

Clinical hint in COVID-19

COVID -19 / Influenza

Multiple scenarios

Fever/ chills

Cough

Throat pain

Cold/coryza

Pneumonia

Post covid

Dry Cough

Loose Cough

Moderate

Severe

Fever / Chills

China

- *Intermittency, Periodicity, dull, thirstless during chill, heat, sweat (thirsty after chill, heat) intermittent prodrome, hunger, headache, sneezing*
- Chills in one part of the body, bitter taste in mouth, desire for tea and stimulants, < uncovering, with lot of weakness.
- Chill beginning from legs; shaking chills for hours without thirst
- Dry cough with pain in abdomen during heat
- Sweat with thirst; sweating during heat ++
- One hand cold other warm
- increased/decreased hunger during fever/ chill
- Clear cut stages - chill, heat, sweat

Rhus tox

- Lot of body aches, with backache, with triangular red tip
- Fever with muscular pains
- *Chills begins from esp right side*
- Restlessness, muscle stiffness > motion, chilly
- *Dry cough before chill++/heat, thirst ++*
- Urticaria during heat, sweat.
- > warmth
- Fever blister
- Craving for milk and cold water

Nux vom

- *Chills with throat symptoms, very sensitive to noise during chills, lot of nausea, retching, scraping sensation in throat > eating*
- Anticipating chill/fever; chills followed by heat
- Needs to be covered in all stages ++
- Perspiration after chill; with chills pain in limbs
- Internally chilly
- Thirst; with dry cough > left side

Gelsemium

- *Chill predominate*
- Chills and fever post vaccination, Trembling of tongue.
- Recent uncomplicated case of fever with dullness, body ache.
- Thirstless + clean tongue.
- Dull, lethargic, weakness; Gradual onset.
- Chill - spine; wants to be covered;
- Perspiration on genitals.
- Wants to lie still.

Phos acid

- Weakness, cant get up, doesn't want to talk., desire of liquids, juices and sour things, fruits
- Painless, slow continued fever
- Short sleep amel
- Aversion to answering
- Blank state
- Fingers icy cold, profuse sweat
- thirstless

Pyrogen

- Hyperpyrexia,
- Pulse out of proportion to temperature, whether increased or decreased,
- A sense of well-being in a patient even with high temperature.
- Pyrogen has the anxiety and restlessness of Ars., the prostration and coldness of Carbo veg.; the bruised soreness of Arnica; the bone pains and chills of Eupatorium; the relief from motion of Rhus tox.; and the rattling in the chest of Ant tart.

Mild cases of fever

Aconite

- Sudden; excitement, anxiety, restlessness with dryness of mouth and thirst
- Skin is dry or hot
- Dry cough; left side chest pain < lying on affected side
- Uncovering desire
- Fear of death, complaining

Belladonna

- Sudden intense fever
- Intense burning + slight thirst
- active, dryness
- < lying down; wants to be covered
- Forehead hot, feet cold: affected parts sweat++ (aco. doesn't sweat)
- Desire lemonade; draft <
- Dry heat - externally hot
- Sudden; heat predominate

Bryonia

- Heat predominate
- Slow gradual onset
- Dry cough -stitching - chest
- Thirst with dryness of mouth
- Chills begin from fingers, toes; Heat with desire to uncover and bitter taste
- Rotatory vertigo
- Desire soups, cold drinks
- Dry heat with headache
- Joint pains, gradual onset
- Irritable wants to be quiet

Ferr phos

- Between belladonna - active and - dull as gels; chilly ++
- Throbbing headache with sensitive scalp + ear ache
- sweaty palms
- Chills with desire to stretch
- Redness, congestion, initial stage
- Dry cough - clean tongue
- Chilly, thirsty
- Talkative, excited

Mild cases of fever

Hepar sulph

- Catarrhal fever with ear, nose and throat complaints;
- chilly ++
- Chilliness < draft of air
- < 4-8pm
- Chills with urticaria < uncovering
- Thirstlessness during chill; thirst during heat
- bitter taste in mouth
- Throat pain better by warmth
- Desires for acids and tasty things
- Chill stage is predominating; chill followed by heat

Pulsatilla

- Catarrhal fever with snuffles
- Thirstless with chill; thirst with heat, wants to be uncovered in heat stage
- Internally feels feverish externally imperceptible
- Coated tongue with bitter slimy taste
- Diarrhoea at night
- Mild, tearful disposition
- Ever changing symptoms
- One sided: oversensitive,
- Desire lemonade

Ipecac

- When gastric symptoms predominate in chill in fever - first remedy to be thought of.
- Short chills, long fever
- Periodicity
- Cold hands and feet; one hand cold, other hand hot
- Thirstlessness with chills
- Nausea and salivation as a prodrome
- Breathlessness and dry cough causing nausea and vomiting in fever stage
- Chill without thirst
- Chill < warmth
- Stringy viscid saliva
- Warm room agg

Eup. perf

- Bone pains ++ with fever;
- Thirst before fever; chills with thirst; along with backache; wants to be covered
- drinking causes nausea, bitter vomiting at end of chill
- Scanty sweat ++
- Heat stage often absent
- No periodicity
- D/D - bryonia, china
- Chills behind from lumbar

Dry cough

Rumex

- Dry cough < cold air, < lying down, irritation in throat
- Pt. comes with dry cough which is agg in open, cold air; Better by warmth
- Covering the head with bedclothes gives relief.
- Tickling in throat pit, excites cough; talking or reading loudly agg.

Spongia

- Dry cough > eating and drinking warm food, with lot of anxiety what will happen, they will get pneumonia.
- Pt. has dry cough on falling asleep, cough before midnight
- Change of temperature excites the cough.
- Amel. by eating and drinking.
- Suffocation < lying down

Bromium

- Cold sensation in throat with dry cough, < warm room, > open air
- Dry cough
- Complaint from being overheated, weather changing from cold to warm
- After cough they can develop an asthma
- Dust allergies

Hyoscyamus

- Dry, tickling cough especially when lying down, at night
- dreams of frightful devils.
- patient has become very religious since a few days.
- Dreams: sexual, frightful
- Dry spot - larynx

Drosera

- Dryness of throat causing paroxysmal cough; recurrent cough, coming every few month
- Dry paroxysmal cough following each other rapidly causing choking, esp deep cough yellow expectoration after midnight
- Children cough as soon as head touches the pillow at night
- 2 am agg
- Has to hold the chest and abdomen while coughing
- Smoking and dust agg
- Bleeding from nose
- *Walking amel* (tubercular miasm)

Bryonia

- Dry cough with pain in chest, hold his sides, chest or head.
- Dry painful cough along with bryonia fever (slight headache coated tongue, no thirst, no desire to move

Loose cough

Mang acet

- Paroxysmal cough > lying, with lot of bitterness and resentment for family members.
- Pt. complains of dry cough which is *ameliorated by lying down*.
- Loose cough at night, dry in morning.
- Cough increases while talking loudly or using voice.
- Feels like listening to sad music, emotional movies.

Rhus tox

- Dry, teasing cough from midnight until morning during a chill, or when putting hands out of bed.
- Cough taste like blood

Coccus cacti

- Accumulation of thick viscid mucus expectoration with great difficulty
- Very sensitive fauces
- Paroxysmal spasmodic morning cough (thick white mucus) < lying
- > Drinking cold drinks
- < Brushing the teeth, < eating
- Warmth agg (hot patient)

Senega

- Pt complains of dry cough at night agg motion, pain in chest while coughing.
- Sneezing after cough paroxysm.
- Stitches in right eye while coughing.

Nux vom

- Cough is first dry then becomes loose,
- < lying down, > lying on sides, < midnight gets better by morning,
- scraping sensation in throat.
- *Sensitivity to noise*

Kali bich

- Along with coryza pain around eyebrow, pain in spot. (if pressing feels better and when you remove pressure pain comes again - spigelia)
- Post nasal drip
- Loss of smell with coryza
- Especially for fat chubby babies or short neck personality
- Sticky ropy expectoration
- Desire for bitter
- concomitant : crack in centre of tongue

Hep sulph

- Too much *cold weather and dry draft of air*.
- Much thick yellow expectoration,
- Weakness and much rattling in chest, cannot expectorate.
- Choking cough < uncovering
- Splinter like sensation in throat, appetite increased. Very chilly.

Eup perf

- Loose cough better lying on abdomen, Bitter taste in mouth
- Bone breaking sensation, soreness of eye + coryza
- Restlessness (bry is quiet)

**Children cough - ant t, ipe, oci sanc*

Coryza/ Sneezing

Amm mur

Hot watery discharge,
obstructed nose, constant
desire to blow

Rhus tox

Soreness, > walking
*as described above

Nux vom

Scraping sensation,
nausea - irritable
*as described above

Cistus can

Coldness, sensation
*as described above

Sticta

Dullness, fullness at root
of the nose, *dryness*
headache before coryza
(d.d. bry)

Kali mur

Catarrh; phlegm white,
thick. Stuffy cold. Whitish
grey tongue.

Puls

Mucous discharge are
profuse, bland thick
yellowish-green.
Stoppage of nostril.
Thirstless. Chilly.

Sabadilla

Itchy throat, > warm food
*as described above

Throat complaints

Streptococcinum	Vague symptoms, Throat and fever symptoms, state of mind like puls. infection with hoarseness, pain and weakness. Very emotional, > open air better continued motion . Joints affected after throat infection. Use 1M potency.
Wyethia	Itching in throat, palate and nose along with coldness/chilliness and weakness. Allergic complaints in nose and throat. Itching in posterior nares. Irritable throats of speakers.
Cistus canadensis	Dryness felt in a spot on throat with dry cough, must sip water frequently. Cold sensation in throat, tongue and breath. Cough after mental agitation and feeling as if strong coldness while inspiring during cough.
Sabadilla	Itching in throat > eating warm, itching in nose with coryza with watering of eyes, and hungry
Nux vom	Sore throat; a sore rawness in the fauces, only noticed on drawing in cold air, and on swallowing.

Moderate to severe pneumonia cases

Kali carb

- Esp when bell, bry ; initial remedies not helped
- First look Anxious, swollen exhausted
- dry cough with stitching pain in chest; < by lying have to sit upright
- Anxiety felt in chest, stomach; better sitting at elbow and knee
- 2 - 3 am <; < lying on painful side or left side; < sudden motion
- Salty expectoration and cough with involuntary urination
- Desire; hot food; sweet and sour food
- lower lobe > upper lobe
- left side > right side
- Concomitant - eyelids swollen
- Slightest exertion < , profuse sweat
- Anxious, startles, alone <

Phosphorus

- Has to be differentiated with bry in initial days
- Base of lung is affected
- Fast paced disease; sometimes within 24 hr
- Reddish flush on face and Patient more active initially; later on exhausted
- Cough with rawness of chest
- Chilly patient; desires of cold drinks, juicy
- Bright red hemoptysis by 2nd or 3rd day
- Constriction of the larynx
- < lying on left side; better by lying on right side
- Paroxysms of 2 -3 coughs; < lying down; has to hold the abdomen; > warm applications
- Chills begin from back, abdomen; Fever at night with perspiration; Burning heat; restlessness with thirst
- Wants to hold on to the attendants

Arsenic

- For later stages of pneumonia; comorbidities - renal and cardiac;
- Cold feet are concomitant
- Dyspnea , wheezing < lying down
- Right upper side of lung pain
- Heat stage predominant
- Dry burning heat with desire of cold water; wants to be uncovered during heat stage
- Chill and heat alternate
- Desire for lemonade, warm drinks, water taste bitter
- anxiety ; fear of death, despair
- Anxious Restless, weakness, <midnight, thirsty; breathlessness and asthma
- Needs company

Amm. carb

- Dullness, weakness drowsiness; fat pat with wheezing; a state before antim tart
- Prolonged pneumonia with weakness
- Complications of pneumonia, clots ; In later stages pulmonary oedema
- > better lying on abdomen
- Chilly ++ ,< slightest exertion; <3-4am
- Nose block at night and mouth breathing
- Carbon like state; with weakness and heaviness (long continued coryza)
- Coryza and sneezing on getting up or waking up in morning
- Talking and hearing others talk affects him ++
- Right > than left
- In known cases of pulmonary and cardiac comorbidities

Lycopodium

- Neglected, unresovled bronchopneumonia; Right lower lobe pneumonia esp in infant & old people
- Cough profuse greenish thick sometimes blood streaked
- frown on forehead and flapping of alae nasi during breathlessness
- Also in later stage of pneumonia with brain related symp and delirious stage.
- Loose cough during fever; < lying down, periodicity
- Concomitant heartburn, flatulence, headache
- Nervous; scared, still hopeful
- > hot drink

Antim ars

- Catarrhal pneumonia
- Dyspnea with excessive secretion
- Rales and d crepitation in chest; esp in climacteric and old people; comorbidities of heart.
- Coated tongue with thirst
- Weakness and restlessness like ars; wheezing like antimony
- Concomitant swelling of face
- < eating, lying down

Stannum met

- Prolonged pneumonia
- Extreme exhaustion - loose cough sweetish, saltish taste < lying on right side
- Sweat on neck and forehead, exhausting
- Empty sensation in chest, abdomen
- Weakness - chest ++
- Paroxysms of cough; 2 - 3
- Comorbid - lung, cardiac, bone disease
- Coldness; legs
- Complementary - puls
- hopeless, emotional

Bromium


- Prolonged cold and cough < by heat, summer
- Comes very close to bry
- Base of lung esp right lower lobe
- Inspiration <; Slightest exertion <
- Cough morning < open air; >Better by drinking; Dry cough during heat ; Loose cough < by exertion and warmth
- with hoarseness ;burning pain behind the sternum
- Cold drinks and coffee >
- Cough with rattling of mucus in larynx
- Throat feels raw, with hoarseness.
- < dampness, overheating, chilled while hot

Verat alb

- Important in initial or last stages of pneumonia
- Esp cold sweat on the forehead+++
- Rattling cough with pneumonia comes very close to antim tart and carbo veg
- Tickling in chest in middle of sternum
- Very strong mind symptoms
- in initial stages verat is very anxious like ars

Sulphur

- Indicated in initial stage or for clearing up the final patches in the lung.
- *keynote* is the redness (congestion) of nose, lip or the tongue
- Cases not responding so well to other remedies
- Esp left sided pneumonia
- Dry offensive mouth with thirst They gen have very peaceful and happy dreams
- Morning agg 5am; morning diarrhoea
- Very offensive heavy sweat
- Many bry pneumonia may later on require sulph
- They cannot tolerate closed rooms and require fanning



Nat sulph

- Catarrhal, sycotic pneumonia
- Tongue yellowish green discharge; bitter taste in mouth
- Soreness, stabbing pain on coughing
- Restlessness wants to change position constantly; Warmth <
- Lower left lobe affected
- Desire; icy cold things; yogurt
- Depressed, Wants to be alone

Senega

- After bryonia stage
- Sticky thick expectoration with wheezing
- Rattling in chest; difficulty in raising sputum; esp in cases of chronic emphysematous and copd pat
- Dryness in throat and chest
- Violent cough; hyperesthesia of chest
- < lying on right side
- Aphonia later on

chelidonium

- Renal and liver complication with pneumonia
- Pain in lower angle of scapula
- Stupor with pneumonia
- Chilly; < hunger
- Restless of limbs, coldness of right foot
- Hemoptysis with dark colored expectoration
- Useful in early and late stages of pneumonia
- Tongue cracked
- < 4am - 4pm
- Right lower lobe
- Yellowish tinged skin

Emergency cases esp admitted in ICU with low spo2

Pyrogen

- Hyperpyrexia; rapid onset; pulse and temp not in ratio
- Stupor; toxicity
- Tongue dry; sweetish taste; shiny as if varnished ; thirsty;
- Chilly; Desire; cold water; chocolate
- Bed sores
- Offensive discharges; soreness; weakness and thirst; restless > continued motion++
- In Delirious stage - loquacious; talks about money and greatness

Lachesis

- Stupor; Face puffy; purplish hue
- Expectoration bloody purulent and difficult
- Suffocated when lying down
- Left sided lung affection
- < warmth; < slightest touch
- Suspicious; delirium

Carbo veg

- Remedy for last stage; 'death reviver'
- Complicated pneumonia with multiple infections; esp in old people
- Offensive sputum
- Cyanotic, blue, pinched appearance; icy cold sweat
- Air hunger; want sips of cold water; gasping breath
- Carbo an - right lung pneumonia; greenish sputum; chilly; > rubbing

Camphora

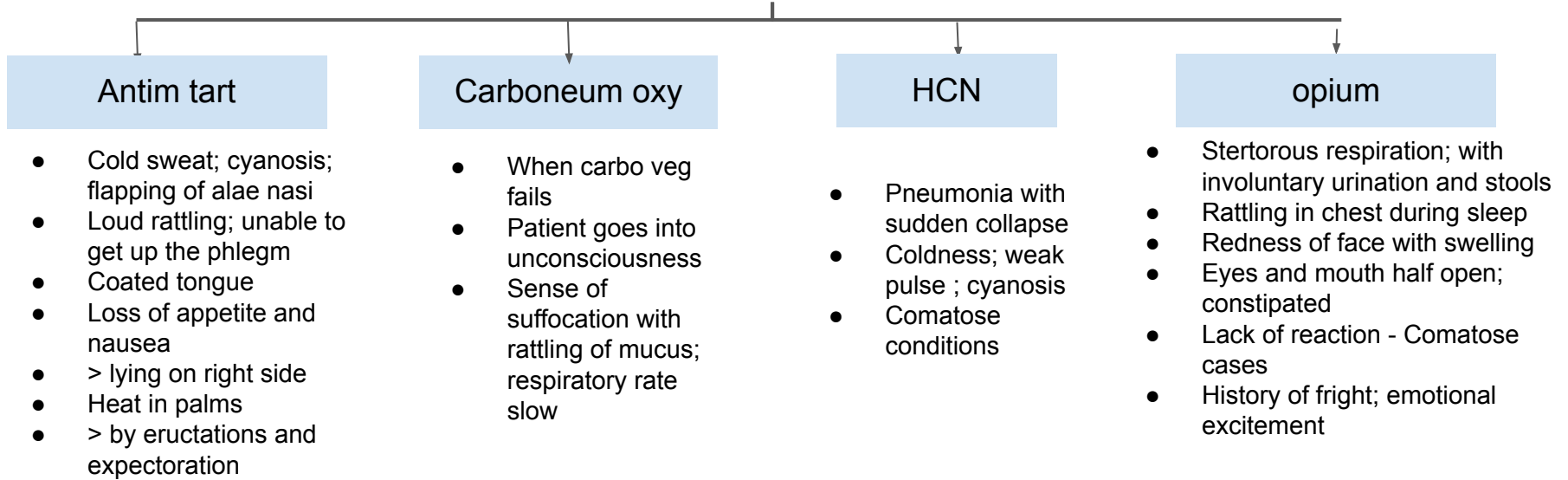
- Chill; better by uncovering
- Pneumonia with sudden collapse and weakness
- Frightened; clinging
- In later stages violent and maniacal
- Chill predominant; icy cold; chattering of teeth; fast paced
- Excessive sweat on hands and feet
- Exhausted; < cold air

Merc sol

- Complicated pneumonia
- Trembling, anxious, restless
- Salivation with thirst;
- Offensive sweat++; offensive mucus
- Cough in 2 paroxysm
- Right lower lobe affected; base of lung; with liver complication
- Talking in sleep; confusion
- Desire cold thing
- < lying on right side
- Merc sulph - pleural effusion

Verat alb

- Sudden effects
- Cold sweat on forehead++
- Loquacity; religious
- Sensation of coldness in different parts of body
- Tickling in chest with rattling cough
- Cramps especially in calves
- Profuse diarrhoea with violent nausea and vomiting
- Desire; cold drink, juices, sour



Post covid

<p>Joint related symptoms - individualisation</p>	<ul style="list-style-type: none"> ● chin sulph (periodicity), ● strepto (throat-joints), ● *stellaria media (shifting joint pains, soreness eyes, better open air) ● Rhus tox ● Abrotanum - joint pain remaining, sudden joint pain
<p>Weakness Remaining</p>	<ul style="list-style-type: none"> ● Acids - phos ac., sarc acid., sali acid., chin ars., lecithin, nat sal and nosodes
<p>Cough Remaining</p>	<ul style="list-style-type: none"> ● Eriodictyon ● Kali sulph (for children) ● Amm c (nose obstruction) ● Bac (chronic cough, can be used as intercurrent) ● Antim ars
<p>Chill remaining</p>	<ul style="list-style-type: none"> ● Aranea diadema (periodicity) ● Camphor ● China salts
<p>Anxiety remaining</p>	<ul style="list-style-type: none"> ● Acon., anac., Ars., cadm., cypr., cadm-s., calad., calc., Hell., nat-p., psor., sep., scut.,

Post covid

Lung fibrosis	<ul style="list-style-type: none">● Nosodes● Bleomycin● Thios● Berylium● Kali iod
Low SpO2	<ul style="list-style-type: none">● Aspidosperma 6c● Nosodes (as an intercurrent between indicated remedy)

Different approach

Approach 1	Study PQRS of the current state
Approach 2	Study the state of the patient (generals, mentals)
Approach 3	Vague symptoms - throat pains and weakness - streptococcinum 1M / nosode, followed by indicated remedy with tissue salts (kali mur 6x)
Approach 4	Zigzag method - where the symptoms are changing every day, for eg one day fever, then cough, then weakness

Local symptoms, modalities, generals



ACUTES - opportunity to go deeper



Reaction to acute symptoms/ general symptoms/
mind state/ dreams/ fears/ connection to earlier
stress

First 36 hours



Typical -
aconite/bryonia/gelsemium/rhus-tox/nux-vom/ch
ina/ars/bell



Work 40% of times



Rest other times



May require a deeper remedy which also has range of acute symptoms
of the patient and deeper their patterns s

Vague symptoms /or lack of reaction

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graph TD; A[Vague symptoms /or lack of reaction] --> B[Use nosodes like streptococcinum/pyrogen, etc (whichever is indicated)]; B --> C[Wait for a day]; C --> D[Followed by a deeper indicated remedy];
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Use nosodes like streptococcinum/pyrogen, etc
(whichever is indicated)

Wait for a day

Followed by a deeper indicated
remedy

Multiple remedies

Remedy 1

some symptoms improve, new symptoms come up

Remedy 2

Symptoms improve after few days, few symptoms remains.

Deeper remedy or nosode needed

Some useful remedies along with indicated remedy

Kali mur 6x - tissue salt	Especially in initial stage when lung is involved.
Aspidosperma/ quebracho 6c	When oxygen level is going down in difficult cases. It stimulates respiratory centre
In initial stage of fever	Ars., bry., bell., fer-p.,

CLINICAL TIPS

***individualisation necessary, some of the remedy may be useful**

Children cases	<ul style="list-style-type: none">● Antim tart - rattling cough + perspiration● Oci sanc - irritability, lacrimation, sneezing with cough and redness of mucous membrane● Ipecac - nausea with paroxysmal cough, clean tongue + thirstless, etc
Anosmia	<ul style="list-style-type: none">● Muriaticum salts● Medo
Case not responding	<ul style="list-style-type: none">● May require deeper remedy
Influenzinum	<ul style="list-style-type: none">● For heaviness, aching, dullness in acute states when gels and bryonia fails● Eyes are heavy and sensitive to movements. Stiffness of eyes.● Often very anxious and stressed out

Potency selection

30c	With very few symptoms, good to start with 2 times a day for 3 days
200c - medium potency	With some characteristic symptoms 2 times a day for 3 days
1M	With mind + physical symptoms

Work in progress ...

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*The Above Map will give you hints towards finding a remedy.

**Detailed case taking, proper analysis and using materia medica for final confirmation would be needed.