

**Guidelines for Homoeopathy Practitioners for Prophylaxis and Symptomatic
Management of Home Isolated COVID-19 Patients**

Ministry of AYUSH
Government of India

Preamble

The second wave of the COVID-19 pandemic has major devastating effect in with increasing number of cases, and hospitalizations. Effective management to address this infection is still evolving and attempts are being made to integrate complementary and alternative interventions along with standard care.

Ministry of Health & Family Welfare has advised home isolation of confirmed COVID-19 cases, which are either asymptomatic or have mild symptoms, and quarantine the individuals who had a contact with confirmed COVID 19 individuals.

General Disclaimer

- Patients need to have a general consultation from a qualified physician before starting any intervention.
- In all moderate/severe cases, immediate referral to a higher medical centre as per the Government guidelines is advised.

- Patients with co-morbidities like hypertension, diabetes etc., are advised to continue their respective medications and continue taking consultation from their family physicians.
- Physicians are required to prescribe medicines, potencies and dosage as per Homoeopathic principles.

Recommendation of Prophylactic measures For Healthy Population

Firstly, people must follow the general protective measure advised by health authorities such as social distancing, using appropriate mask properly, hand washing and sanitization, vaccination etc. The Scientific Advisory Board of the Central Council for Research in Homoeopathy (CCRH) reiterates the previous advisory on the use of *Arsenicum album 30C* as an immune booster for prophylaxis against COVID-19 infection. However, keeping in view, high transmission rate in the second wave and possible airborne spread, and results of the prophylactic studies, the repetition of the regimen may be done after 21 days instead of 30 days as advised earlier.

The recommended dose is – *Arsenicum album in 30C potency*, 4 globules of size 30, once daily in the morning, preferably empty stomach for three days and to be repeated in the same manner after 3 weeks.

Management Guidelines for Home-Isolated COVID-19 Patients

The COVID-19 infected cases are asymptomatic or symptomatic. The symptomatic cases are classified Mild, Moderate, Severe or critical according to the presentation. The common clinical features observed in mild COVID-19 cases include sore throat, fever, body-ache, nasal congestion, and dry cough without any shortness of breath. Some patients are also reporting diarrhoea, loss of taste/smell etc.

Some of the asymptomatic cases can be in the pre-symptomatic stage. Considering this possibility, the patient(s) should observe evolving symptoms or signs. This watchfulness should not lead to undue anxiety.

Symptomatic management of home isolated asymptomatic & mild COVID-19 patients

Stage/condition	Clinical Presentation	Medicine	Dosage
Asymptomatic COVID-19 positive individuals	--	<i>Arsenicum album 30C</i>	4 globules twice daily for seven days.

Mild COVID-19 Positive	Fever, Headache, Malaise, Dry Cough, Sore throat, Nasal Congestion Myalgias Oxygen saturation levels above 94%	Indicated medicine as per totality of symptoms. Commonly indicated medicines according to results of clinical studies are; <i>Aconitum napellus</i> , <i>Arsenicum album</i> , <i>Belladonna</i> , <i>Bryonia alba</i> , <i>Eupatorium perfoliatum</i> ., <i>Ferrum phosphoricum</i> ., <i>Gelsemium</i> , <i>Phosphorus</i> , <i>Rhus toxicodendron</i> , etc.	The dose and repetition of the medicine to be determined by the treating physician as per homoeopathic principles.
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Immediate contact of infected person

Asymptomatic immediate contacts of infected persons	--	<i>Arsenicum album</i> 30C	4 globules once daily for seven days.
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General guidelines

1. Monitor the sick person's symptoms regularly. Monitor for fever and oxygen saturation levels twice a day.
2. Pay special attention if the person is at risk with serious illness and advise investigations and monitoring accordingly.
3. Ensure the sick person takes adequate rest and sleep and stays hydrated.
4. Limit the patient's movement around the house and minimize shared space. Ensure that the house, particularly shared spaces (e.g. kitchen, bathroom) are well ventilated.
5. Household members should avoid entering the room where the patient is isolated or, if that is not possible, maintain a distance of at least one metre from the patient (e.g. sleep on a separate bed).
6. Limit the number of caregivers. Ideally, assign one person who is in good health and has no underlying chronic conditions as the caregiver.
7. Visitors should not be allowed in the home until the person has completely recovered, shows no signs or symptoms of COVID-19 or has been released from isolation.
8. Maintain all rules and regulations for isolation and home quarantine of infected persons as per applicable provisions of the district / state authorities.

Dietary guidelines

1. Gargle with warm water with an added pinch of turmeric and salt.
2. Food should be freshly prepared, and easily digestible. Avoid processed foods.
3. Avoid excessive intake of fats, oils, sugar and salt.
4. These suggested guidelines are supported by homoeopathic literature and emerging evidence based on COVID-19 studies undertaken by the CCRH under the directions of Ministry of AYUSH. These guidelines can be followed for all age groups including children.

References

1. Guidelines for Homoeopathic practitioners for COVID-19; available at <https://www.ayush.gov.in/docs/homeopathy-guidelines.pdf>
2. Advisory from Ministry of AYUSH for meeting the challenge arising out of spread of corona virus (COVID-19) in India; available at <https://www.ayush.gov.in/docs/25.pdf>.
3. Home care for patients with suspected or confirmed COVID-19 and management of their contacts; available at [https://www.who.int/publications/i/item/home-care-for-patients-with-suspected-novel-coronavirus-\(ncov\)-infection-presenting-with-mild-symptoms-and-management-of-contacts](https://www.who.int/publications/i/item/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts)
4. Study report - Effectiveness of Arsenicum Album 30c in Prevention of Covid-19 in Individuals Residing in Hot Spots of Red Zones– A Multicentric, Randomised, Cluster Level, Controlled Trial
5. Study report - Effectiveness of Arsenicum album 30c In Prevention of Covid-19 In Individuals Residing in Hotspots of Red Zones in Delhi– A Prospective Cohort Study
6. Study report –Effectiveness of individualized homoeopathy as an add-on to standard treatment of covid-19 - a multicentric, randomized, parallel arm, single blind, placebo, controlled trial
7. Study report –Homeopathy as adjuvant to standard treatment protocol in management of corona virus infection- a randomized, placebo controlled, open label study.
8. Study report –Real time effect of Arsenicum Album 30C in prevention of COVID 19: a mass level Pan India observational study.