

Calcarea Carbonica 200 For Persistent Post-Covid Symptoms: A Homoeopathic Case Analysis

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ABSTRACT

Background: COVID-19 is primarily a respiratory illness transmitted via respiratory droplets. While acute infection management has seen global efforts through vaccination and public health interventions, a subset of patients continues to experience lingering symptoms known as Post-COVID Syndrome. These symptoms can persist for weeks or months and span multiple organ systems, posing diagnostic and therapeutic challenges.

Objective: To evaluate the effectiveness of Calcarea Carbonica 200, a homeopathic remedy, in alleviating symptoms of persistent post-COVID syndrome in a clinical case.

Methods: A patient presenting with post-COVID symptoms, including fatigue, cognitive issues, chest pain, and gastrointestinal disturbances, was treated with Calcarea Carbonica 200. A structured symptom scoring system was used to monitor changes over the treatment period. Immunoglobulin (Ig) levels were also assessed as part of the biochemical evaluation.

Results: Significant symptomatic improvement was observed following the administration of Calcarea Carbonica 200. Evidence-based evaluations showed a marked reduction in symptom severity scores and favorable changes in Ig levels, indicating both subjective relief and objective improvement.

Conclusion: Calcarea Carbonica 200 demonstrated potential effectiveness in managing post-COVID syndrome in this case. Given the complex and individualized nature of long COVID, such integrative approaches, including homeopathy, warrant further exploration in broader clinical studies.

Keywords: Post-COVID Syndrome, Long COVID, Calcarea Carbonica 200, Homeopathy, Symptom Scoring, Ig Levels.

1. INTRODUCTION

The emergence of the novel coronavirus, SARS-CoV-2, marked the onset of one of the most significant global health crises in recent history. The virus, first identified in Wuhan, China, quickly spread across borders, leading to the declaration of a pandemic by the World Health Organization (WHO) in March 2020.^[2] This essay explores the multifaceted impact of COVID-19 on public health, economies, societies, and the unprecedented efforts undertaken to mitigate its effects. The pandemic underscores the importance of global collaboration in addressing emerging infectious diseases and strengthening healthcare systems worldwide.^[3] The pathology of COVID-19, caused by the SARS-CoV-2 virus, involves a complex interplay of viral invasion, immune response, and organ system involvement.

COVID-19, caused by the SARS-CoV-2 virus, primarily targets the respiratory system by binding to ACE2 receptors.^[4] Viral replication leads to respiratory symptoms, ranging from mild cough to severe pneumonia and, in critical cases, acute respiratory distress syndrome (ARDS). The immune response plays a crucial role, with potential for cytokine storms. COVID-19 is not solely a respiratory disease; it can have systemic effects, impacting organs such as the heart, kidneys, and liver. Thrombosis and coagulopathy contribute to the heightened risk of blood clots. Long-term effects, known as Long COVID, may result in persistent symptoms even after the acute phase has passed.^[7] Ongoing research continues to unravel the complexities of COVID-19 pathology.

Proponents of homeopathy suggest that these highly diluted substances, known as remedies, can stimulate the body’s vital force and promote healing. The specific remedy chosen is based on an individual’s unique set of symptoms, considering physical, emotional, and mental aspects. This study shown that homoeopathic therapy can be used to treat covid-19 patients by measuring IgG responses and inciting deranged vitality victims under resistor.^[8] Thus, with the enhancement of vital energy, the proclivity for infection is suppressed in dynamic slant. One of the challenges in understanding and managing post-COVID syndrome lies in its multifaceted nature. The syndrome does not conform to a one-size-fits-all pattern; instead, it varies widely among individuals. Some experience a prolonged recovery from respiratory symptoms, while others grapple with neurological or cardiovascular issues.^[9] This heterogeneity underscores the importance of a comprehensive and multidisciplinary approach to diagnosis and treatment.

2. MATERIALS AND METHODS

A case record obtained from Sarada Krishna Homoeopathy medical college and hospital OPD. The aim of study is to define the complicating feature of post covid symptoms and to estimate the effect of Homoeopathic remedy Calcarea carbonica in post covid complications. A case of post covid syndrome attending the outpatient and inpatient of SKHMC, with presentation as cough, headache, irritation of throat, breathing difficulty and covid case history with assessment of IgG level. Prescription was constructed on the totality of symptoms with individual indications through reference of Materia Medica and conferring with principles of Organon of Medicine. Research outcomes of homeopathy in post covid complication are identically effective with investigation of pre and post IgG level were subjected for further analysis and follow-up of cases for a minimum period of 6 month were estimated. After medication improvement criteria are predominantly concluding the source of symptomatic aid with the estimated statement of post IgG level are renowned and appraisal of cases will be centred by the wide-ranging renewal

Remedy Name	Calc	Sil	Nat-m	Hep	Sulph
Totality	14	14	14	13	13
Symptoms Covered	6	6	5	6	5
Kingdom					
[Kent] [Nose]Smell:Diminished: (36)	3	3	3	2	
[Kent] [Cough]Dry: (253)	3	2	3	2	3
[Kent] [Respiration]Difficult: (259)	2	3	2	3	3
[Kent] [Fever]Intermittent,chronic: (34)	3	2	3	2	3
[Kent] [Mouth]Taste:Wanting,loss of taste: (65)	2	3	3	2	2
[Kent] [Throat]Irritation: (32)		1		2	
[Kent] [Head]Pain,headache in general:Wet:Head,from wetting: ...					
[Kent] [Chest]Constriction,tension,tightness:Cough:During: (15)	1				2

Figure 1: Reportorial chart

After a thorough case history, repertorization, and symbolizing with Materia medica, select the similimum Calcarea Carbonica 200 allotted to determine the efficacy of handling covid symptoms by assessing IgG level previously and ensuing relief within 6 months encompassed as part of routine follow-up. The patient was also given suitable management along with dietary advices. The long-term effects of COVID-19 on various organs, such as the heart, lungs, and brain, are being studied to gain insights into the pathophysiology of post-COVID syndrome.^[10] Additionally, the impact on mental health is a significant aspect that requires attention, as many individuals report anxiety, depression, and other psychological symptoms.

Management and Rehabilitation:

Managing post-COVID syndrome necessitates a holistic and patient-centered approach. Healthcare providers often recommend a combination of medical interventions, rehabilitative therapies, and psychological support. Pulmonologists, neurologists, cardiologists, and other specialists collaborate to tailor treatment plans based on individual symptoms.

Rehabilitation programs designed to address physical and cognitive impairments play a crucial role in the recovery process. These programs may include exercises to improve lung function, cognitive rehabilitation for memory and concentration issues, and psychological support to cope with the emotional toll of prolonged illness.^[11]

3. RESULTS AND DISCUSSION

The outcome of the study conducted in 1 of post covid syndrome are recorded here. These cases yield up perpetually least period of 6 month, besides the grades are declared below. The consequences were observed by means of IgG analysis report, symptom similarity, The effectiveness of Homoeopathic remedy based on totality of symptoms that documented in the study. Post Covid complication and IgG level allied symptoms are delimited by means of Calcarea carbonica 200 monthly 1 dose

for 6 months and other indications are managed, as a final point the patient illness are abate and IgG level are drop to normal level. The case were prescribed subsequently by careful analysis entirety of signs which were simultaneously by means of drug indications. This study was conducted to analyse symptoms and its intensity were ruled out after monthly treatment and regular follow up, further investigation was advised to the patient. These trails have evaluated the effectiveness of homoeopathy for post covid complication.

Table 1: Grading of Symptoms

Symptoms	Before	During	After
Cough	9	4	2
Dyspnea	10	6	2
Weakness of whole body	10	4	1
Chest pain	7	6	1
Irritation of throat	7	6	0
Loss of taste	8	6	1
Loss of smell	9	4	0
Headache	10	4	1
Fever	7	3	0
IgG levels	187	17	8.2

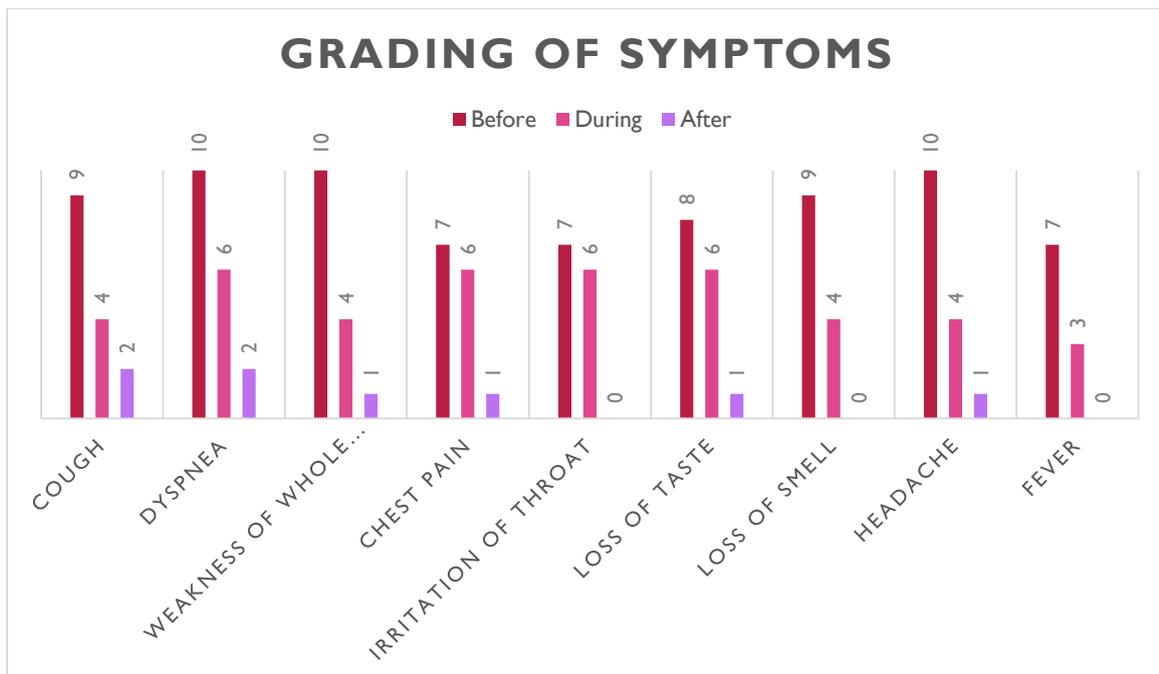


Figure 2: Grading of Symptoms

After initial prescription of Calcarea carbonica 200, which was based on the totality and consideration of the individuality of the patient. A holistic approach was followed in order to obtain a suitable similitum. A suitable potency was given to meet the needs of the health of the patient.

Table 2: Progress and Follow Up of Case

S.No	Date	Symptoms	Prescription
1.	09.06.23	Fever Cough- no expectoration Dyspnoea Weakness of body Irritation of throat Loss of taste and smell Headache- heaviness of head Constipated Sweat profuse	Calcarea carb 200/1d
2.	12.07.23	Fever -occasional rise of temperature Cough-slightly better Dyspnoea-persists Weakness of body -persists Headache occasionally present Constipation -persists Sweat profuse-persists	Calcarea carb 200/1d
3.	12.08.23	Fever -better Cough-slightly better Dyspnoea-persists Weakness of body -persists Headache once in a week Constipation slightly better Sweat profuse-persists	Calcarea carb 200/1d
4.	13.09.23	Fever – did not reappear Cough-slightly better Dyspnoea-slightly better Weakness of body -persists Headache frequency reduced Constipation -persists Sweat profuse-persists	Calcarea carb 200/1d
5.	10.10.23	Cough-slightly better Dyspnoea-persists Weakness of body -persists Headache better Constipation slightly better Sweat profuse-persists Loss of taste and smell	Calcarea carb 200/1d

6.	8.11.23	Cough- reduced Dyspnoea-slightly better Weakness of body -slightly better Headache better Loss of smell and taste -better Constipation -better Sweat profuse-better	Calcarea carb 200/1d
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The outcome of the study conducted, of post Covid syndrome is recorded here. The cases yield up a follow up with period of 6 months. The grades Are mentioned. consequences were observed by means of IgG analysis report, symptom similarity. Remedy given based on totality of symptoms that documented in the study. Post Covid complication and IgG Level allied symptoms are altered by means of Calcarea Carbonica 200 monthly 1 dose for 6 months and other symptoms are relieved, as a final point the patient illness Are abate and IgG level are drop to normal level . The cases were prescribed subsequently by careful analysis entirety of signs which were simultaneously by means of drug indication.

4. CONCLUSION

Homeopathy has a significant part in preventing acute illnesses that were a difficult task for the traditional medical system, and it has shown enormous success in managing post-COVID-19 problems. The results of this clinical case study indicate that Calcarea Carbonica, a mineral group homeopathic therapy, was helpful in treating the patient and lowering their IgG level. Among the acute mishaps that only momentarily interfere with the course of therapy, but while treating a chronic illness, by anti psoric remedies we often need the other non anti Psoric medication in case of intermediate diseases arising Usually from patients, and so not temporarily disturb the Treatment, but even interrupt it for long time. The sequele Are the innumerable chronic disease in numberless forms of Developed psora which have been unknown as to their origin And consequently remained uncured.^[15]

In conclusion, the COVID-19 pandemic has been an unprecedented global challenge that has profoundly impacted individuals, communities, and nations around the world. From the initial emergence of the virus to the development and deployment of vaccines, the journey through this crisis has been marked by resilience, scientific collaboration, and societal adaptation. The pandemic has exposed vulnerabilities in public health systems, highlighted disparities in access to healthcare, and underscored the interconnectedness of the global community. It has prompted a reevaluation of preparedness strategies for future health threats and emphasized the importance of international cooperation in the face of shared challenges. As we move forward, it is crucial to reflect on the lessons learned from the pandemic. This includes the significance of investing in healthcare infrastructure, advancing scientific research, and fostering a sense of global solidarity. The development and rapid deployment of vaccines have offered a beacon of hope, demonstrating the power of human ingenuity and collaboration.

While the acute phase of the crisis may be receding in some regions, the long-term effects, both in terms of health and societal impacts, will continue to unfold. Ultimately, the COVID-19 pandemic serves as a poignant reminder of the need for global cooperation, scientific advancement, and compassionate leadership. Post-COVID syndrome adds a layer of complexity to the ongoing global efforts to combat the COVID-19 pandemic. As research continues to unfold, healthcare professionals, policymakers, and society at large must remain vigilant and adaptable in addressing the evolving challenges posed by post-COVID syndrome.^[16]

5. AUTHOR CONTRIBUTIONS

Sheeba S: Conceptualization, case data acquisition, analysis, manuscript drafting.

Murugan M: Primary supervision, final approval of the version to be submitted, guidance throughout the research process.

Suman Sankar A.S: Supervision, guidance on case repertorization and Materia Medica reference, critical review of manuscript.

6. PATIENT CONSENT

Written informed consent was obtained from the patient for publication of this case report and any accompanying data. The patient was assured of confidentiality and anonymity throughout the reporting process.

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8. CONFLICT OF INTEREST

The authors declare no conflict of interest.

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