

## COVID LONG

The help provided by Homeopathy

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The current pandemic due to the COVID19 virus not only endangers some of the patients in severe forms with asphyxia and multi-organ failure but causes so-called long forms with persistent symptoms in 20% of patients 5 weeks after the start of the disease and in 10% of patients 3 months later. This is called COVID LONG.

Clinical studies describe 12 kinds of symptoms. Homeopathy offers remedies to help us in these cases.

### **First symptom: major fatigue**

CARBO VEGETALIS 15CH then 30CH a few days later is the first remedy to advice in **all cases**.

It responds to situations in which we have suffered asphyxiation, lack of oxygen and invasion of the body by carbon monoxide. It is a remedy for severe fatigue with limited reactions to the treatments offered. The skin is mottled; the patient's intestine is full of gas and wants to be ventilated. A cough persists, hoarse, mucus, with burning in the chest.

Other fatigue remedies can then be considered:

- PHOSPHORICUM ACIDUM 15CH: weight loss, hair loss, diarrhea with oranges; there is often great sorrow (loss of a loved one)
- CHINA RUBRA 9CH: fatigue with anemia, lack of iron, relapsing fever, persistent respiratory cathar, pulmonary hemorrhages.

### **Second symptom: Dyspnea and cough**

SCILLA MARITIMA 9CH followed by 15CH are the the first remedies to be given.

Important remedy for the heart and kidneys. It acts especially on the respiratory and digestive mucous membranes. Dyspnea and "spikes in the chest." Violent, furious and exhausting cough. Sneezing during coughing. Cardiac stimulant which acts on the peripheral vessels and the CORONARY ARTERIES.

Other remedies

- ANTIMONIUM ARSENICOSUM 9CH: major pulmonary congestion and fear of death.
- BRYONIA 9CH: painful cough, intense thirst, constipation, headaches, happy to be confined and not to move from home

### **Third symptom CHEST PAIN**

1. CARBO VEGETALIS 15CH: burns in the chest
2. ARSENICUM ALBUM 15CH: burns, fear of death, restlessness after midnight

3. SCILLA MARITIMA 15CH: points in the chest
4. KALIUM CARBONICUM 9CH: points in the chest, must lean forward, out of breath while going up the stairs.
5. CACTUS GRANDIFLORUS 9CH: pain like tightening in a vice.

**Fourth symptom: CONCENTRATION and MEMORY disturbances.**

Lack of words ABSINTHIUM 9CH, 15ch, 30ch: Loss of memory, forgets recent facts. Vertigo, tendency to fall backwards. Sensation of weight on the chest. General confusion, facial tics.

**Fifth symptom: headache, paraesthesia, burning sensation**

ABSINTHIUM 9CH: dull occipital headache

GELSEMIUM 9ch: same with tremors and anticipatory anxiety; absence of thirst. Paresthesia with sensation of electric current.

ACONITUM NAPELLUS 9CH: blood congestion of the head, acute hypertension, major stress, fear of death, worse at 11 a.m. and 11 p.m. CAN BE SEEN IN THE DAYS AFTER THE RNA VACCINE.

GLONOCINUM 9 CH: headache with twitching and synchronous pulsation of the pulse. As if the head was going to explode. Dizziness on getting up.

ARSENICUM ALBUM 15CH: burning sensation improved by heat. Anxiety, nighttime restlessness at 1 a.m.

CANTHARIS 9ch: burning sensation in the brain, dizziness improved in the open air. CRACK AFTER A TEST.

**Sixth symptom: smell and taste disturbances, odynophagia (difficulty, pain when swallowing)**

SCILLA MARITIMA 15CH: taste disturbances: the food is bitter, especially bread, or sweet like soup and meat. Loss of taste for tobacco when smoking.

JUSTICIA 15CH: loss of taste and smell. Respiratory catarrh, chest tightness, sore throat when swallowing, hot head, full and heavy.

**Seventh symptom: muscle, tendon and joint pain**

RHUS TOX 9ch: muscle pain improved by movement, herpes, shingles, due to exposure to humidity.

BRYONIA 9 CH: stiff and sore knees, red, swollen, burning joints with stinging and tearing. Improved by rest, intense thirst, constipation. Dry and painful cough.

CUPRUM METALLICUM 9CH: cramps +++ we feel overwhelmed by the situation

SARCOLACTICUM ACIDUM 7ch: FATIGUE, MUSCLE ADYNAMIA, worse with slightest effort, general soreness, paralyzing weakness.

### **Eighth symptom: sleep disturbances**

ACONITUM NAPELLUS 15CH: insomnia before midnight, acute fear of death.

ARSENICUM ALBUM 15CH: insomnia after midnight, chronic fear of death.

AURUM METALLICUM 15ch: CHRONIC INSOMNIA, bone pain, suicidal thoughts (throwing yourself out the window).

ZINCUM METALLICUM 15ch: insomnia with restless legs and sleepwalking.

### **Ninth symptom: irritability, anxiety, palpitations**

ACONITUM NAPELLUS 15CH, 30 CH: great remedy for stress caused by the epidemic and fear propagated by the media. We must find solutions urgently!!!! Worsened in the late morning and around 11 am midnight. Don't sweat.

ARSENICUM ALBUM 15CH: chronic fear of death: there is nothing after!!!! Subject who takes refuge in obsessions.

GELSEMIUM 15CH: anticipatory anxiety: we're not going to be up to it and get through it. Trembles +++++, no thirst, dumbfounded by the situation.

OPIUM 15CH, 30CH: insomnia, heart rhythm disturbances, constipation, snoring, and sleep apnea

### **Tenth symptom: digestive disturbances, abdominal pain, diarrhea, nausea, vomiting, loss of appetite**

NUX VOMICA 9CH: after allopathic rib treatments which left a state of intoxication and malaise. Loaded tongue, intestinal spasms, desire for stimulants, frequent urge to have a bowel movement.

ARSENICUM ALBUM 15 CH: vomiting and diarrhea especially after midnight

PHOSPHORUS 15CH: vomiting and diarrhea especially during the day, intense thirst for fresh water, retained hunger.

COLOCYNTHIS 9CH: abdominal colic pushing to bend in two forward.

KALIUM PHOSPHORICUM 15CH: putrid diarrhea following fright with depression and exhaustion.

### **Eleventh symptom: pruritus, hives, frostbite**

SECALE CORNUTUM 9CH: freezing cold in extremities, numbness, blue toes, numbness, shriveling. Feels guilty +++++

AGARICUS MUSCARIUS 9 CH: Itchy feet and toes as if they were frozen. Cramps in the soles of the feet. Frostbite. Strong spirit in a creaking body.

APIS 9CH: Urticaria, edema, stinging and burning pain improved by cold applications. Don't like living in crowded places.

URTICA URENS 9 CH: alternating urticaria and rheumatism, aggravated by water, touch, snowy weather. Couldn't stand the death of the father.

PULSATILLA 15CH: urticaria, prurigo, venous insufficiency. Arterial hypotension. Fears heat. Does not drink enough. Hanging on to mother. Twelfth symptom: fever, chills

CHINA RUBRA 9CH: fatigue with anemia, lack of iron, relapsing fever, persistent respiratory cathare, pulmonary hemorrhages. We will also see the related remedies: CHININUM ARSENICOSUM 15CH (fever, diarrhea, fear of death); CHININUM SULFURICUM 9CH (tinnitus)