

LONG COVID-19

The symptoms of long COVID patients can be classified as follows

1) Cardiopulmonary system

- shortness of breath with reduced ability to exercise or walk
- persistent cough
- autonomic dysregulation such as sudden palpitations or arrhythmias
- pulmonary embolism causing pedal edema or sharp chest pain
- high blood pressure

Persistent cough can be due to lung irritation or post viral cough, cough variant asthma (positive methacholine test), cardiac cough which is worse on lying down at night

These can be diagnosed first by getting a cardiac ECG and looking for ST elevations or arrhythmias, v/q diffusion studies for understanding if clots are present or not.

The most common symptoms are palpitations, we find the ECG is normal most of the times but in many patients we find a hyperthyroid state. If the patient is hyperthyroid the homeopathy remedy lithium carb may be used to reduce the thyroid levels to normal.

If the patient has overlying anxiety and a high SNS tone then homeopathy remedy lycopodium may help.

Our patented low dose formulation which stimulates the antiviral cytokines increases NK cell numbers (in long COVID patient NK cell number is low). The low dose formulation helps to stop the palpitations with the homeopathics.

If clots are suspected we run a D-DIMER test. If D-dimer is high homeopathy remedy sulphur may be used and which treats the high D-dimer quite rapidly.

For cough variant asthma or a hyper reactive state we test the patients cortisol and ACTH. If the patient was on dexamethasone (oral steroids) during COVID there are high chances that the natural cortisol levels are low.

If ACTH is low we use homeopathy pulsatilla with our proprietary low dose ACTH.

If the cortisol is low we use homeopathy nat mur.

If the IGE is elevated we use homeopathy bromium.

If the patient cough improves after nasal discharge we use homeopathy lachesis.

If the patient has a negative methacholine challenge test we use thuja+echinacea+baptista to treat the post viral dry cough.

If the patient has a dry cough with excess thirst the cause is low vasopressin and we use bryonia to treat this.

For sudden myocarditis and pericarditis we use apis, the patient has a stitching pain in the heart area with palpitations.

2) Gastric symptoms

Patients can get persistent diarrhea, stomach cramps, lack of appetite etc. We treat this with ipecac+ars alb. For severe cramps we use nux vomica.

3) Issues with smelling sensation

For patients with lack of smell, we can use nat mur.

If the patient develops parosmia (distorted sense of smell) or food smells of garbage we use muriatic acid homeopathy which can help rapidly.

4) Neurological

Focal deficits like eye drooping or face palsy will require an MRI or CAT scan to diagnose. Usually silicea is helpful in such cases.

If there is mental slowing we use homeopathy alumina and zincum met. Patients who have too much zinc during COVID can get dementia due to it and hence homeopathy zincum treats such cases.

We reduce neurological oxidative stress with Imusil.

Anger bouts and depression post COVID is a combination of oxidative stress and low serotonin. The virus has the ability to knock off the ACE2 receptors in the gut which cause a drop in tryptophan and B complex levels. We hence use our low dose formulation which stimulates IL10 (IL10 increases ACE2 numbers in the gut), along with sepia which fixes the low serotonin and calms down the person. Some patients also develop PTSD after COVID with continuous flash backs causing stress, these are managed well with ignatia. Such cases find their palpitations also going away with ignatia if PTSD is present.

5) Hair fall

Hair fall post COVID is also due to ACE2 getting knocked off in the gut. We use our hair topical and oral hair tonic besides the IL10 and B complex in such cases.

6) Fatigue

Fatigue is caused due to oxidative stress for which we use imusil. It quickly resolves the fatigue; patients usually find improvements within 3 days as their oxidative stress reduces.

It can also be due to adrenal fatigue and low cortisol for which we use nat mur or pulsatilla along with adrenalinum homeopathy.

Fatigue can also be due to hypoxia which is treated by our low dose formulation which increases NK cell numbers.

Some patients have severe brain fog for which we use our low dose catalase.

7) Acute kidney disease

This is helped by using our low dose formulation which stimulates klotho. Klotho is the main antioxidant in lungs and kidney. It depletes in COVID, thus restoring it reduces creatinine and starts healing the kidney.

The tests we run are CBC, CRP, D-dimer, IL-6, ACTH, cortisol, Liver function test, kidney function test. And after assessing the signs and symptoms with the test results we formulate the treatment plan which is unique to each patient. Basic homeopathic remedies, nutritional supplements and holistic approaches are at times enough to manage the symptoms. As the symptoms improve they are able to slowly recover from the stress caused by COVID-19 on their body and start feeling like themselves again.

If you are a patient who is suffering from Long COVID-19 and need help, contact us with your details and one of our panel doctor will get in touch with you for taking detailed history and formulate a recovery plan based on your symptoms.

For more information on how these reports are read and accordingly manage patients contact us to receive the full video and handouts on long COVID and post vaccination injuries.