

Homeopathy and the COVID-19 Pandemic

During the COVID-19 pandemic (2020–2023), several studies explored the role of homeopathy as either adjunctive or primary care. Observational cohorts, randomized trials, and case series have shown promising results, particularly for individualized treatment in mild to moderate cases and Long COVID recovery.

Documented Study Highlights

- India (hospital, moderate-severe cases): Adjunctive individualized homeopathy reduced mortality from ~32.3% to ~15.3%.
- India (community clinics): A cohort of 211 analyzable patients showed symptomatic improvement using Arsenicum, Bryonia, Gelsemium, Pulsatilla.
- Brazil (outpatient RCT): In mild to moderate home-treated cases, medical discharge time halved (74.5 h vs 137.4 h).
- Austria (Long COVID): 14 of 15 patients recovered fully under individualized treatment within 37 days on average.
- Brazil (Camphora 1M prophylaxis): Ecological study showed no statistical benefit on mortality or hospitalization.

Why Homeopathy May Have Helped

- Remedies were individualized based on symptoms, not pathology alone.
- Early treatment in mild to moderate stages prevented complications.
- Holistic care supported immune regulation without immunosuppression.
- No harmful drug interactions; treatment was safe alongside conventional therapy.

Common Remedies Used

- Arsenicum album: restlessness, exhaustion, respiratory distress
- Bryonia alba: dry cough, pain with motion, thirst
- Gelsemium sempervirens: weakness, chills, drowsiness
- Pulsatilla nigricans: congestive symptoms, emotional lability
- Phosphorus, Antimonium tart, and others were also used based on case

Summary of Research Findings

Study / Setting	Design	Patients	Outcome Summary
India – Hospital (ICU/moderate)	Randomized, single-blind	~120	Mortality halved; oxygen time reduced
India – Community clinics	Observational cohort	211 analyzed	Symptom improvement in >75%
Brazil – Mild/moderate home cases	Double-blind RCT	82	Faster recovery (75h vs 137h)
Austria – Long COVID recovery	Case series	15	14 fully recovered in median 37 days
Brazil – Camphora prophylaxis	Ecological population study	Municipalities	No benefit on mortality/hospitalization

Further Reading and Sources

- Lidsen Journal: <https://www.lidsen.com/journals/icm/icm-09-03-045>
- IJRH Study: <https://www.ijrh.org/article.asp?issn=0974-7168;year=2022;volume=16;issue=1;spage=26;epage=36;aulast=Varghese>
- PLOS One Trial: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0292783>
- Thieme Study Brazil:
<https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0044-1786511>
- ResearchGate Summary: https://www.researchgate.net/publication/355991808_Homeopathy_in_Epidemics_From_Cholera_to_1918_Spanish_Flu_Part_2