

Case Title: COVID-19 CASE FROM MARIA PEPPA

Gender: Female, First Visit: Friday, April 24, 2020, Main Complaint: COVID19

Case Notes

A case by Dr Maria Peppa.

43 YEARS OLD WOMAN DOCTOR IN ENGLAND.

LMHI COVID-19 Clinical Case Report Submission Form

Introduction

Whilst we should not claim that homeopathy cures COVID-19 infections, **the collection of high quality case reports is more important than ever** to aid the LMHI in its efforts to develop a strategy for spreading information about the possible role of homeopathy in this crisis. An expert group has been formed to work on this.

A high quality clinical case report should reflect in a structured and comprehensive way your practical experience with treating a patient. This documents provides you with practical instructions as well as a template how to achieve this aim.

In order for the homeopathic community to benefit maximally from the collection and compilation of COVID-19 cases, there are a some *specific recommendations*:

- The COVID-19 diagnosis should ideally be confirmed by a lab test, or otherwise there should be reasonable grounds to suspect that it is a COVID-19 infection.
- Rate the severity of the illness before the initiation of homeopathic treatment as follows: Mild - **Moderate** - Severe - Critical
- Record and report as much as possible fever, including the number of days after treatment there was an absence of fever. **in 6 hours fever subsided. No fever since.**
- Record and report as much as possible the number of hours/days after the onset of symptoms the homeopathic treatment started: **7 days**
- Record and report the number of hours/days after initiation of treatment there was an improvement **6 hours**
- Record and report on any other treatments received / taken by the patient for their symptoms PARACETAMOL

Without these specific data, the expert group will not be able to properly evaluate the suspected or confirmed COVID-19 case.

Also, please let us know if you have treated more confirmed or suspected COVID-19 patients than the case you are reporting. The expert group may want to approach you in the future with a view to obtaining more data (for research purposes) on the homeopathic symptoms reported, remedies prescribed, etc. **NO other confirmed cases**

Case Report Submission Eligibility Criteria

Please consider if your submission meets the following eligibility criteria:

- I have prescribed only one homeopathic remedy at a time
- I am reporting my experience with treating confirmed or suspected COVID-19 patients
- I have pre- and post- treatment findings in connection with the homeopathic treatment, including preferably objective data, such as for instance fever. **Yes, fever**
- I have obtained informed consent from the patient to report and publish his/her case on file and to permit the use of their anonymized data for research purposes. **Yes**
- I excluded identifying data or protected health information of this patient. **OK**

CONTINUE IF YOUR CASE MEETS THE ABOVE-MENTIONED CRITERIA

DECLARATION

I herewith declare that I have read and respect the case report submission eligibility criteria.

Please type YES if the above applies: YES

Have you treated more COVID-19 cases than the one reported below? **No other confirmed COVID19 cases.**

Please type YES if this applies: _____

Author Information

Last name: PEPPA

First name: MARIA

Specialty: GP

Affiliation: Greek Medical Homeopathic Association

Address: Tzanakaki 39, Chania, Crete

Postal code: 73100

Country: Greece

E-mail: m_peppa@yahoo.com

Submission Instructions

Please read these instructions carefully before filling the submission form.

The submission form is organized into separate sections that need to be filled with the requested information. Graphic files such as clinical images and numerical data (such as tables and laboratory data) can be inserted into the relevant sections of this form as links (for instance Dropbox, GoogleDocs, etc.). Test sent to lmhi2020@vithoulkascompass.com

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Data extracted from each completed COVID-19 Clinical Case Report form will be passed on to the LMHI Expert group, and contribute to our collective understanding of the possible role of homeopathy.

Sources used

This form was developed in concordance with the latest CARE Guidelines (for more info, visit <https://www.equator-network.org/reporting-guidelines/care>) and the HOM-CASE CARE extension[1]. The CARE guidelines provide a framework that supports transparency and accuracy in the publication of case reports and the reporting of information from patient encounters[2].

1. Title

Include the words "case report" in the title. Describe what is of greatest interest to you as the author. This could be the presentation, the diagnosis, a test result, the intervention, or the outcome.

A case report of a COVID-19 positive, 43-year-old-female medical doctor treated with classical homeopathy.

2. Key Words

Provide 2 to 5 key words that identify areas covered in this case report that will help readers locate this case report.

COVID-19 positive, Classical homeopathy

3. Introduction

Briefly summarize the background and context of this case report. Include [how it contributes to the homeopathic literature](#).

It is a COVID-19 positive case with fever and pains whose clinical picture improved dramatically after the administration of the homeopathic remedy.

4. Patient Information and Presenting Concerns

Describe the [patient characteristics](#) (such as the relevant demographics—age, gender, ethnicity, occupations) and their presenting concerns with relevant details of related past interventions. Include important medical and family history, [co-morbidities](#) and interventions including self-care.

43y old, female, Bulgarian medical doctor that lives in the UK. Suffers from chronic Meniere's disease

5. Clinical Findings

Describe important physical examination (PE) and clinical findings, include diagnostic test results. If the COVID-19 diagnosis was NOT confirmed by a lab test, explain the reason(s) why it is a SUSPECTED COVID-19 case.

Confirmed COVID-19 positive test (PCR)

If the patient has fever, please report how it was measured (including the instrument used).

Temperature taken from armpit

Homeopathic clinical history details, including the homeopathic symptoms used for the remedy decision.

ON 11 OF APRIL
STARTED FEELING UNWELL
SORE THROAT (1), RUNNING NOSE(1)

ON 13 OF APRIL
BECAME WORSE HEADACHE (2) WATERY EYES (1), ANOREXIA(2), CHILLS(2), FATIGUE(1), NAUSEA(1).

18 OF APRIL
FEVER TILL 38.5.
SHE FELT VERY BAD. NAUSEA(1) MUSCLE PAIN (3) PAIN IN BONES(1), PLEURIC CHEST PAIN (1) BECAUSE OF DRY COUGH (1) SHE USED PARACETAMOL 3-4 TIMES PER DAY

I WAS INFORMED ABOUT HER CONDITION ON MONDAY 20 OF APRIL. BUT SHE COULD NOT FIND HOMEOPATHIC REMEDIES AND SHE HAS ORDERED THEM THROUGH INTERNET.

TILL FRIDAY 24 OF APRIL SHE WAS ONLY ON PARACETAMOL. ON FRIDAY SHE WAS WORST. SHE COULD NOT GET UP FROM THE BED. SHE WAS SLEEPING DURING THE DAY WITH FEVER TILL 38.5 MUSCLE PAINS (3) BONE PAINS (1) NAUSEA(1) CHILLS(3)PAIN IN TIGHS(3) SENSATION THAT THE BED WAS HARD(2)HEADACHE(2) AT LAST SHE RECEIVED THE HOMEOPATHIC REMEDIES. AND AT 21.00 SHE TOOK ONE DOSE OF PYROGENIUM 1M AND SHE REPEATED AT 23.00. I HAD CONSULT HER TO STOP TAKING PARACETAMOL TILL WE SEE HOW THE FEVER IS GOING.

SHE WOKE UP AT 3.30 AM WITHOUT ANY SYMPTOMS BUT FATIGUE(2). IN THE MORNING SHE WOKE UP HUNGRY AND THIRSTY FOR THE FIRST TIME FROM 11 OF APRIL.TILL THEN NO FEVER.

AT 2 OF MAY SHE TOOK MURIATIC ACID 1M 1 DOSE AND SINCE THEN SHE IS FEELING HEALTHY.

6. Timeline

Create a timeline that reports important milestones related to patient diagnoses and interventions and includes specific dates and times in a table, figure, or graphic. Examples are available on the [CARE](#) website. The most simple approach is a table with the most important milestones.

11 OF APRIL STARTED FEELING UNWELL, ONSET OF SYMPTOMS

18 OF APRIL FEVER TILL 38.5. WITH PAINS, FATIGUE, ANOREXIA

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FRIDAY 24 OF APRIL CONDITION REMAINS BAD, FEVER AND CHILLS CONTINUE

24 APRIL 21.00 TOOK ONE DOSE OF PYROGENIUM 1M AND SHE REPETED AT 23.00.

25 APRIL AT 3.30 AM NO FEVER. APPETITE RETURNED

2 OF MAY SHE TOOK MURIATIC ACID 1M 1 DOSE AND SINCE THEN SHE IS FEELING HEALTHY.

7. Diagnostic focus and assessment

Report the suspected or confirmed COVID-19 diagnosis, as well as the homeopathic 'remedy diagnosis' process: Type of homeopathic analysis, type of repertory used, types of symptom(s) used, for instance 'keynote', or 'trigger' symptoms.

VC Repertory, Prescription based on keynotes (remedy characteristics)

8. Therapeutic intervention

Describe the types and dosage/intensity of the interventions(s) (including preventive, lifestyle) the rationale behind the therapy(ies), the type of homeopathy (e.g. unrestricted individualization, isopathy).

Individualised homeopathy

Describe in full detail the name, potency, potency scale, manufacturer and galenic form of the homeopathic remedy prescribed.

Pyrogenium 1M (Korsakov), 2 tablets on 21:00 24/4/2020, and 1 tablet on 23:00. Ordered from www.homeoforce.co.uk

2/5/2020 **Muriatic acid 1M, 1 tablet from same source**

9. Follow-up and outcomes

Please describe the clinical course of this case including all follow-up visits, adherence to the intervention and how this was assessed and adverse effects, unanticipated events homeopathic aggravation, etc. Describe patient and clinical assessed outcomes, etc.

6 hours after Pyrogenium 1M (24/4/2020 21:00), fever subsided but weakness remained although she was slowly improving.

2/5/2020 Mur-ac 1M was prescribed. Next day weakness was much better, and 2 days after mur-ac she returned to work.

7/5/2020 She is well. Has very slight vertigo but it may be attributed to a chronic Meniere that she has.

10. Discussion

Describe the strengths and limitations of this case report including case management, and the scientific and recent medical literature related to this case report. Discuss the rationale for your conclusions such as potential causation and the ways this case might be generalized to a larger population of practitioners. Use the modified Naranjo Criteria (MONARCH) if possible to support the causality assessment. What are the main findings of this case report and what are the 'take-away' messages?

A strength is the immediate response after days of disease, and the COVID-19 positive test

Limitation are the lack of objective findings like other lab tests, X rays, O2 saturation and pulse.

11. Learning points

Please add 3-5 bullet points about what are the learning points of this clinical case. What is the educational merit of this case to the homeopathic community?

Homeopathy for COVID-19 should be individualised.

12. Patient perspective (optional)

Whenever appropriate, the patient should share their experience of their care in a narrative published within this case report.

"So, I would like to share my experience with the homeopathic treatment I have recently received for infection with covid 19.

I am not very familiar with homeopathy and have never trusted this way of treatment even though I do not know much about it.

But my very recent experience made me change my mind and created a different opinion about it all.

I trusted my good friend and a doctor who advised me to buy and try Pyrogenium 1M during my illness. I was feeling very unwell at that time, had spend days on and in bed with fever, nausea, myalgia and extremely tired...

I was up to try anything as long as there was any chance to get better...

I did not expect the homeopathy to help me actually, this is part of the medical science I do not understand and have never considered as treatment option.

You can imagine my amazement when I woke up and felt good in my skin for the first time in an almost a week only a few hours after taking Pyrogenium... I could not believe it. I was not able to explain it... honestly it felt like a miracle.

More like so as at that time I was starting to give up hope that I will ever get better as there was not any treatment available.

How I feel about Homeopathy is easy to describe, I discovered a new world of Medicine I did not know existed and where miracles are possible and do happen.

I am really interested in learning more about it and explore new treatment options for problems I normally treat with AB, Paracetamol etc...

Thanks to the Homeopathy and the best advice I have ever received I am fully recovered and back on my feet again."

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[1] van Haselen RA. Homeopathic Clinical case reports: Development of a supplement (HOM-CASE) to the CARE clinical case reporting guideline. *Complementary Therapies in Medicine* 2016;25:78-85.

[2] Gagnier J, Kienle G, Altman DG, Moher D, Sox H, Riley DS, and the CARE group. The CARE guidelines: consensus-based clinical case report guideline development. *Journal of Clinical Epidemiology* 2014; 67(1),46-51.

Apr 24, 2020 - Analysis :

Symptom	Degree
HEAD - PAIN (headache)	2
STOMACH - APPETITE - wanting	3
STOMACH - NAUSEA	1
COUGH - PAINFUL	1
EXTREMITIES - PAIN - influenza, during	2
EXTREMITIES - PAIN - Bones	1
EXTREMITIES - PAIN - Thigh	3
EXTREMITIES - PAIN - aching - chill, during	2
CHILL - SHAKING, shivering, rigors	3
FEVER - HEAT in general	2
GENERALITIES - COLD - becoming - agg.	2
GENERALITIES - HARD bed, sensation of	2
GENERALITIES - INFLUENZA	3
GENERALITIES - PAIN - muscles	3
GENERALITIES - PAIN - sore, bruised - parts lain on	2