolus and secondary infection to other organs with septicemia and other emergencies. The significant symptoms are severe respiratory distress syndrome, rattling and wheezing in chest, fibrosis of lungs, pneumonia, emphysema and atelectasis; here most of the time patient needs respiratory supporting apparatus like ventilators.

Causative factor- in Aphorism 73, Dr. Hahnemann describes telluric and meteoric changes:

Telluric changes– telluric changes denotes about the flow of telluric current on the surface of the Earth which is disturbed by solar wind, solar radiation and effects on the ionosphere of the Earth.

The telluric currents flow from shadow to the sunlight means toward the equator on the side that is facing the sun in the day time, while at night it flows towards the pole.

Solar wind– it is a stream of charged particles released from the upper atmosphere of the sun called **CORONA**. This plasma consists of electron, proton and Alfa particles with kinetic energy. This produces high electrical conductivity due to high temperature, and this electric conductivity produces a magnetic field, and this magnetic field is frozen into fluid due to infinite electronic activity. This magnetic field provides spiral pressure on the Earth at 45degree, and creates change in the magnetic field of Earth as well as telluric current. These phenomena happen in breakneck speed, or we use the term meteoric means rapid, sudden or spectacular change in the electromagnetic field of the Earth.

The magnetic field of Earth develops from the telluric currents, because the electrical activity can produce a magnetic field known as geomagnetic field and collectively known as geo electromagnetic field. When this is disturbed by the solar wind, it produces two types of radiation in the upper atmosphere, the ionosphere. These radiations are of two types- one is ionizing radiation which includes radio wave, the microwave, produces slow changes. Second is no ionizing radiation which produces rapid changes as more powerful radiation like UV rays, X-rays, Gamma rays; in other words, these waves are the polarized waves.

The human body, as well as cell, faces the same turmoil because the human body is a unit of the universe. The cell is the unit of the human body. In other words, it means the unit of the Universe is the Cell.

In this combination, the body represents the Earth, while the mind represents the universe.

This turmoil change in mental exercise produces abnormal and unhealthy activity that is known as morbidity, or we can say in other words sensitivity gets altered due to this phenomena and it occurs in mass population, so it is known as epidemic or pandemic.

Here the question is why one needs to know this phenomenon?

Because some homoeopathic medicines can un-polarize these waves, which are polarized before. These medicines may be minerals like phosphorus, sulphur, kali-phos, nat-carb or from animal group like- lac delf and Sep. On applying, these medicines can un-polarize the energy and can save the body from their bad effects or in other words, these medicines can de-channelize the adverse energy or can produce resistance against these changes.

TREATMENT:

Before proceeding further for treatment, we should know how to take the case and case taking is different in different stages.

For case taking our master Dr. Hahnemann describes in aphorism 83 to aphorism 104, and for the epidemic in Aphorism 100, 101, and 102 of Organon of Medicine.

Now the case taking....

Case taking of stage one:

After fulfilling the usual case taking details like name, age sex, address, phone no, travel history if any, and then concentrate on the following symptomatology:

1. In the first stage, everyone should ask the usual disposition of the patient –
 - a. Thermals – the patient is hot/ chilly / ambithermic / neither hot nor chilly,
 - b. Thirst – increased/decreased/ and if relation present like usually thirsty but in fever becomes thirst less or thirsty only at night or any specific in reference to the thirst,
 - c. Desires and aversions if any, specific and strong,
 - d. If there is any symptom that is representing generality.

2. Presenting symptoms:
 - a. Nasal discharge either profuse or scanty, Color, acidity,
 - b. Throat pain on swallowing, coughing, continuous hawking
 - c. *Postnasal drooping* must be given importance.
3. Search for psoro-syphilitic symptoms for example:
 - a. Loss of smell or perverted, like the sense of smell of anything is more than usual or a strange smell,
 - b. Loss of taste or perverted or a peculiar taste.
4. There is any strange, rare or peculiar symptom in the patient than it is just like the key to cure, as per Aphorism 153 of Organon of Medicine.
5. Any causative factor either mental or physical, if present, should be considered.
6. Mentals – anticipation or anxiety is most important.

Cases taking of stage two:

The leading case taking tips are -

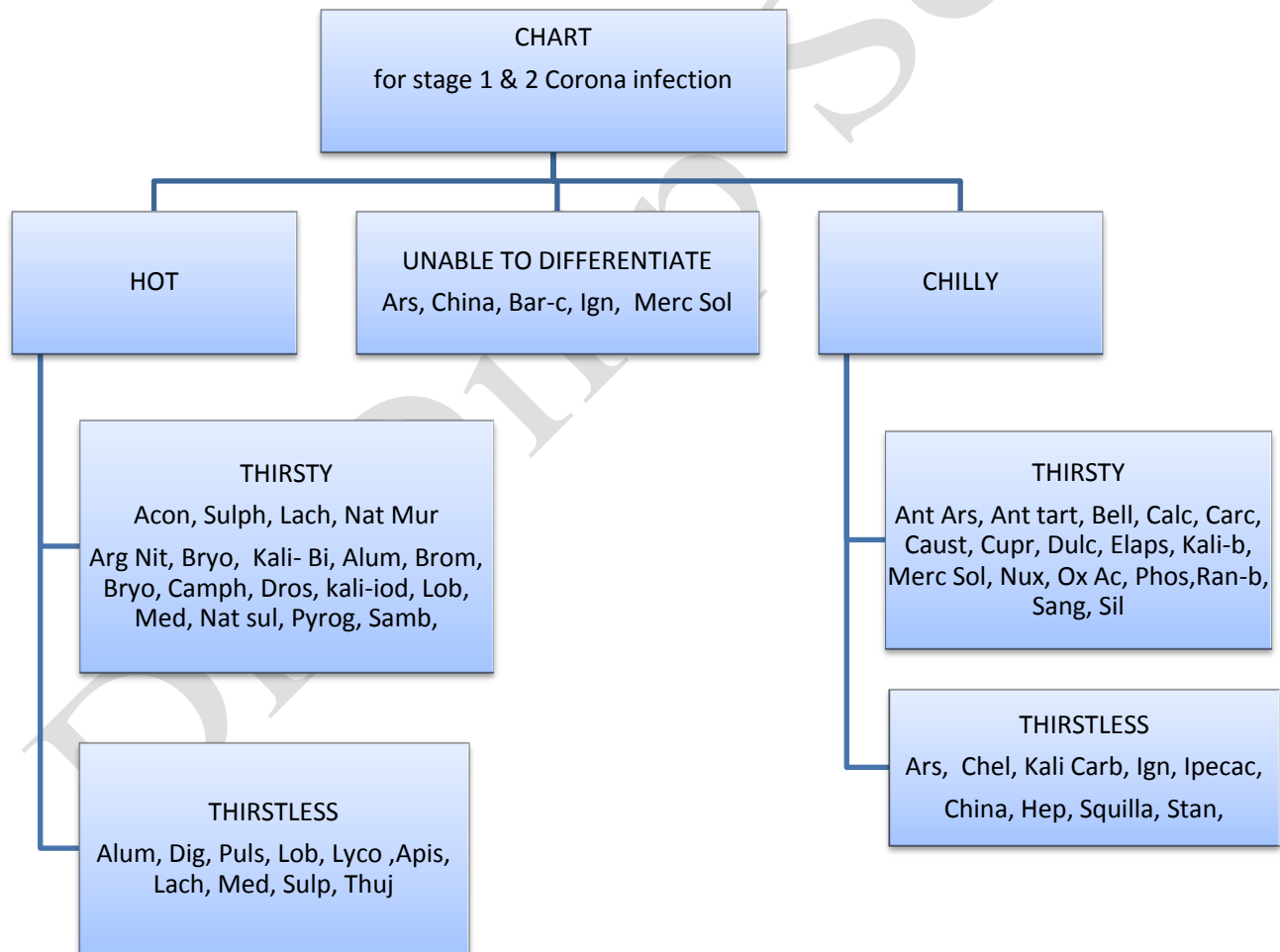
1. The physician should take General disposition as described before.
2. Physician must consider the color and smell of expectoration, consistency, stickiness, dryness if present.
3. Cough and its modalities are significant; here aggravations are more important than amelioration.
4. If there is wheezing or rattling or any type of noisy respiration present, then that should be considered.
5. Headache or fever symptoms are also significant especially type of pain and modalities.
6. Consider the involved part like one side of lung or chest.
7. Any syphilitic symptoms like night aggravation; characteristic symptoms are most important.
8. Fears are more valuable than anxiety if they are prominent, like extreme fear of death or anguish and behavior, like do not want to take medicine or any other curative things.
9. Golden checkpoints or clinical symptoms are most important.

Case taking of the third stage:

1. Take the important generals if they are more striking or prominent.
2. Here mostly hypoxia presents, their ameliorations are most important then aggravations.
3. Position of the body is most important, in which posture patient wants to be, means ameliorating position or if a patient can stay in a particular position then it is most important, the physician will get it in the materia medica section of this book.
4. Pattern of breathing is most important like gasping / double/ slow /deep /shallow/expiration/inspiration/jerky /violent etc.
5. Status of the lung or part of the lung affected, in x-ray whether there is inflammation or emphysema or atelectasis.
6. Accompanying symptoms or secondaries, like the involvement of liver, kidney or heart, must be considered.
7. Type of expectoration.
8. Everyone should be aware of the sign of septicemia.
9. Sign of cyanosis or paleness may be taken as the direct entry point.
10. Golden checkpoints are the most important in this stage.

MATERIA MEDICA OF CORONA

First stage Medicines	Second stage Medicines	Third stage Medicines
Aconite, Alumina, Ars-alb, Bell, Caust, Dulc, Ign, Kali-bi, Lyco Nat-mur, Nux-v, Ran b, Samb, Sulph, Squil,	Bell, Brom, Bry, Camph, Calc-carb, Caust, Chel, Cupr, Dros, Ign, Phos, Lyco, Kali bi, Kali-c, Kali-iod, Lach, Lob, Medo, Nux-v, Nat-mur, Puls, Ran b, Sang-can, Sep, Stann, Sulph, Tub, Thuja	Antim ars, Antim- tart, Bry, Carb-v, Cupr, Dros, Grind, Ipec, Iod, Lach, Lob, Lyco, Medo, Nat-s, Op, Phos, Psor, Pyrog, Sep, Stann, Sulph, Tub, Verat-Vir



Some important indications of medicines, **they don't replace the proper study at all**. Some of them, reader may not find in literature but they are added after the experience.

ACONITE NAPPELUS:

❖ **1st stage, hot+ thirsty + suddenness**

- **Pathology** : laryngitis, trachitis
- **Clinical** : sudden inflammation of lungs
- **Posture: sitting upright and bending forward ameliorates, lying left side agg in first stage of pneumonitis.**
- **Breathing pattern:**
 - Difficult inspiration through nose
 - Inspiration in two jerks during sleep
- **Symptoms:**
 - Sensation of cold air in mouth on tongue
 - Croupy cough on expiration
 - Fish like taste of expectoration
 - Sensitive to pain
- **Mentals:**
 - **GREAT FEAR** of death, during hemoptysis and pneumonia
 - Predicts time of death
- **Others:**
 - Difficult respiration and sighing during fever
 - Headache with vertigo
 - Fever with thirst for cold water
 - Fever with one cheek red and hot other one is pale and cold

ALUMINA: Inter-neuronal medicine.

- ❖ Medicine of primary stage and initial stage of the second stage of the disease
 - **Pathology:** Loose mucus membrane of throat/ pharyngitis /bronchitis.
 - **Clinical:** Forgetfulness, cough, anosmia, acute senses, allergic reactions (hyper / hypo / no sensitivity), elongated uvula, wheezing
 - **Posture:** Cough sitting agg while oppression of chest amelioration by sitting
 - **Breathing pattern:** There disposition to hawk with normal breathing
 - **Symptoms:**
 - Irritation of the nose, palate and larynx
 - Cough reflex with enlarged uvula, agg from lying straight.
 - While coughing there is pain on the vertex
 - Cough after eating chilies, sour food and smoke, salt or may be use of sanitizer agg. etc
 - ACUTE RESPIRATORY WHEEZING, BECAUSE OF DRYNESS with scraping sensation, from throat not lungs (if on closing the nostrils the sound disappears then it confirms the sound is from the nose)
 - **Mentals:** Restlessness, forgetfulness
 - **Others:** Fever in a single part, perspiration only on the face during fever

ANTIMONIUM ARSENICUM:

- Ant ars, a 3rd stage remedy.
- Respiratory problems accompanies with swelling /edema or pleural exudation.
- Swelling is more prominent on face.
- Sudden weakness due to hypoxia and weakness of heart.
- Complaints are aggravated by eating and lying down.
- X-ray shows emphysema.

ANTIMONIUM TARTARICUM:

- ❖ 3rd stage remedy especially for elderly patients
 - **Pathology:** Hepatization of both lungs after pneumonia, broncho-pneumonia and ultimately paralysis of lungs.
 - **Clinical Symptoms:**
 - Paleness or cyanosis on face with sleepiness which gradually increases to comatose sleep.
 - The eye lids are covered with mucus.
 - **Posture:**
 - Lying on back aggravates.
 - Letting the head down on lying also aggravates, so the patient wants to sit erect. If at all patient lies down then can lie on right side only.
 - **Breathing Pattern:**
 - Inspiration gasping, while expiration is long and slow
 - Respiratory rate irregular, aggravation on lying down and sleeping
Respiratory rate accelerated on being disturbed while sleep
 - **Symptoms:**
 - Coldness of extremities and cold breath with rattling of chest.
 - Due to cough child jumps and calls for help.
 - Patient bends backward and grasps the larynx.
 - Coughing and yawning consecutively.
 - Rattling of mucus too much in lungs.
 - Expectoration copious but very difficult, coughs much for little which amel.
 - **Mental symptoms:**
 - Irritability when sick; clings to attendant or nurse or doctor out of fear.
 - **Others:** Mild or low fever during the whole episode.

Reference: For scientific explanations please go through “The Golden Thread of Homoeopathic Medicine” by Dr. DilipSoni.

ARSENICUM ALBUM:

- ❖ Medicine of all three (1, 2, 3) stages, (**chilly +right side + thirsty + fastidiousness**)
 - **Pathology :**
 - Coryza, catarrh, apex of right lung is mostly affected
 - **Golden check points:**
 - **When patient raise his hands up there is vertigo, therefore puts head on the table of physician**
 - **Posture:**
 - **Difficult respiration better by sitting bending forward with pillow on the lap and head rest on hands, unable to lie down.**
 - **Breathing pattern:**
 - Expiration jerky and interrupted
 - **Symptoms:**
 - Mid-day and mid night aggr
 - Headache by pressure on abdomen better by cold application
 - Thirsty for little quantity
 - Head hot rest body is cold to touch
 - Protruding tongue during suffocation
 - Throat membrane wrinkled
 - **Mentals:**
 - Anger with respiratory difficulty
 - anguish-constricted everything
 - Mental restlessness with physical weakness
 - **Others:** Severe weakness, burning heat outside and cold inside, diarrhea after fever.

BELLADONNA:

❖ First stage /mild chilly+ thirsty + redness

- **Pathology:**

- Coryza, catarrh, tonsillitis

- **Golden checkpoints:**

- *Slow and forceful speech with long pause, protruding tongue while coughing.*

- **Posture:**

- Sitting with bending head forward

- **Breathing pattern:**

- Pause between expiration and inspiration. Constant swallowing

- **Symptoms:**

- Headache appears suddenly and disappears suddenly
- One cheek hot other cold
- Cough with protruding tongue
- Taste salty during fever

- **Mentals:**

- Attempt to escape from quarantine
- Spit on others
- Striking himself on abdomen and face or against wall
- Remove cloths
- Sensitive to noise specially own voice
- Angel when well, devil when sick

- **Others:**

- Pressure feels at cardiac region with respiratory trouble
- Retention of urine, fever with delirium and headache

BROMIUM:

- ❖ Hot+ thirsty, second stage medicine
 - **Pathology:** Croup, inflammation of lung,
 - **Golden check points:**
 - Sneezing from inspiration
 - **Coldness of breath when inspires**
 - **Cyanosis on face seen during asthma**
 - **Posture:**
 - Lying on side with hand over the head.
 - **Breathing:**
 - Impeded, grasping
 - **Symptoms:**
 - Scabs and clinkers in nose with dryness
 - Croup extending from larynx to bronchioles
 - Loose cough from exercise and warm room
 - **Sensation of soft substance under sternum**
 - **Mentals:**
 - Desire to be carried or help during croup
 - Causeless sick feeling
 - **Others:**
 - Headache better by lying on side with hand over the head
 - Burning heat within and without, during fever

BRYONIA ALBA:

- ❖ 2nd and 3rd stage remedy. *Hot + thirsty + summer aggravates.*
 - **Pathology:**
 - Inflammation and hepatization in lower lobe of right lung.
 - Coagulated brown hemoptysis.
 - Decreased surfactant or damage of pneumocyte type -2.

- **Clinical Symptoms:**
 - Coryza extends to chest from nose
 - Sneezing between two coughs
 - Gasping or catching before cough (Antim tart)
- **Posture:**
 - Likes to lie down on face or abdomen due to chest pain, and on back due to respiratory trouble, which ameliorates.
 - Holding head as well as breath while coughing.
 - Bending backward aggravates cough. Patient sits up as soon as cough comes up.
- **Breathing Pattern:**
 - Difficult and slow, after eating or drinking as it restricts the expansion of diaphragm, as unable to expand the chest due to pain and fibrosis.
 - Slow, stertorous breathing
- **Symptoms:**
 - Bursting headache in patient after drinking cold water in heated condition. She wants to let hair down because binding hair causes headache
 - Throat pain extends to ear on coughing, aggravated from any motion while ameliorated from hard pressure, drinking or lying down
 - *Dryness of respiratory tract*
 - *Cough comes from deep, as if from trachea or abdomen*
- **Mental symptoms:**
 - Aversion to answer, if answers then in haste.
 - Anxious about business and future
 - Feeling of heaviness of head
 - Fear of talking or laughing or motion because it causes cough
 - *Always want to go home*
- **Others:**
 - Quiet disposition during fever with thirst, oily perspiration.

CALCAREA CARBONICA:

❖ *Medicine of all three stages, Chilly +thirsty+ perspiration profuse*

- **Pathology:**
 - Right upper lobe of the lung affected, emphysema, bronchitis, atelectasis
- **Golden check points:**
 - Patient holding shoulders retracted, respiration catching on bending
 - **Bluish discolouration of the root of nose**
- **Posture:**
 - Lying on affected side agg
- **Breathing Pattern:**
 - *Loud respiration through the nose while walking, sibilant, sobbing during sleep, panting on exertion*
- **Symptoms:**
 - Nose dry at night and moist in the day
 - **The tongue is white and cold**
 - Throat pain from the change of weather
 - Obstruction of the nose
 - The rawness of larynx on swallowing
 - **One-shot cough at night with salty expectoration**
 - Cough from roughness in the palate
- **Mentals:**
 - Curious about supra-natural or spiritual matters, scratching head on waking
- **Others:**
 - Bursting headache on the forehead to occiput
 - Perspiration of scalp

CAMPHORA OFFICIALIS:

❖ First and second stage remedy, SPASMODIC remedy, *THIS is the only medicine for feeling of cold sensation.*

- **Pathology:**

- TRPM 8 RECEPTORS affections present on tongue, nasal mucosa, and skin and respiratory system; controlled by temporal lobe of the brain.

- **Clinical Symptoms:**

- **Sensation of coldness in a buccal cavity on inspiration, the motion of left arm agg.**
- *Staring with fixed eyes.*

- **Posture: Wants to lie down bare on the ground**

- **Breathing pattern:**

- Rough inspiration,
- Respiration accelerated while expiration is prolonged

- **Symptoms:**

- Coldness in throat, trachea, and larynx on breathing in as if one has eaten mint, coldness of parts
- Cough, cramp, diarrhea, high fever, flu, memory loss, anosmia

- **Mentals:**

- *Affections of geometrical analytical area, loss of judgment of thickness, length, height, volume*
- *Fear of death or admission in the hospital or being isolated*

CARBO VEGETABILIS:

3rd stage medicine, Hot +

- **Pathology:** for old people or cardiac patients (congestive heart failure) who gets infected with the virus, emphysema with gangrene in lungs, *utter last stage*.
- **Clinical Symptoms:** This medicine could be a boon for cardiac patients, who if get infected, their condition mostly proceeds towards death
- **Posture:** Lying with head high (China and Sepia)
- **Breathing Pattern:** Breathing accelerated while lying down
- **Symptoms:**
 - Cold breath with coldness of extremities.
 - Cough hard, not ceasing until the masses of sputa is raised.
 - *Respiration arrested while changing sides in lying position*
 - *Increased salivation during asthma*
- **Mental symptoms:** Rocking causes mental symptoms

CAUSTICUM HAHNEMANNI:

❖ Medicine of 1st and 2nd stage. Chilly + thirsty + right sided

- **Pathology:**
 - Bronchitis, pleuritis, laryngitis
- **Clinical Symptoms:**
 - Right side of chest is affected, slight exertion causes breathing problem
- **Posture:**
 - Kneeling amel, sitting aggravation
- **Breathing pattern:**
 - Expiration aggravates
 - Imperceptible during sleep
 - Impeded while talking

- **Symptoms:**
 - Itching in throat and Eustachian tube
 - Throat pain during inspiration
 - Sensation of foreign body in throat pit
 - Pain in trachea during coughing
 - Pain in larynx and trachea on blowing nose
 - Pain in sternum during expiration and exertion
 - Impeded respiration during talking
 - Abdomen is sensitive to cold air
 - Pain in stomach during hawking of mucus when
- **Mentals:**
 - Hurriedness with shortness of breath
 - Sensitive to mental exertion
 - Sympathy to other patients in isolation
 - Challenges to isolation authority if something wrong
- **Others :**
 - Warmth of bed amel in respiratory complain
 - Profuse perspiration during sleep in day time
 - Sensation of wind between shoulder blade

CHELIDONIUM MAJUS:

- ❖ 2nd & 3rd stage medicine, Chilly + right sided
 - **Pathology:** Hepatization or congestion in upper lobe of right lung.
 - **Clinical Symptoms:**
 - Pain starting from right chest extending to back
 - Throat stiff / rigid. While coughing mucous flies out far
 - Fan-like motion of alai nasi with pneumonia
 - **Posture:**
 - Better by lying, sitting near the window for open-air
 - Unable to raise the head while lying on the back

- **Breathing Pattern:**
 - Asthma ameliorated by deep inspiration and urination.
 - Wheezing or whistling while sleeping.
- **Symptoms:**
 - Covers his right side from nose to the lungs.
 - Every problem is better by warm food
 - Severe cough from irritation as if dust in the larynx
- **Mental symptoms:**
 - Fear that pneumonia might cause unconsciousness or stupor
 - Better by rubbing his soles
 - Thinks that he has ruined his health himself
- **Others:**
 - Fever starts from palms and extends to whole body
 - Secondarily involved is the liver

CUPRUM METALLICUM:

- **Pathology:**
 - Pneumonia with cramps, mostly on left side
 - Emphysema and spasmodic cough in the second stage
- **Golden checkpoint:**
 - When a patient is asked to raise his hand above the head that time respiration would stop and may be unable to breathe
 - The patient is unable to wear a mask just like Lachesis, argentum-nit and amm-carb (Lachesis & cuprum met patient does not allow anything to touch the face but Lachesis does not allow to touch the throat also)
 - Bluish discoloration near clavicles (Lachesis, thuja, and ars alb)
- **Posture:** Cough or asthma from bending backward.
- **Breathing:** Deep breathing which ameliorates

- **Symptoms:**
 - Inability to speak during asthma so the patient starts weeping involuntary and when water is offered, unable to drink
 - Likes cold water
 - Difficult respiration or attack of asthma
 - Spasmodic cough makes him unconscious or faints (cina, cadm-s, and kali carb); 3 strokes cough
 - Expectoration metallic in taste
 - Constriction of left side of the chest with stitching pain
- **Mental symptoms:**
 - Behaves like a commander or general, speech excited, does not like to talk to everyone
 - Anxiety with a red face and aversion to being caressed but still clings to the nurse
- **Others:**
 - *Fever* - Chill only in daytime and drinking cold water ameliorates
 - *Headache* - From occiput to face; sensation of head falling hither and thither during the problem
 - Cold water ameliorates every problem of the patient

DIGITALIS PURPUREA:

Medicine of secondaries

- **Pathology:** *Bronchitis, cerebral involvement*
- **Golden check points:** Patient *feels that his brain is made of glass* or glass like feeling when disease is in advance stage
- **Posture:**
 - Respiration painful on lying down
 - Coughs agg from bending forward
- **Breathing:** Gasping during sleep, deep breathing ameliorates

- **Symptoms:**
 - Rawness and ulceration of posterior nares
 - Sneezing deep seems as coming from stomach
 - Dry cough in evening during coryza aggravation from inspiration
- **Mentals:**
 - All mental symptoms are better by weeping or urination
 - Fear of death during fever
- **Others:** Fever better by vomiting

DROSERA ROTUNDIFOLIA:

❖ Medicine of 2nd & 3rd stage

- **Pathology:**
 - Hemoptysis and Bronchitis
 - Hemorrhage from the lungs, especially left lung and probably from upper lobe
- **Clinical Symptoms:**
 - Sensitive cough reflex excited by any stimulus, the reaction is so severe that it causes strong spasmodic cough which even cause epistaxis and expectoration of bloody saliva
- **Golden checkpoints:**
 - Pain, aching, below the clavicle extends up to scapula, during inspiration
 - *Paroxysmal cough follows one another and causes all type of problems related to the respiratory tract like scrapping, stitching, irritation, soreness, etc.*
- **Posture:**
 - Holds left hypochondrium and epigastrium region while coughing
 - Better by motion & pressure; aggravation from lying on the painful side
- **Breathing:** Accelerated during a paroxysm of cough, retching with asthma

- **Symptoms:**
 - Any foreign body like dust, bacteria, virus (sensation of the foreign particle) causes irritation deep in fauces and forceful cough to throw it out
 - Painful forceful sneezing
 - Dryness of posterior nares
 - Greenish expectoration
- **Mental symptoms:**
 - Anguish during whooping cough and talkative after cough but it causes constriction in the throat.
 - Fear of coughing
 - Intolerance to injustice
- **Others:**
 - Swallowing difficult for solids
 - Loss of taste

DULCAMARA:

1st and 2nd stage (chilly +thirsty)

- **Pathology:** Sinusitis, bronchitis
- **Golden check points:** Barking cough from deep breathing
- **Posture:** Snoring while lying on back
- **Breathing:**
 - Slow and superficial breathing due to fear of cough
 - Panting from cough
- **Symptoms:**
 - Coryza agg from cold air and better by warm application,
 - Stomatitis with coryza
 - Difficult respiration agg urination after
- **Mentals:** weeping from impatience and headache from laziness.
- **Others:**
 - Pain in vertex and temple while coryza
 - Fever doubled every day

ECHINACEA PURPUREA:

❖ *Medicine of last stage when the septicemia may take place*

- **Pathology:** Right lung pathology
- **Golden check points:**
 - *Inclination to blow nose constantly*
 - *Head is cold and rest of body is hot during septicemia can give direct entry in the case*
- **Posture:** not particular because patient is near to coma
- **Breathing:** superficial imperceptible
- **Symptoms:** pain in forehead and above eye when sneezing
- **Mentals:**
 - *Slowness of mind with aggravation from mental work*
 - *Metallic taste of mouth with white coated tongue*
- **Others:** Zymotic fever, severe heat with involvement of brain

ELAPS CORALLINUS:

❖ *Second and third stage (chilly + thirsty + right sided)*

- **Pathology:** Inflammation or lobar pneumonia or hemorrhage in apex of right lung
- **Golden check point:** **Biting finger or hand during sleep**
- **Breathing:** oral respiration only
- **Symptoms:**
 - *Nasal discharge offensive like fish brine*
 - *pain in nose extends to ear*
 - *Cough with blackish expectoration*
- **Mentals:**
 - *Desire for company thinks that something horrible is going to take place*
 - **Fear with chattering of teeth**
- **Others:** Fever mostly in evening around 8 to 9 pm

GRINDELIA ROBUSTA:

❖ MEDICINE OF THIRD STAGE, Hot + thirsty & left sided

- **Pathology:**

- *Emphysema along with the involvement of the lymphatic system and spleen* (which makes it sure shot prescription)
- W.B.C increased especially lymphocytes

- **Clinical:**

- Lobar pneumonia, asthma, bronchitis, emphysema
- Conjunctivitis
- Enlarged liver & spleen with pain
- Contracted pupil
- Hypertension
- Mucus in bronchial tubes

- **Posture:** Aggravated while lying or sleeping

- **Breathing pattern:**

- Irregular respiratory rate: one time slow other times fast.
- Superficial respiration while lying or sleeping
- Cheyne - stroke breathing

- **Symptoms:**

- Spasmodic bronchial cough, with profuse, tenacious expectoration, which gives relief
- The breath stops when the patient goes to sleep and awakes with a start, gasping for breath (due to lack of oxygen in the brain)
- Longing for sunlight or society
- Likes when the torch is placed on the eyes
- Unable to breathe due to increased cell debris in alveoli.
- Lymph gland enlargement due to deficient circulation in the lymphatic vessels
- Desire for open-air

- **Mentals:** Fear of suffocation

- **Others:** Spleen and lymph nodes are enlarged

IGNATIA AMARA:

❖ *Hysterical + chilly + thirsty but thirst less during fever*

- **Pathology:**

- *Rapid and painless hepatization of the lung with fever (iod), pneumonitis*

- **Golden check points:**

- Cannot hold breath because it agg.
- Habit of continue swallowing, even empty

- **Posture:**

- Oppression of the chest during respiratory disorder, lying on back ameliorates
- Cannot lie long in one position so changes side regularly

- **Breathing Pattern:**

- *Sighing, loud, respiration is slow and short but deep respiration during sleep*

- **Symptoms:**

- It has a cough from dust in throat pit
- The patient feels constriction in throat pit and irascible paroxysmal cough but can control forcefully

- **Mentals:**

- Anxiety amelioration in house, sighing continues long after weeping
- The patient has delusion that he has lost everything

- **Others:**

- Visible redness on body due to heat but internally patient does not feel the heat
- Shaking during pyrexia, throwing head backwards during pain

INFLUENZINUM:

Pathology: 2nd to 3rd stage medicine, when alveoli are going to collapse

Clinical: Prophylaxis for Flu. Coughs.

Breathing: Partial mouth breather.

General symptoms:

- Weakness and fatigue marked with chill, disproportionate to the suffering
- Diarrhea
- Headache with nasal congestion and coryza

Mentals: Depressive neurosis

Others: Leucopenia, mononucleosis, encephalitis, Conjunctivitis, ear discharges

IODIUM:

❖ Medicine of 2nd & 3rd stage, rapid progression. *Hot + Thirsty+ Hungry*

- **Pathology:** Violent, rapid and painless hepatization of lungs and thickening or fibrosis of the lung
- **Golden check points:** Dilated nostrils and hard mucus membranes
- **Posture:**
 - Sits with the head on hands and elbow on knees
 - Cough while lying down on back and better by sitting or bending forward
- **Breathing:**
 - Inspiration difficult and ascending stairs difficult
 - Tachypnea
- **Symptoms:**
 - Discharges from the nose are clear and glassy in appearance.
 - Burning or irritation from the larynx to trachea especially while coughing

- Everything is better by eating and drinking
- CORROSIVE EXPECTORATION
- **Mental symptoms:**
 - Heedless loquacity and answers loudly.
 - Impatience, never sits or sleeps at night, moves here and there
 - Better by eating and exercise or when busy
- **Others:**
 - Fever followed by continuous diarrhea
 - Sitting and standing ameliorates

IPECACUANHA:

❖ *For the prescription of Ipecac, the IPECAC GRAPH is the key, mentioned in the golden thread of homoeopathic medicine by Dr. Dilip Soni*

- **Pathology:**
 - Epistaxis with loss of smell, hemorrhage from lungs bright red
 - Bronchiectasis
- **Golden checkpoints:**
 - Sneezing before cough
 - Follow the graph of ipecac in any or every disease
- **Posture:**
 - Shaking of body while coughing
 - Repose, means to sit or lie without any movement
- **Breathing:**
 - Deep and accelerated during chill and fever
 - Better by sitting upright
- **General symptoms:**
 - Spasmodic cough with nausea or vomiting better by repose or expectoration

- **Mental symptoms:**
 - Impatience for work
 - Anguish from chocking of the nose, from influenza
- **Others:**
 - *Fever:* Irregular and long lasting heat with white discoloration of tongue & thirstlessness; just like the graph of ipecac

KALIUM BICHROMICUM:

❖ (Chilly + thirsty) infection is slow but intense

- **Pathology:**
 - Bronchitis and pneumonia but the primary site of action is the bifurcation of trachea
 - Viral sinusitis
- **Golden checkpoints:**
 - Stringy discharges
 - Constantly snuffle while talking
 - Coldness inside the nose
 - Kali bi doesn't allow touching the head
 - Bag like swelling of the uvula
- **Posture:**
 - Bending forward amelioration
 - Holding sides of chest give relief
 - Lying down causes sneezing.
 - Pain turning to the left side
- **Breathing Pattern:**
 - Rattling during sleep
 - Wheezing, panting, better by deep respiration
- **Symptoms:**
 - There is blindness before the headache and vision return back when pain is at its top
 - The headache comes suddenly and goes suddenly

- Acrid post-nasal dropping causes cough, thick clear stringy discharge if stops cause headache, sinusitis pain starts from nose to root to the right supra-orbital to lateral canthi
- The inflammation extends from nose to larynx with sticky and stringy discharge
- Expectorant adheres to the throat, gums, teeth and lips
- Dry cough from smoke, due to irritation at the bifurcation of the trachea
- **Mentals:**
 - Impatience from heat and irritation in larynx or throat,
 - everything seems horrible to him
- **Others:**
 - Zymotic, paroxysmal fever at night,
 - Stringy expectoration

KALIUM CARBONICUM:

❖ 2nd & 3rd STAGE (constriction) medicine

- **Pathology:**
 - *Hepaticization in the lower lobe of right lung*
 - Pleurisy, pneumonia, asthmatic breathing, bronchitis, coughs
- **Clinical:**
 - Painful inspiration, so breaths by closing eyes
 - Pain chest, right lower
- **Posture: BETTER WHILE sitting and bending forward**
- **Breathing pattern:**
 - **Rapid inspiration and expiration**, on ascending stairs
 - Sighing respiration (blowing expiration – med., lyco, lach)
 - Shrieking or whistling during inspiration
- **Symptoms:**
 - Rocking to & fro in ICU
 - Chest pain right lower side
 - Painful inspiration , so breaths by closing eyes

- Too much accumulation of phlegm in chest
- Wants to sit with head on knees, to expand chest by pressing the abdomen
- Expectoration, yellow
- Whistling during inspiration
- Cough aggravates on lying down (due to constriction in the chest)
- Almost all complaints agg. at 3-4 am (cortisol hormone is maximum at 3-4 am)
- Better by eructations in respiratory distress.
- Pain epigastric region, presses the chest to increase the transverse diameter of the chest
- **Mentals:**
 - Fear of death, of fatal disease by, feels or says “no one will be spared of death, this disease will go with last breath”
- **Others:**
 - Kidney + lung + liver involvement
 - Insomnia

KALIUM IODATUM:

❖ 2nd & 3rd stage medicine, Hot + thirsty

- **Pathology:**
 - Pleuro-pneumonia (right to left)
 - Uncovered during high fever
- **Clinical Symptoms:**
 - Signs of purpura on chest (Phos)
 - Emaciated chest
 - Initially dry hawking cough followed with copious green expectoration
- **Posture:**
 - Sits erect as pain on left side of upper chest on bending forward while sitting

- **Breathing Pattern:**
 - Respiration accelerated
 - Wheezing with coryza, during sleep
- **Symptoms:**
 - Cough due to swelling in larynx.
 - Phlegm is salty and like soap suds.
 - Desire to be in warm bed though warmth otherwise aggravates
- **Mental Symptoms:**
 - Abusive and hard hearted towards family members
- **Others:**
 - Sciatica or lumber pain

LACHESIS MUTA:

❖ *2nd and 3rd stage medicine, as well as a preventive, hot + thirsty*

- **Pathology:**
 - Hepatization of left lung in last stage, so cyanosis is there initially at clavicular region (thuja, cupr. met) and later on the whole chest like ecchymosis
 - Sometime so much so severe that it can cause loss of vision
- **Golden checkpoints:**
 - O/E respiration difficult while touching the larynx (Belladonna and Apis-Mel).
 - The most striking sign is - *cannot wear a mask but can cover mouth by hand* (cuprum met, argenticum nit, ammonium carb)
- **Posture:**
 - Better by sitting erect and bend slightly forward (Spongia)
- **Breathing:**
 - *Crocking respiration*
 - Blowing type breathing

- Chocking cough as soon as falling sleep, with constriction in the larynx at night (phosphorus, sulphur)
- Gasping respiration mostly worse at night and better by lying on the left side, by cold air and fanning from distance
- **Symptoms:**
 - Stitching pain in trachea while coughing with expectoration which tastes like wheat flour
 - Cough spasmodic with sensation as if the some fluid went into the trachea or respiratory tract
- **Mental symptoms:**
 - Suspicious, delusion that he might be send in quarantine
 - Fear of suffocation on going to sleep
 - Delusion he is going to die by this disease
- **Others:**
 - Fever aggravated from sour food
 - Chill or heat starts from lower portion of body and spreads upward (from ankles to abdomen or chest)
 - Dreams of one's own funeral

Second & third stage Symptoms:

- *Bending head backward aggravates*
- *Sensation of lump in throat*
- *Pain in the throat radiates to the tongue*
- *Constriction or crumb like feeling in the trachea*
- *Sleep aggravates the croup*
- *Tongue is oscillating on protruding*
- *Thirsty but cannot drink*
- *Gums are gangrenous or bluish*
- *Bleeding tongue*
- *Fear of death while falling asleep due to suffocation*
- *Excessive irrelevant talking*
- *Talks in English or in a language which is not his native*
- *Boaster*

LOBELIA INFLATA:

❖ Medicine of 1st & 2nd stage

- **Pathology:**
 - Emphysema; Hepatization; Paralysis of lung
- **Golden check points:**
 - Sensation of a lump in throat pit, tries to push it upwards by hawking
- **Posture:**
 - Lying aggravates and motion ameliorates in asthma
- **Breathing:**
 - Difficulty in breathing after warm food
 - Long respiration (Antim tart and opium)
 - Slow expiration
- **Symptoms:**
 - Right sided sinusitis and pains are better by pressure
 - Yawning with sneezing
 - Stagnation of blood in chest
 - Dryness of the throat not better by drinking
- **Mental symptoms:**
 - Fear of death with respiratory disease
 - Anxiety with the oppression of chest
- **Others:**
 - Fever cold water amelioration (Causticum, cuprum met)

LYCOPodium CLAVATUM:

❖ Medicine of All Stages (Hot + Thirst less)

- **Pathology:**
 - Inflammation starts from the lower lobe of the right lung but hepatization starts from the lower lobe of left lung
 - More suitable for elderly people
 - Hemoptysis.

- **Clinical Symptoms:**

- **1st stage:** Severe catarrh in the right nostril in the first stage with pain in throat, more on the right side and better by warm water. Stitching pain throat while sneezing.
- **2nd stage:** Fan-like motion of nostrils with respiratory difficulty. Gurgling sound from esophagus while sleeping. Bronchitis and primary state catarrh with obstruction of the nose.
- **3rd stage:** O/E: Protruded tongue, which turns towards the right side. Frowning on forehead.

- **Posture:**

- Lying on back aggravates.
- Puffing type of expiration.
- Better by sitting upright in asthma.

- **Breathing Pattern:**

- Rattling in chest during fever
- Wheezing on expiration
- Whistling on coughing
- Coughing during sleep, better by sitting upright

- **Symptoms:**

- **1st stage:** Itching in the nose during sleep which wakes up the patient. Nostrils feel corrosive. Dryness of throat while lying down and on swallowing.
- **2nd stage:** Pain in trachea from where expectoration detaches.
- **3rd stage:** Difficult respiration after urination (Thuja: Difficult respiration while urinating)

- **Mental symptoms:**

- Anxiety and anticipation but is able to cope up when the time comes (Before getting the lab tests he is very much anxious but after the test done, even if positive, he cope up it very well).
- Frown on the face (wrinkled skin of forehead) during pneumonia.
- Fear of death and makes farewell messages.

- **Others:**

- Fever increases between 4 to 8 pm and has a following trend: fever - chill (but face is hot) - perspiration (sour) - thirst
- Headache better by expectoration, unable to raise his head due to congestion
- Other affected areas are liver and kidney

MEDORRHINUM:

❖ 2nd & 3rd stage medicine

- **Pathology:**

- Fibrosis of lungs (left>right).
- Bronchiectasis.
- Paralysis of left lung.

- **Golden checkpoints:**

- *Electric hair*
- Better by lying on abdomen

- **Posture:**

- Aggravated lying on back
- Better in knee-chest position or lying on abdomen, four-footed (horse like position)

- **Breathing:** Disposition to hawks. Asthmatic.

- **General Symptoms:**

- Protruding the tongue gives relief
- Pain in forehead

- **Mental Symptoms:**

- Presentiment of death with vomiting
- Feels difficulty in narrating symptoms

- **Others:**

- Albuminous urine
- Fever better after urination
- Chilliness before urination
- Left side of chest feels hot and right side cold in fever (Opposite of Ignatia)

NATRUM MURATICUM:

- ❖ Medicine of 1st and 2nd stage, Hot + Thirsty
 - **Pathology:** bronchitis, catarrhal, pharyngitis
 - **Golden check points:**
 - Anxiety from deep inspiration, red discoloration of left side of nose
 - Roughness of lower lip
 - **Posture:**
 - Lying down on back causes oppression of chest
 - **Breathing:**
 - Accelerated while standing and drinking
 - Whistling of expiration
 - **Symptoms:**
 - Coryza from uncovering the head, from imaginary order of food
 - Sneezing before coughing (Ipec)
 - Red tongue with insular patches
 - Unilateral numbness of tongue
 - Food taste salty
 - Egg white like discharge from throat
 - **Mentals:**
 - Ailment from or aggravated after being rejected or abandoned due to disease by family or from punishment by government
 - Feels pity on account of his misfortune.
 - Fear of injuring others and being injured by others
 - **Others:**
 - Complaint of lungs accompanied by eye trouble
 - Hammering headache, pain vertex to forehead
 - Fever beginning from stomach

NATRUM SULPHURICUM:

❖ *Medicine of all stages but mainly of 2nd Stage , hot + thirsty*

- **Pathology:**
 - Bronchitis or pneumonitis in lower lobe of left lung with a superadded bacterial infection
- **Clinical Symptoms:**
 - Diabetic patients who are affected by viral infections
- **Golden checkpoints:**
 - Jerking of the head towards the right
 - X-ray: opacity in left lower lung
 - The patient rubs his face intermittently
 - The patient has Green discoloration at the back or base of the tongue
- **Posture:**
 - Oppression in chest and asthma better by lying down and aggravation from exertion
 - Cough aggravated by lying and better by sitting. Stooping aggravates
- **Breathing:**
 - Arrested while sitting, deep breathing and increased respiratory rate
 - Routinely inspiration is painful
- **Symptoms:**
 - Viral infection in patients who lives in damp atmosphere or damp cellars and those suffering from diabetes mellitus
 - All discharges are greenish in color, offensive and purulent
 - Postnasal dropping of salty fluid is a marked symptom in the first stage
- **Mental symptoms:**
 - Sadness during respiratory distress, wants to commit suicide but restrain him by force or self-control
- **Others:**
 - Headache with bitter taste in mouth and electric like shocks in vertex
 - Chill in the afternoon: icy chill with Goosebumps

NUX-VOMICA:

❖ *1st and 2nd stage remedy, Chilly+ thirsty+ intolerant*

- **Pathology:**
 - Hemorrhage in lungs in alcoholics especially after anger
- **Golden check points:**
 - Desire to loosen the clothes
 - Cough from pain in throat pit
- **Posture:**
 - Sitting or rest ameliorate, ascending agg.
- **Breathing:**
 - Accelerated during chill with anxiety
 - Rapid expiration with difficult inspiration,
 - Breathing impeded
 - Wheezing during sleep
- **Symptoms:**
 - Gastric disturbance with breathing difficulty
 - Coryza with fluent discharge in room and better in open air
 - Scratching and roughness of throat during coryza,
 - Dry cough from midnight to day break, better by lying on side
- **Mentals:**
 - Nux vomica is mostly selfish, squander to himself, fear of death on going to sleep
 - Loquacity, talks about his health
- **Others:**
 - Fever returns every two to three days
 - Fever with shivering, perspiration with heat
 - Shivering better by lying down
 - Pain in forehead compels him to close the eyes

OPIUM:

❖ 2nd & 3rd stage medicine, Hot + thirst less

- **Pathology:**
 - Hepatization of lungs, emphysema, congestion of lungs especially after fright
- **Golden checkpoints:**
 - Tongue purple-black, *foamy or frothy hemorrhage from lungs*
- **Posture:**
 - Respires through an open mouth
 - Dyspnea from sleep
- **Breathing:**
 - Slow respiration and snoring when asleep or unconscious
 - Cheyne-Stokes respiration while unconscious
 - Gasping long or puffing expiration and slow inspiration (Antim tart)
 - Respiration unequal during sleep
- **General symptoms:**
 - Contented and elderly patients
 - Loss of smell due to paralysis or destruction of nerve endings
 - Taste either lost or altered
 - Dryness of throat without thirst, awakens from sleep to avoid suffocation
- **Mental symptoms:**
 - Memory active during fever
 - Quiet and contented
- **Others:**
 - Fever with a red-hot face and profuse clammy perspiration
 - Pain in the base of the brain

OXALIC ACIDUM:

- ❖ Chilly + thirst less
 - **Pathology:** left lower lobe of lung is affected
 - **Golden check points:**
 - *Tip of the nose is red which extends to whole right side of the nose*
 - *Blackish lump in centre of expectoration*
 - **Posture:**
 - Aggravation from lying down because it causes severe palpitation
 - **Breathing:**
 - **Jerking inspiration**
 - Respiration impeded with shooting pain in the chest
 - **Symptoms:**
 - **Unconscious during stool**
 - Loss of taste with mucus on the tongue
 - Stitching pain in larynx in a spot
 - **Mentals:**
 - When thinks of the problem, he starts feeling the same in himself
 - **Others:** febrile heat only during the day time.

PHOSPHORUS:

- ❖ Medicine for all stages
 - **Pathology:**
 - Gangrene of lung after pneumonia
 - Hepatization of lung, right to left lower lobe of the lung
 - *Aggravated from lying on left and better by lying on the back and right side*

- **Clinical Symptoms:** Chilly, thirst for cold water.
- **Golden checkpoints:**
 - Fan-like motion of nasal wings when the patient is nervous
 - Purple bluish discoloration of the palate with scraping sensation
 - Redness of face with dyspnea
- **Posture:**
 - Cough better by lying on the back and right side but aggravation by lying on the left side
 - Holding chest ameliorates
- **Breathing:**
 - Stridulous respiration in the evening when falling asleep
- **Symptoms:**
 - *First stage:* coryza with nasal discharge flowing to posterior nares to trachea while lying down; sneezing when putting hands in water; washing the face ameliorates.
 - *Second stage:* itching in throat pit with sensation as if the flesh is hanging in the larynx which causes cough. Paroxysmal cough better sitting and nervous cough when a new person enters in the room
- **Mental symptoms:**
 - Anguish when alone, wants therapy for anxiety
 - Unconscious or faints or stupor in pneumonia
 - Fear of suffocation in asthma
- **Others:**
 - Fever aggravates urination (Rhus tox)
 - Thinking aggravates the fever
 - Burning thirst for cold water
 - Internal heat external coldness
 - Headache extends to zygoma

PSORINUM:

❖ *1st & 2nd stage medicine, chilly + thirsty*

- **Pathology:**
 - Pneumonia - both lungs lower lobes
 - Emphysema,
 - Bronchiectasis with blenorhea
- **Clinical:**
 - Hemoptysis, hot blood with burning in lungs,
 - Black spots in throat
 - Any problem on abduction of arms
- **Posture:**
 - Cannot sit either straight or bending backward or forward but patient desires to lie on the back, arms are holding away from the body even during sleep
- **Breathing pattern:**
 - Postural change arrests or impedes the breathing
- **Symptoms:**
 - Offensive discharges + urinous taste in mouth
 - In second stage - cough due to irritation in larynx and trachea; agg on bending head backward, sitting; better by lying on back
 - Desire for covering in fever
- **Mentals:**
 - Fear of death with dyspnea
 - Loss of adaptability
 - Do not leave things until they get decayed
- **Others:**
 - Skin affections especially axillary region

PULSATILLA:

- ❖ 1st and 2nd stage, Hot + thirst less; a very sensitive and compassionate remedy as the receptors are numerous, also called a medicine without barrier
 - **Pathology:**
 - **Pneumonia with white discoloration of the tongue**
 - **Clinical :**
 - Anosmia, loss of taste
 - **Face & forehead is hot to touch**
 - **Posture:**
 - The patient feels that the respiration is difficult more on left side
 - Difficult respiration sometimes with vertigo
 - **Breathing pattern:**
 - Increased or irregular respiratory rate
 - Gasping while coughing and loud inspiration while sleeping
 - **Symptoms:**
 - **1st stage: Irritation / itching / crawling sensation in throat, trachea or bronchioles**
 - **2nd stage: Constriction of throat and trachea.** Coughs during sleep then coughs and sleeps back again. Pain epigastrium.
 - Headache only when fever is not there (syphilitic rubric +++), when fever is there then no headache.
 - On auscultation crackling sound (like paper is rubbed or scratched against itself.
 - Inspiration with coarse sound
 - Respiration difficult more on left side with vertigo
 - Thirst less in spite of dryness of mouth and throat
 - Vertigo and occasionally tinnitus
 - **Mental symptoms:**
 - Highly emotional with involuntary weeping in the diseased state

PYROGENIUM

- ❖ 2nd & 3rd stage medicine, Chilly (everything in multiple)
 - **Pathology:**
 - **Septicemia, Lung and kidney involvement is an entry point** (increased serum albumin)
 - **Clinical:**
 - X-ray – cavities in right lung
 - Flu
 - **Posture:**
 - Inactive proprioception
 - Gesture – tries to hold the parts, feels his body parts are scattered
 - **Breathing pattern:** *Accelerated.*
 - **Symptoms:**
 - Septicemia with restlessness and irritation
 - High grade fever though pulse is not fast or high, no co-ordination
 - **Mentals:**
 - Confused state of the identity, of the organs or body parts, on asking where are your ears he would hold nose etc.

RANUNCULS BULBOSUS:

- ❖ 2nd stage medicine , Chilly + thirsty
 - **Pathology:**
 - Pneumonitis and pleuritis after exposure to cold air when overheated.
 - **Golden check points:**
 - Fever during gangrene,
 - Difficult respiration when walking on plane or level ground but better when ascending

- **Posture:**
 - Lying on right side agg
 - Bending forward ameliorate
- **Breathing:** deep while perspiring.
- **Symptoms:**
 - Obstruction of nose with hay fever
 - Pressing pain at root of the nose
 - Burning at velum or at soft palate
 - Altered taste during diseased condition
 - Respiratory symptoms with pain in liver (sep)
 - Headache from change of temperature from warm to cold
- **Mentals:** Delusion that senses are vanishing
- **Others:** Pain in joints from catarrh

SAMBUCUS NIGRICANS:

- ❖ 1st stage medicine mainly, chilly+ thirsty
- **Pathology:**
 - Inflammation of nasal mucosa
 - Laryngitis and bronchitis
- **Golden check points:** *open mouth accompanied by cough.*
- **Posture:** *throwing head backward with cough.*
- **Breathing:**
 - Stertorous, impeded while lying or during sleeps
 - Wheezing after midnight
- **Symptoms:**
 - Obstruction of nose
 - Asthma with profuse perspiration
 - Sense of oppression behind sternum

- **Mentals:**
 - Feels doctors and nurses are neglecting her or him
 - Restlessness with cough
 - Weeping with respiratory problems
- **Others:**
 - Cough before fever
 - Fever, burning heat during sleep and perspiration just after waking

SANGUNARIA CANADENDIS:

- ❖ 1st stage medicine, chilly + thirsty
- **Pathology:** pathology in the left upper lobe of the lung,
- **Golden checkpoints:**
 - Cough better passing flatus or eructation
 - The crawling sensation in throat pit
- **Posture:**
 - Lying on side amel
 - Cough better by sitting
- **Breathing:** rapid expiration and slow inspiration
- **General symptoms:**
 - Asthmatic respirations even from any kind of soothing smells like flower smell etc.
 - Cough during and after influenza
- **Mentals:**
 - Helplessness feeling or feeling of paralysis
 - Anxiety and sighing in the morning.
- **Others:**
 - It has a severe congestive fever
 - Headache right side

SEPIA OFFICINALLIS:

❖ *Medicine of all stages, Chilly + thirst less (running backwards or towards past or origin); chilly + thirst less*

- **Pathology:** Affection of central lobe of the right lung (right to left).
- **Clinical Symptoms:** Retrograde thoughts, behavior or pathology.
- **Golden checkpoints:**
 - Desire to clench teeth together (watch the face)
 - Likes to eat crunchy food only
 - Yellow spots on nose
 - Jerks the head involuntarily, forward and backward while sitting
- **Posture:**
 - Desire to sit bending the head forward
 - Running ameliorates while walking slowly aggravates
- **Breathing:**
 - Respiration deep and slow
 - Wheezing
 - Cough with rattling in trachea before expectoration
- **Symptoms:**
 - Pain in right hypochondrium or liver in respiratory distress
 - Dry cough at night during sleep on inspiration
 - Cough from constriction of chest
 - Symptoms as if one is suffering malaria erratically
 - Yellow and glue like mucus in the throat
 - Sneezing at 6 am
- **Mental symptoms:**
 - Inclination to sit stiff
 - Restlessness from the congestion of chest or lungs
 - Delusion that she is unfit for life so desire to commit suicide
 - Angry with self and others as well
 - Indifference in general

- **Others:**

- Bitter taste of mouth when ill
- Expectoration bloody in evening and white at night
- Fever and chill without thirst
- Headache, from the forehead to the base of the brain better by eating

Note: Medicines for bad effects of radiation or electromagnetic waves are - sepia, lac delf, kali-phos, nat-carb, phosphorus and sulphur.

SILICEA TERRA:

❖ *1st & 2nd stage medicine, Chilly+ left sided+ thirsty + desire covering*

- **Pathology:** sinusitis, catarrhal, emphysema after pleuritis
- **Golden check points:**
 - Coarse and sandy hair
 - Redness of nose during exertion even while eating
- **Posture:** cannot lie on back, standing ameliorate.
- **Breathing:**
 - Difficult breathing from tickling in throat pit
 - Respiration, catching during fever
 - Respiration panting while walking rapidly
- **Symptoms:**
 - Coryza with ear complaint and there is no discharge in morning but fluent during whole day
 - Bad taste of mouth better by eating something
 - Soreness of larynx while breathing
 - Cough from uncovering feet or head
 - Offensive and granular expectoration
- **Mentals:** calm and non-arguing personality and unconscious on reprimands.
- **Others:**
 - Perspiration on the painful part of scalp
 - Fever at 11 am with chill and thirst

SQUILLA MARITIMA:

- ❖ 2nd stage medicine; chilly + left sided
 - **Pathology:** broncho-pneumonia of old people.
 - **Golden check points:**
 - *Unable to hold head steady*
 - Cough on deep inspiration
 - **Posture:** cannot lie on right side.
 - **Breathing:** rattling, loud, difficult, all are better after expectoration.
 - **Symptoms:**
 - Radish discharge from posterior nares without coryza
 - Tastelessness
 - Dry cough from cold drink and irritation in thyroid gland
 - **Mentals:** dullness and intoxicated.
 - **Others:** *chilliness from uncovering and pain.*

STANNUM METALLICUM:

- ❖ 1st & 2nd stage medicine, *chilly + thirsty or thirst less*
 - **Pathology:**
 - Medicine of connective tissue (cartilage)
 - Patients may have a superimposed fungal infection
 - Bronchiectasis
 - **Golden checkpoints:** Dyspnea on examination of the abdomen.
 - **Posture:** Lying on unaffected side aggravates while lying on affected side ameliorates.
 - **Breathing:**
 - Deep breathing impeded due to weakness of chest
 - Arrested with stitching insides
 - Paroxysms of difficult in the evening

- **Symptoms:**
 - Desire to undress
 - Sinusitis
 - Hoarseness and dryness of throat (right-sided) or trachea, better by coughing
 - Short hacking cough with loss of voice
 - Cough from eating irritating food
 - Weakness after expectoration
 - Expectoration is sweetish in taste
- **Mental symptoms:**
 - Faintness after urination
 - Begging in sleep
- **Others:**
 - Headache in temples increasing and decreasing gradually
 - Fever with chills, perspiration and weakness
 - Better by rapid walking

SULPHUR:

❖ **Medicine of all stages, Hot + thirsty**

- **Pathology:**
 - Left apex of the lung is a favorable site
 - Pneumonia, hepatization of left lung especially upper lobe
- **Golden checkpoints:**
 - Dyspnea, if one is asked to bend arm backward
 - Constriction in the chest when both arms are brought forward together
- **Posture:**
 - Lying on the left side and sitting up ameliorates
 - Lying on right side aggravates pain in pneumonitis better when lying on the back

- **Breathing:** Accelerated on first lying down and loud while lying on the right side.
- **Symptoms:**
 - Throat pain with desire for cold water
 - Sensation as if the lungs are touching the back while coughing
 - Constriction of chest better by respiration
 - Coryza, excoriating and bloody discharge from the nose
 - Painful dryness inside the nose
 - Sense of an imaginary odor as if of chalk
 - Rattling cough better by expectoration
 - Cold inspiration and hot expiration
- **Mental symptoms:**
 - After effects of lung diseases can be treated by this medicine
 - Fear of contagion, thinks that an infection is being given by someone to him
 - Ailments from magnetism (earth)
 - Too religious
- **Others:**
 - **Fever:** with increased salivation and redness of nose and lips
 - Fever, feels heat in the whole body except the head
 - Brown discoloration of the tongue

THUJA OCCIDENTALIS:

❖ 2nd stage medicine not of much help in the third stage, Hot

- **Pathology:**
 - Involvement of both lungs
 - Thuja is useful when the inflammation of the lung has been neglected
 - Cough is a prominent pathology

- **Posture:**
 - Looking upward ameliorates
 - Cough aggravated by lying on the left side, better on the right side
 - Oppression of chest while lying down
- **Breathing Pattern:** Impeded due to mucus in trachea, arrested while ascending stairs.
- **Symptoms:**
 - Coryza ameliorates most of the symptoms
 - Swallowing is impossible until mucus is hawked out
 - Cold drinks aggravate cough
 - Cough from spices
 - Sneezing as if from vapor in the throat
 - Difficulty in breathing while urinating
 - Perspiration smells like honey and on uncovered parts
 - Cyanosis at the clavicular region, both sides
 - Globular expectoration like a lump of curd
- **Mental symptoms:**
 - Delicate, feels as fragile as glass,
 - Delusion, one made of wood or glass
- **Others:**
 - Fever appears suddenly and disappears suddenly
 - Fever, rise of temperature, felt more on covered parts

TUBERCULINUM:

❖ 3rd stage medicine of critical cases, Psora to syphilis speed is very fast

- **Pathology:**
 - When the fibrosis start in lungs, the role of this medicines begins (Medorrhinum - will be used after fibrosis has set in and affect the whole lung)

- Lobar pneumonia with four stages Inflammation - Red hepatitis, Grey hepatitis, scarring, and resolution; there would be no resolution or scarring if one takes allopathic medicines, upper apical region of lung
- **Clinical:**
 - Pneumonia with delirium
 - Spasms,
 - Spleen affections
 - High fever with flu
 - Pain in the left side of upper chest on lifting left arm
- **Posture:**
 - **Lying agg in respiratory symptoms; bores head in the pillow.**
- **Breathing pattern:**
 - *Dysponea is absent even with high respiratory rate.*
- **Symptoms:**
 - *Pain left upper region of the lung, that pain may extend anywhere in the body, may be in hands or stomach or shoulder etc. also the pain can radiate at two places simultaneously*
 - *The pain begins when he breathes*
 - Respiratory rate increased – tachypnea, but when he starts talking to anyone then rate becomes normal (because the control centre is in pons - hence neuronal control comes in play)
 - Headache , pain at the root of the nose, then right eyebrows then temporo-parietal region and then extends backwards to occipital region; in pain the patient bores head in the pillow
 - Fever and chill occurs always with cough or with h/o same
- **Mentals:**
 - *Everything seems too large or big, either disease or physical things that's why the patient has uncontrolled anxiety before visiting to the doctor*

VERATRUM VIRIDE:

❖ 3rd stage medicine

- **Pathology:**
 - Lung + liver + Kidney
 - Red hepatization, lung congestion
- **Clinical:**
 - *Striking himself on chest like camphor but here it is in 3rd stage*
- **Posture:**
 - **Lying agg, in respiration**
- **Breathing pattern: panting or sighing and slow.**
- **Symptoms:**
 - Ailments from change in temperature (cold to warm or vice versa)
 - **HEADACHE** – On & off violent, headache comes suddenly
 - Wants to loosen the cloths, feels the clothes are tight due to swelling in chest
 - Continues nausea and vomiting
 - Face red
 - Occasional cough and if it is more then with bloody expectoration
- **Mentals: anxiety with pneumonia or anxiety + nausea + vomiting**

HOW TO ADMINISTER THE MEDICINE

1. Oral route: patient of stage one, stage two and stage three can take medicine orally on the tongue.
2. Olfaction route: A patient of any stage having coughs and to avoid any aggravation of stage three patients, medicine should be given via olfaction or inhalation method, especially when there is respiratory distress.
3. External application: Patients who are considered near to the death, medicine should be given by external application method. The medicine can be applied on back of hands or ear pinna or lips or nose.
4. Spray: patients who are in very critical conditions and medicine can't be given by above route, and then medicine can be sprayed on the pillow or bed or clothes.

POSOLOGY – POTENCY & REPETITION OF DOSES

1. In Prevention: use high potencies like 1M or 10M.
2. In First stage: thirty and can be repeated, if needed.
3. The second stage: 200 is the best suitable potency for these cases.
4. Third stage: 30 or 200, by inhalation mode and can be repeated frequently.

NOTE:

This is the gross idea of potency dose selection and repetition but solely at the discretion of physician because it depends on many other points, e.g.

1. Condition of patient: if the condition of the patient is severe, then low potency and frequent repetition required. No repetition after improvement, repeat when improvement stops.
2. No need of repetition, if the selection of remedy is very correct.
3. The action of medicine: long acting medicine, like Lachesis requires less repetition while aconite required more, so it depends on duration of action of medicine.

4. Disease state:

- If the disease state is quite serious or grave and no vitality has remained, then use mother tincture or low potencies like 3C, 6C with frequent repetition;
- If the disease is in trivial state then use high potency without repetition

DIET AND REGIMEN

1. Balance diet is required for quick improvement but in corona patients – cool things like cold drink or ice cream should not be allowed, and sour food or acidic food should be avoided to reduce inflammatory reactions.
2. The physician must counsel the patient and talk with him in simple, positive language, giving hope and confidence regarding recovery.