

Case Report

Clinical Efficacy of Homeopathy in the Treatment of Simple Kidney Cysts.

Ashru Kana Chowdhury¹, Md. Mazharul Islam², Nur - E – Alam Rasel³, Linette Maria Alfaro Cordero⁴

From, ¹Lecturer, Medicine Department, Dr. Zakir Hossain City Corporation Homeopathic Medical College and Hospital, Chittagong 4000, Bangladesh, ²Instructor, Nautical, Marine Fisheries Academy, Chittagong 4000, Bangladesh, ³Lecturer, Clinical Medicine Department, Government Homoeopathic Medical College and Hospital, Mirpur-14, Dhaka-1206, Bangladesh, ⁴Agronomist Engineer, Market Development, PIMA offices, next to CENADA, Barreal, Heredia, Costa Rica 96-3006.

ABSTRACT

A simple kidney cyst is a non-cancerous fluid-filled sac that develops in the kidney's nephrons, often due to age-related changes. While typically asymptomatic, larger cysts can cause pain, urinary complications, or kidney function impairment. Homeopathy has successfully treated symptoms associated with kidney cysts, offering a personalized approach to alleviate discomfort and improve overall kidney health without invasive procedures. This case report details the successful homeopathic treatment of simple kidney cysts in a 40-year-old male patient over ten months. Treatment commenced with *Psorinum* 200, selected based on symptom presentation and miasmatic considerations. *Lycopodium clavatum* later became the predominant remedy, addressing left-sided affinity and urinary disturbances typical of the condition, with *Thuja occidentalis* 50 M concluding the regimen to consolidate therapeutic gains. Objective evaluation via USG imaging confirmed significant cyst reduction and eventual resolution, aligning with observed clinical improvements throughout treatment. This case underscored the efficacy of personalized homeopathic approaches in managing chronic kidney conditions, emphasizing individualized remedy selection guided by comprehensive patient assessment. This report will contribute to the growing evidence supporting homeopathy's role in integrative healthcare strategies, advocating for further research to enhance its understanding and application in clinical practice.

Key words: Kidney cyst, Homeopathy, Non-cancerous, Urinary complications, Integrative healthcare.

Simple cystic kidney conditions prevail over kidney irregularities defined by fluid-filled cysts within the kidneys. No signs and symptoms are usually connected with these cysts; they are entirely secure. Coming across them accidentally throughout imaging evaluations carried out for various other factors is constant. The regularity of kidney cysts increases considerably with age, affecting about 50% of individuals aged 50 and over [1]. This problem is about 27% throughout all demographic groups, with males having a better occurrence of 34%, contrasted to females with an occurrence of 21%. The frequency increase from 14% in those aged 20-29 to 55% in those aged 70 years or older for men as well as from 7% to 43% for women [2]. The root cause of simple kidney cysts is not recognized. However, they are thought to be established from the tubular epithelium and can differ in measurements, varying from a couple of millimeters to numerous centimeters. Although generally safe, setting apart these cysts from even more extreme health problems such as polycystic kidney condition, kidney cell cancer cells, as well as various other

detailed cystic developments is scientifically substantial [3-4]. The recognition and also summary of kidney cystic sores are generally achieved utilizing calculated tomography (CT), stomach ultrasonography (USG), and magnetic resonance imaging (MRI) [5-6].

Therapy choices often depend upon insufficient information or misconceptions and frequently include medical treatments such as delamination, marsupialization, and percutaneous goal, which are utilized for both symptomatic and asymptomatic instances [7-8]. Corresponding natural medicine techniques, such as homeopathy, have gathered interest for their prospective efficiency and all-natural approach to client treatment [9]. Homeopathy, predicated on the concepts of "like treatments like" and the "regulation of minimum dosage," supplies a one-of-a-kind therapy standard tailored to improving the body's recovery procedures [10]. Remedies stemming from all-natural materials are prepared via potentization leading to very watered-down options thought to turn on the body's vital force plus recover physical, psychological, as well as psychological equilibrium [11] while

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Correspondence to: Md Mazharul Islam, College of the Environment and Ecology, Xiamen University, Xiamen-361102, China.

Email: cptmazhar@yahoo.com

the clinical basis of homeopathy continues to be a subject of dispute there is expanding rate of interest in comprehending its systems as well as possible effectiveness.

Current research and academic structures recommend that homeopathic remedies might function via detailed organic paths, although even more study is required to confirm these searches [12]. The reasoning for thinking about homeopathic therapy in cystic kidney conditions hinges on its alternative method to individual treatment as well as its emphasis on resolving the hidden inequalities adding to condition indication [13]. Natural solutions are suggested based upon an individualized analysis of the person's signs constitution and vulnerability to conditions to advertise self-healing as well as bring back total wellness [14]. By attending to the source reasons for kidney cyst development, homeopathy might provide a mild plus efficient option or adjunctive treatment to traditional therapies, possibly lowering the requirement for intrusive treatments plus decreasing the threat of reappearance. This capacity of homeopathy to minimize the demand for intrusive treatments brings alleviation coupled with reduced stress and anxiety regarding therapy for individuals as well as medical care specialists [15].

Regardless of the expanding passion for homeopathy as a refreshing alternative for cystic kidney conditions, extensive professional research study reviewing its efficiency and also safety, and security in this context continues to be restricted [16]. While situation records and empirical research have offered unscientific proof of favorable results with homeopathic therapy, larger-scale tests, and organized testimonials are essential to developing their location in the professional administration of calculi illness [17-18]. This case report highlighted the importance of exact medical diagnosis, reliable use of imaging, and discovering non-surgical therapy alternatives for handling sample kidney cysts. By sharing this CASE, we intend to provide insight into the nature and therapy of sample kidney cysts, emphasizing the relevance of cautious tracking to attain the very best results without requiring surgical treatment.

CASE REPORT

A 40-year-old man approached Rani Homeo Pharmacy in Chittagong city with severe back pain and some pathological reports. We found his symptoms and complaints as follows; his urine was passed through in two channels, cutting pain during urination, back pain extending to things, impotency, pain in the front of the penis, cowardice, seeking to get power or master, and fear of taking responsibility. At the age of 10/12 years, there was burning in urination, again at the age of 16/17 years. Ringworm, typhoid, malaria, bug, sores on the penis, blood, pus, and warts on fingers, the patient was working abroad for five years. Several notable conditions were identified in the patient's family history, including vitiligo,

hemorrhoids, diabetes, hypertension, and arthritis. These conditions suggested the presence of underlying homeopathic miasms, which may include psora, sycosis, and syphilis. This comprehensive family disease history underscored the potential genetic predispositions that may influence the patient's overall health and treatment response. Through a comprehensive examination of the patient's whole medical history, including his past and family background, it was determined that an active psychotic miasm followed by syphilis is currently affecting the patient. Following a thorough analysis of the patient's medical history and review of the ultrasonography report (USG), a diagnosis of small sizes of left renal kidney was made [Fig. 1(a)].

The primary significant symptoms and complaints were analyzed using online Kent Repertory (a digital, internet-accessible version of Kent's Repertory, enabling users to quickly search and cross-reference symptoms and remedies for homeopathic treatment) (Supplementary File S1). The repertory matrix had fifty-one (51) homeopathic medications. The highest average strength recorded was 1.80 for the drug *Lycopodium clavatum*, followed by .72 for *Kalium carbonicum*(Kali-c) and .60 for *Gelsemium sempervirens*, among others. Among those medicines from the repertory list, five primary medications were used to make a Sankey diagram to select the most dominating medicines against rubrics (Fig. 2).

After choosing drugs from the Repertory and Materia Medica (a reference book that details the therapeutic properties, symptoms, and applications of homeopathic remedies based on clinical observations and proving), the patient was given medicine and clear instructions. Based on the symptoms, the person's past, family background, and miasm, suggestive medicines from Dr. Kent's repertory and Materia Medica were given as per the following treatment chart (Fig. 3). From the repertory suggestions and Sankey analysis the most predominated medicines was found *lycopodium clavatum*. As per miasmatic theories, *Psorinum* helps to clear obstacles to cure latent infections, suppressed conditions, preparing the body for the further treatment [19], we started with single dose of *Psorinum* (200).

Naranjo's Scale (a systematic tool used to assess the likelihood that an adverse drug reaction is related to a specific medication, based on a set of criteria) [20] was used to count adverse drug reactions (ADR) after fifteen days of taking drugs (*Psorinum*-200). The Naranjo Scale goes from -4 to 13 in its whole range. The reaction is inevitable as long as the number is greater than 9. If it's between 5 and 8, the reaction is likely. If it's between 1 and 4, a reaction may be possible. And if it's less than Zero (0), the drug's reaction is unlikely. *Psorinum*'s ADR was -1 in this case, and the response was not likely (Fig. 4). We also took these observations for the dominated medicine (*Lycopodium clavatum*) and also found

ADR as less than Zero (0). That's why we gave higher doses of *Lycopodium clavatum* to the patient and got significant

improvement of the patient (Fig.3). The patient gave positive consent to publish her case in the journal.

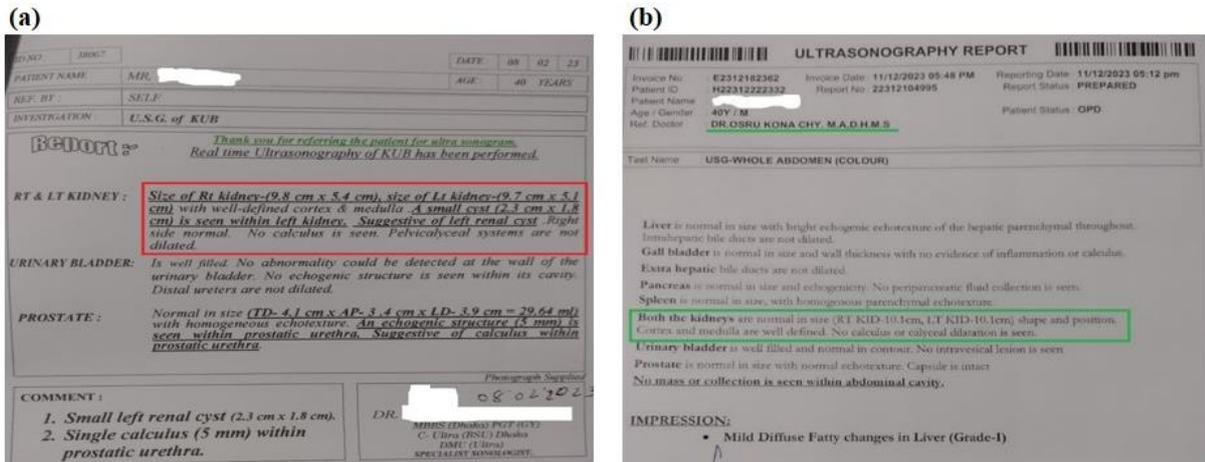


Fig. 1: (a) Laboratory diagnostic analysis before treatment, (b) Diagnostic analysis after treatment.

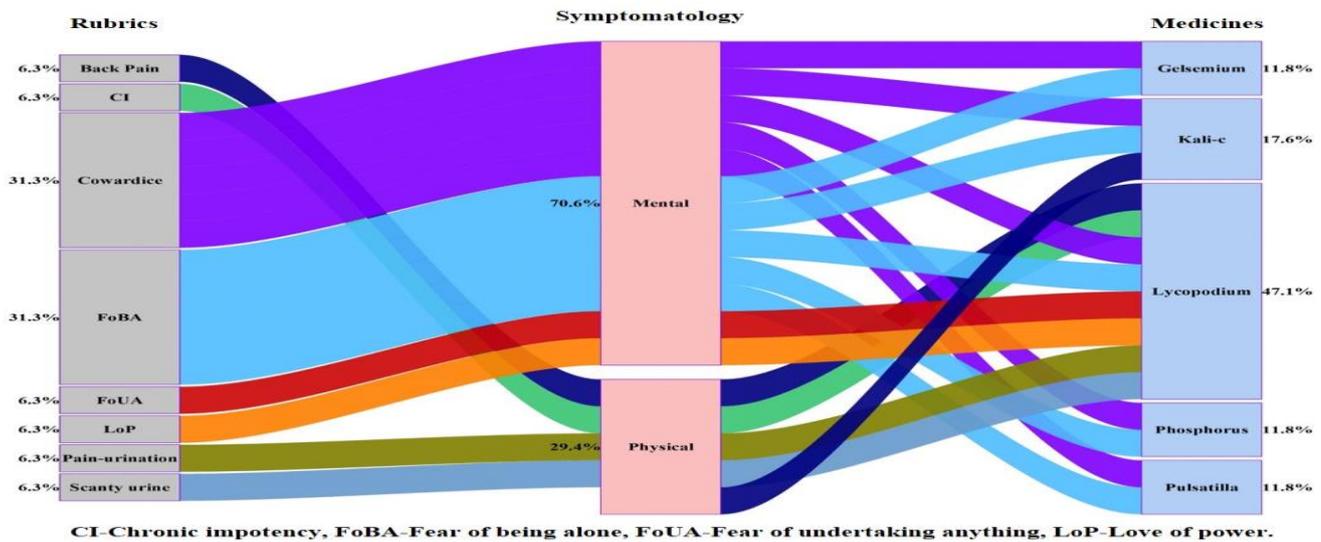


Fig. 2: Sankey diagram based on dominating rubrics and medicines

Treatment flow Chart

Visit	Symptoms	Prescriptions and treatment
1 st Visit 04.02.2023	Severe back pain, Impotency, Pain during urination, cowardice, fear of being alone.	Psorinum-200(01 dose), empty stomach in the morning. Placebo(Saqlac) empty stomach 3 times for 14 days
2 nd Visit 25.02.2023	Primary symptoms were unchanged, only Urinary pain decreased but flatulence.	Lycopodium clavatum-1M(01 dose), empty stomach in the morning. Placebo(Saqlac) empty stomach 3 times for one month.
3 rd Visit 17.04.2023	Less back pain, Improvement of impotency, but pain remains during urination.	Lycopodium clavatum-10M(01 dose), empty stomach in the morning. Placebo(Saqlac) empty stomach 3 times for one month.
4 th Visit 24.05.2023	Less back pain, and others symptoms were found less but remains at least once daily for short period.	Lycopodium clavatum-50M(01 dose), empty stomach in the morning. Placebo(Saqlac) empty stomach 3 times for 45 days
5 th Visit 10.08.2023	Penis burning after coition, anus burning, constipation.	Thuja occidentalis-50M(01 dose), empty stomach in the morning. Placebo(Saqlac) empty stomach once daily for 60 days
6 th Visit 11.12.2023	All symptoms and abnormalities vanished, patient was cured from his complaints, USG report found normal.	Placebo(Saqlac) empty stomach once daily for next two months and advised to report if any complaints or symptoms arise

Fig. 3: Treatment flow charts based on periodic visits and prescriptions.

Sl.	Questions	Yes	No	Don't Know	Score
1	Are there previous conclusive reports of this reaction?	1	0	0	0
2	Did the adverse event appear after the drug was given?	2	-1	0	-1
3	Did the adverse reaction improve when the drug was discontinued or a specific antagonist was given?	1	0	0	0
4	Did the adverse reaction reappear upon readministering the drug?	2	-1	0	0
5	Were there other possible causes for the reaction?	-1	2	0	0
6	Did the adverse reaction reappear upon administration of placebo?	-1	1	0	0
7	Was the drug detected in the blood or other fluids in toxic concentrations?	1	0	0	0
8	Was the reaction worsened upon increasing the dose? Or, was the reaction lessened upon decreasing the dose?	1	0	0	0
9	Did the patient have a similar reaction to the drug or a related agent in the past?	1	0	0	0
10	Was the adverse event confirmed by any other objective evidence?	1	0	0	0
Total Score					-1

Interpretation
 Total Range -4 to 13
 Definite if >=9
 Probable in between 5 to 8
 Possible in between 1 to 4
 Doubtful if <=0
 Naranjo et al., 1981

Fig. 4: Analysis of Naranjo's Scale for the detection of adverse drug reaction (ADR) (Naranjo et al., 1981)

DISCUSSIONS

In the discussed case of the patient, homeopathic therapy caused considerable enhancement over ten months. The therapy procedure initially consisted of *Psorinum* 200, adhered to by *Lycopodium clavatum* as the leading solution, and ended with *Thuja occidentalis* 50M. *Psorinum* 200 was picked for its prospective miasmatic results, perhaps preparing the body for succeeding therapies by resolving hidden concerns [21-22]. *Lycopodium clavatum*, based on the individual's signs, such as habitual fondness and urinary system troubles, played a vital role in the mid-treatment stage. Recognized for its usage in persistent problems with digestive plus urinary system disruptions, this solution highlighted the customized nature of homeopathy, straightening therapy with total amount of signs [22-23]. In the direction of the end of the therapy program, *Thuja occidentalis* 50M was presented, understood for its fondness for development along with urinary system problems. The high effectiveness of Thuja was meant to improve the recovery impacts of earlier therapies and guarantee the resolution of kidney cysts.

While this situation shows promising results in homeopathic treatments, increasing the possible activity devices for these solutions is necessary. Although the precise devices remain vague, concepts recommend that homeopathy might boost the body's all-natural recovery procedures, possibly with the body's immune system inflection or by affecting the body's power areas. However, it is similarly crucial to deal with the constraints of homeopathy, especially in dealing with even more complicated kidney problems. This instance included a reasonably sample renal cyst; plus, while the outcomes are urging, the efficiency of homeopathy in much more severe kidney illness is much less specific. Recognizing these limitations gives a much more refined point of view and highlights the requirement for an all-natural technique that might consist of standard clinical therapies when needed. Contrasting these findings with previous research studies discloses both staminas and restrictions of the present research. Earlier research studies, such as those by Frei, Thurneysen (2001) [24], and Varanasi et al. (2020) [25] has revealed blended outcomes relating to the efficiency of

homeopathy in kidneys and various other persistent problems, with some reporting favorable results while others kept minimal results. Studies by Singh et al. (2022) [26] and Oberbaum et al. (2005) [27] discovered the function of homeopathy in taking care of kidney-related concerns, including cysts, with differing levels of success.

This situation added to the proof sustaining the possibility of embellished naturopathic therapy. Nonetheless, the small example dimension and the absence of control teams in this instance record restricted the generalizability of the search. Additional study with more significant example dimensions plus extra extensive research layouts is required to confirm these outcomes and a much better comprehension of the devices through which homeopathic treatments put in their results. Proceeded research studies and organized documents are vital to increasing the proof base and helping with notified scientific decision-making in homeopathic practice [21-22].

CONCLUSIONS

This case study showed the effective homeopathic therapy of sample kidney cysts over ten months with treatment customized to the individual's sure signs and symptoms. Objective evaluation using USG imaging validated cyst resolution, confirming the therapy's efficiency. These outcomes highlighted the possibility of homeopathy in handling persistent problems like kidney cysts with tailored, all-natural strategies. Future studies need to include more significant example dimensions, lasting follow-ups to examine the resilience of therapy impacts, and complete satisfaction metrics to reinforce the proof base. Stressing an alternative technique of in-person treatment is vital for creating detailed and efficient medical care techniques incorporating homeopathy.

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Case Report

Magic Efficacy of Pulsatilla to treat Polycystic Ovarian Syndrome

Md Mazharul Islam¹, Ashru Kana Chowdhury²

From, ¹College of the Environment and Ecology, Xiamen University, Xiamen, Fujian, China, ²Lecturer, Health Department, Dr. Zakir Hossain City Corporation Homeopathic Medical College and Hospital, Chittagong City Corporation, Bangladesh

ABSTRACT

A complex condition known as polycystic ovarian syndrome (PCOS) affects 5–10% of women and is associated with hyperandrogenism, polycystic ovaries, persistent anovulation, insulin resistance, abdominal obesity, hypertension, and dyslipidemia. It is a typical cause of anovulatory infertility and is susceptible to change throughout a person's lifetime due to changes in metabolism and fat. Although the cause of PCOS is uncertain, in-utero fetal programming may contribute to the condition's emergence. Environmental and genetic factors cause metabolic and menstrual irregularities in PCOS. Polycystic ovarian insulin resistance syndrome, excessive body fat, and obesity-related illnesses like diabetes and cardiovascular disease are becoming increasingly common in Asian Indians. There is a need for complementary therapy that will reduce the symptoms of PCOS without causing side effects because of the negative consequences of conventional treatment, the high cost of care, post-surgical complications, and the patients who do not react to these interventions. Homeopathy is an alternative medical approach used well for various illness situations, including PCOS. A PCOS case is shown here to describe the beneficial effects of specialized homeopathic treatment. More researches are significant to confirm the efficacies of homeopathic medicines, low treatment cost, fewer side effects, and publicity of homeopathic success in curing PCOS are needed by the appropriate authorities.

Key words: Polycystic Ovarian Syndrome (PCOS), Homeopathy, Pulsatilla, Endocrinopathy, metabolic syndromes

Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine disorder affecting women of reproductive age, causing subfertility due to ovulation [1]. The syndrome is influenced by a lack of awareness and lifestyle changes [2]. Awareness of healthy behaviors, such as diet, is crucial for effectively monitoring and regulating the condition. PCOS is also known as polycystic ovarian syndrome, polycystic ovary disease (PCOD), functional ovarian hyperandrogenism, Stein-Leventhal syndrome, ovarian hyperthecosis, and sclerotic ovary syndrome [3, 4, 5].

The exact cause of PCOS is unknown, but it may be related to abnormal hormone levels. Studies showed that PCOS is hereditary, with women with a family history of PCOS being 30% more likely to develop the condition. PCOS affects approximately 6-7 percent of the global population [6]. Excessive insulin production by the pancreas can cause ovaries to produce more androgens, interfering with

follicle development and preventing natural ovulation. Hormones, such as androgens, can prevent ovulation during menstruation cycles. High levels of luteinizing hormone can also affect ovulation. Low-grade inflammation in women with PCOS can stimulate polycystic ovaries to produce androgens, leading to heart and blood vessel problems. PCOS is a syndrome characterized by many symptoms, including obesity, ovarian dysfunction, and hypothalamic-pituitary abnormalities.

It leads to higher rates of miscarriages, fetal deformities, and other complications during pregnancy, including neonatal complications and premature deliveries. Despite being aware of the syndrome, individuals often avoid medical treatment, neglecting its difficulties. PCOS also impacts psychological well-being, causing poor body image, self-esteem issues, depression, and reduced health-related quality of life in affected women. The disease has both short-term and long-term consequences, affecting women unfavorably in various ways and at different stages of their lives.

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Correspondence to: Md Mazharul Islam, College of the Environment and Ecology, Xiang'an Campus, Xiamen University, Xiamen, Fujian Province, China. **Email:** cptmazhar@stu.xmu.edu.cn **Tel.:** +86 15606953342

Effective therapies must be found to prevent, maintain, and treat PCOS effectively [7]. The National Institute of Health, Office of Prevention, reports that PCOS affects approximately 5 million women of childbearing age, with 5- 10% of females at 18 to 44 years of age affected [8]. Traditional orthodox physicians frequently recommend surgery to patients with severe symptoms to save their lives. In contrast, most homeopathic physicians are unsure of how to treat such patients due to a lack of confidence and publications about effective treatments for these illnesses. These ovarian cysts are treated with homeopathic remedies after taking the patient into account individually and following reportorial rubrics.

The homeopathic system treatment options include Apis Mel, Calcarea carb, Conium Mac, Lachesis, Ophorinum, Sepia, Natrum mur, Pulsatilla, Thuja, etc., according to the totality and individualism. Homeopathy focuses on the root cause of PCOS, regulating imbalanced hormones and attempting to make the menstrual cycle proper and regular. However, limited studies have been conducted in Bangladesh, and high-risk individuals must be aware of the syndrome and its consequences. Though many homeopathic physicians worldwide, along with Bangladesh, India, Pakistan, and Iran, cured these diseases with homeopathic medicines, these cases of success were not recorded systematically or published in the journal except few cases. This case study revealed typical guiding symptoms that agreed well and unambiguously supported the choice of single homeopathic medicine (Pulsatilla) as the sole treatment for patients with single and multiple ovarian cysts.

METHOD AND MATERIALS

Details particulars of the patient were taken, including present complaints, past histories, and family histories by formal case taking. Physical and mental criteria were also assessed. Present symptoms were analyzed through the online Kent repertory, and the first medicine was selected (Figure 1). After getting the first medicine, it was also compared with the Materia Medica of different homeopathic physicians. Ultra-sonograms (USG) were performed on these samples before and after the intervention. USG reports from before and after medication were compared to record the progress of symptoms. After having homeopathic medicine from low to higher potencies (6c to 10 M) for several months, all amelioration symptoms had dramatically decreased.

Drug reaction tendency was analyzed by Naranjo Scores, and no reaction was found against the first prescribed medicines (Figure 2). Higher potencies were occasionally administered for some symptoms that resurfaced. By choosing the correct homeopathic remedy that matches all of the signs and following Kent's rubric, it is possible to treat the economically disadvantaged segment of the population—especially those who live in remote areas with inadequate medical amenities and infrastructure—for a lower cost than would otherwise be necessary. Homeopathic treatment can prevent the need for surgery to remove cysts from the ovary.

Remedy	Leucorrhoea during menses □ 20%	Irregular menses □ 20%	Weeping when telling of her sickness □ 20%	Aversion to her own sex □ 20%	Thirstless □ 20%	! Average Strength	! Minimum Strength
Puls.	1	1	3	0	3	1.60	0
Sep.	0	2	3	0	2	1.40	0
Nux-m.	0	3	0	0	3	1.20	0
Con.	1	2	0	0	2	1.00	0
Cocc.	2	2	0	0	1	1.00	0
Apis.	0	2	0	0	3	1.00	0
Chin.	1	0	0	0	3	0.80	0
Iod.	2	2	0	0	0	0.80	0
Cycl.	0	2	0	0	2	0.80	0
Ip.	0	2	0	0	2	0.80	0
Lyc.	0	2	0	0	2	0.80	0
Arg-n.	0	2	0	0	2	0.80	0
Staph.	0	2	0	0	2	0.80	0
Sabad.	0	1	0	0	3	0.80	0
Mag-m.	2	1	0	0	0	0.60	0
Sec.	0	3	0	0	0	0.60	0
Carb-ac.	1	2	0	0	0	0.60	0
Phos.	1	1	0	0	1	0.60	0
Ars.	1	0	0	0	2	0.60	0
Iris.	0	2	0	0	1	0.60	0
Sulf.	0	2	0	0	1	0.60	0
Nit-ac.	0	2	0	0	1	0.60	0

Figure 1: Reparatory analysis by online repertory of Dr.Kent

Naranjo Scale for ADR of Pulsatilla

Sl.	Questions	Yes	No	Don't Know	Score
1	Are there previous conclusive reports of this reaction?	1	0	0	0
2	Did the adverse event appear after the drug was given?	2	-1	0	-1
3	Did the adverse reaction improve when the drug was discontinued or a specific antagonist was given?	1	0	0	0
4	Did the adverse reaction reappear upon readministering the drug?	2	-1	0	0
5	Were there other possible causes for the reaction?	-1	2	0	0
6	Did the adverse reaction reappear upon administration of placebo?	-1	1	0	0
7	Was the drug detected in the blood or other fluids in toxic concentrations?	1	0	0	0
8	Was the reaction worsened upon increasing the dose? Or, was the reaction lessened upon decreasing the dose?	1	0	0	0
9	Did the patient have a similar reaction to the drug or a related agent in the past?	1	0	0	0
10	Was the adverse event confirmed by any other objective evidence?	1	0	0	0
Total Score					-1

Interpretation

Total Range -4 to 13

Definite if >=9

Probable in between 5 to 8

Possible in between 1 to 4

Doubtful if <=0

*Naranjo et al., 1981***Figure 2: Naranjo scale for adverse drug reaction of medicine (Pulsatilla), Naranjo et al., 1981****Case Report**

A 23-year-old Muslim, unmarried woman from middle-class status family met at Rani Homeo Clinic on 3 January 2022. Her chief complaint was painful, irregular menstruation with drowsiness. She was suffering from leucorrhoea. She experienced excessive bleeding during menstruation.

Beginning complaints: Irregular menstruation for 3-4 years with great pain and excessive bleeding. Lack of thirst and usually takes a little amount of water. Changeable moods in which she is happy at one moment and the next, she becomes irritable.

Past histories: She suffered from stomach ailments in childhood and used to get weak.

Family histories: Brain stroke, hypertension, asthma, Hemorrhoids, Chronic kidney disease (CKD), Diabetic, Jaundice, Prolapse of the ovary, Heart disease, and Ringworm in the skin were in the paternal and maternal history.

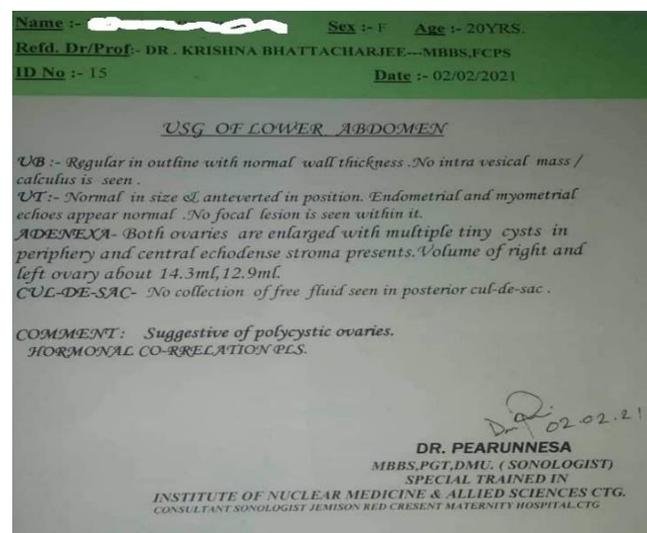
Mental General: Mentally the patient was soft-hearted, hot temperate, sympathetic, compassionate, thirst less, weepy, sensitive, and anxious.

Physical General: The patient was slim, Fair, Smart, and looked humane.

General Survey: The patient was gentle, mild, and yielding to family people. Her mood is frequently changeable. She

became weepy while describing her complaints. She likes open air and has a lack of thirst for drinking. She often experienced jerking of her whole body during sleep. She had a nightmare, and she did not know where she was when awaking at night. The patient was warm-blooded. She tended to get love and sympathy from his close relatives—suppressed and irregular menstruation with excessive bleeding and pain.

On examination/Diagnostic assessment: By analyzing the totality of the patient, past, and family history, it was found that strong psychotic miasm is acting in the patient. By examining detailed case taking and checking the ultrasonography report (USG), it was diagnosed as suggestive and large-sized Polycystic Ovary Syndrome (PCOS) (Figure 3).

**Figure 3: USG report beginning of treatment**

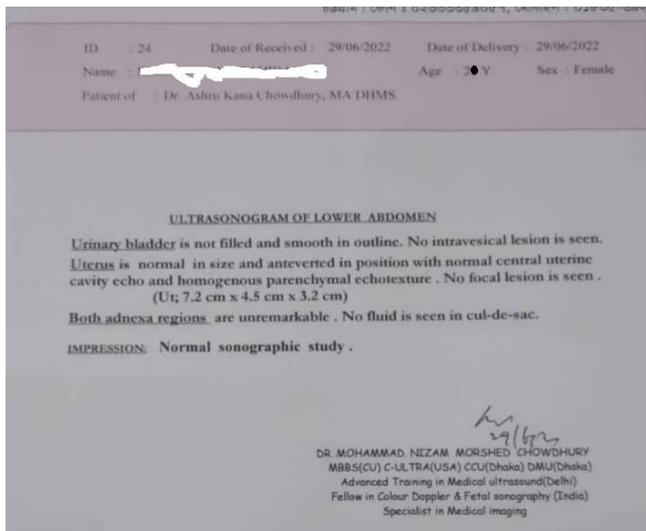


Figure 4: USG report after completion of treatment

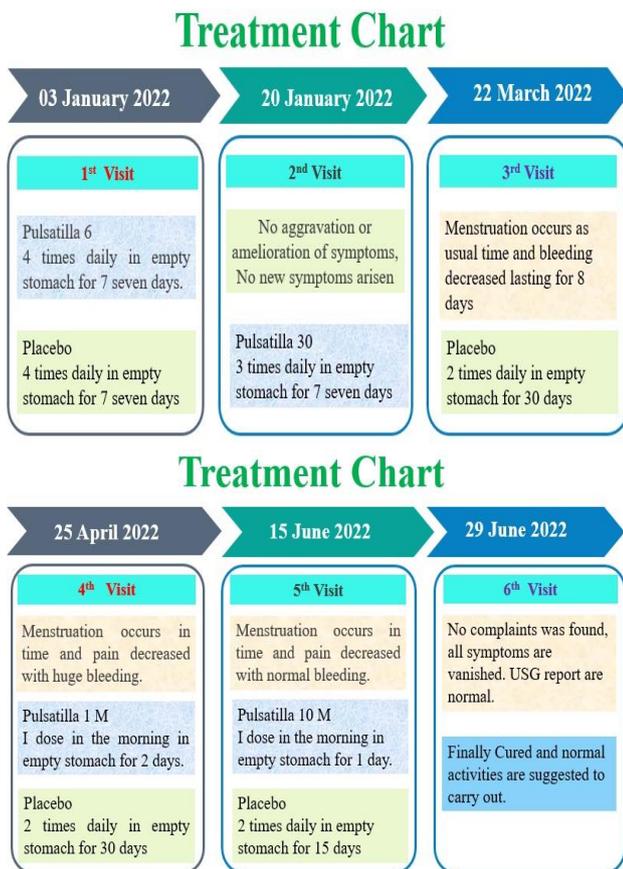


Figure 5: Treatment Chart

Reparatory analysis: Major and significant symptoms and complaints were analyzed through Dr. Kent Reparatory (Online). Forty (40) homeopathic medicines were listed in the repertory matrix. Among those maximum average strength was 1.60 against the medicine Pulsatile, 1.40 for Sepia, 1.20 Nux-m, and so on. After getting the medication from the repertory was compared with different Materia medica books and positive tendency with Pulsatilla.

Materia Medica analysis: After selecting medicines from Repertory and Materia Medica, medication was given to the patient with detailed guidelines. The treatment chart with a short description is given below (Figure 5).

Advice: Analyzing totality of symptoms, past history, family history, and miasm, suggestive medicines by Dr. Kent repertory and Materia Medica Pulsatilla 6 was given (Figure 5)

Follow up and Outcomes: After fifteen days of having medicines (Pulsatilla-6), Adverse Drug Reaction (ADR) was counted according to Naranjo’s Scale [9]. The total range of the Naranjo Scale is -4 to 13. If the value is greater than 9, the reaction is definite; if it is between 5 to 8, the reaction is probably; if it is between 1 to 4, the reaction may be possible; and if it is less than Zero (0) reaction of the drug is doubtful. For this case, ADR for Pulsatilla was -1, and the reaction was doubtful (Fig-2). That’s why higher potencies of Pulsatilla (6 to 10 M) was administered until complete cure.

DISCUSSION

The results of this case have provided strong evidence in support of its proposition made more than two hundred years ago. It has been demonstrated with authenticated evidence that specific homeopathic remedies, if selected based on the totality of symptoms, can yield spectacular success by suitable use of potencies, even in removing large-sized ovarian cysts. Unfortunately, many practitioners might not have many reports on the removal of single cysts by single homeopathic remedies available in the literature, mainly published in peer-reviewed journals/magazines. However, works on successfully removing multiple cysts in PCOS have occasionally been reported. The USG images of the respective patients have been provided, showing the beginning of homeopathic drug administration and after the treatment was complete (Fig-3 and Fig-4).

Dr. Punam Kumar, 2020 [10] cured a Hemorrhagic ovarian cyst of a house wife of 26 years by different potencies of Conium maculatum. Abhisake Sabud and Abhinandan Das, 2022 [11], fixed 21 years of unmarried Hindu women by Phosphorus, Silicea, and Thuja. Das et al., 2016 [12] cured their patient by applying Thuja Occidentalis of various potencies. Besides, Claire Davies, 2011 [13] mentioned Apis Mellifica, Belladonna, Platinum, Liliium, Staphisagria, Lachesis, Zincum, Graphites, Argentum metallicum, Naja, Arsenicum, Colocynth, Hamamelis, Iodine, Podophyllum to cure ovarian cysts. Our study showed that another homeopathic medicine, Pulsatilla, successfully cured PCOS within six months without

complications. Few articles have been published on this topic, though Homoeopathy offers a wide range of constitutional medicines for pain-free resolution of all ovarian cysts. Therefore it needs to treat more and more cases of PCOS with constitutional Homoeopathy to validate the effect of Homoeopathic treatment in the coming future.

CONCLUSION

The most prevalent endocrinopathy is polycystic ovarian syndrome. It alludes to numerous pathogenic and hormonal occurrences. This ailment is spreading in popularity in modern society due to sedentary lifestyles, pollution, and excessive consumption of junk food. Metabolic syndromes such hyperinsulinemia, obesity, dyslipidemia, hypertriglyceridemia, hypertension, atherosclerosis, and type II diabetes are more likely to occur in people with PCOS. Homoeopathy focuses on the underlying causes of PCOS, aids in managing hormone imbalances, and works to restore a healthy, regular menstrual cycle. Surgery and hormone treatments may have some unfavorable effects. The obstacles of modern allopathic medicine include postoperative complications, disease recurrence, expensive treatment costs, and limited physical activity. In contrast, homeopathy can permanently cure patients with a low-cost, less invasive method. The homeopathic physician should do more research scientists to keep record and publish success to the people.

Declaration of patient consent: The patient gave positive consent to publish her case in the journal.

Acknowledgement: We are very grateful to the patient for his patient to take treatment from our pharmacy and gave her positive consent to publish her case in the journal.

Conflict of Interest: Authors and physician had no financial interest to publish this case report. This case was aimed to publish for the health related benefits of the mass people from the homeopathic treatment.

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Efficacy of Homeopathic Medicines to treat Covid-19 diseases

Md.Mazharul Islam¹, Ashru Kana Chowdhury², Russtum Mohammad Ismail³, Aklima Nargis⁴

From,¹Coastal and Ocean Management Institute, Xiamen University, China, ²Dr. Zakir Hossain City Corporation Homeopathic Medical College and Hospital, Chittagong, Bangladesh, ³University Malaysia Terengganu, Malaysia

Correspondence to: Md. Mazharul Islam, House No-174/04, Block-D, Road-01, Sughanda Residential Area, Panchliash, Chiattagong, Bangladesh. **E-Mail:** cptmazhar@stu.xmu.edu.cn

ABSTRACT

Among the seven human coronaviruses (HCoV), SARS, MERS, and SARS-CoV2 caused the most severe illnesses. Although WHO recommended three vaccines against Covid-19, this does not guarantee complete protection against the human body. Since the virus constantly changes and infects people causing great suffering and death, we must protect ourselves by following specific hygiene rules. This study showed the effectiveness of Homeopathic Remedies as the alternative treatment for Covid-19. Samples (suspected and confirmed patients of Covid-19) were given homeopathic medicines, and the results were recorded. This study aims to demonstrate a global effort to control the coronavirus (COVID-19) through alternative therapies. National health systems should promptly endorse the efficacy of validated homeopathic treatments to treat the Covid-19 disease as alternative medicine.

Keywords: *Coronavirus, Covid-19, Infectious disease, Homeopathy, Pneumonia, Pandemic.*

SARS-COV-2 virus, a single-stranded RNA, is now a global epidemic affecting 418,650,474 confirmed cases of COVID-19 and 5,856,224 deaths (WHO reported 1500 hours on February 19, 2022). Some common symptoms are fever, respiratory illness, shortness of breath, cough, sneezing, lack of smell, and severe physical weakness (Zhu et al., 2020). Some other symptoms may be experienced by the patient, like muscle aches, loss of breath, fatigue, and abdominal pain. SARS-CoV-2 virus attacks lung lymphocytes that destroys protective proteins and build up unwanted fluid in the lungs, causing respiratory problems (Wang et al., 2020).

Following the discovery of the first infected patient in Wuhan, China, in December 2019 with Covid-19, the virus spread worldwide due to its infectious nature and became an ongoing epidemic. The virus is usually transmitted from an infected person to close contact, with droplets falling off while talking, coughing, and sneezing (Wang et al., 2020). After infection, symptoms may appear within two to fourteen days, depending on a person's age and weakened immune system due to other diseases like diabetes, asthma, heart disease, kidney disease, etc. (Velavan & Meyer,

2020). There is also no clear clinical strategy or strong evidence of how these drugs work. The word Homeopathy, from Greek, translated into English, literally means "as a disease." It means that a given medicine resembles a disease that a person develops, according to their context, and not as a specific stage of the disease or medical diagnosis.

Homeopathy is a natural, complete healing process that German physician Samuel Hahnemann discovered in the late 1700s. Hahnemann believed that elemental forces such as air or energy maintain an internal body balance or homeostasis. Symptoms are not suppressed but are indications of the body's attempt to treat itself with a change in vital forces. Diseases are symptomatic patterns, a language of robust power in self-regulatory efforts. Homeopathic remedies restore essential bodily strength and thus promote healing. The Fundamental Principle of homeopathy is that the causative agent of a particular disease may be used to treat that condition. This is called the "Law of Similars." (Gevitz, 2013). Along with this Principle of "healing as a cure," homeopaths also believe that moving and cleansing an object increases its strength -

a process called potentization or succession. Over the years, using evidence, toxicological data, and clinical information, images of homeopathic drugs of more than 2000 objects have been found. The second Principle is a small dose to reduce side effects to a significant degree. The third Principle is one remedy at a time, which means that only one medicine should be given to the patient to treat his ailments. Homeopathy found that although a toxic substance is diluted until the molecule is gone, its effect remains, which may mean 'water memory.' Although it has been successfully used in clinical practice for over 200 years, homeopathy has not been ignored. Modern science could not explain the effect of the object without its actual ingredients (homeopathyusa.Org.2020). However, about three hundred confirmation tests have been performed on homeopathic products over the past decade. In addition, approximately 80% of those showed that homeopathy has a different effect than the placebo effect (Linde et al., 1997). This study has demonstrated the effectiveness of homeopathic medicines in treating Covid-19 and the efficacy of homeopathic treatments for suspected and confirmed Covid-19 patients in Bangladesh along with other countries worldwide, such as India, Italy, Cuba, Iran, Hong Kong etc.

METHOD

We conducted this study from April 2020 to February 2022. A total of 18(Eighteen) registered homoeopaths of various places in Bangladesh are interviewed through a Google survey (Google form fill up) and over the phone. We asked (Semi-structured questions) a questionnaire consisting of eight (8) questions to Homeopathic physicians. Their answers relevant to Covid-19 diseases were recorded and analyzed by MS Excel program for graphical presentation. We compared these results with the reports of treatments of epidemics worldwide, especially in Brazil, Cuba, Italy, India, and Hong Kong.

RESULTS

This study collected the symptoms and information of patients with suspected and confirmed Covid- 19 from about Forty Thousand (40,000) people through Eighteen (18) Homeopathic Physicians whole over Bangladesh. Suspected cases were cured by as Arsenic album, and other suspected cases were cured by Bryoniaalba,Rhus tox, Gelsimium, AnitmoniumTataricum(Antim tart) and others medicines. Meanwhile, other medicines similar to symptoms were also used to cure Covid-19 diseases. Study found that the most widely used homeopathic medicine was Arsenicum alba (33.67%), the second one was Bryonia

alba(27.8%), and the third one was Rhustox (17.6%). (Fig. 1)

Study found that the maximum days for getting negative report (Covid-19 test) from positive was 23 days and minimum was 6 days. All confirmed patients were treated insides their residents and no patients were to be admitted in the hospitals. (Fig. 2)

This study found that 3618 were suspected cases, and 795 were confirmed cases out of forty thousand. Twenty-nine confirmed cases were fixed by applying Arsenic alb, and Two hundred and fifty-three (253) patients were given symptomatic homeopathic medicines for respiration complicacy. Statements from homeopaths showed that no patients have died having homeopathic treatment. The results from the Homeopathic Physicians are as given in Fig. 3.

DISCUSSION

Italian research finding of Homeopathy treatment for Covid-19

A team of 24 Italian physicians with additional homeopathic medical care treated 50 patients with diagnostic cases or Covid-19. According to the homeopathic procedure, patients were given a single homeopathic remedy based on individual patient symptoms—review of hospitalization rates in 26 countries in 32% of Covid-19 patients. In Italy, the hospitalization rate is 20.4%, and the inpatient rate is 18.7%. A list of each homeopathic medicine prescribed is listed in this report. The study of 50 patients treated with homeopathic remedies found no level of hospitalization.The summary of that trial was as follow;

Fifty cases were consistent with the inclusion procedure and examined at the end of treatment without waiting for further follow-up.The 50 cases examined included 29 women and 20 men (sometimes gender was not specified).In four cases of children (6-9 years), the average age was 6.75 years; their course took ten days (from 3 to 17).For the age group (the observed cases were between 22 and 79 years), the median age was 49.47 years; their course (varying from 4 to 34 days) was 14.09 days.A single homeopathic component has been identified and discontinued for only one full-time, selected individually according to the presentation guidelines.During the same homeopathic treatment, only one drug (50% of cases) was used, that is, 2 to 6 drug combinations and better: 2 herbs (32%), three herbs (10%), and six herbs. (4%), four herbs

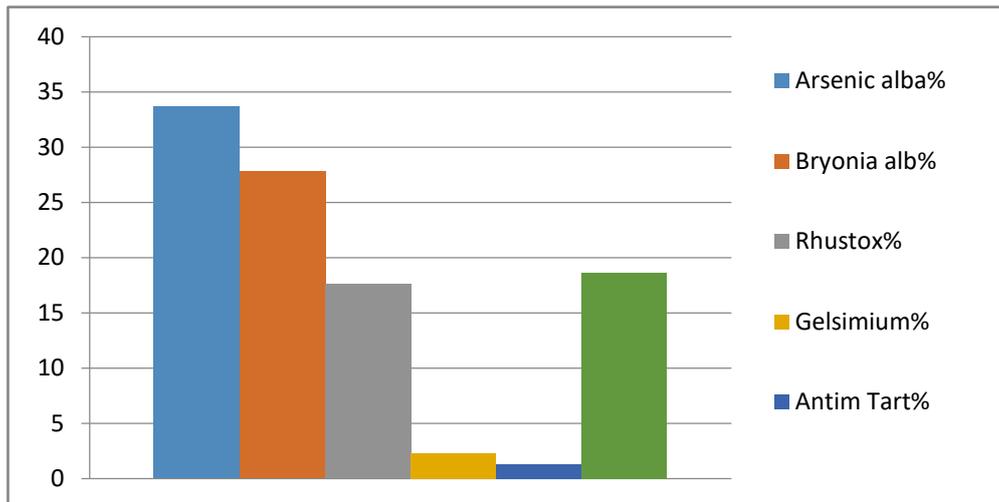


Fig:1- Symptomatic homeopathic medicines’ efficacy against Covid-19 diseases

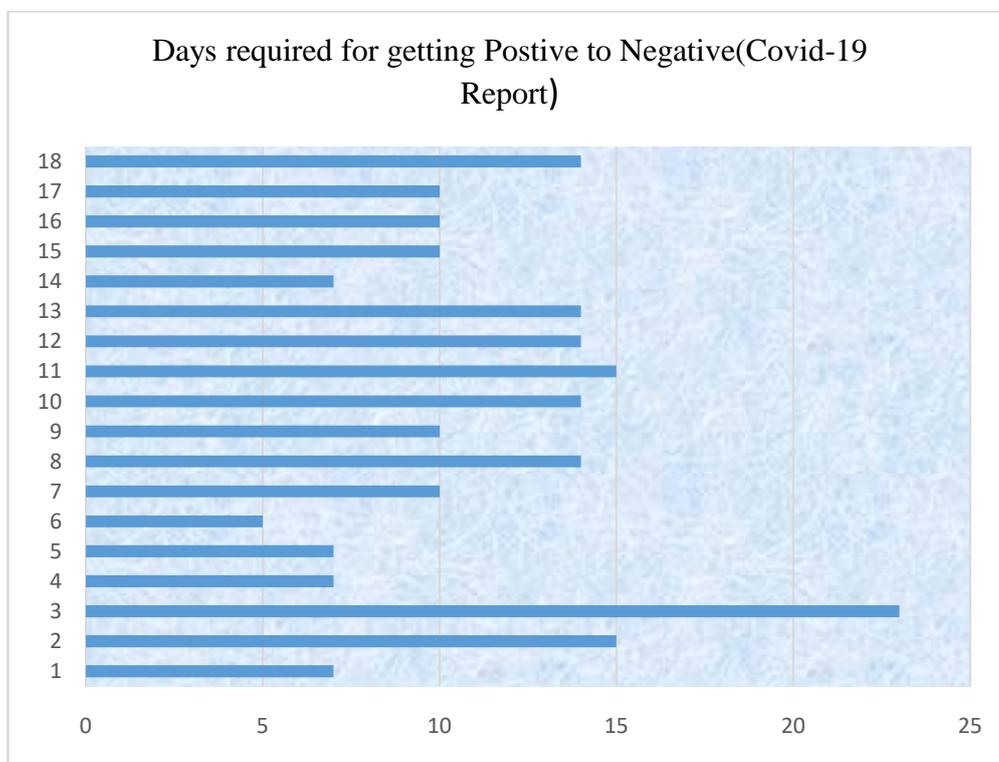


Fig: 2- Recovery period from Covid-19 Positive to Negative

(2%), five herbs (2%). The prescribed medications were, in order of frequency, shown as follows. (Fig. 4)

No adverse events were observed during homeopathic treatment. Complete recovery of patients in the resolution of specific symptoms has been generally followed. All patients had symptoms and were classified as Covid positive, or most likely, they were all treated homeopathically in a home-based separation program outside the hospital. Under no circumstances, because of good clinical practice, hospitalization was required. The

hospitalization rate in this group of 50 patients treated homeopathically for COVID-19 was Zero (0) (Valeri, 2020).

Cuban discovery of Covid-19 Homeopathy treatment

More than 300 doctors, 90 pharmacists, 70 dentists, and 100 veterinarians are doing homeopathy in Cuba. In Cuba, homeopathic medicine is an integral part of health care and was incorporated into the National Health System in 1992. At the beginning of the Covid-19 epidemic, in early April 2020,

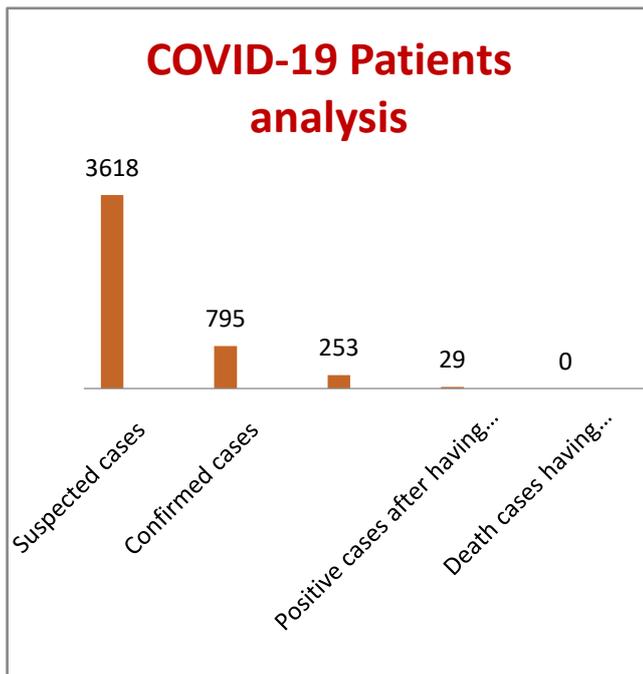


Fig: 3- Covid-19 patients' analysis

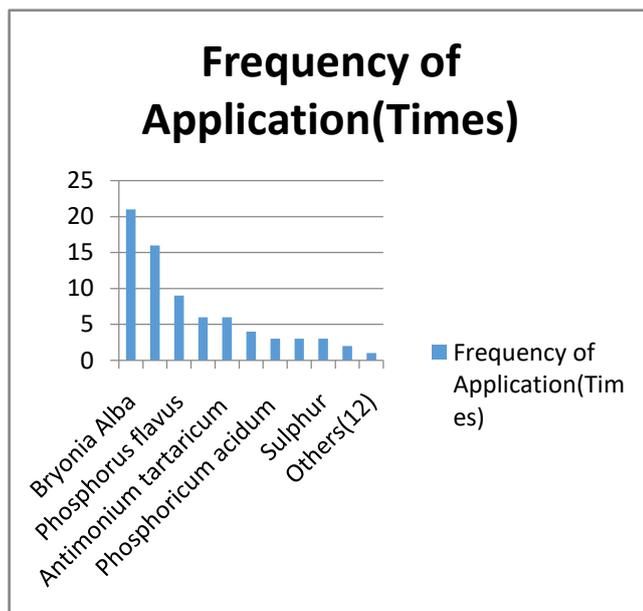


Fig: 4- Frequency of administration of medicines

the homeopathic medicine Prevengho-VIR came into use (Marinelli et al.). To deal with Covid-19 in central Cuba, approved by the Center for the Control of Medicines, Equipment, and Medical Devices (CECMED), the product is distributed to Consolacion del Sur and Plaza de la Revolucion's municipalities in the western provinces of Pinar del Rio and Havana, respectively. Diadelis Ramirez, a senior investigator for CECMED, emphasized that the above drug is licensed. Its composition is comprised of medical and legal pharmacies recognized by Cuba. The homeopathic remedies used in PREVENGOVIR treatment

had to be given in four doses (five drops in a quarter of a glass of water for three days in a row, and then, preferably on the tenth day from the start of use) (Gill Graham, 2020). They are a compound of Anas berberine 200, Baptisia tincture 200, Bascilinum 30, Pyrogenum 200, Eupatorium perf. 200, Influezinum 200, Arsenicum album 200. PrevengHo@Vir was also released due to Influenza (H1picoenza). At the same time, some homeopathic remedies are frequently used in cholera, dengue, and leptospirosis cases in Cuba. It is most similar to the Covid-19 with leptospirosis epidemic in 2008. So it is appropriate to cover the specifications here and briefly describe the disease and the treatment's undeniable and legal success (Valeri, 2020).

Findings from the Hong Kong Homeopathy study of Covid-19

Ka Lun Aaron To and Yuen Ying Yvonne Fok of the Hong Kong Association of Homeopathy conducted a study of 18 confirmed/suspected cases related to the epidemic in the outbreak of the COVID-19 group in Hong Kong in early 2020. In the analysis, the frequency of all homeopathic remedies, common rubrics in all cases, the general rubrics for each standard remedy, and the distinguishing features of each standard remedy were determined. They showed two main sets of photographs of homeopathic remedies, depicting Bryonia alba and Gelsemium sempervirens.

AYUSH India Department Guidelines

Medicines such as Aconite napellus, Arsenicum album, Bryonia alba, Sempervirens Gelsemium, Rhus tox. Eupatorium perfoliatum, Ipecacacunha, Belladonna, and Camphora can be used depending on the similarity of the symptoms. Recommended medications comply with Standard Management guidelines in a hospital setting only with the consent of the authorities and the willingness of the patient/care giver. A trained professional should only give medication at the facility. Medicines such as Phosphorus, Chelidonium, Veratrum Viride, Iodum, Camphora, Cinchona officinalis, Lycopodium, Ars. iod., Antim tarts., Stannum met, Carbo veg., can be determined in the index of symptoms. The medication chosen for each patient is designed to fit the individual, taking into account their psychological characteristics, physical symptoms, feature details, etc. Thus, the mandate is "Homoeopathy cures the patient but not the disease." After choosing the proper medication, it is crucial to determine the required strength, dosage, and repetition, which are essential for a complete and immediate response to each condition. Different forces such as decimals or centesimal troops can

treat serious illnesses. However, the choice of solution strength depends on a variety of similar factors patient incidence (high or low), type of disease (severe/chronic), severity/environment and severity of illness, stage, duration of infection, and previous treatment of the disease (Ullman and Dana 1988).

India's Covid-19, clinical trial

On May 1, 2020, Professor Dr. Pradeep Kumar Gupta, a clinician, researcher, teacher, guide, and commander who led his troops in initiating Homeopathic Medicine clinical trials at Covid-19 at FH Medical College & Hospital, Agra. The team examined 30 cases and provided the remedies indicated according to each protocol. Empower them to treat all symptoms of COVID-19 by treating it as a Homeopathic protocol by providing Bryonia Alba, Arsenic Album, Gelsemium, Antimonium tartaricum, and Crotalaria horridus. Dr. Pradeep Kumar Gupta and his team studied 200 patients and submitted a detailed report (www.similia.Iv, 2020)

Obtaining a Bangladeshi study for Covid-19 Homeopathy treatment

On May 17, 2020, the Bangladesh Homeopathic Board recommended the adoption of a homeopathic drug Arsenicum album-30 to strengthen the immune system to protect against coronavirus infection. To prevent Covid-19, on May 16, 2020, Dr. Rashedul Hoque, one homeopathic physician, gave homeopathic treatment to fifty (50) confirmed patients for the Arsenicum album, Bryonia alba, Gelsemium, Antimonium tartaricum, Phosphorus, Justicia, etc. as an adjuvant treatment. Among the 50 cases, all the top patients were treated quickly. Mr. Rashedul Hoque also reported that more than 1000 members and members of the Bangladesh police family had been given Arsenicum album 30 as remedy for infected with the SARS –COV-2 virus (www.dailynayadiganta.com, 02 June 2020, First page).

The study and reports from the above discussion showed that suspected and confirmed cases of Covid-19 are cured successfully by appropriate medicines as per their symptoms. As mentioned earlier, this study and treatments from the countries found that homeopathy methods can cure Covid-19 and flu-like symptoms if medications are administered as per individualism (Homeopathic Principles). But, yet to see the detailed mechanism of action of homeopathic medicines. More scientists/researchers are needed to come forward generously and free of any bias to find the mechanism of action of homeopathic drugs.

CONCLUSION

Considering the limited therapies offered by the standard drug COVID-19, especially in the most severe form of the disease, the results of homeopathic treatment described in result section were impressive. Randomized controlled trials may support these encouraging early findings and facilitate evidence-based decision-making in the role of homeopathy in treating COVID-19, adding a powerful, effective and safe treatment option. But there is no conclusive evidence that homeopathy can emerge as the best way to protect yourself from the epidemic of such magnitude. Research is still going on to see how far it works, what the shortcomings are and to look at similar efficiency. International and national health facilities may take the first step in research to ensure its effectiveness in treating these types of diseases.

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