

Exploring The Shadows of Recovery: A Systematic Narrative Review of Homoeopathy in Post-Covid Syndrome

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ABSTRACT

Post-COVID syndrome (PCS) is associated with a range of ongoing physical and psychological challenges that may persist long after the acute infection phase, often proving difficult to address with standard medical approaches. Homeopathy, with its holistic and personalized methodology, is gaining relevance as a complementary therapy in long-term recovery. This review aims to assess the therapeutic potential of key homeopathic remedies, particularly *Calcarea carbonica* and *Arsenicum album*, in addressing persistent symptoms associated with PCS. It also compares these manifestations with typical upper respiratory tract infections (URTIs). A systematic narrative review was performed using academic databases such as PubMed, Scopus, Google Scholar, and AYUSH portals. Studies selected ranged from 2020 to 2024 and included peer-reviewed research, observational data, and case studies where homeopathy was used for managing PCS. Frequent symptoms included prolonged fatigue, cognitive disturbances, psychological distress, and recurring URTIs. *Calcarea carbonica* showed promise in supporting immune recovery and reducing exhaustion, while *Arsenicum album* helped alleviate anxiety and repeated infections. The review also highlighted notable clinical distinctions between PCS and seasonal URTIs, as well as estrogen's potential role in immune modulation. Individualized homeopathic approaches may offer valuable support in managing PCS symptoms. However, further randomized and controlled studies are needed to substantiate these findings and guide broader clinical integration.

Keywords: *Arsenicum album*, *Calcarea carbonica*, Homeopathy, Individualized, Post-COVID.

1. INTRODUCTION

Coronavirus Disease 2019, or COVID-19, is a respiratory disease that is spread by the SARS-CoV-2 virus. After being discovered for the first time in late 2019 in Wuhan, China, it swiftly spread around the world and caused a pandemic. ⁽¹⁾ Fever, coughing, exhaustion, and loss of taste or smell are among of the signs that the virus mostly spreads through respiratory droplets and airborne particles. Even while the majority of cases are mild, severe infections, particularly in susceptible people, can cause pneumonia, organ failure, or even death. The virus has developed several sub-variants over time, including as Delta and Omicron, and more recent sub-variants are still in circulation. Hospitalizations and serious illness have decreased significantly as a result of vaccinations and booster shots. Despite the conclusion of the pandemic, COVID-19 is still a worldwide health problem and is currently endemic in many regions. Therefore, prevention measures including immunization, masking in crowded settings, and maintaining excellent hygiene are still advised. ⁽²⁾

Global SARS-CoV-2 activity has surged as of May 11, 2025, with a test positivity rate of 11% across 73 countries, which is comparable to the July 2024 high. Compared to the 2% positive rate recorded in mid-February, this is a significant increase. Countries in the Eastern Mediterranean, South-East Asia, and Western Pacific Regions are the primary drivers of the surge.

While localized increases are observed in the Caribbean and Andean sub regions, regions like Africa, Europe, and the Americas are reporting low activity levels (2–3%). North American and European wastewater data are still modest and do not currently indicate a significant increase. WHO is unable to completely evaluate the impact on health systems because of the scarcity of data on hospitalizations and fatalities in the most affected areas. ⁽³⁾

During the COVID-19 pandemic, certain Indian states experienced over 20–30% higher caseloads and mortality rates compared to others, primarily due to disparities in healthcare infrastructure. States with stronger public health systems reported up to 40% faster recovery rates, whereas under-resourced regions faced extended hospital stays and increased fatality. Integrative healthcare models, incorporating homeopathy, contributed to a 25–35% reduction in oxygen demand and 20–30% improvement in recovery times in some observational reports. Additionally, such models helped manage post-COVID symptoms like recurrent URTIs (seen in up to 50% of recovered cases) and anxiety-related issues (affecting approximately 45% of long-COVID patients). These figures highlight the need for scalable, region-specific strategies with integrative care to enhance future epidemic response and recovery support ⁽⁴⁾

Post-COVID syndrome, sometimes referred to as Long COVID, is the term used to describe symptoms that continue to appear or persist for more than 4 to 12 weeks following recovery from the acute phase of COVID-19. It manifests as a multisystem condition and can impact anyone irrespective of the severity of the initial infection. Significant exhaustion, shortness of breath, a chronic dry cough, myalgia (pain in the muscles), joint pain, chest pain, anosmia (loss of smell), ageusia (loss of taste), palpitations, fogginess in the brain, trouble focusing, sleep disturbances, mood swings (depression, anxiety), headaches, hair loss, irregular menstrual cycles, and recurrent upper respiratory tract infections are typical symptoms. Autonomic dysfunction, immunological dysregulation, chronic inflammation, and persistent organ injury are thought to be the underlying processes. In contrast to common URTIs, which resolve on their own, post-COVID symptoms are often recurrent and have a substantial negative influence on quality of life. Homeopathy, which treats the mental and physical aspects of post-viral recovery, is one of the holistic and customized therapeutic modalities that have been investigated as a result of this complicated presentation. ^(5, 6 & 7) In contrast, the **common cold** is a mild, short-term viral illness caused mostly by rhinoviruses, with symptoms like **sore throat**, **runny nose**, and **mild fatigue**, resolving within 3–7 days with simple symptomatic treatment and without long-term effects.

IgG antibodies in post-COVID syndrome act as indicators of prior SARS-CoV-2 infection and aid in verifying the post-viral state in patients who experience persistent symptoms such as coughing, brain fog, and weariness. In people without a recorded RT-PCR result, this serological evidence is particularly helpful in detecting long-term COVID. IgG testing is not necessary for common cold infections, which are usually brought on by rhinoviruses, because they are transient, self-limiting, and do not have long-term immunological effects. Unlike the common cold, when an acute symptom-based prescription is sufficient, IgG monitoring in homeopathy offers a useful clinical tool in evaluating chronicity and recovery in post-COVID cases, guiding remedy selection and follow-up. ⁽⁸⁾

Homeopathy offers a **gentle, individualized approach** to managing **post-COVID syndrome**, targeting persistent symptoms like **fatigue**, **breathlessness**, **brain fog**, **anxiety**, and **recurrent infections**. Remedies such as **Calcarea carbonica**, **Gelsemium**, and **Arsenicum album** are commonly used based on the patient's constitution and totality of symptoms. Unlike conventional treatments that focus on symptom relief, homeopathy aims to **restore immune balance** and **enhance overall vitality**, making it a supportive tool in long COVID recovery. ^(8, 9)

Clinical Insights into Recurrent URTIs in Post-COVID syndrome Patients

One of the recurring concerns post-COVID is the resurgence of upper respiratory tract infections such as rhinitis, sinusitis, pharyngitis, and laryngitis. These symptoms, though similar to conventional URTIs, tend to be protracted, atypical, and resistant to standard treatment. Patients report chronic nasal discharge, anosmia, postnasal drip, sore throat, and a persistent dry cough that lingers for months after initial recovery. Unlike seasonal URTIs, PCS-related symptoms often coincide with systemic complaints like myalgia, palpitations, and cognitive disturbances, indicating multisystem involvement. ⁽¹⁰⁾

Calcarea carbonica has important therapeutic value in post-COVID syndrome, especially for those who have mental tiredness, recurring upper respiratory tract infections (URTIs), persistent fatigue, and dyspnea upon exertion. These symptoms, which include cold sensitivity, physical weakness, health anxiety, and a delayed recovery from sickness, are similar to those of the classical Calcarea carbonica constitution. A constitutional resemblance to Calcarea is frequently seen in post-COVID patients who have persistent immunological dysfunction, dyspnea, and cognitive impairment. In a case study by Sheeba et al. (2022), a patient recuperating from COVID-19 showed significant clinical improvement and normalization of IgG levels following administration of Calcarea carbonica 200C, indicating immune-modulatory effects. ⁽¹¹⁾ Additionally, Sankar et al. (2024) highlighted the remedy's flexibility throughout life phases and highlighted its value in women experiencing overlapping post-COVID and menopausal weariness. Calcarea carbonica is an effective constitutional therapy for long-lasting COVID symptoms because of its profound effects on the immunological, respiratory, and psychological systems. ⁽¹²⁾

The study by Sheeba et al. (2023) ⁽⁸⁾ presents a case for the inclusion of individualized homeopathic medicines, particularly

Calcarea carbonica and *Arsenicum album*, in addressing the complex spectrum of post-COVID syndrome. By analyzing symptomatology patterns across various organ systems, the authors emphasized how these remedies support immune modulation, alleviate chronic fatigue, respiratory ailments, and neuropsychiatric sequelae such as anxiety and depression.⁽¹³⁾ The review also highlights homeopathy's ability to restore systemic equilibrium, making it a cost-effective and safe adjunct in long-COVID care strategies, especially in managing recurrent upper respiratory tract infections (URTIs). Their findings advocate for a strategic integration of homeopathic therapeutics into mainstream convalescence protocols, particularly in resource-limited settings where holistic recovery is paramount.⁽¹⁴⁾

Estrogen and CoVID-19

Estrogen provides protective effects against COVID-19 by modulating the immune response and reducing inflammation, notably by inhibiting cytokine storms through key signaling pathways. It also decreases ACE2 receptor expression, limiting viral entry into cells⁽⁴⁾. Consequently, premenopausal women with higher estrogen levels tend to experience milder COVID-19 symptoms compared to postmenopausal women. Hormone replacement therapy in postmenopausal women has shown potential to reduce disease severity and mortality, though it requires careful monitoring due to increased thrombotic risk. Overall, estrogen significantly influences COVID-19 outcomes through its immunomodulatory and antiviral roles.⁽⁵⁾

Estrogen is essential for regulating the immune system and has gained recognition for its preventive effects against COVID-19. Compared to men and postmenopausal women, premenopausal women appear to have better recovery outcomes and lower incidence of severe COVID-19, according to epidemiological statistics.⁽¹⁵⁾ The main cause of this is the impact of estrogen on both innate and adaptive immunity. Through its anti-inflammatory mechanisms, estrogen decreases the cytokine storm, increases T-cell responses, and increases the expression of antiviral interferons. The expression of the ACE2 receptor, which SARS-CoV-2 uses to enter cells, is similarly downregulated in lung tissue, which may lessen the severity and load of the virus. Its levels sharply decline during menopause, which impairs immunity, raises pro-inflammatory states, and increases vulnerability to acute COVID-19 and its long-term aftereffects, including post-COVID tiredness, joint pain, anxiety, and cognitive impairments. The higher incidence of prolonged COVID in older females may be partially explained by this hormonal shift. It is helpful to understand the hormonal landscape in integrative care, which includes homeopathic approaches.⁽⁹⁾

Anxiety and Covid

Because of its multiple effects on the physical and psychic realms, *Arsenicum album* 30 has been used extensively both during and after the COVID-19 pandemic. Deep-seated anxiety, especially fear of illness, death, and loneliness, is one of the primary constitutional indicators for *Arsenicum album*. These symptoms significantly coincide with the mental health consequences of post-COVID syndrome. Even after viral clearance, many COVID-19 survivors, particularly those with prolonged COVID, continue to experience anxiety, sleeplessness, and a sense of impending doom (Sahoo et al., 2022)⁽¹⁶⁾. *Arsenicum album* functions as a constitutional remedy in this situation, addressing both immunological modulation and psychological landscape. According to Sheeba et al. (2024)⁽¹³⁾ when taken prophylactically for six days in a row each month, a cohort of post-COVID persons treated with *Arsenicum album* 30C shown a significant improvement in generalized anxiety symptoms, a decrease in panic attacks, and a prevention of recurrent URTIs. These outcomes imply that the treatment promotes emotional balance following viral stress in addition to reducing residual respiratory weakness. The Ministry of AYUSH recommended *Arsenicum album* 30C as a preventive measure during the pandemic, and this clinical use is in line with their recommendations (Ministry of AYUSH, 2020)⁽¹⁴⁾. *Arsenicum album* is therefore a useful integrative choice in controlling health anxiety and psychosomatic sensitivity associated with the illness, since it connects the mental and physical aspects of post-COVID recovery (Chandak et al., 2021)⁽¹⁵⁾.

Cancer & Menopause: A Vulnerable Intersection

The ongoing research article titled "*Individuals with Cancer Allied Impediments During the Menopausal Phase: Impact of Post-COVID Complications*" outlines how immunosuppression from cancer therapy, coupled with menopausal hormonal imbalance, exacerbates the post-COVID burden. Homeopathic interventions are posited to restore systemic harmony, address constitutional weaknesses, and reduce relapse tendencies.⁽⁵⁾

2. METHODOLOGY

This review was conducted to critically analyze the role of homeopathic medicines, particularly *Calcarea carbonica* in the management of post-COVID syndrome with an insight into common URTIs. A comprehensive search strategy was employed across multiple scholarly databases including PubMed, Scopus, Google Scholar, Research Gate, and AYUSH Research Portal. The review focused on articles that were accessible in full text and peer-reviewed. Inclusion criteria encompassed original clinical studies, observational reports, meta-analyses, government guidelines, and well-documented case reports discussing post-COVID clinical sequelae, homeopathic interventions, and differences between COVID-related and non-COVID URTIs. Particular attention was given to studies reporting on the recurrence of respiratory symptoms, neuropsychiatric presentations such as anxiety, and therapeutic responses to homeopathic medicines. Articles lacking clinical data, methodological transparency, or relevance to post-COVID or recurrent URTI contexts were excluded, as were those

not involving homeopathic treatment strategies.

Data extraction was performed manually by reviewing full texts, and clinically significant points were synthesized into thematic categories. These included the clinical profile of post-COVID patients, the role of individualized homeopathic prescriptions, comparative symptomatology with common URTIs, and documented responses to *Calcarea carbonica* in alleviating both physical and psychological manifestations. Additionally, anxiety as a persistent post-viral complication and its homeopathic management were reviewed in relation to the broader systemic impact of COVID-19.

No new clinical data were collected for this review. Since the analysis was based solely on existing literature in the public domain, ethical clearance and informed consent were not required. Nevertheless, the integrity of sources and the authenticity of referenced clinical outcomes were verified to ensure scientific reliability. The results of this review aim to contribute to a broader understanding of integrative management approaches for post-COVID complications, particularly in homeopathic and public health contexts.

3. RESULTS

The analysis of the included literature reveals a consistent pattern of multi-systemic post-COVID manifestations, particularly involving respiratory, neurological, and psychological domains. A significant number of studies reported persistent symptoms such as fatigue, dyspnea, anosmia, cognitive fog, and recurrent upper respiratory tract infections (URTIs) lasting weeks to months after initial viral clearance. These symptoms were often atypical and resistant to conventional symptomatic therapies, necessitating individualized and integrative approaches.

Homeopathic interventions, particularly the use of *Calcarea carbonica*, demonstrated notable efficacy in clinical case reports and observational reviews. Patients presenting with constitutional traits aligning with *Calcarea carbonica*—such as cold sensitivity, chronic fatigue, dyspnea on exertion, immune dysregulation, and health anxiety—showed marked clinical improvement post-treatment. In a reported case study supports the hypothesis of immunomodulatory effects, suggests a possible immune-modulatory effect of this remedy. Additionally, *Arsenicum album* emerged as a prophylactic and therapeutic option, particularly for addressing post-viral anxiety and fear-related neuroses. Reports documented reductions in panic attacks and URTI recurrence, further supporting the remedy's dual action on both somatic and psychological spheres.

An important distinction emerged between post-COVID URTIs and conventional URTIs: while the latter are generally self-limiting and short in duration, post-COVID URTIs are frequently chronic, atypical, and associated with systemic involvement like myalgia and brain fog. In this context, homeopathy offers a gentle yet effective alternative by focusing on the individual's totality of symptoms rather than isolated pathology. Overall, the review supports the integration of constitutional homeopathy into post-COVID management frameworks, particularly in resource-limited settings or for patients with persistent, multifactorial symptoms following SARS-CoV-2 infection.

Table 1: Summary

Post-COVID Symptom	Homeopathic Remedy	Key Constitutional Features	Clinical Relevance in Post-COVID Context
Chronic fatigue, sluggish recovery	<i>Calcarea carbonica</i>	Chilly, easily fatigued, overweight, anxious about health, perspiration on scalp	Enhances recovery from exhaustion and boosts immune reconstitution; supports convalescence
Anxiety, fear of disease, insomnia	<i>Arsenicum album</i>	Restless, fastidious, fearful of death, anxious at night, thirst for sips	Useful in post-viral anxiety, respiratory distress, and sleep disturbances; reduces fear of relapse
Brain fog, mental dullness, tremors	<i>Gelsemium Sempervirens</i>	Dull, drowsy, trembling, lack of coordination, anticipatory fear	Manages post-COVID neurological effects like cognitive slowing, low focus, and fatigue-induced tremors
Dry cough, chest tightness	<i>Bryonia alba</i>	Prefers rest, dry mucosa, irritable, thirst for large quantities	Effective in managing dry, painful post-viral cough with fatigue and chest soreness
Shortness of breath, weakness	<i>Phosphorus</i>	Sensitive, slender, fearful, bleeding tendency, craving for cold drinks	Addresses breathlessness, palpitations, and general weakness after respiratory infections
Lingering URTI symptoms	<i>Hepar Sulphuris</i>	Oversensitive to cold, irritable, tendency to suppuration	Used when secondary bacterial infection is suspected post-viral; helps prevent complications

Loss of smell/taste (anosmia)	<i>Kali Bichromicum</i>	Thick, stringy discharge, frontal headache, preference for warm rooms	Indicated in persistent anosmia and nasal blockages post-infection
Chest pain with respiratory strain	<i>Spongia Tosta</i>	Dry, barking cough, wheezing, worse at night, fear of suffocation	Helps in lingering respiratory complaints with barking cough and chest tightness
Insomnia, hormonal fluctuations	<i>Sepia officinalis</i>	Indifferent, exhausted, hormonal imbalance, irritable	Useful in post-COVID hormonal imbalances in women, especially with menstrual disturbances and sleep issues
General debility, slow recovery	<i>China officinalis</i>	Weakness from fluid loss, sensitive to noise, flatulence	Aids recovery in cases of post-infection weakness, dehydration, or long-term fatigue

4. DISCUSSION

The aftermath of the COVID-19 pandemic has presented a significant challenge to global healthcare, particularly with the emergence of PCS is a multi-system disorder characterized by persistent fatigue, cognitive dysfunction, and mood disturbances persisting well beyond viral clearance. An estimated 60–75% of recovered individuals continue to experience these sequelae, indicating a pressing need for sustainable, holistic, and personalized care strategies. Our systematic narrative review draws upon case studies, government protocols, and observational research to assess the efficacy of homeopathic intervention in managing PCS. Several findings reinforce that homeopathy aligns well with the multi-dimensional nature of post-COVID illness due to its individualized, symptom-totality-based approach. Key remedies repeatedly cited in literature include *Arsenicum album*, *Phosphorus*, *Bryonia alba*, *Gelsemium*, and *Calcarea carbonica*, each selected based on individualized presentations. Notably, *Arsenicum album* 30C has been recommended by the Ministry of AYUSH as a genus epidemics remedy and was used widely in prophylaxis and management, with observational evidence showing reduced symptom progression and hospitalization rates.

In a case study by Sheeba et al. (2022), *Calcarea carbonica* was administered to a patient with long-COVID symptoms, including fatigue and recurrent URTIs. The treatment led to normalization of IgG levels and improved vitality, suggesting an immunomodulatory role of the remedy. Similarly, the 2023 article by Sheeba S. and colleagues emphasized homeopathy's integrative potential in addressing psychosomatic aspects of post-COVID recovery, particularly in cancer survivors and menopausal women. Furthermore, *Phosphorus* and *Gelsemium* were frequently prescribed in pediatric and pregnant populations for their respiratory and emotional symptom control. AI-integrated decision-support tools, as reported by Sheeba (2024), helped streamline remedy selection and monitoring in pediatric and antenatal COVID cases, enhancing clinical outcomes. However, despite encouraging results, this review identifies notable limitations. Much of the current data stems from case reports and observational studies, which lack the statistical power and control of randomized trials.

Moreover, variability in remedy selection, potencies, and follow-up periods adds to heterogeneity and interpretational bias. There is a pressing need for high-quality randomized controlled trials (RCTs) and multicenter studies to validate these preliminary findings and establish standardized protocols. From a public health perspective, homeopathy's affordability, safety profile, and capacity to treat anxiety, menstrual irregularities, and immune fatigue make it a pragmatic complement to conventional PCS management, especially in resource-limited settings such as rural India. The article "Epidemic Mosaic" by Sheeba et al. (2024) highlights that state-wise discrepancies in healthcare access and burden of long COVID could benefit from integrating complementary systems like homeopathy into primary care infrastructure. In summary, the current evidence supports that homeopathy may play a critical adjunctive role in the management of PCS, particularly when care is tailored to the individual's mental, physical, and immune state. Broader acceptance and incorporation of homeopathy into post-COVID recovery strategies will require further empirical validation but show promising potential in enhancing long-term health outcomes.

5. CONCLUSION

The global COVID-19 pandemic has unveiled a complex array of long-term health implications, collectively termed post-COVID syndrome.⁽¹³⁾ These lingering symptoms—ranging from respiratory complaints and chronic fatigue to psychological distress—necessitate a holistic and individualized approach to care. Homeopathy, particularly with the application of *Calcarea carbonica*, has shown promising results in addressing both physical and psychosomatic components of post-COVID recovery.⁽¹⁶⁾ Its ability to stimulate the body's self-regulatory mechanisms makes it a suitable complementary therapy in managing these multi-systemic challenges. While preliminary evidence and clinical observations support its efficacy, the need for rigorous scientific validation through randomized controlled trials remains essential.

The integration of artificial intelligence (AI) and digital tools in refining individualized prescriptions could further enhance treatment accuracy and outcomes, especially in vulnerable groups like children and pregnant women. Ultimately, a collaborative, integrative model of healthcare that respects traditional systems like homeopathy alongside conventional medicine offers the most inclusive and patient-centered path forward in combating the long-term effects of COVID-19. Continued research, interdisciplinary collaboration, and clinical innovation are imperative to fortify our preparedness for future health emergencies.

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