

Clinical Trial Of Homoeopathic Genus Epidemicus 'Arsenic Alba' As A Prophylactic During Pandemic Of Covid 19 In India At Dr. V. H. Dave Homoeopathic Medical Collage

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Abstract: Background: The objective was to assess the usefulness of Homoeopathic genus epidemics (Arsenic alba 30C) for the prevention of Covid 19 during its pandemic outbreak in the state of Gujrat District Anand, City Anand, India. Materials and Methods: A non- randomized, clinical trial was conducted in Anand city for prevention of Covid 19 during the pandemic outbreak in June 2020 to December 2020. Arsenic alba 30C was randomly administered to 1133 participants. Healthy participants (absence of fever, runny nose, cough etc., but comorbidity like DM & HTN included) were eligible for the study (Arsenic alba 30 C n =1133). Monthly follow-up was done for 6 months. Infection rate in the study groups was analyzed and compared by use of cluster analysis. Results: The findings showed that only 4 persons out of 1133 persons of Arsenic alba 30 C group suffered from Covid 19. Cluster analysis showed significant prevention during Pandemic without any vaccine or other medications. [Incidence rate = 0.35%]. Conclusion: Arsenic alba 30C as genus epidemics is much better in decreasing the incidence of Covid 19 in cluster in Anand. The efficacy of genus epidemicus needs to be replicated in different areas. [Dhighe L Natl J Integr Res Med, 2021; 12(4): 62-65]

Key Words: Arsenic alba, Covid 19, Genus epidemicus, Homoeopathy, Prophylactic.

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Introduction: Corona viruses are a group of related RNA viruses that cause diseases in mammals and birds. In humans and birds, they cause respiratory tract infections that can range from mild to lethal. Mild illnesses in humans include some symptoms of the common cold (which is also caused by other viruses, predominantly rhinoviruses), while more lethal varieties can cause SARS, MERS, and COVID-19⁴.

They have characteristic club-shaped spikes that project from their surface, which in electron micrographs create an image reminiscent of the solar corona, from which their name derives. It is characterized by common cold symptoms, fever, loss of taste and smell in mild cases and breathlessness, decrease oxygen level in body, fibrosis of lungs in moderate to severe cases. The first case of covid-19 in India, which originated from China, was reported on 30 January 2020. In Gujarat the first two cases of the covid 19 were conformed on March 2020 in Rajkot and Surat.

According to Shepherd⁹, Homoeopathy offers the best solution. Historically, Homoeopathy has had a significant role in the control and management of infectious epidemic diseases, particularly before the advent of modern sanitation,

vaccinations and antibiotics. Samuel Hahnemann³ himself prevented many epidemic diseases like scarlet fever with Belladonna. Homoeopathy became particularly popular in the United States and Europe in 19th century, due to its success in the treatment of several epidemics, including typhus, cholera, yellow fever, scarlet fever, small pox, diphtheria, Spanish flu, meningitis and polio.

The concept of using homoeopathic medicines as 'genus epidemicus' in epidemic diseases was originally formulated by Samuel Hahnemann³ who laid the guidelines in Organon of Medicine (§241) as "...each single epidemic is of a peculiar, uniform character common to all the individuals attacked, and when this character is found in the totality of the symptoms common to all, it guides us to the discovery of homoeopathic (specific) remedy suitable for all the cases...".

Kent⁵ also affirms that the totality of symptoms of a given epidemic corresponding to the nature of the epidemic disease can be obtained after observing about 20 patients and recording the symptoms of each one. Thus the pathognomonic symptoms of the epidemics are identified. Repertory analysis would guide to a group of six

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or seven remedies known as "epidemic remedies" for that particular epidemic, from which the physician would choose the most suitable after going through the Materia Medica.

A preventive study was carried out by the Central Council for Research in Homoeopathy (CCRH)⁸ on Japanese encephalitis in 96 villages in the state of Uttar Pradesh in India during an outbreak of epidemic during 1991. None of 39250 subjects who were given Belladonna 200C (genus epidemicus during the epidemic) had developed the disease.

Material & Methods: Study Design: A non-randomized clinical trial was conducted in the Anand city at Dr. V. H. Dave Homoeopathic Medical Collage, Smt. Ipcowala Homeopathic Hospital during the period of June 2020 to December 2020 where no other preventive measures were taken by Govt. except total lockdown followed by periodic unlocked and restrict movements of community. Ethical clearance was obtained from the Council's Ethical Committee prior to initiation of the study. The study was carried out according to the Flow chart 1.

Selection Of Genus Epidemicus: The selection of the homoeopathic medicine (genus epidemicus) to be tried as prophylactic for the Covid 19 during the epidemic was done by the standard method of determining the genus epidemicus as per the instructions given by Hahnemann³ in his Organon of Medicine (101-и102). Arsenic alba 30 C was proved as genus epidemicus during disease named SARS (severe acute respiratory syndrome) caused by SARS-coV-1 (outbreaks during 2002-2004). This covid 19 is to be placed under SARS-coV-2. The totality of symptoms of the prevailing epidemic of covid 19 was constructed [Table 1].

The symptoms were reperterised using Kent's⁶ Repertory followed by Synthesis Repertory in Radar version 7.1⁸ and thus the genus epidemicus i.e. Arsenic alba was selected after common consensus of group of homoeopathic experts, against the epidemic under reference. Before being finalized, the salient symptoms of the Arsenic alba was confirmed from the Homoeopathic Materia Medica¹².

Study Population And Procedure: The homoeopathic prophylactic trial was conducted

in Anand city, in Anand district. Interne doctors and hospital staff of Dr. V. H. Dave Homoeopathic Medical Collage were trained on the features of Covid 19, method of administration of medicine and follow-up. A kit containing information sheets, consent forms, survey forms and medicine were distributed to the interne doctors.

They screened the participants through hospital visits for healthy state by enquiring about their suffering with fever and other parameters during the said outbreak. Screened participants who were declared healthy (absence of fever and other symptoms), aged between 1 and 98 years and of both genders were enrolled after obtaining written informed consent. In case of minors, consent of the guardian was taken. Total 1133 participants were taken for it.

Including Criteria: Comorbidity like DM, HTN included in study.

Excluding Criteria: Covid 19 patients, cancer or other major illness excluded from study.

They were randomly administered Arsenic alba 30 C (4 pills of size 20) once a day on empty stomach for consecutive 3 days a month. Then telephonic follow up was taken of each participant and screen for any symptom appearance. Thus from June 2020 till November 2020 Arsenic alba 30 C was administered regularly and follow up taken till December 2020.

Outcome Measures: The main outcome measure was to assess number of infected persons as per guidelines of ICMR for Disease Prevention and Control for probable case of Covid 19 at the end of 6 months of follow-up.

Results: After the administration of Arsenic Alba 30 to all participants for according to the decided time and repetition, regular follow up taken. Among 1133 participants only 4 participant became covid 19 positive so incidence rate is 0.35% only. Out of 1133 participants, 1129 participants not become covid 19 positive till the completion of study. Among 1133 participants 7 participants were from micro contentment zone and came directly in contact of covid 19 positive patient though they did not get infection till the completion of study.

Tables And Charts: The following chart shows the study process and the tables shows the results.

Flow Chart 1: Study Process

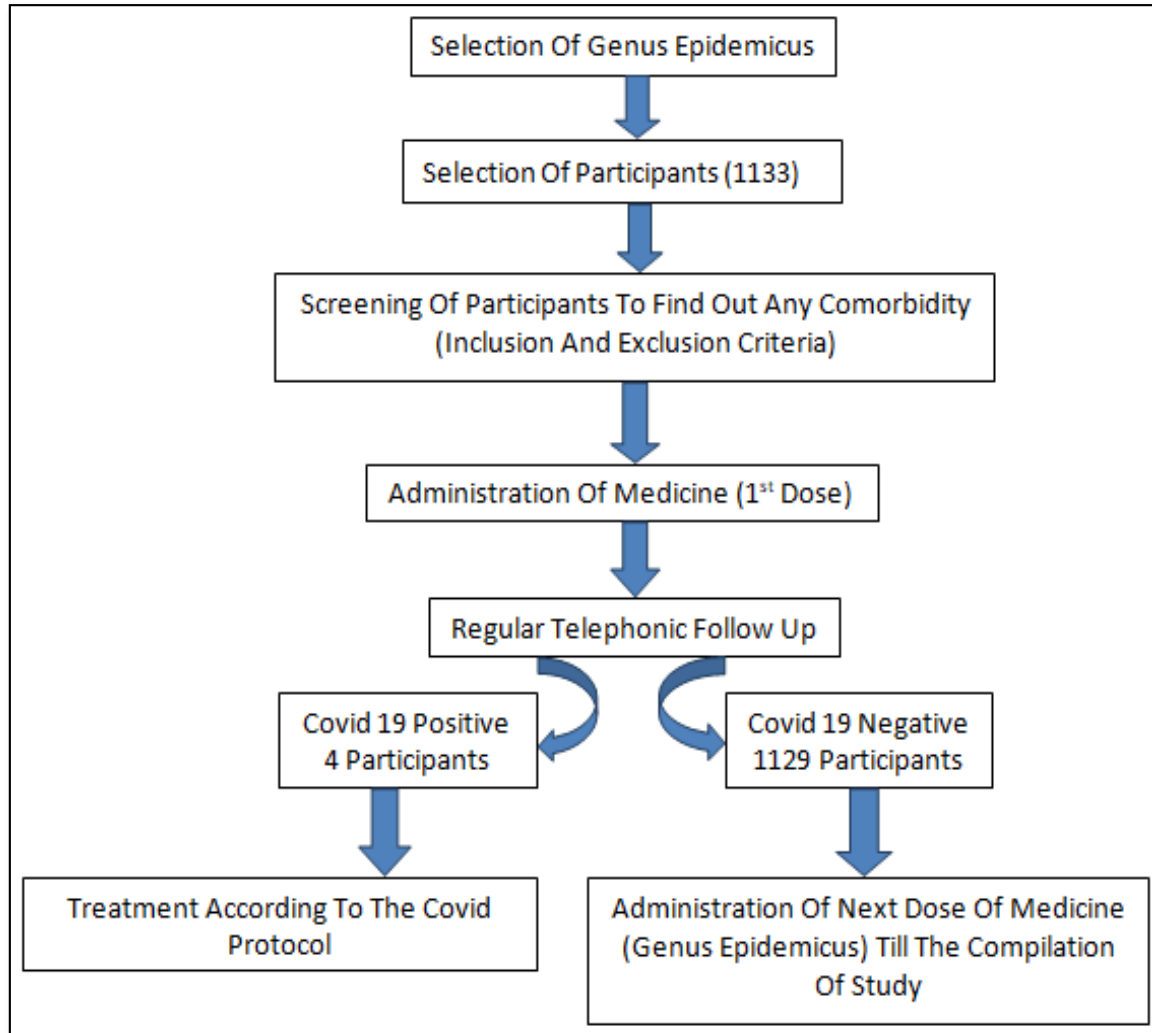


Table 1: Symptoms Of The Prevailing Epidemic Of Covid 19

Fever
Headache
Pain In Throat
Cough With Expectorations
Weakness, Fatigue
Loss Of Smell Or Taste
Difficult Respiration
Nausea, Vomiting, Diarrhea
Leukocytopenia
Lymphocytosis

Table 2: Total Number Of Participants

Male Participants	Female Participants	Total Participants
455	678	1133

Table 3: Total Present & Absent Co-Morbidity

Co- Morbidity Present			Co- Morbidity Absent	Total
HTN	DM	Both		
67	57	124	885	1133

Table 4: Total No. Of Participants Became Covid +Ve During Study And Participants Remain Covid -Ve Till The Completion Of Study

Participants Became Covid +Ve During Study	Participants Remain Covid -Ve Till The Completion Of Study	Total No. Of Participants
4	1129	1133

Discussion: The results of this trial suggests the utility of genus epidemicus i.e. Arsenic alba in preventing Covid 19 in the said epidemic. This argument is appropriate in a situation, when the Covid 19 pandemic is prevalent, though there was no laboratory confirmation of the cases. The predictive power of clinical diagnosis will be high during an epidemic because of increased background of prevalence of disease. However, it would be ideal to confirm those cases by laboratory investigations, which could not be done in this study due to resource constraints.

The merit of our trial is that the genus epidemicus was administered during peak period of epidemic and follow up was continued. Also during this time period of study there was no any proved vaccination started in India.

To add further, the strength of our study is that a large number of people of all age groups could be administered the preventive and were followed till decline of epidemic. Earlier prophylactic studies with homoeopathic medicines showed mixed results.

Thus in the case of epidemics, which owing to the virulence of their etiologic agents awaken symptoms common to most susceptible individuals, individualized remedies (genus epidemicus) must exhibit similitude of the sets of symptoms shown by the patients affected in the different stages or phases of each epidemic outbreak which is followed in our trial for the selection of genus epidemicus.

The epistemological foundations of Hahnemann's Homoeopathy as preventive medicine has also been vividly discussed by Teixeira¹⁰ and the same has been implemented in this trial which further adds to the merit of this trial.

With emergence of viral epidemic diseases, where the availability of vaccines is meager, costly or no known effective treatments are available, homoeopathic medicines as genus epidemicus can be used as preventive to decrease the incidence at particular epidemic.

Conclusions: Arsenic alba 30C as genus epidemicus was better in decreasing the incidence of covid 19 in selected participants. The efficacy of genus epidemicus needs to be replicated in different areas in epidemic waves of Covid 19. Although the vaccination, social distancing, wearing protective mask and good hygiene maintaining are the best preventive measures against this Covid 19.

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