



ROLE OF HOMOEPATHY IN INFLUENZA

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Abstract

The mankind is under wrath of various influenza viruses. Despite a lot of advancement in genomic viral studies, lab Techniques, advancement of medical field and treatment options in the form of antiviral drugs and antibiotic drugs, the threat of pandemics is hovering mankind with worldwide challenges to fight against it. Homoeopathy has played a contributory role in the treatment and prevention of various flu in past. In this overview, the role of homeopathic medicines used in the treatment of influenza in reducing the mortality is highlighted.

Key words

Influenza, flu, homoeopathy, Clinical repertory, materia medica

Introduction

An acute viral disease caused by influenza viruses (influenza A and B viruses) which causes URTI. Year-round influenza activity observed in tropical and subtropical areas, peaking at different times, infection of the respiratory tract may gain peak in winter.^[1] Most people have self-limited URTI symptoms with or without systemic signs and symptoms, temporarily affect day to day activities.^[2] Young children, older adults, pregnant, and those with certain underlying conditions may create complications resulting in medical care visits, hospital admissions, or in hospital and community deaths.^[1]

Mortality rate

It was observed that the area with larger population experienced an early pandemic. As compared to rural area, cities and town experienced approximately 30 to 40 % higher death rates.^[3]

The flu mortality Statistics presented unexpected results. The overall mortality was elevated for young adults, with varying mortality rates in above 65-year-old in various geographical regions. The virulence of the SF remained a glitch, which is still unexpected.^[3]

Classification of influenza viruses

Orthomyxoviridae (group of RNA viruses) is the family of viruses responsible for influenza. Influenza viruses can be classified as types A, B, C, and D. These types produces similar symptoms generally, but antigenically are completely unrelated, because of that infection with one type confers no immunity against the others. The great influenza epidemics are because of A type, where B causes only smaller localized outbreaks. The C type cause only mild respiratory illness.^[1,3]

Causes

As we discussed Influenza is caused by a virus. The virus spreads in droplets when a sick person coughs, sneezes or talks. You can inhale the drops directly. Or you can pick up germs by touching items.^[2,3]

Symptoms

Its incubation period is 18 to 72 hrs, initially it may seem like a cold with runny nose, sneezing and sore throat. Generally cold starts slowly, where flu progress quickly. Symptoms are worse in flu than in cold.^[1,2]

Common symptoms often — but not always — include a fever as well as aching muscles, chills and sweats.

Other symptoms include:

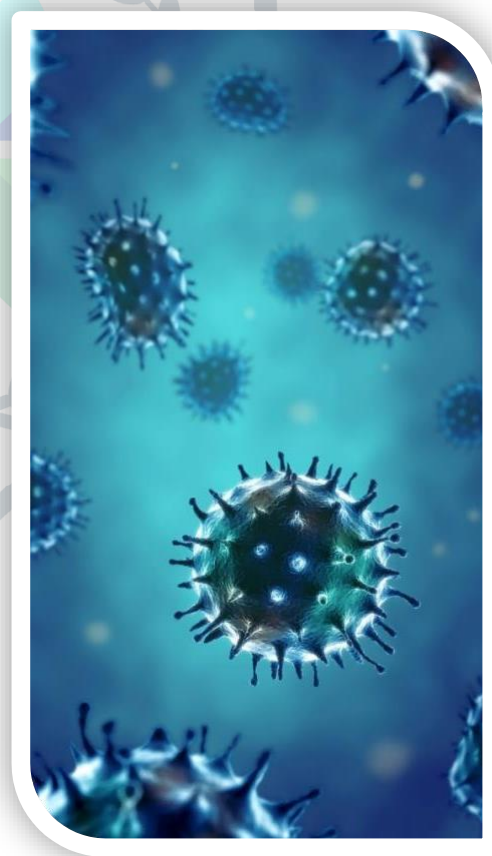
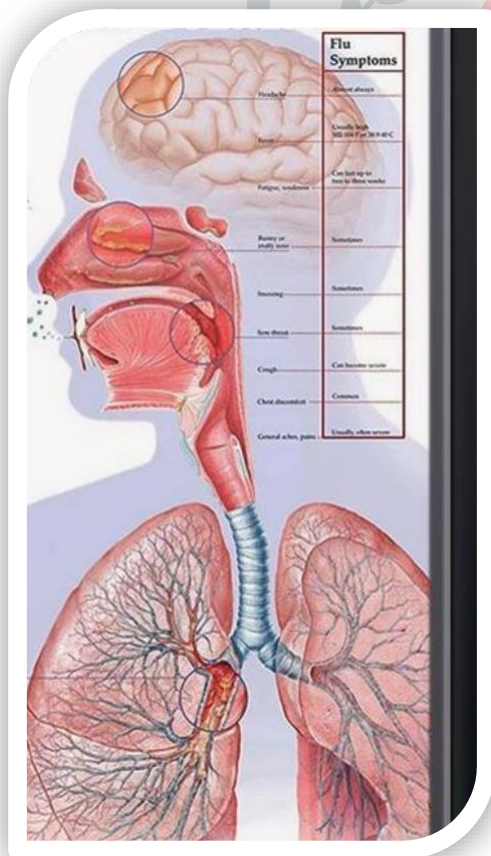
- Headache.
- Dry, persistent cough.
- Shortness of breath.
- Tiredness and weakness.
- Runny or stuffy nose.
- Sore throat.
- Fever, chill.
- Eye pain.^[1,2,3]

Diagnosis^[2,3]

Rapid antigen test (10–15 min to results)	Viral antigen detection by antibodies using a lateral flow immunoassay or rapid immunofluorescent assay
Rapid molecular assay (15–40 min to results)	Viral RNA detection using nucleic acid amplification
Molecular assay (45–80 min to results; up to 4–6 h for some assays) done in clinical laboratories	Viral RNA detection using nucleic acid amplification; some assays require complex machinery, preanalytical nucleic-acid extraction, and downstream analysis
Immunofluorescence assay (1–4 h to results)	Viral antigen detection by antibodies using immunofluorescent staining; requires collection of upper-respiratory-tract cells and fluorescent microscope
Virus culture (1–10 days to results)	Isolation of viable influenza virus using tissue cell culture

Complication^[1,3]

Upper-respiratory complications	Otitis media, parotitis, sinusitis, and laryngotracheobronchitis
Cardiac complications	Myocardial infarction, myocarditis, pericarditis, and heart
Gastrointestinal complications	Hepatitis, pancreatitis, and severe acute abdomen-like pain
Musculoskeletal complications	Myositis, rhabdomyolysis, and compartment syndrome
Renal complications	Acute kidney injury and kidney failure
Neurological complications	Encephalopathy, encephalitis, meningoencephalitis, febrile seizures, cerebrovascular accident, transverse myelitis, acute demyelinating encephalomyelitis, Reye syndrome with salicylate exposure, and Guillain-Barré syndrome
Co-infections	Pneumonia, ventilator-associated pneumonia, tracheitis, and meningitis
Other complications	Exacerbation of chronic disease, dehydration, sepsis, toxic shock syndrome, sepsis-like syndrome or sudden death in young infants, premature labour, and fetal loss in pregnant



Susceptibility

Like many other homeopaths, and consistent with Hahnemann's injunction in §73 of the Organon, Chatterjee, a public health doctor during the Spanish flu crisis in Calcutta, identified the predisposing factors of overwork, anger, crowding, malnutrition, heat and cold.^[4]

As today, fear and panic were also a topic of homeopathic concern.

For the element of fear was so great in some localities, due to much publicity regarding the mortality of the disease, that many were thrown into a state of frenzy the moment a diagnosis of influenza was made. Fear quickly paralyzes the central forces, making room for the rapid encroachment of disease and lessens the power of resistance.^[5,6]

Even then, homeopaths were concerned with immunity and the question of who was especially vulnerable to contracting serious disease.^[5]

A large number of people fell ill consecutively up to four times. "Demonstrable immunity" was not seen. Neither prior illness nor vaccination ameliorated the course of the disease. There were "severe cases after mild ones and mild ones after severe ones," as well as mild after mild and severe after severe.^[5,6]

Role of homoeopathy in case of flu

Homoeopathy can play a significant role in the management and treatment of influenza, also known as the flu. Here are some key points:

1. **Preventive Role:** Homoeopathic treatment can be used to bolster immunity prior to the flu season. This preventive approach can help the body resist the flu virus.
2. **Therapeutic Role:** For patients already infected with the flu, homoeopathic remedies can often help their illness run its course more quickly and with fewer complications.
3. **Individualized Treatment:** Homoeopathy is based on individualization, meaning the treatment is tailored to each patient's unique symptom profile. The totality of symptoms for each patient becomes the guiding signs for finding the indicated remedy.
4. **Natural and Safe:** Homoeopathic medicines are made from natural substances and show no side effects or toxic effects on the system. They work by stimulating the body's restorative and healing processes.
5. **Historical Success:** Homoeopathy has been used successfully in the past to prevent and treat flu-like illnesses. For example, during the 1918-1919 Spanish flu pandemic, homoeopathic remedies were used with notable success.
6. **Cost-Effective:** Homoeopathic treatment can be an inexpensive approach to manage and alleviate flu symptoms.^[4,5,6]

Homoeoprophylaxis

The treatment of flu by homoeopath often entailed a multidimensional and polytherapeutic approach.

Homoeopathic medicine were used : aconitum, ars. alb , baptisia, bryonia, camphora, gelsemium, eupatorium perfoliatum, influenzinum and thus tox. Some examples....

1. Five drops of rhus toxicodendron three times a day use as a preventive for flu.
2. Bryonia 200c widely us as a genus epidemicus.
3. To strengthen the immune system and prevent SARS use anas berberiae , bapticia, bacillinum, eupatorium perfoliatum, pyrogenum, arsenic album and influenzinum.^[4,5]

Homoeopathy has great scope in flu like is curing and also preventive method.

Homoeopathic Medicines for Influenza^[7,8]

Flu with Sneezing

Allium Cepa – For Flu with Constant Sneezing. Sneezing occurs more in a warm room, and copious watery, acrid discharge from the nose. Bland watering of eyes and red eyes is also a common symptom.

Sabadilla – For Flu with Spasmodic Sneezing. Oversensitivity to odors and lack of tolerance to smells, like those of flowers and garlic is a common symptom.

Flu with Stuffy Nose

Ammonium Carbonicum – For Flu with Coryza & stuffy nose. The person is unable to breathe through the nose.

Sambucus – For Flu with Numbness in Nose. Itching in the nose. The nose is blocked, and there is an accumulation of thick mucus in the nostrils.

Flu with Muscle Aches

Eupatorium Perfoliatum – For Flu with Severe Muscle Ache. Myalgia, chills preceded by thirst, extreme soreness, arthralgia. Bodyache, weak pulse, and prostration are some other symptoms indicative of this medicine.

Bryonia – For Flu with Tearing Pains. The muscle aches worsen from the slightest motion or movement. Other symptoms include aching in the joints and muscles with bursting, tearing pains that get better by rest.

Flu with a Severe Headache

Belladonna – For Flu with Headache. A congestive headache and a red face. Throbbing pain and fullness in the forehead and temples (sides of the head) are other symptoms indicative of this medicine.

Natrum Muriaticum – For Flu with Light Sensitivity. where a bursting headache lasts from sunrise to sunset

Flu with Cough

Rumex -For Flu with a Dry Cough. A dry, tickling cough that prevents sleep. A cough occurs while uncovering clothing or covers from the body, and on exposure to drafts of air. Continuous coughing worsened by pressure on the throat or talk is indicative of this medicine.

Drosera – For Flu with Incessant Coughing. Prolonged and incessant coughing and periodical fits of rapid coughing where the cough attacks are recurrent. [5,6,7]

RUBRICS IN CLINICAL REPERTORIES

Boericke repertory ^[7]	Clarke repertory ^[9]	Phatak Repertory ^[10]
<p>HEAD</p> <p>HEADACHE (Cephalalgia)</p> <p>Cause</p> <p>Influenza -- Camph., Lob. purp.</p> <p>Urinary system</p> <p>KIDNEY</p> <p>INFLAMMATION (nephritis) Bright's disease CAUSE</p> <p>Influenza [from] -- Eucal.</p> <p>Respiratory system-</p> <p>Cough, CAUSE, OCCURRENCE, AGGRAVATION</p> <p>Influenza -- Ceba, <i>Eriod.</i>, Hyos., <i>Kali bich.</i>, Kali s., <i>Kreos.</i>, <i>Pix l.</i>, <i>Sang.</i>, Senega, Stann., Strych.</p> <p>Fever</p> <p>INFLUENZA (grippe) -- <i>Acon.</i>, <i>Æsc.</i>, Ant. ars., Ant. iod., Ant. t., Arn., <i>Ars.</i>, <i>Ars. iod.</i>, Ars. s. r., <i>Asclep. t.</i>, <i>Bapt.</i>, <i>Bel.</i>, <i>Brom.</i>, <i>Bry.</i>, Calc. c., Camph., Canchal., <i>Carb. ac.</i>, Card. m., Caust., <i>Cepa</i>, <i>Chin. s.</i>, Cinch., Cupr. ars., Cycl., Dros., <i>Dulc.</i>, Eryng., <i>Eucal.</i>, <i>Eup. perf.</i>, Euphorbia, Euphras., Ferr. p., <i>Gels.</i>, Glon., Glycerin, Gymnocl., Influenzin, Iod., Ipec., <i>Kali bich.</i>, Kali c., Kali iod., Kali s., Lach., Lob. cer., <i>Lob. purp.</i>, Lyc., Merc.</p>	<p>Clinical-H-heart - influenza heart: (1) iber.</p> <p>Clinical-I- influenza(64) <i>Acon.</i>, all-c, ars-r, arum-d, asc-c, asc-t,aven, <i>Bapt</i>, <i>Bell</i>, <i>Bry</i>, camph, camph-br, canch, carb-ac, carb-v, card, caust, cent, cham,chel, chin, dulc, erio, ery-a, eug, <i>Eup-per</i>, euph, euphr, gels, <i>Graph.</i>, kali-i, lob-p, lob-s, lyc, menth. merc-k-i. nat-s, oxyg, phel.phy. <i>Psor.</i> pyrog. rhus-t, sabas, salin, salol, <i>Sang.</i>, sangin-n., sanic, sarr, seneg, stict, still, stry, sul-i, sulo-ac, <i>Sulph.</i> Trios, tub, tub-a, <i>Verat</i>, verat-v, wye, ziz.</p> <p>Clinical - I – influenza – headache of: (1) lob-p.</p> <p>Clinical – P – post – influenza debility: (1) cypr.</p> <p>Causation – influenza: (1) scut.</p> <p>Temperament – children – cough of, after influenza: (1) sang.</p> <p>Temperament- debility – nervous, after influenza: (2)</p>	<p>CHEST: Pneumonia: Influenza, after: Tub.</p> <p>COUGH: Influenza after: Am.c., Sang.</p> <p>HEART: Debility, after influenza: Iber.</p> <p>HEART: Influenza, after: Adon.</p> <p>INFLUENZA: Ars-io; Bap; Bry; Cam; Caus; <i>Eup-p</i>; Fer-p; <i>Gel</i>; Merc; <i>Nux-v</i>; <i>Rhus-t</i>; Saba.</p> <p>INFLUENZA: Gastric: Bap.</p> <p>INFLUENZA: Pain remaining,after: Lycps.</p> <p>INFLUENZA: Weakness, remaining after: Abro; Con; Kali-p; Nat-sal.</p> <p>KIDNEY: Inflammation: Influenza, during: Eucal.</p> <p>NEVER WELL since: Influenza: Gel.</p>

<p>s., <i>Nat. sal.</i>, <i>Nux v.</i>, <i>Phos.</i>, <i>Phyt.</i>, <i>Pod.</i>, <i>Psor.</i>, <i>Puls.</i>, <i>Pyr.</i>, <i>Rhus r.</i>, <i>Rhus t.</i>, <i>Rumex</i>, <i>Sabad.</i>, <i>Sal. ac.</i>, <i>Sang.</i>, <i>Sang. n.</i>, <i>Sarcol ac.</i>, <i>Senega</i>, <i>Silph.</i>, <i>Spig.</i>, <i>Spong.</i>, <i>Sticta</i>, <i>Sul.</i>, <i>Sul. rub.</i>, <i>Triost.</i>, <i>Ver. a.</i></p> <p>Debility of -- <i>Abrot.</i>, <i>Adon.</i> <i>v.</i>, <i>Ars. iod.</i>, <i>Avena</i>, <i>Carb.</i> <i>ac.</i>, <i>Chin. ars.</i>, <i>Chin.</i> <i>s.</i>, <i>Cinch.</i>, <i>Con.</i>, <i>Eup. perf.</i>, <i>Gels.</i>, <i>Iberis</i>, <i>Lac c.</i>, <i>Lathyr.</i>, <i>Phos.</i>, <i>Psor.</i>, <i>Sal. ac.</i>, <i>Sarcol.</i> <i>ac.</i></p> <p>Pain remaining -- <i>Lycopers.</i></p> <p>Nervous System</p> <p>Neuralgia: Cause type: Influenza, debility: <i>Ars.</i></p> <p>Generalities- bones, pains</p> <p>Influenzal -- <i>Eup. perf.</i></p>	<p>cypr, scut.</p>	<p>PROPHYACTICS: Influenza: <i>Eucal.</i></p> <p>SWEAT: Gushing: influenza, after: <i>Amy-n.</i></p> <p>WEAKNESS, enervation, prostration: influenza, after: <i>Abro;</i> <i>Con;</i> <i>Kali-p;</i> <i>Nat-sal.</i></p>
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Conclusion

In the past decade, the global rise in influenza cases has been notable, and recent years have seen resurgence, highlighting the shortcomings of existing preventive and therapeutic measures. This article deals with how homoeopathy has vast number of curative as well as preventive medicines which are well represented in materia medica as well as clinical repertories and they also present with symptoms or rubrics that are related to after effects of influenza.

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