



TITLE: POST COVID-19 COMPLICATIONS AND HOMEOPATHY

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❖ **ABSTRACT:** The majority of COVID-19 sufferers fully recover, but a small percentage experience a variety of short- and long-term side effects, including fatigue, breathlessness, and cognitive dysfunction (such as confusion, Loss of memory, or a lack of mental awareness and clarity). As a result of COVID-19, some people also experience psychological effects. These signs and symptoms could develop after the person recovers from their illness or they could continue from it. They may relapse over time or come and go. The effects of post-COVID-19 can impact a person's capacity to carry out daily tasks like work or housework. To recover from this condition, homeopathic treatments are remarkably effective.

❖ **KEY-WORDS:** Covid-19, Homeopathy, Post-Covid, Mental Health, Fatigue, Insomnia, PTSD, Coronavirus,



INTRODUCTION:

Although the deadly COVID-19 spread across the globe in the year 2020, we are all aware of it and fortunate to be living in good health today. The Covid-19, also known as a "Coronavirus," had proven fatal in many nations, including India. People won't believe that there have been several reported long-term health issues following the deadly covid-19 infection. which results in both mental health issues and physical distress.

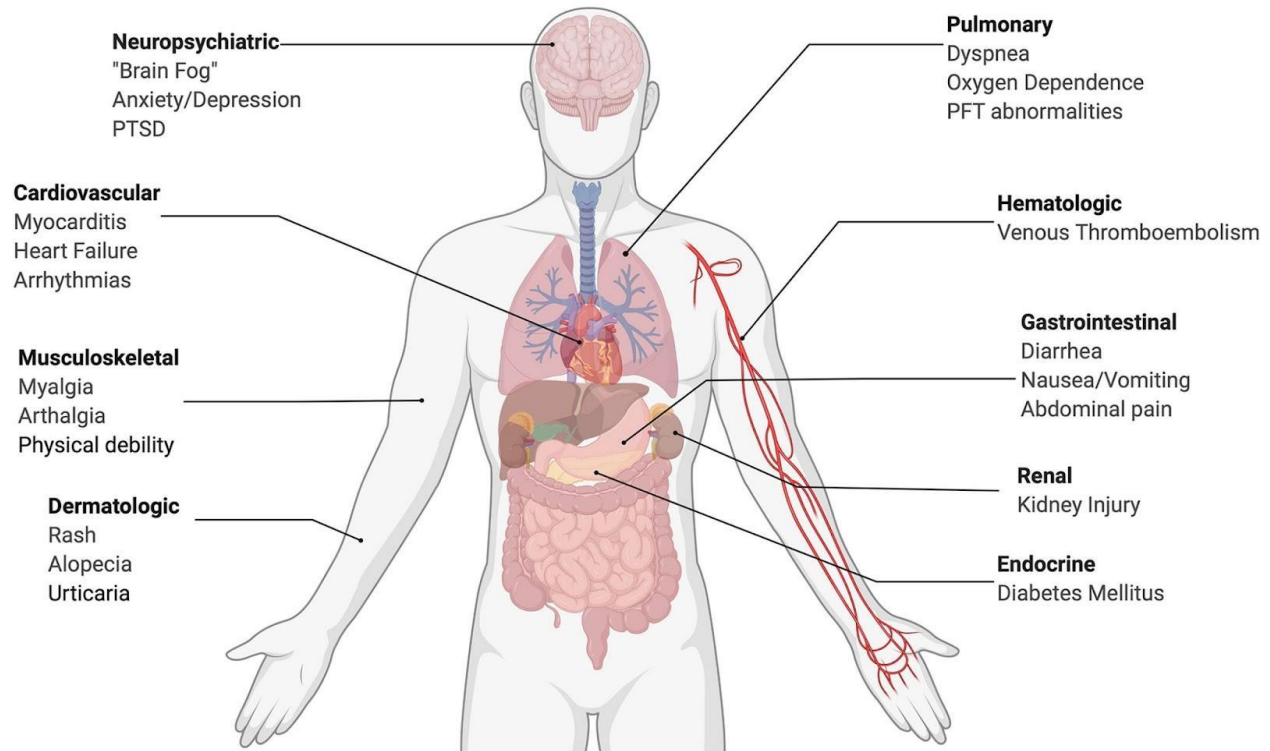
Numerous studies have found that among physical complaints, fatigue was most frequently reported by women than by men as a musculoskeletal symptom. Physical health deteriorates in terms of bodily functionality, mobility, and regular activity, which are connected to employment and regular daily activities.

The majority of studies in the present review described post-COVID-19 psychological and neuropsychological problems, including anxiety and depression, PTSD, sleep and cognition issues, even in people who had never been diagnosed with mental health issues.

INCIDENCE-

In patients who are hospitalized, the incidence of post-COVID syndrome may be as high as 85%. In 17.5-72 percent of post-COVID cases, fatigue is the most prevalent symptom, followed by residual dyspnea, which has a 10–40 percent incidence. As many as 26, 22, and 11% of patients may experience mental problems, chest pain, and olfactory and gustatory dysfunction. The most prevalent comorbidities in people with post-COVID syndrome are hypertension and diabetes mellitus, which account for more than one-third of patients. Beyond the prolonged symptom duration, the scant published data show that the majority of patients with post-COVID syndrome have a good prognosis with no additional complications or fatal outcomes reported.

Long Term Complications of Covid-19



[<https://journals.physiology.org/doi/full/10.1152/ajpcell.00375.2021>]

Common Symptoms - The Centers for Disease Control and Prevention's explanation of a few of the typical post-COVID-19 complications' symptoms aids in understanding the situation more effectively.

The most frequent symptoms reported by those with post-COVID conditions are:.

General symptoms

- Tiredness or fatigue that interferes with daily life
- Symptoms that get worse after physical or mental effort (also known as “post-exertional malaise”)
- Fever



Respiratory and heart symptoms

- Dyspnea
- Cough
- Chest pain
- palpitations

Neurological symptoms

- Brain fag
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety

Digestive symptoms

- Diarrhea
- Stomach pain

Other symptoms

- Joint or muscle pain
- Rash
- Changes in menstrual cycles

Homeopathic Management of Post covid-19 complications-

Homeopathy offers a wide range of treatments that have been repeatedly shown to be successful in treating post-covidien symptoms.



examples of homeopathic treatments for post-COVID syndrome.

1. **Kalium phosphoricum:** one of the best nerve remedies. Prostration. exhausted and weak. Depression, both mental and physical, is greatly improved by this treatment. Headache. Sleeplessness. a nightmare.
2. **Phosphoricum acidum:** suitable for people who have been rendered helpless by a severe acute illness. especially if there is emaciation and debility, listless. Headache. Diarrhoea. Cough. chest discomfort. Fever types that are low.
3. **Carbo vegetabilis:** For the negative effects of exhausting diseases; cachectic individuals whose vitality has been worn out or weakened. memory loss and slowness of thought. diarrhea after consuming food and liquids. constant yearning to be fanned. Face was pale and damp with cold sweat.
4. **Kalium carbonicum:** strong sluggishness, extreme chilliness, and body-stitching pain. full of imagination and fear. Feeling of stomach-based anxiety. Headache. swelling that resembles small bags over the upper eyelids. This remedy is characterized by sweating, backaches, and weakness.
5. **Chininum arsenicosum:** a general tonic for prostration and weariness. poor limbs. Cold limbs, knees, and hands. extreme anxiety. Looking upward makes vertigo worse. dull, debilitating headache. Palpitation. breathing difficulty. It must be outside. Sleeplessness.
6. **Gelsemium sempervirens:** Depression all around. weakness and trembling throughout the body, including the tongue, hands, legs, and



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7. entire body. Blindness comes before the headache. From the occiput out, vertigo. extremely heavy eyelids. inability to coordinate one's muscles. Unthirsty and chilled.
8. **Coca:** lacking in breath. hemoptysis coupled with dyspnea and chest compression. palpitations that are violent. fatigue on both the body and the mind.
9. **Arsenicum album:** fearful, anxious, and restless. extensive genuflexion and fainting. great thirst for cold water. Heat, hot drinks, and hot applications can all cause burning pain. worry about dying. Driving out of bed after midnight due to anxiety attacks. Diarrhea. Inability to lie down due to a breathing disorder and asthma.
10. **Psorium:** After acute illnesses, there is still a lot of weakness and debility. There won't be any more hunger. Sleeplessness. excessive sweating following acute illnesses that ease all suffering. Dyspnea outside. coughing up green sputum. diarrhea is revolting. vision haze comes before the headache.
11. **Avena sativa:** Best remedy for weakness after exhausting illnesses. inability to focus attention on a single issue. Sleeplessness. exhaustion from nerves.

Please use medications only as directed by a homeopathic physician. Prevent Self-Medication.

References-

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- 2) <https://pubmed.ncbi.nlm.nih.gov/33962805/>
- 3) <https://journals.physiology.org/doi/full/10.1152/ajpcell.00375.2021> (Image)
- 4) <https://www.homeopathy360.com/post-covid-19-syndrome-and-homoeopathy/>