



TITLE: A CASE OF COVID-19 LONG HAULER: “MY LUNGS ARE SPOILT” SIGHS THE PATIENT

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ABSTRACT: The Covid-19 pandemic proved a major game changer of 21st century bringing the fast-paced world to a standstill. The impact of COVID 19 is still harboring the population in form of *prolonged illness* compromising the quality of life. Is seen in people who have recovered from SARS –CoV-2 but have persistent health problems lasting from weeks, months or years, or recurring respiratory complains. In this article, a case of post Covid bronchitis successfully cured by homoeopathy has been reported.



KEY WORDS: *Covid Long Hauler, Post Covid Bronchitis, Homoeopathy, Arsenic Album, Antium Tart*

INTRODUCTION: The Long Covid often termed as “*Covid 19 long hauler*”, “*Acute Covid-19 sequalae*”, “*Post Covid 19 Syndrome*” refers to chronic physical and mental conditions requiring comprehensive medical treatment along with counselling.^[1] Physical illnesses include respiratory allergies, chronic coughs, unexplained headaches or rashes after vaccination. Secondly, psychiatric illnesses include, depression, mania, obsessive compulsive disorder. Out of which, Chronic cough is the most common presentation that has remained after 2nd wave of Covid 19 in India (2021), persisting beyond 12 weeks and explained by alternative diagnostic methods^[2]. Frequent recurrent complaints hamper daily routine and strikes the quality of life. This persistent cough is beyond chronic bronchitis keeping the patient on long time medication more than 3 months, yet no significant improvement. It corresponds to Kent’s Observation number 7.

SYMPTOMS: The symptomatic picture is similar includes:^{[3][4]}

- Post exertional malaise
- Easy fatigue
- Breathlessness
- Chronic cough
- Chest pain on coughing
- Headache with altered sense of smell and taste
- Dizziness and sleeplessness
- Anxiety with depression
- Muscle pain and joint pain
- Brainfog
- Decreased concentration



- Hair loss

RISK FACTORS: Include age, comorbidities like Diabetes Mellitus, Hypertension, Asthma, Renal disease; previous state of health, severity of the infection, vaccination status, nutritional status etc. [5]

HOMOEOPATHIC APPROACH:

It includes a range of remedies compiled as per clinical utilization in countries where homoeopathy is practiced.

Homoeopathic Therapeutics:

The international academy of classical homoeopathy conducted research study in 9 countries worldwide and published the data regarding efficacy of homoeopathic medicines and their results in suspected, probable and confirmed Covid cases. It includes the following medicines: [6]

1. Arsenicum Album-
2. Bryonia
3. Pulsatilla
4. Phosphorous
5. Antimonium Tartaricum
6. Gelsemium
7. Rhus Toxicodendron
8. Pyrogenium
9. Sulphur
10. Belladonna



11. Aconite

12. Lycopodium

13. Spongia

A retrospective cohort study of COVID-19 patients in India, Spain and Hong Kong (mild symptoms) patients revealed that 138 homeopathic medicines were prescribed, whilst Bryonia alba indicated most frequently> Arsenic album> Pulsatilla nigricans > Nux vomica > Rhus Toxicodendron >Gelsemium sempervirens >Cinchona officinalis>Sulphur.^[7]

Hereby presenting a case of chronic bronchitis from peripheral OPD at Hardesan village of Mehsana district of Gujarat attached to SMT AJ SAVLA HOMOEOPATHIC MEDICAL COLLEGE Mehsana.

A CASE OF CHRONIC BRONCHITIS

Name: XYZ

Age/Sex: 66/Male

Occupation: Farmer

Marital status: married

Address: HARDESAN

OPD No:43

Date:11/1/24

CHIEF COMPLAIN: Cough++ paroxysmal with hoarseness of voice, cough ends in breathlessness. Present complain of cough is more since 1-2months. Cough *dry*++ rattling in chest without expectoration. Deep breathing helps. Patient is currently taking allopathic medicine from PATAN in the last 6 months.

• Weakness, unrefreshed feeling whole day.

• Modalities:

Aggravation= <walking, <morning



Amelioration- > night, > warm water, > warmth, >sitting erect> rest, > covering the body while sleeping. Cough ameliorates upon resting with covering

ORIGIN, DURATION, PROGRESS: Complain started after patient suffered from Covid 19 in 2021 during 2nd wave. Patient feels that he has become weak and skinny after the disease. He was robust and muscular, fit but as Covid treatment lasted long his health deteriorated, after which he suffers from chronic cough recurrently. Earlier took treatment at Panchot village, then in the past 6 months from Patan. The patient sighs “My lungs are spoilt, I have done excessive medication to dry out the cough, but instead of relief, it has filled my lungs fully with cough which are now not functioning”.

PAST HISTORY:

History of typhoid in childhood and Covid 19 with complication in 2021(Patient is semi-literate, doesn't know what complications.), but remained under treatment more than month-hospitalized

Family history: No significant illness, parents –dead due to age, elder brothers do not have disease, they are fit, working in the farms. Patient is the youngest sibling among brothers

PERSONAL HISTORY:

- Appetite: Decreased, since 2 years. Though he eats still feel that he does not have enough energy
- Thirst: pot water or cold water Drinks more water than anything else
- Desire /Aversion: Not specific
- Urine :4-5/day and 1/night
- Stool: Regular, no complain
- Sleep: Sound
- Habit: only tea 2 times a day. No history of smoking or tobacco
- Thermal: chilly



Mental: Calm and quiet unlike other community members. cheerful. He feels he has drastically deteriorated post Covid and aged faster than his age. Breathlessness keeps him from doing heavy work, cannot walk long distance like earlier.

Constitution: lean thin, all white hair androgynous baldness, brown skin tone

Analysis evaluation of symptoms:

1)Mental general

- Cheerful
- Sensation-never well since a complain of cough

2)Physical general

- Weakness cough after
- Debility
- Lean thin appearance

3)Physical particular:

- Cough dry Paroxysmal
- Cough ends in breathlessness
- Modalities: *Aggravation:* walking, morning
Amelioration: night, warmth of bed, warm water, deep breathing, rest, covering, sitting erect
- Lungs filled with mucus
- Chest: Rattling in chest
- Chest oppressed feeling



TOTALITY OF SYMPTOMS:

- 1)Sensation-Never well since, cough
- 2)Mind- Cheerful
- 3)Respiration - Asthmatic during cough
- 4)Respiration- Breathlessness
- 5)Respiration: Rattling with
- 6)Cough < Morning
- 7)Cough > Night
- 8)Cough > Deep breathing
- 9)Cough > warmth of bed
- 10)Cough >sitting erect
- 11)Cough, in tuberculous person
- 12)Cough- rattling with hoarseness
- 13)Cough -rattling in old people
- 14)Cough - loose expectoration without
- 15)breathing -difficulty from mucus in chest
- 16)Generalities- debility
- 17)Generalities -never well since disease
- 18)generalities weakness after cough

Table1. Repertorization chart:

MIND		10 COUGH - LOOSE - expectoration - without	
1 MIND - CHEERFUL	⊗	without	⊗
RESPIRATION		11 COUGH - MUCUS - Chest; in	⊗
2 RESPIRATION - ASTHMATIC - cough agg.; during	⊗	12 COUGH - PAROXYSMAL	⊗
3 RESPIRATION - BREATHLESS	⊗	13 COUGH - RATTLING - hoarseness with	⊗
4 RESPIRATION - DIFFICULT - mucus; from	⊗	14 COUGH - RATTLING - old people	⊗
5 RESPIRATION - RATTLING	⊗	15 COUGH - SITTING - erect - amel.	⊗
COUGH		16 COUGH - TUBERCULOUS persons, in	⊗
6 COUGH - MORNING	⊗	17 COUGH - WALKING - agg.	⊗
7 COUGH - NIGHT - amel.	⊗	18 COUGH - WARM - food - amel.	⊗
8 COUGH - BREATHING - deep - amel.	⊗		
9 COUGH - EXPECTORATION - without	⊗		
CHEST		Remedies	ΣSym
19 CHEST - MUCUS - Lungs	⊗	phos.	10
20 CHEST - OPPRESSION	⊗	spong.	10
GENERALS		ars.	9
21 GENERALS - DEBILITY	⊗	ant-t.	9
22 GENERALS - NEVER WELL SINCE a complaint	⊗	ip.	9
23 GENERALS - WEAKNESS - cough after	⊗	stann.	9
		lach.	9
		puls.	8
		calc.	8
		hep.	8
		ΣDeg	Symptoms
			1, 2, 5, 6, 10, 12, 16, 17, 19, 20
			1, 5, 6, 11, 12, 15, 16, 18, 20, 23
			1, 4, 5, 6, 11, 12, 16, 17, 20
			1, 4, 5, 6, 11, 12, 15, 19, 20
			4, 5, 6, 10, 11, 12, 16, 17, 20
			1, 5, 6, 10, 11, 12, 16, 17, 20
			1, 5, 6, 8, 10, 12, 16, 17, 20
			1, 5, 6, 8, 11, 12, 15, 20
			1, 5, 6, 11, 12, 16, 17, 20
			1, 5, 6, 10, 12,



POTENTIAL DIFFERENTIAL FIELD

- Thermal chilly, sleeps with covering -covered by Arsenic Album
- Constitution tubercular
- Miasm:
Dominant: Tubercular covered by Phosphorous ,Spongia, Arsenic Album
Fundamental: Psora covered by Arsenic Album ,Ipecac
- Temperament: sanguine covered by Antium Tart, Pulsatilla

REMEDY SELECTED: ANTIUM TART

POTENCY 30

REPETITION BD 5 DAYS

Susceptibility low, Weak thin person, chronic recurrent complain for 3 years

REASON: PATIENT UNABLE TO EXPECTORATE INSPITE OF GREAT RATTLING OF COUGH, WITH HOARSENESS CHEST FILLED WITH MUCUS. KEEPS COUGHING. PAROXYSMAL COUGH BOUTS.

COUGH/BRONCHITIS WITH DEBITLITY

REMEDY SELECTED AFTR REFERRING TO BOERICKE MATERIA

MEDICA.

Other similar medicine: Ars Alb, Phosphorous, Spongia

TABLE 2: FOLLOW UP

DATES	SYMPTOMS	MEDICINE DOSE AND REPETITION	WITH AND	JUSTIFICATION
<u>25/1/24</u>	Feels he can breathe better but excessive cough and coryza nose block headache fever (100F) in the noon since 3days (feels everything is coming out of blocked lungs)	Arsenic Album 30 BD 7days		Noon time fever (specific periodicity)
<u>1/2/24:</u>	Patient. feels coryza was better by paracetamol. Wants medicine to remove cough.1st medicine given suited well. He was better with that. fever ameliorated .Allopathic medicine for chronic cough reduced. Takes once in 2-3days. (patient took ars alb 5-7 times a day and finished the medicine in 3 days)	Antium Tart 30 BD 7 days		No fever. Rattling increased patient felt 1 st medicine helped him in relieving breathlessness

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8/2/24:	No cough, coryza ameliorated, he had stopped all allopathic medications since 1 st February 2024. Appetite improved; breathlessness decreased by 80%. patient very cheerful regarding the improvement. Feel his lungs are lighter after 3 years	Antium Tart 30 BD 5 days	Rattling decreased drastically, good amount of cough expectorated,
15/2/24	No allopathic medicines taken, cough ameliorated, breathlessness felt only if he exerted in farming work.	No medicine given	Chief complain of bronchitis ameliorated

CONCLUSION: Remedies going parallel with one- or two-point difference, then the final selection of is physician's discretion as per his finer unprejudiced observation and Present totality of symptom portraying the ultimate picture and knowledge of Materia Medica.

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