

**The COVID-19 Pandemic, its impact and working out Homeopathic Genus Pandemicus by Repertorizing its
Worldwide Symptoms – A Literature Study**

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Article Info: Received - 23 March 2020, Published - 26 March 2020.

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Acknowledge to the Idea Originator: This study is based on the idea of Founder & Advisor – Jv'n Dr. Panckaj Garg who has also provided his hospital to the government for isolation and treatment of suspected Covid-19 patients in a 500 bedded quarantine centre at – University AYUSH Hospital - Suryaansh Aarogyashala and attached Buildings. I am grateful to him to give us this opportunity to serve.

Abstract

Noval Corona Virus causing COVID-19 ravaging Since 10th December 2019 from Wuhan, China has become a Pandemic and < 28000 have deceased of it world wide upto 29th March 2020. The main symptoms being lower respiratory like cough and difficult breathing and respiratory failure being main cause of death esp. in older patients having co-morbidities. Homeopathy has remained successful in treatment of various epidemics and Pandemics in last two Centuries and is a ray of hope by identifying Homeopathic Genus Pandemicus for COVID-19 in absence of a Vaccine and specific treatment for it in modern medicine. In this study, Repertorization is the essential tool based on worldwide known symptoms of COVID-19 for selecting the Homeopathic Genus Pandemicus.

Keyword: COVID-19, Noval Corona virus (nCov), Pandemic, Social Distancing, Lock-down, Quarantine, Isolation, AYUSH, Genus Pandemicus, Repertorization, Global calamity.

Introduction

COVID-19 / SARS-CoV and its morbidity

COVID-19 starting from Wet Market of Wuhan – China of which most probable patient zero is Wei Gushian a 57 years women who is a prawn seller in Hannan, who reported to local hospital for Corona symptoms of cold on 10th Dec. 2019 but couldn't identified for Noval disease and later was diagnosed after 26 days for COVID-19, treated and recovered, but meanwhile unknowingly spread the infection to Wet Market of Wuhan. Since then, upto now as it has become an pandemic due to delayed travel restrictions from Wuhan, China and over 28000 deaths have taken place and counting.

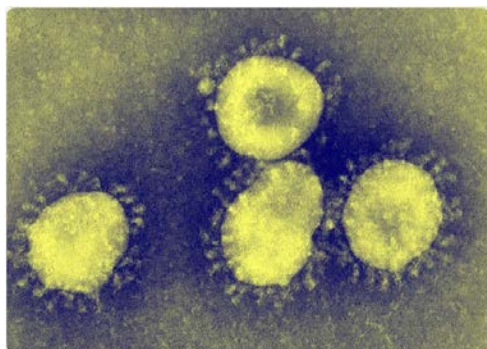


Figure 1 : 2019- nCoV as seen under electron microscope

COVID-19 or Human pathogenic coronaviruses or Severe acute respiratory syndrome coronavirus (SARS-CoV) called so as “Corona” means crown in Spanish, and coronavirus is a category of viruses so named because of their appearance -- covered with crown-like spikes, according to the Atlanta-based Centers for Disease Control and Prevention. They attach to their target cells using angiotensin-converting enzyme 2 (ACE2), which is produced by epithelial cells of the lungs, intestine, kidneys, and blood vessels. The patients with co-morbidities and already suffering from chronic hypertension and diabetes mellitus are having more risk for severe COVID-19 infection.

Globally, approximately 700,000 confirmed cases of coronavirus disease 2019 (COVID-19) caused by the 2019 novel coronavirus (SARS-CoV-2) have been reported, including an estimated 32,000 deaths in approximately 150 countries by 29th March, 2020. On March 11, 2020, the World Health Organization had declared the COVID-19 outbreak a pandemic. Early data from China suggest that a majority of coronavirus disease 2019 (COVID-19) deaths have occurred among adults aged more than 60 years and among persons with serious underlying diseases.

Clinical features

The most detailed breakdown of symptoms of the disease comes from a recent World Health Organization analysis of more than 55,000 confirmed cases in China. Here are the most common symptoms and the percentage of people who had them:

- Fever: 88%
- Dry cough: 68%
- Fatigue: 38%
- Coughing up sputum, or thick phlegm: 33%
- Shortness of breath: 19%
- Bone or joint pain: 15%
- Sore throat: 14%
- Headache: 14%
- Chills: 11%
- Nausea or vomiting: 5%
- Stuffy nose: 5%
- Diarrhea: 4%
- Coughing up blood: 1%

- Swollen eyes: 1%

COVID-19 affects lower respiratory tract and symptoms of this infection are felt in the chest and lungs. That's different from common colds that are presented with an upper respiratory tract infection, where you get a runny nose and sinus congestion and those symptoms seem to be rare for people affected with COVID-19.

Current Coronavirus (COVID-19) Cases in India:

Cases updated **29-Mar, 07:58 pm**; Tests as of 27-Mar, 9:00 am; next update 10:00 pm; Sources: MoHFW, Worldometers, ICMR, JHU

987 Confirmed Cases*

979 Cases as per MoHFW*

25 Deaths

87 Recovered

875 Treatment Ongoing

27688 No. of Tests Done**

*Confirmed cases as of non-government sources; as of Ministry Of Health And Family Welfare confirmed cases = **979**, Recoveries = **86**, Deaths = **25**.

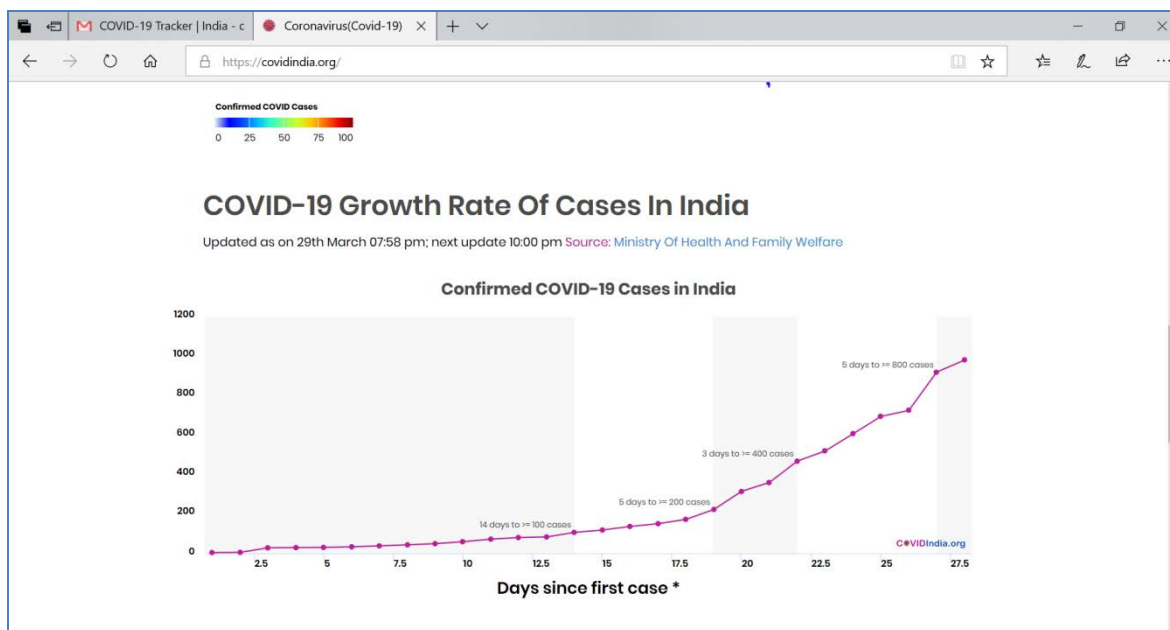


Figure 2 : COVID -19 Growth rate of cases in India

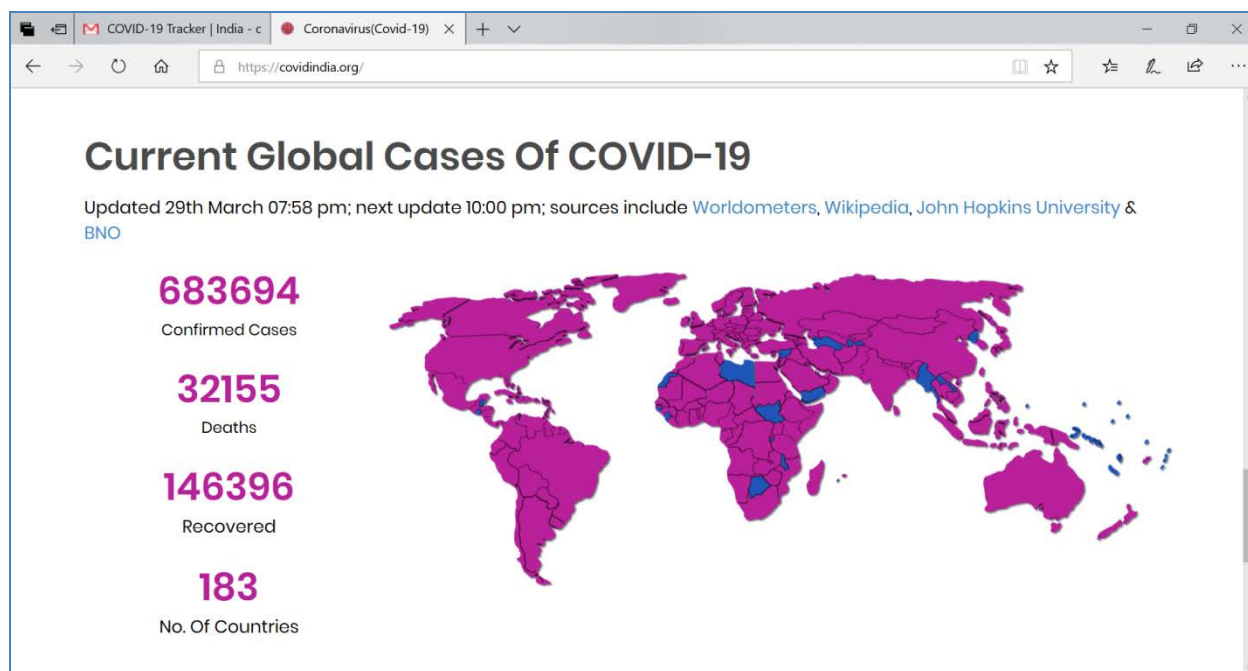


Figure 3: Current Global situation on Corona

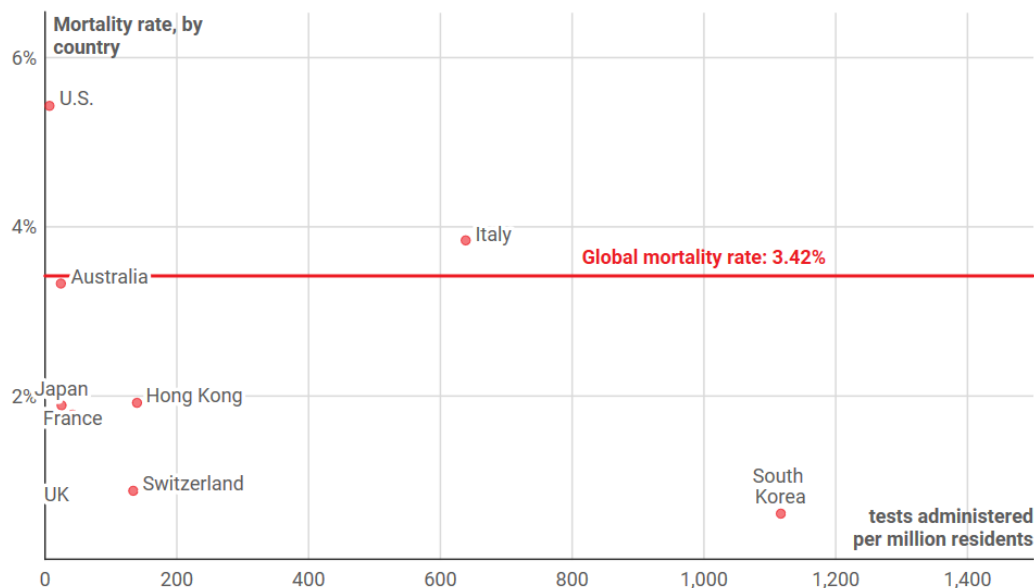
Implications for public health practice and outcome

COVID-19 can result in severe disease, including hospitalization, admission to an intensive care unit, and death, especially among older adults. Everyone can take actions, such as social distancing, to help slow the spread of COVID-19 and protect older adults from severe illness. Currently, based on estimates of the incubation period, it is believed a 14-day quarantine is enough to prevent transmission.

ACE2, an enzyme also found in bats, is SARS-CoV-2's entry point into the cell. The research cited a study that observed that ACE2 expression increases in hypertensive and diabetic patients, making them more vulnerable to severe infection. Drugs like ibuprofen and thiazolidinediones, used to treat type-2 diabetes, too increase ACE2 expression.

Higher testing rates for COVID-19 results in lower mortality: This effect is due to early hospital isolation of positive cases rather than home quarantine of doubtful cases which results in lower social spread and early diagnosis also results in better treatment outcome due to lower complications.

Countries that test more for COVID-19 tend to have lower mortality rates for the illness

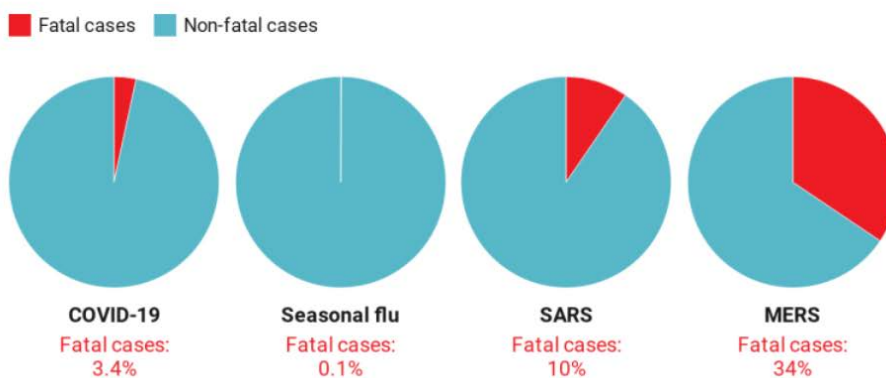


Numbers are as of March 5, and the quality of the data vary on the basis of what each country's public health department makes available. Click on the source link below for more details on the methodology.

Chart: Elijah Wolfson for TIME • Source: [Each country's respective public health department](#) • Created with Datawrapper

Figure 4 : Lowe rate COVID - 19

COVID-19 looks a lot closer to the season flu than to previous coronavirus outbreaks



COVID-19, SARS, and MERS data are global and total to date. Seasonal flu data are U.S., for the 2018-2019 season.

Chart: Elijah Wolfson for TIME • Source: CDC and WHO • Created with Datawrapper

Figure 5 : COVID – 19 Seasons

A more complete – and hopefully, less severe – picture of COVID-19 will likely to emerge as outbreak continues, testing capacity increases and real time refined data accumulates. It is estimated that the ultimately about 60% to 70% of world population will go through COVID-19 and fatality rate will stand below or about 1%.

Based on different scenarios for the impact of COVID-19 on global GDP growth, the ILO estimates indicate a rise in global unemployment of between 5.3 million ("low" scenario) and 24.7 million ("high" scenario) from a base level of 188 million in 2019. By comparison, the 2008-9 global financial crisis increased global unemployment by 22 million.

Falls in employment also mean large income losses for workers. The study estimates these as being between USD 860 billion and USD 3.4 trillion by the end of 2020. This will translate into falls in consumption of goods and services, in turn affecting the prospects for businesses and economies leading to global slow down of economies and increase in poverty.

Lothar Wieler, president of the Robert Koch Institute, Berlin, Germany, said on March 17th, 2020 that eventually some 60% to 70% of the global population would have been infected, recovered and acquired immunity, but it was impossible to say how fast that would happen. The coronavirus pandemic is likely to take about two years to run its course, the head of Germany's public health agency said on Tuesday, adding that much depended on the speed with which a vaccine against the virus was developed.

Effect of Social distancing and Lockdown on COVID-19

In China, the number of infections could be reduced up to 98.9%, and the number of deaths could be reduced by up to 99.3% as of Feb 23, 2020 to 29th March, 2020 by earlier epicenter lockdown. So stepwise implementation of social distancing in the epicenter city first, then in the province, and later the whole nation without the epicenter lockdown would be practical and cost-effective in absence of effective and specific treatment and vaccine against COVID-19.

Do Indians have better chances of survival from COVID-19 Pandemic.....?

The impact of epidemic depends on three factors: the infectivity and virulence of the agent, the susceptibility of the host, and the environment favorability of the agent. That means simply, if the infectivity is high, it's going to attack more people but with low mortality, but if the virulence is high, it will kill more people without being able to spread at greater speeds. If the host is not susceptible to infection then also epidemic will become weak or may not produce increased case fatalities. And if the environment is not conducive to viral survival then also the epidemic will fade. Let's discuss these factors on Indian context.

1. Agent : According to a Chinese study in Peking university on 103 patients, they identified two strains of COVID-19, the original S type and L type, which is a mutated type [1] ; but their study found more of L type. It suggests that L type is more aggressive mutated form. And the causative agent remains same as for the rest of the world, till now.

2. Host: The host factor is very important in an epidemic. The infectivity and severity of the disease, as well the mortality are determined by immune response of the host. The COVID-19 opportunistically causes more suffering in elderly and those having co-morbid conditions - more mortality. So, age composition of a country will determine its mortality. A country like Italy where 22% of population are elderly (more than 65 years) the mortality is very high. Whereas in India 6.4% are above 65, so naturally the mortality will be less here.

Apart from this age composition another factor is important which is immunity of the host. We have two types of immunity. The first line is Innate immunity and 2nd line is Adaptive immunity. The innate immunity does not have a memory and it is mediated by NK cells, macrophages and neutrophils. The Adaptive immunity is mediated by T and B

lymphocytes and it needs a memory of a previous encounter with the pathogen. But here our Innate immunity is important as the COVID-19 is a new virus.

An Indo- US team of researchers has found that Indians, compared to other world countries carry more NK cells that can detect and terminate infections at early stage. Indians acquired the activating KIR (killer cell immunoglobulin receptor) genes as a result of natural selection to survive environmental challenges. So there is some proof that we have a stronger first line defense, and due to poor sanitary conditions as compared to western countries, we are exposed to more infective agents and that determine a specific microbiome inside our body.

There is another factor as well. A new study is recruiting health workers to evaluate effect of BCG vaccination in prevention or manifestation of COVID-19 infection. BCG vaccine is given in children to modulate their immunity against tuberculosis. It actually enhances T cell mediated immunity which is a form of Adaptive immunity, but at the same time with the help of IL1 Beta it stimulates innate immunity, as well. BCG vaccination has been shown to reduce 30% of viral infections, with the help of this Innate immunity. So BCG, Tuberculosis and Innate immunity will have another advantage, in fight against this virus, of being a Tuberculosis endemic country.

3. Environment: By looking at the temperature and latitude of the affected countries, the spread of COVID-19 is along a narrow corridor of 30-50° N at consistently similar weather conditions of 5 to 11 degree Celsius and 47% to 79% humidity. This suggests that a temperature rise of 12 degrees Celsius or higher, the viral is killed in the atmosphere in very shorter time durations and its transmission becomes difficult. So, we can conquer over this ravaging highly infective disease with positivity by maintaining a proper lock down till mid of April, and leaving the rest to nature, the scorching sun rays.

Prof. Anand Ranganathan, JNU tweets a research published by Indian researchers at ICGEB and as per its conclusions that are quite encouraging, Indians have a unique microRNA namely hsa-miR - 27b which successfully mutates this virus nCoV-2. This perhaps reduces the lethality of the virus in affected Indians.

Support of Indian political arena to AYUSH systems and Homeopathy

PM interacts with AYUSH practitioners and states that AYUSH sector has a long tradition of keeping the nation healthy; has an important role to play in checking the spread of COVID-19: PM states that it is important to counter and fact-check unsubstantiated claims of AYUSH having cure for the disease adding that AYUSH scientists, ICMR, CSIR and other research organizations must come together for evidence based research.: PM Utilize the platform of telemedicine to reach out to public and generate constant awareness.

He said that the country must be ready to use the entire healthcare workforce to meet the challenge, and if the need so arises, help from private doctors connected with AYUSH may be sought by the government.

Prime Minister suggested that AYUSH medicine producers could utilize their resources towards producing essential items like sanitizers which are in high demand these days.

This was discussed in parliament by one MBBS M.P. He said that nobody should speak like this about Homoeopathy. He was suffering from bad sinusitis for some years and nobody was able to cure but one Homoeopath cured him. If somebody

writes against Homoeopathy or Homoeopaths that shows he does not know what is Homoeopathy. We must ignore what they write but go on doing what we are doing.

Precautions and Therapies

Therapies: Rinse your throat by gargling with salt water before going to public places and after returning home. The method is as follows:

A bit of salt water diluted in a glass; lift your head back; letting the salt water bathe the area of your throat, open your mouth slightly and gargle with salt water spit out the salt water after a few seconds., repeat the process 3 to 5 times.

Because viruses lurk (wait) in the throat, the diluted Salt Water can Kill them on the spot, thus achieving the purpose of preventing infection.

This method is simple, effective, easy to do. But it requires it to be constant.

In another study it is concluded that all we need to do, to beat corona virus, we need to take more of an alkaline foods that are above the above pH level of the Virus, Some of which are:

Lemon - 9.9pH, Garlic - 13.2pH, Mango - 8.7pH, Tangerine - 8.5pH, Pineapple - 12.7pH

Orange - 9.2pH

In a study from Israel where there are least deaths from C-19:

Increase your intake of the above to help boost your immune system. The recipe is simple

1. Lemon
2. Bicarbonate

Mix and drink as hot tea every afternoon and night, the action of the lemon with hotter baking soda immediately kills the virus completely eliminates it from the body. These two components alkalize the immune system, since when night falls the system becomes acidic and defenses lower.

Precautions

- Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- The virus is very fragile: the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy.
- HEAT melts fat: this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything.
- Alcohol or any mixture with alcohol over 65% DISSOLVES external lipid layer of the virus.
- NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood (because it removes all the moisture and does not let it peel off and disintegrates), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

- The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faste
- UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.
- The virus CANNOT go through healthy skin.
- Vinegar is NOT useful because it does not break down the protective layer of fat.
- Whisky, Rum and the strongest vodka is 40% alcohol, and you need 65% to kill the virus.
- LISTERINE SERVES! It is 65% alcohol.
- The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.
- This is super said, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
- You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- Also keep your NAILS SHORT so that the virus does not hide there.

Homeopathic View-point: Some History of the Treatment of Influenza Epidemics / Pandemics with Homeopathy
BroomeCounty, New York Health Record 1852-1864Mortality under Homeopathic treatment = 16.4% whereas under Allopathic treatment =83.6%

Influenza 191824,000–26,000 cases reportedFatality under Homeopathic treatment = 1%and Conventional treatment = very high

The Journal of the American Institute for Homeopathy, May 1921 Perhaps the most recent use of homeopathy in a major epidemic was during the influenza pandemic of 1918. Journal, had a long article about the use of homeopathy in the flu epidemic. Dr. T A McCann, from Dayton, Ohio reported that 24,000 cases of flu treated allopathically had a mortality rate of 28.2% while 26,000 cases of flu treated homeopathically had a mortality rate of 1.05%. This last figure was supported by Dean W.A. Pearson of Philadelphia (Hahnemann College) who collected 26,795 cases of flu treated with homeopathy with these results.

One physician in a Pittsburgh hospital asked a nurse if she knew anything better than what he was doing because he was losing many cases. “Yes, Doctor, stop aspirin and go down to a homeopathic pharmacy, and get homeopathic remedies.” The Doctor replied: “But that is homeopathy.” She replied, “I know it, but the homeopathic doctors for whom I have nursed have not lost a single case.” (According to Julian Winston, the foregoing quote was found in an article in the Journal of the American Institute of Homeopathy. The article was in the May 1921 issue. It was cited in an article titled “Homeopathy in Influenza – a chorus of Fifty in Harmony by W.A. Dewey, M.D. Dr. Dewey attributed the quote to W.F. Edmundson, M.D. a Pittsburgh doctor.)

Symptomatology from real time cases and their Repertorization to get Genus Pandemicus in Homeopathy covering all the Signs and Symptoms of COVID-19:

Clinical features: The most detailed breakdown of symptoms of the disease comes from a recent World Health Organization analysis of more than 55,000 confirmed cases in China. Here are the most common symptoms and the percentage of people who had them:

- Fever: 88%
- Dry cough: 68%
- Fatigue: 38%
- Coughing up sputum, or thick phlegm, from the lungs: 33%
- Shortness of breath: 19%
- Bone or joint pain: 15%
- Sore throat: 14%
- Headache: 14%
- Chills: 11%
- Nausea or vomiting: 5%
- Stuffy nose: 5%
- Diarrhea: 4%
- Coughing up blood: 1%
- Swollen eyes: 1%
- Fever, cough and shortness of breath have been widely acclaimed as the hallmark symptoms of COVID-19, the disease caused by the new coronavirus, but a new analysis suggests diarrhea may be common as well.
- While most patients with the virus present with respiratory symptoms and signs, early experience in China reveals that as many as one in four patients experiences digestive symptoms as their chief complaint.
- However, of the 204 patients included in the American Journal of Gastroenterology study published on 26th March 2020, 99 patients had gastro intestinal symptoms as their chief complaint. Of these, 83 experienced anorexia and weight loss, while 29 had diarrhea, 8 had vomiting and 4 reported abdominal pain.

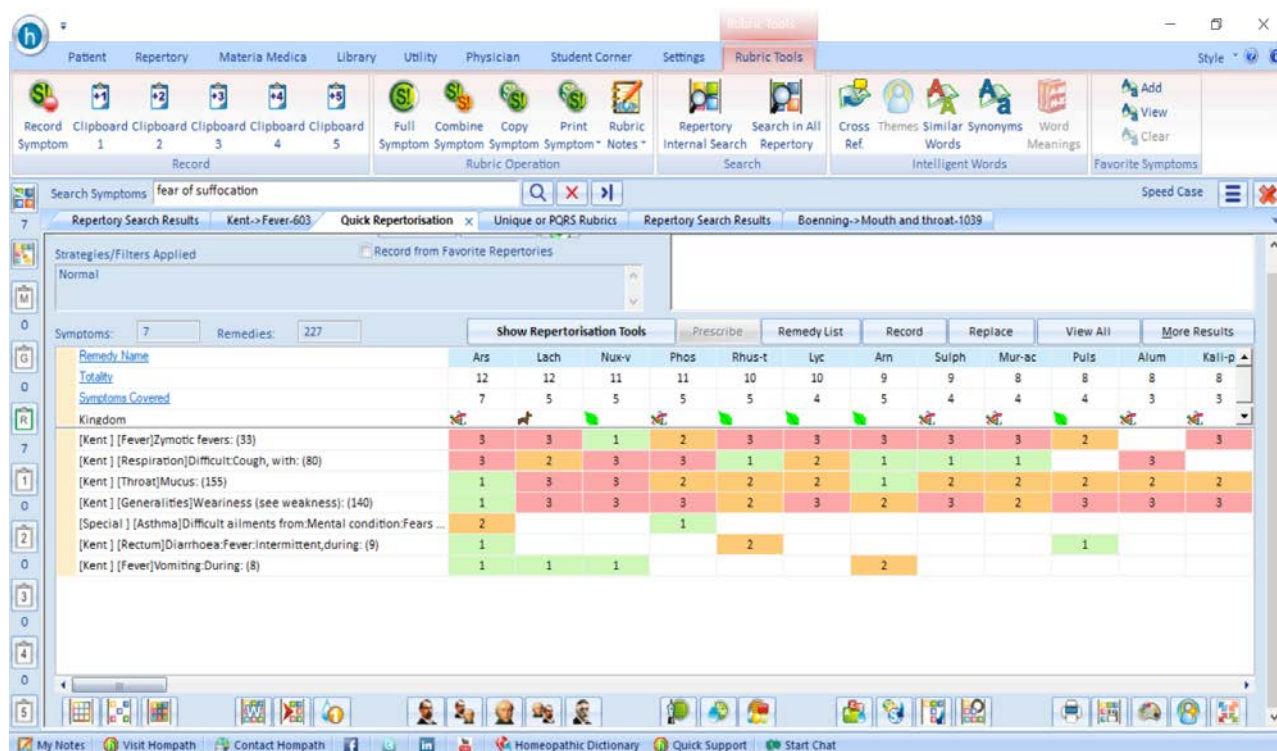


Figure 6 : latest reports published by American Academy of Otolaryngology and research

As per latest reports published by American Academy of Otolaryngology and research conducted on 100 hospitalized COVID-19 patients in Germany it was noted that Loss of Smell and Taste was complained by 67% of cases and in South Korea Loss of smell was present in 30% cases of COVID-19. Including them further as rubrics, the repertorization result is as follows:

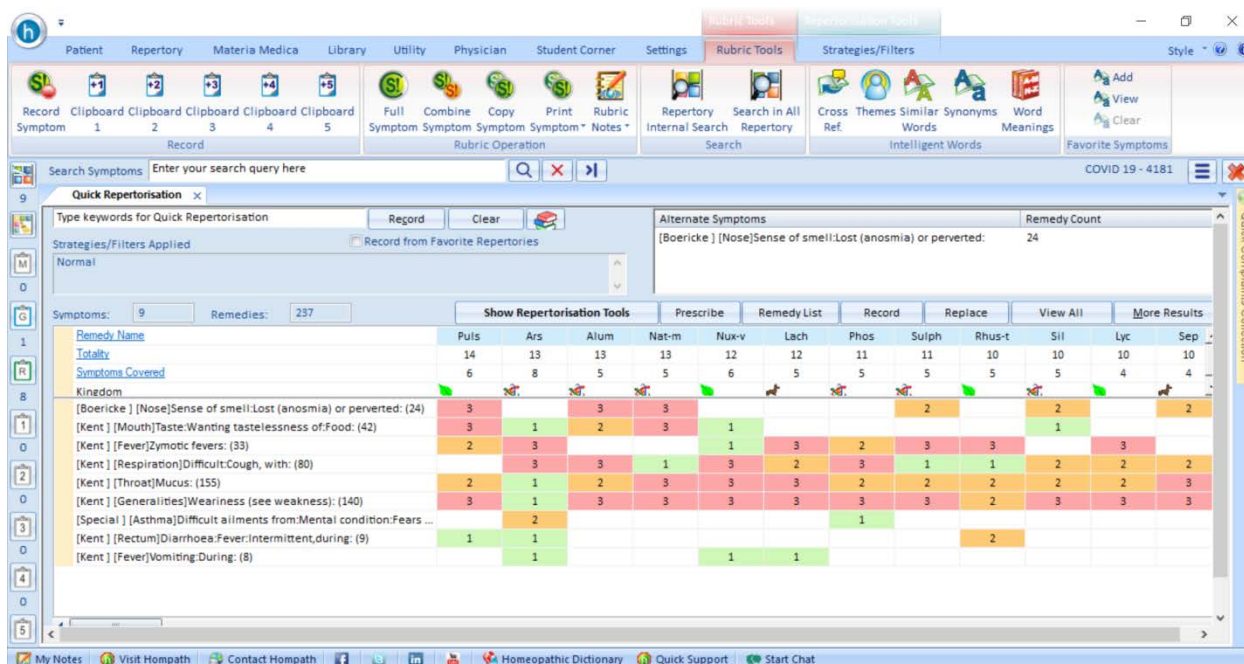


Figure 7 : Repertorization result

Discussion

On repertorizing all the symptoms related to the sphere of COVID-19 occurring world wide we get Arsenicum album to be most intense indicated remedy covering with highest intensity in majority of symptoms/rubrics except on recent emerged symptom i.e. loss of sense of smell which is covered by it's close runner remedy i.e. Pulsatilla but it lacks covering of most important symptom of this affection i.e. Difficult breathing with cough and also lacks coverage on another important symptom i.e. Breathlessness with fear of suffocation, and doesn't cover also "vomiting during course of illness"; On the other hand other close remedy i.e. Lachesis doesn't cover half of the pandemic symptoms – therefore 'undoubtedly' Arsenicum album leads to be most intensive and holistic remedy to be considered as Homeopathic Genus Pandemicus in cases of COVID-19.

Conclusion

Remedy, its potency and dose to be employed for Genus Pandemicus:

Undoubtly, Arsenicum album is the most intensive and holistic remedy to be considered as Homeopathic Genus Pandemicus in cases of COVID. Since fear of death and of suffocation is so much marked in such patients and Arsenicum album is covering maximum of its symptoms in higher intensity it is advisable to give it in higher potency esp. 1000, three doses in three consecutive mornings, to make longer impressions by supplemented dosing as well as to make impressions on vitality of persons who are less susceptible to it and to be repeated every month as duration of action of Arsenicum album is on an average 36 days* (Duration of Action and Antidotes of The Principle Homeopathic Remedies With Their Complementary and Inimical Relations by F.H. Lutze) until person develops milder flu disease and confers life long immunity.

Utility of employing Homeopathic Genus Pandemicus:

Homeopathy has remained successful in treatment of various Epidemics and Pandemics in last 2 Centuries and is a ray of hope by identifying Genus Pandemicus for COVID-19 in absence of a Vaccine and specific treatment for it in modern medicine.

Providing Genus pandemicus to mass population world wide and to let them expose to the virus by removing all restrictions like social distancing and lock down saving economies and deaths from hunger and mal-nourishment and the added result in antibody formation against COVID-19 with minimal symptoms of Flu on exposing to it and such mass movement will develop **herd immunity** stabilizing the global infection rates and morbidity and will save economic slow down by saving trillions of dollars in its modern treatment and economic losses from lock downs world wide. This is natural immunization method in a controlled manner as COVID-19 vaccine has not been developed yet and even if it is developed the cost will be un-affordable by poor people in 3rd world countries. So **Homeopathic Genus Pandemicus** is the only answer in such calamity.

Vision in employing Genus Pandemicus

Providing Homeopathic Genus pandemicus to people world wide will be very economic solution and we have to let them expose to the virus by removing all conventional restrictions like social distancing and lock down and isolate only the very old and fragile persons with co-morbidities, as exposure to virus after taking Homeopathic Genus Pandemicus will

result in antibody formation against COVID-19 with minimal symptoms of Flu and **such mass effort will result in herd immunity** by developing antibodies in 60 – 70% global population towards n-Cov in minimal time say 3 months, rather than fighting the disease with lock downs and costly nCov vaccine (to be developed yet) for much more longer time periods, therefore averting the global calamity from nCov and preventing further economic crisis to develop from following the conservative means.

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