

Successful treatment of long COVID with classical homeopathy

Ten examples from Swiss homeopathic practices

by Andrea Corinna Mayer, Martine Jus and Christoph Grabenhofer

Andrea Corinna Mayer is a classical homeopath working in Ticino and Grisons, Switzerland. Before studying homeopathy at the SHI School of Homoeopathy in Zug, she worked as a natural scientist at the Swiss Federal Institute of Technology (ETH), Zurich. Since 2021, she has led a research project funded by the Dr BK Bose Foundation in Zug, Switzerland, regarding the homeopathic treatment of long COVID and COVID-19 vaccination side effects, thus combining both her scientific background and her profound knowledge of classical homeopathy.



Martine Jus obtained her doctorate at the Faculty of Veterinary Medicine in Bern. Subsequently she worked at the Clinic for Small Pets and at the Institute of Animal Neurology, University of Bern, before becoming a homeopath. She has over 30 years of experience as a homeopath. She set up the SHI House of Homeopathy in Zug, Switzerland, together with her husband Dr Mohinder Singh Jus, who died in 2019, and continues their joint life's work. In addition to her work in the SHI Homeopathic Practice, she is a lecturer, speaker and author of numerous publications.



Christoph Grabenhofer, a certified homeopath, works in the SHI homeopathic practice in Zug and as a lecturer in its school. He was privileged to learn his passion and expertise in homeopathy from Dr Mohinder Singh Jus. On behalf of the Dr BK Bose Foundation, he is involved in homeopathic studies and in preserving the teachings of Mohinder Singh Jus.



Long COVID is the collective term to denote persistence of symptoms in those who have recovered from SARS-CoV-2 infection. Fatigue, cough, chest tightness, breathlessness, palpitations, myalgia and difficulty focusing are frequently reported symptoms in long COVID. According to Carfi et al (2020), the majority of patients who had recovered from COVID-19 reported persistence of at least one symptom, particularly fatigue and dyspnoea (87.4%). This study suggests looking for alternatives for these patients. Despite great efforts in classical medicine, there is no successful treatment yet for COVID-19 or long COVID.

It is therefore essential to search for therapeutic alternatives such as integrative medicine, especially homeopathy, which was used with excellent results in the great epidemics. The data of Gosik et al (2021) suggest homeopathic interventions during the COVID-19 epidemic as a health promotion and treatment strategy that can be used as an adjunct to all sanitary and therapeutic measures. Dixit et al (2021) propose that:

... while investigating long COVID patient rehabilitation, homeopathic management may be included as part of the follow-up route and as much data as possible in the context of homeopathy should be collected so that, in future, the role of homeopathy in dealing with it can be better demonstrated.

Shinde and Bawaskar (2021) found that homeopathic therapeutics display promising results in the shortest time.

The aim of our retrospective case observations is to share our experience with long COVID cases and to explore the use of classical homeopathy in these cases.

Retrospective case observations

Between March 2021 and August 2022, several Swiss homeopaths collected, described and analysed a few long COVID cases (lasting eight weeks or longer after COVID-19) that have been treated successfully.

All cases were taken by experienced homeopaths. Energy levels are assessed as 'half of the usual energy level' (50% estimated by the patient), 'moderate' energy level (80% estimated by the patient) and 'back to normal', i.e. returned to the original energy level. In all cases, a single medicine was selected based on individual symptoms. In most cases, the treatment was concluded with the administration of either an antipsoric or a constitutional remedy.

The dosage was always determined individually. In the presented cases different centesimal and 50 millesimal potencies were used.



© Pop Nukoonrat | Dreamstime.com

Long COVID Case 1

First consultation, 31 August 2021

A 66-year-old man complained of exhaustion and cough with yellow expectoration persisting since an acute COVID-19 infection, eight months ago. The patient was treated constitutionally based on the following symptoms: He is under tremendous stress at work, and increasing responsibilities put him under lots of pressure. He avoids conflicts and likes a harmonious atmosphere, is introverted and does not like to talk about his problems. He always tries to control himself and hides his emotions.

He was very anxious about COVID-19 since the beginning of the pandemic and followed all precautionary official measures very closely. He has a weak digestion and feels easily bloated, especially in the lower abdomen. His flatulence is ameliorated by passing wind and by loosening his belt. He generally feels worse from heat.

Lycopodium clavatum 10M, two doses at 24 hours interval was prescribed. At the next consultation on 9 September 2021 the patient felt

mentally much better. He was less bothered about work, and his financial and existential anxieties as a result of COVID also improved. The cough with yellow expectoration was gone and his energy was back to normal.

Long COVID Case 2

First consultation, 15 July 2022

A 41-year-old woman complained of several symptoms she had had for 18 months (since her acute COVID-19 infection in December 2019): Her pre-existing asthma was worse and she

Two patients loved being out in the fresh air

now uses an inhaler. She has increasing chest tightness, worse exertion and anger. Since having COVID she has more warts on the body (trunk).

The patient was treated constitutionally, as this is a multi-miasmatic case: The patient is tubercular as she often has otitis media, angina and pneumonia or bronchitis with great weakness and assimilation problems, and she suffers from Crohn's disease and heavy menstruation. She is also sycotic, indicated by recurrent cystitis, and syphilitic, as an attempted suicide in 1997 shows.

The following symptoms were also taken into consideration for the choice of the remedy: She has 'never been well since' (NBWS) influenza. She is a friendly, empathetic person, who likes to help others. She is a perfectionist, defends others (worse from injustice) and craves salty food. She feels better during thunderstorms.

Based on this combination of symptoms her homeopath prescribed *Carcinosinum* LM1, diluted in water, twice a day, until the next consultation on 29 July 2021. ▷

All cases were taken by experienced homeopaths

▷ All her symptoms were ameliorated, she was feeling much better. She continues with the treatment with *Carcinosinum* LM1, diluted in water, twice a day.

At the next consultation on 19 August 2021 all COVID symptoms have vanished, she is back to normal.

However, the homeopath continued with the treatment, as the patient was reacting in a constitutional way to the remedy; several complaints she had had for years and her mental state (not related to COVID-19) improved.

Long COVID Case 3

First consultation, 13 May 2022

A 42-year-old woman complained of the following complaints that have been present for six months since her acute COVID-19 infection: She suffers from vertigo that worsens in the evening. She also has tachycardia that worsens when she is alone and during the night, and is ameliorated being with other people and when distracted.

In general she feels worse alone and better in a warm place and if she can talk with somebody about her problems. The patient tends to be agitated, sceptical and distrustful. She is afraid of being poisoned by a homeopathic remedy.

The homeopath prescribed *Arsenicum album* 200C, three doses; one dose each morning on the following three days.

At the second consultation on 25 May 2022 all symptoms were ameliorated, and her fears were reduced to the level before the acute COVID-19 infection. Her sleep was normal again and she no longer had vertigo. The homeopath continues the constitutional treatment in order to cure the remaining symptoms that pre-existed the acute COVID-19 infection.

Long COVID Case 4

For eight months following an acute COVID-19 infection in April 2021, a 70-year-old man had suffered from stiffness of the muscles of the limbs, which deteriorated significantly after the first and the second COVID-19 vaccination with Pfizer/BioNTech in August and September 2021.

It is therefore essential to search for therapeutic alternatives such as integrative medicine, especially homeopathy

First consultation, 16 December 2021

The patient complained of pain in the back, in the arms, the legs and the pelvis, which caused stiffness that aggravated during the first movement after resting (such as when standing up from sitting), and was ameliorated by continuous movement. The patient has a strongly sycotic background (his own and his relatives' symptoms / diseases): he does everything fast, is impatient, can't concentrate well and can't remember names. Mentally he goes from one extreme to the other: on the one hand he lost money in gambling casinos and on the other hand he helps many poor people in his country of origin. He weeps while telling his own symptoms, has unjustified feelings of guilt, likes to travel, and drinks alcohol regularly (he says that life wouldn't be worth living without alcohol). He likes spicy food and fruits. This complex of symptoms indicates *Medorrhinum*, which the patient received as a single dose in the potency 200C.

Six days later, on 22 December 2021, his pain and stiffness were reduced by two thirds. He was able to walk 4 km a day without pain and he slept well. He developed a fatty secretion on the lower side of his penis. He did not receive any remedy that day, as the original symptoms were improving and the secretion indicates a sycotic healing reaction to the remedy.

At the next consultation on 10 January 2022 he again had pain and stiffness, as he had recently recovered from another acute COVID-19 phase. *Medorrhinum* 200C was repeated.

At the following consultation on 3 February 2022 the patient reported that the symptoms were much better for ten days, until he experienced a mental 'shock' when his son told him that he was getting divorced. He interpreted this event as an injustice against his son and would have liked to defend him, but he could not do that. As the pain and stiffness were still aggravated during first movement, such as getting up after sitting, and ameliorated by constant movement, and taking into account his strong reaction to the 'injustice' against his





© Laysa Rose | Dreamstime.com



Above: Once feeling better, a patient decided to travel to his country of origin, at a place near the sea

Left: Another patient suffered from vertigo

© Andrey Popov | Dreamstime.com

son, a single dose of *Causticum Hahnemannii* 200C was prescribed.

At the next consultation, on 10 March 2022, the patient reported that his symptoms were ameliorated significantly for some time, but deteriorated again when the war in Ukraine started. As he comes from a country near Ukraine he was afraid for his family members. The patient received another single dose of *Causticum Hahnemannii* 200C.

On 6 April 2022 the pain got worse again since he had hurt his own dog when he had mistaken a wart for a tick (and removed the ‘tick’) causing a wound. Only a few hours after having received a single dose of *Causticum Hahnemannii* 1M he felt much better. The same day he decided to travel to his country of origin, at a place near the sea.

During a telephone consultation on 10 June 2022 the patient reported that he had fully recovered.

Long COVID Case 5

First consultation, 31 August 2021

A 36-year-old woman had had the following symptoms for two months, since having an acute COVID-19 infection: anxiety, brain fog, fatigue; joint pain; changes in smell and taste, and sleeplessness. The patient had constitutional treatment, thus symptoms she had already before the acute COVID-19 infection were taken

▷ into account: fear of cancer, panic attacks > deep breathing. The active miasm was tubercular. Her constantly changing mental state and aggravation by consolation indicate *Ignatia*. The patient received *Ignatia amara* 1M, two doses on two subsequent days.

By 9 September 2021 she was feeling much better generally, the sleep disorder ameliorated a lot and all the other symptoms were alleviated. After having received constitutional treatment for another month, the patient got back to normal.

Long COVID Case 6

First consultation, 31 May 2022

An 85-year-old woman had breathing difficulty, fatigue and vertigo since an acute COVID-19 infection in mid-February. Since then she has felt tired and weak, and estimated her energy level was half of her usual energy, ameliorated after eating.

Generally, she felt better after taking a walk in the fresh air. She felt tightness of the chest, difficulty breathing

deeply, dyspnoea that worsened when climbing, a cough that worsened when talking or breathing deeply; mucous stayed in her throat and expectoration was difficult.

Natrum arsenicosum 1M was prescribed, three doses on three subsequent mornings.

During the next consultation, on 14 June 2022, all the symptoms were ameliorated: vertigo and tiredness were both 80% better, and she no longer had any symptoms regarding respiration. No remedy was given that day.

On 18 July 2022 she was back to normal. She received constitutional treatment in order to prevent relapses and to ameliorate the symptoms that were already present before the acute COVID-19 infection.

Long COVID Case 7

First consultation, 28 September 2021

Since an acute COVID-19 infection, six months ago, an 85-year-old woman complained about depression and

A patient felt better when in contact with people

anxiety, loss of will, loss of motivation, extreme tiredness (> eating), chest pain, chest tightness, shortness of breath. She had received Pfizer/BioNTech vaccinations in April and May 2021. In general she feels better when in contact with people, and being touched.

The patient received *Phosphorus* 1M, two doses on two subsequent days.

A patient felt better during thunderstorms



© Altor Muñoz Muñoz | Dreamstime.com

On 6 November 2021 she reported that the shortness of breath was ameliorated, her energy level was half of the usual energy level again, the cough was 80% better, her mental state was significantly better, and she felt more motivated and happy again. No repetition of the homeopathic remedy.

On 22 January 2022 there was no longer any shortness of breath and her energy was back to normal.

Long COVID Case 8

First consultation, 24 January 2022

A 59-year-old man had the following symptoms since an acute COVID-19 infection five months earlier: depression and anxiety, brain fog (memory and concentration problems), extreme tiredness, weakness > eating, difficulty sleeping, chest pain, chest tightness, shortness of breath, difficulty inhaling deeply.

The patient received *Natrum arsenicosum* 1M, two doses on two subsequent days.

On 3 February 2022 the patient felt much better, all symptoms were ameliorated by 90%. He complained about symptoms that were present before the acute COVID-19 infection, and received a constitutional homeopathic remedy which cured both the chronic symptoms and the remaining long COVID symptoms.

Long COVID Case 9

First consultation, 19 July 2022

A 60-year-old woman had the following symptoms since having an acute COVID-19 infection four months earlier: vertigo, nausea and dry cough. She still felt angry about an aggressive comment made by a colleague shortly before she got COVID-19. Unfortunately, she had not responded to the aggression, but suppressed her anger. She is the anxious type who does not usually express her emotions.

She had cough with mucous that stays in the throat, no expectoration. She coughed until she vomited and had a raw feeling in the throat. Her energy level was half her usual energy level. She had tension in her jaw, and sleeping problems with frequent waking during the night. Her submandibular and right groin lymph nodes were



© Artem Evdokimov | Dreamstime.com

swollen and her ears felt blocked.

The patient received *Staphysagria* 1M, three doses on three subsequent mornings.

On 22 August 2022, the patient felt better and was no longer angry. All her fears had disappeared. Her energy level was now moderate (80% estimated by the patient) and her sleep was ameliorated, although she still woke up a couple of times a night. Her jaw was more relaxed and ears no longer blocked. The cough was 90% better and the mucous dissolved. The remedy was not repeated.

On 23 August 2022, her energy level was back to normal. There was no more mucous and the cough was much better. She had no more jaw tensions, her sleep was good, and she was no longer fearful. The patient continued constitutional treatment.

Long COVID Case 10

First consultation, 27 May 2022

A 63-year-old woman, three months after an acute COVID-19 infection,

A patient felt better after eating

only had mild residual symptoms: she felt weak and her energy level was moderate (80% estimated by the patient). She felt pressure on her chest as if she could not take a deep breath and could not get air into her lungs. She was chilly but craved fresh air, as all the symptoms from her respiratory tract ameliorated in fresh air. Generally, she felt better after eating.

The patient received *Natrum arsenicosum* 1M, three doses on three subsequent mornings.

On 28 June 2022, she no longer had any respiratory problems and her energy level was back to normal. However, she was afraid of a relapse, saying: 'Now I feel so good, I am afraid that my health could worsen again.' She was chilly and better with warmth. She still felt better after eating, both physically and mentally.

The patient received *Psorinum* 10M, two doses on two subsequent days.

On 16 August 2022 the patient was back to normal, no longer worried, and much more cheerful.

▷ **Discussion**

Ten different homeopathic remedies were used in these cases: *Arsenicum album*, *Carcinosinum*, *Causticum Hahnemannii*, *Ignatia amara*, *Lycopodium clavatum*, *Medorrhinum*, *Natrum arsenicosum*, *Phosphorus*, *Psorinum* and *Staphysagria*. The remedies were chosen based on the new symptoms present since the acute COVID-19 infection, but constitutional considerations were also taken into account in order to find the indicated remedy. *Ignatia amara*, for example, is not known to be a typical remedy for the treatment of long COVID; however, the symptoms of the patient clearly indicated that remedy. *Arsenicum album* has been found to be a common remedy in the treatment and prophylaxis of COVID. Three of the cases received *Natrum arsenicosum*, a remedy of which a homeopathic proving was conducted at SHI Homeopathic School at Zug, Switzerland.

In all these cases it was possible to improve the health status of long COVID patients significantly. This supports the findings of Mayer et al (2023) who described the homeopathic treatment of eight post-acute and long COVID cases. Varanasi et al (2021) suggested, based on a review:

The findings might provide evidence for clinically repurposing some of homeopathy's medicines ... enabling their use in COVID-19 as an adjunct or stand-alone to help reduce costs and improve patient recovery.

Our findings are also supported by Padre e Mourão (2020) who concluded that homeopathy is a safe and viable therapy for the control of COVID-19 symptoms, as scientific evidence has proven its benefits through clinical trials. Kaur et al (2022) concluded that homeopathy may be an effective adjunct to standard care for treating patients with moderate

The long COVID case 4 that was complicated by the Pfizer/BioNTech vaccination needed longer homeopathic treatment

Learning Opportunity

Would you like to learn more about farm homeopathy?

We are offering free training in return for business skills. This includes free Pro Membership of our Learning Centre, access to all of our webinars and courses, plus live teaching sessions.

For full details please email: jackie@wholehealthag.org



WHAg is a community of farmers, health professionals and citizens, dedicated to supporting and promoting those who farm for health and vitality. Our aim is to help farmers discover and adopt practices that can end reliance on synthetic chemicals, antibiotics and intensive interventions.

Progressive education for farmers and other professionals is via our member-based Learning Centre. learning.wholehealthag.org



and severe COVID-19. Homeopathy is very effective in the treatment of acute COVID-19, as shown by Jus and Studer (2021).

These case studies can serve as examples for the successful homeopathic treatment of long COVID. However, further studies presenting more cases are necessary in order to increase our knowledge.

Conclusion

The results of this case series are encouraging. Several of the cases resolved with just one remedy, repeating it according to the rules of classical homeopathy; thus no repetition of the remedy if there is an amelioration, repetition only when there is a relapse. In other cases, several remedies came into operation, one after the other, as in these cases one remedy cured only part of the symptom picture of the respective patient and a subsequent remedy was needed to finish the case.

In three of these ten long COVID cases, the remedy *Natrum arsenicosum* was involved. This remedy has proven to be very useful in many post-acute and long COVID cases and needs to be studied in more detail.

The long COVID case 4 that was complicated by the Pfizer/BioNTech vaccination needed longer homeopathic treatment compared to other cases, but even this patient fully recovered from all the symptoms that came from his first acute COVID-19 infection.

The best results were seen if the patient received his or her constitutional remedy to conclude the case. Every patient's reaction to long COVID depends on their individual general state, thus constitutional homeopathic treatment might even help to prevent a severe form of COVID-19.

Patient perspective and informed consent: all patients gave their consent to publishing the data anonymously in this article.

Conflict of interest: financed by the Dr BK Bose Foundation

Financial support: Dr BK Bose Foundation

REFERENCES

- Bhattacharjee B, Roja V and Khurana A (2021) 'Homeopathic Medicine *Arsenicum album*, the prophylactic/immune booster in COVID-19 pandemic'. *IJRH* 15 (3)
- Carfi A, Bernabei R, Landi F, for the Gemelli Against COVID-19 Post-Acute Care Study Group (2020) 'Persistent Symptoms in Patients After Acute COVID-19'. *JAMA*;324(6)
- Dixit AK, Giri N, Singh S (2021) 'Exploring the scope of homeopathy in combating the unfortunate consequences of post-COVID-19 survivors based on non-COVID conditions: a narrative review'. *J Complement Integr Med*. 2021 Oct 15.
- Gosik M et al (2020) 'Medicines for the new coronavirus in the view of Classical Systemic Homeopathy'. *Complement Ther Clin Pract*. 45.
- Jus M and Studer L (2021) 'Unsere

One patient lost money in gambling casinos

Erfahrungen in der Begleitung von COVID-19-Patienten - Stand September 2021'. *Similia* 119

Kaur H et al (2020) 'Homoeopathy as an Adjuvant to Standard Care in Moderate and Severe Cases of COVID-19: A Single-Blind, Randomized, Placebo-Controlled Study'. *Homeopathy*. 2022 Nov 28

Mayer AC et al (2022) 'Proving of *Natrium arsenicosum*. Sintomi confermati clinicamente e alcuni casi di long COVID'. *Il Medico Omeopata* 81

Mayer AC et al (2023) 'Homöopathische Begleitung von Long COVID and "Postacute" COVID - ein Forschungsprojekt der Dr. B.K. Bose Stiftung, Zug'. *AHZ Bd*. 268 (1)

Padre A, Mourão LC (2020) 'Correlation of COVID-19 With Stomatognathic System With Homeopathic Proposal for Adjunct Treatment to Increase Oral and General Health'. *Altern Ther Health Med*. 26 (S2)

Raveendran AV, Jayadevan R, Sashidhardan S (2022) 'Long COVID: An overview'. *Diabetes Metab Syndr*. 2021 May-Jun;15(3)

Shinde V and Bawaskar R (2021) 'Homoeopathy for Post COVID-19 illnesses: A Case Series'. *Indian Journal of Research in Homeopathy* 15 (3)

Varanasi R, Nayak D, Khurana A (2021) 'Clinical Repurposing of Medicines is Intrinsic to Homeopathy: Research Initiatives on COVID-19 in India'. *Homeopathy* Aug; 110(3)

Andrea Mayer can be contacted at andrea.mayer@omeopata.ch. □