

EPIDEMICS, PANDEMICS & HOMOEOPATHY

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Abstract: Homoeopathy has to play major role in future of World's health as the whole world is worst hit by pandemic of CORONA VIRUS. Homeopathic prophylactic medicines are based on the ability to prevent infective diseases & boost one's immunity when chosen according to the principle of similarity. This historic review was the ground for evaluating the response to treatment including homeopathy in the former epidemics and also try to emphasize on future role Homoeopathy.

Keywords: Homoeopathy, Pandemic, Epidemics, CORONA VIRUS, Miasm

Introduction: A pandemic is the worldwide spread of a new disease (WHO).

Pandemics are comprehensive outbursts of infectious disease that can cause grave surge in morbidity and mortality over a **widespread geographic area** and result in substantial economic, psychosocial, and political impact.

(An **epidemic** is the "unexpected" occurrence of a disease in a **community or region**, evidently in excess of the "expected occurrence. (epi: upon, demos: people).

The Italian Word Influenza was initially used in 1743 to show the probable cause of a respiratory illness that fast affected a large number of people during the winter ("Influenza del freddo" means Influence of coldness). Greifen (German), Flu (English) and Cripu (Russian), Grippe (French) are used to entitle this severe pandemic infectious disease that erupts after irregular and relatively long periods of time.

Current data about ongoing Novel CORONAVIRUS outbreak was first documented in Wuhan, Hubei Province, China in December 2019 from where it has spreaded to almost all over the world become known as COVID19 or Novel CORONA VIRUS disease.

Risks of Pandemics

- Pandemics have happened all through history and appear to be increasing in frequency, particularly because of the increasing occurrence of viral diseases from animals.
- Pandemic risk is driven by the combined effects of triggering risk factors and spreading due to travelling across the globe.
- Influenza is always the most possible condition to cause a severe pandemic.

Impacts of Pandemics

- Pandemics can cause substantial, extensive increases in morbidity and mortality.
- Pandemics may cause economic impairment through multiple ways, including short-term and longer-term negative jolts to economic growth.
- Pandemics may cause psychological impact on society causing individual behavioral changes, such as fear anxiety persuaded disliking to place of work and public gathering places.
- Pandemic easing arrangements may cause significant social and economic disruption.
- In countries with frail institutions and legacies of political uncertainty, it can increase political pressures and tensions.

CORONAVIRUSES

Coronaviruses are zoonotic viruses & are source of infection ranging from the common cold to severe respiratory diseases.

CORONAVIRUS is pleomorphic, RNA virus that measure 100-160 nm in diameter. The nomenclature is because of the crown like appearance produced by the club-shaped projections.

Severe acute respiratory syndrome coronavirus (SARS-CoV).

SARS - In November 2002, In South china there was outbreak of an **unusual respiratory infection** with many deaths. in February 2003, a physician from China visited HongKong, got ill and died infecting 12 persons. These twelve people then went back to their countries and began outbreaks there.

That eventually resulted in 8096 recognized cases in 28 countries in Asia, Europe and North and South America; -90% of cases occurred in China and Hong Kong.

Natural reservoir of SARS-Co V is thought to be the **horseshoe bat**.

Infection can be transmitted from human to human. Case-fatality rate is 9.5%. SPREAD through small and large droplets.

Middle East respiratory syndrome coronavirus (MERS-Co V)

MERS:It was first identified in Saudi Arabia in 2012. It has been linked with a coronavirus (MERS-CoV). Through May 2014, a total of 536 cases and 145 deaths

(27%) have been reported.

PREVALENCE– winter and early spring-times.

Mode of Transmission: one person to others via droplets produced from the respiratory system of infected people, during coughing or sneezing, touch.

CORONAVIRUS are sensitive to heat, lipid solvents, formaldehyde, oxidizing agents & non-ionic detergents.

CLINICAL MANIFESTATIONS -

- Incubation period: generally, lasts 2-7 days (ranges from 1-14 days)
- It starts as a systemic illness marked by onset of fever, accompanied by malaise, headache, and myalgias.
- Followed in 1-2 days by a nonproductive cough, pneumonia and dyspnea.
- Approximately 25% of patients may have diarrhea
- In severe cases, respiratory function may deteriorate during the second week of illness and progress to frank adult respiratory distress syndrome accompanied by multiple organs dysfunction & death.

chest x-ray shows infiltrates, patchy areas of consolidation-most frequently in peripheral and lower lung fields, or interstitial infiltrates.

- **Risk factors:** age more than 50 years, co-morbidities such as cardiovascular disease, diabetes and hepatitis, immunocompromised health conditions.

LABORATORY FINDINGS AND DIAGNOSIS -

- Lymphopenia, mostly affects CD4+ T cells, also comprises CD8+ T cells and natural killer cells.
- Thrombocytopenia may advance as the illness grows.
- Biochemical analysis: Raised serum levels of creatine kinase aminotransferases and lactate dehydrogenase.
- **Rapid diagnosis by reverse transcription Polymerase Chain Reaction (RT-PCR) of respiratory tract samples and plasma early and urine and stool later.**

Basics of homeopathic prophylaxis --Homoeopathy is at all times a boon to the patients in epidemics and pandemics crisis.

During an epidemic of scarlet fever in Königslutter, Germany in 1801, preventive use of

homeopathy was first applied, when Samuel Hahnemann, the forefather of Homoeopathy, approved single dose of Belladonna, as the Genus epidemicus to vulnerable children. Eizayaga sustains that nosodes increase specific immunity regarding certain causative agents & homeopathic medicines increase individual general resistance to infections.

PLACE	YEAR	DISEASE	MORTALITY RATE CONVENTIONAL MEDICINE	MORTALITY RATE HOMOEOPATHY
Konigslutter, Germany	1799	<i>scarlet fever</i>		<5%
Russia	1830 ~ 1831	<i>Cholera</i>	63%	11%
Vienna	1830 ~ 32	<i>Cholera</i>	31%	7%
Ireland	1847	<i>Typhus fever</i>	13%	2%
England	1847	<i>Typhus fever</i>	13%	2%
Edinburgh, Scotland	1848	<i>Cholera</i>	68%	24%
Austria	mid 1840 and 41	<i>- Pneumonia</i>	20%	5%
South of America	1853~1855	<i>Yellow fever</i>		5.4%
London, England	1854	<i>Cholera</i>	59.2 %	16.4%
New Orleans, USA	1878	<i>Yellow fever</i>	17%	5.6%
Pittsburgh, USA	1918	<i>Spanish Influenza</i>	30%	1.05%

As per Finlay Institute, near 90% of Cuban population received **homoeopathic preventive medicine (Homoeoprohylaxis)** for respiratory diseases, influenza between December 2009 and January 2010 with notable outcomes and low mortality rate.

Hahnemann describes about epidemics in Aphorism 101, 102, 103 in 6th Edition of Organon of Medicine.

CAUSE OF DISEASE IN HOMOEOPATHY

THE EXCITING CAUSE : Excesses or inadequate food, chills, over-heatings, dissipation, strains, etc., or physical irritations, emotions etc. They are only a momentary explosion of latent psora, which naturally returns to its dormant state if the acute diseases are not of so violent.

Or they attack numerous persons at the same time --SPORADIC DISEASES. The susceptibility for being morbidly affected by harmful agent is possessed by few individuals at one time. those diseases where many individuals are affected by very similar sufferings from the same cause (EPIDEMICS) ; these diseases usually become infectious (CONTAGIOUS) when they prevail, among thickly gathered population, because the cases of disease have an same origin, they set up in all those affected by an identical morbid process, which when left as it is ends within a moderate period of time in death or recovery.

ACUTE MIASMS which recur in the same manner which either attack persons but once in a lifetime, as the small-pox, measles, whooping-cough or those recur frequently in same mode, the plague of the Levant, the yellow fever of the sea-coast, the Asiatic cholera, etc.

Three means of prophylaxis in Homoeopathy

1) The constitutional medicines

The constitutional medicines based on the totality of symptoms tend to reduce susceptibility toward infectious disorders. These medicines strengthen the vital force, eliminate predispositions to infection, increase overall immunity & increase vitality. Combined with better hygiene, nutrition and stress management plans, constitutional treatment forms the original line of defense to counter various forms of infectious disease. "No disease can rise without an prevailing predisposition to that disease. Constitutional treatment does not only offer resistance to infectious diseases but also prevent predispositions toward the diseases from growing into fully developed organic diseases in future life.

2) The Genus epidemicus

Hahnemann himself had already laid down the foundation for successful treatments of epidemic diseases.

How to find Genus Epidemicus--

- 1) Take a good number of cases and collect their symptoms.
- 2) Take all disease specific symptoms.
- 3) Exclude all patient specific symptoms.
- 4) Select one or more medicines based on the disease totality.

The medicines based on this totality is called as the 'Genus Epidemicus'.

Better personal & surrounding hygiene and proper diet & avoidance of overcrowding combined with the genus epidemicus helps to achieve the goal of cure.

3) The use of nosodes.

Nosode of the aggressivemiasm is known to prevent the same disease. For e.g. Pertussin to prevent whooping cough. Hahnemann made it very clear that specific prophylaxis should only be used when there is truly a clear and present danger of infection. In this way general protection provided by good constitutional treatment can be complemented by a specific prophylaxis. Use of Variolinum for smallpox epidemics in USA.

Discussion: Increasing resistance to antibiotic and antiseptic treatment is being stated worldwide. It looks like that old miasms are returning while existing miasms are rapidly changing into more hazardous forms. New miasms may be carried by animal hosts are crossing species lines and infections are spreading to new areas. Suppression of the infectious miasms by unsuitable medicines is rising the virulence of microorganisms and their resistance to treatment. The orthodox school may find itself incompetent with ever-increasing epidemic disorders. It is crucial for the homoeopaths to understand how to prevent, terminate and treat epidemic diseases.

Conclusions

Hahnemann's continuous study about the miasmatic diseases and theorized that the suppression of miasms will lead to new virulent strains, more difficult forms of social diseases and new complex chronic ailments. He suggested that the inner miasms will continue to transform into deeper chronic degenerative states, which includes autoimmune diseases and immunodeficiency disorders that are incurable by orthodox medicine. His estimate that the worldwide suppression of infectious disease will lead to more virulent infections and more complex chronic states has come true. The abuse of antibiotics and antiviral agents has increased resistance and helped to create increased susceptibility to new virulent strains of microorganisms. Further research needed to be done to expand individualized therapeutic homoeopathic approach which can add efficacy, efficiency and safety for the medicinal management of such virulent conditions & an epidemic in society with both preventive and healing actions, with minimum side-effects and at a low cost.

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