

Homeopathic Remedies for COVID-19 Illness & Related Symptoms

Homeopathy has successfully treated acute epidemic illnesses for 200 years. The following remedies can be used to treat **any** fever/cough/flu-type illness when the symptoms match, including those associated with covid-19 virus. Other remedies may be needed, but the ones below are commonly available and will help a majority of cases.

If anxiety & fear is very strong – start with Acon or Ars. If dry cough is the main symptom, start with Acon or Bry. If there is great weakness, use Ars, Gels, Phos or Ant-t. If bronchial/respiratory symptoms predominate, use Bry, Ant-t or Phos.

Best-indicated remedy should be taken in 30c potency, every 2 hours at first then reduce frequency to 3 doses daily until symptoms clear. If no relief within 24 hours, or symptom-picture alters, change the remedy accordingly.

<p>Aconite Patient falls ill suddenly High fever with great thirst & restlessness Sudden chill Intense fear, even panic Short dry cough, no expectoration Symptoms begin or get worse at night</p>	<p>Arsenicum Chilly, can't get warm Restless anxiety Great weakness Diarrhoea &/or vomiting Sore throat, runny nose Breathless, wheezy, chest feels tight Thirst for frequent sips Worse midnight - 3am</p>	<p>Bryonia Cough dry, hard, racking, painful – holds the chest Stitching pains in chest Patient is worse any movement, worse warm room, better in cool air Difficulty inhaling Dry lips, mouth, throat Thirst for large amounts</p>
<p>Gelsemium Slow, gradual onset Patient feels drained, trembling, weak muscles Can't think clearly Heaviness of head, eyelids & limbs Dull headache, shivery Dizziness, blurred vision Chills up & down spine</p>	<p>Mercurius Profuse sweating Offensive breath Swollen glands Sore throat Creeping chilliness Alternately hot & cold, can't get comfortable Worse at night, esp. when warm in bed</p>	<p>Antimonium –Tart. Chest feels full of mucus Loose, rattling cough Can't raise the phlegm Bubbling respiration Patient has no strength As if drowning in phlegm Drowsy, sleepiness</p>
<p>Phosphorus Deep cough worse from talking, laughing, cold air, lying on left side Chest feels heavy Hoarse, croaky voice Burning sensations Over sensitive to light, odours, noise, touch Craves cold things</p>		

Note: This information is not intended to replace medical advice or care. Contact a health professional if you need further medical or homeopathic support. The above remedies can be obtained at health food shops, some chemists & specialist homeopathic pharmacies.

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