



ORIGINAL ARTICLE

Arsenicum Album: Preventive Medicine for COVID-19**Vishwakant**

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Email: gupta.vishwakant2@gmail.comReceived: 15th Aug. 2021, Revised: 10th Sept. 2021, Accepted: 19th Sept. 2021**ABSTRACT**

The present review article has some references to preliminary studies by various scientists because during COVID-19 homeopathic interventions were given to patients. It was observed that these interventions may help in the prevention and control of the spread of infection, but they were not evidently effective once COVID-19 existed in patients.

Key words: *interventions, dissemination, patients*

INTRODUCTION

COVID-19, a deadly disease, became a pandemic around the world. In India, the states of Maharashtra and Kerala conveyed the highest number of cases. Maximum toll was reported during the second wave of COVID-19, which peaked in May 2021 throughout the nation. The Government of India introduced the COVID-19 vaccination drive in January 2021. However, an effective preventive measure was still needed because of breakthrough infections and reduced protection against the SARS-CoV-2 virus.

Homeopathy has exhibited effectiveness in dealing with many epidemics in the previous two centuries, such as scarlet fever in 1799 [1], leptospirosis (2007) [2], and dengue fever (2018) [3,4]. Homeopathy has also been documented in the medical literature for the treatment and preventive practice of flu-like epidemics such as the "Spanish" flu (1918) [5], the "Asian" flu (1951) [6], and the H1N1 influenza pandemic in 2009-2010 [7].

ROLE OF HOMEOPATHY IN EPIDEMIC DISEASES

The homeopathic preparation **Arsenicum album 30CH (AA30P)** has previously been reported to be useful in various respiratory ailments such as plague, swine flu, influenza, and other respiratory infections [7,8]. These examples indicate that homeopathic medicines have been explored as preventive or supportive approaches during epidemic outbreaks.

Several studies and reports have suggested that homeopathic remedies may help in improving resistance against infectious diseases. Therefore, researchers have considered the possible role of Arsenicum album as a preventive measure during the COVID-19 pandemic.

POSSIBLE IMMUNOLOGICAL ACTION OF ARSENICUM ALBUM

In one study, Arsenicum album, as one of the ingredients of a 7X-24X complex, showed nuclear factor- κ B superactivity as reduced expression of the reporter gene into fluorescent protein-transfected HT29 cells and also reduced the release of tumor necrosis factor- α in macrophages [9]. During the pandemic, Arsenicum album 30CH was advised as a preventive medicine for COVID-19 by the Ministry of AYUSH, Government of India, toward the end of January 2020 [10]. A subsequent advisory issued on March 6, 2020 mentioned the immuno-enhancing action of this medicine [11]. However, the exact role of Arsenicum album in enhancing innate immunity against COVID-19 has not been fully explained. It has been observed that individuals with comorbidities are more susceptible to infectious diseases than healthy individuals, mainly due to reduced efficiency of the innate immune system [12]. Some researchers suggested that Arsenicum album may support immune responses in such situations.

PREPARATION AND PHARMACOLOGICAL BACKGROUND

Arsenicum album is a prominent homeopathic medicine whose source, method of preparation, and action on human beings are recorded in the Homoeopathic Pharmacopoeia of India (HPI) [13]. The detailed description of its pharmacological effects on the human body is also mentioned in *Materia Medica Pura* [14].

The preparation of Arsenicum album 30C from raw arsenic trioxide involves a series of potentization processes intended to reduce toxicity while enhancing its medicinal properties, as documented in HPI.

DISCUSSION

In a country like India, with its large population and economic constraints, it becomes important to explore low-cost preventive approaches to support public health. Homeopathy has been considered one of the complementary medical systems that may contribute to preventive strategies.

Several preliminary studies were initiated to monitor the effectiveness of Arsenicum album during the early phase of the COVID-19 pandemic. The reported observations suggested promising outcomes in terms of preventive support, although most of these studies were conducted in the early months of 2020 and involved short follow-up periods of about 5-8 weeks [15,16,17].

Further scientific investigations with larger sample sizes and longer follow-up periods would be required to confirm these findings.

CONCLUSION

Arsenicum album has been suggested as a potential preventive remedy during the COVID-19 pandemic. Preliminary observations and earlier experiences with epidemic diseases indicate that it may support immune responses and help in prevention. However, more rigorous clinical studies are needed to establish its definite role in the prevention of COVID-19 and other infectious diseases.

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