

EDITORIAL

Dear readers,

when the SPECTRUM editorial team was planning the topics for the next two years in 2019, we envisaged putting out an issue on puberty and the physical and emotional crises of teenagers. But it's not just teenagers who have been affected by the physical and emotional effects of the all-pervasive pandemic. So in the light of its significance for homeopathic practice we decided to supplement our Genus Epidemicus issue by dedicating two further issues to corona. After this issue on long covid we will later be looking at the psychological effects of the pandemic.

The post viral syndrome commonly known as long covid is a non-specific illness with many different facets. Natalya Dinat from South Africa distinguishes between long covid and post-covid syndrome, the effects of allopathic medicine and vaccinations, the reactivation of chronic fatigue and second infections due to new mutations. In all the groups of people affected in different ways by covid, the physical symptoms are mixed with the psychological reaction to the ubiquitous effects of the pandemic, leading to a lockdown of the life force. Our authors from around the world describe their experiences of using various homeopathic approaches and remedies to find ways out of this lockdown.

Hans Eberle and Friedrich Ritzer found something similar with *Radium bromatum*. After success in the treatment of the acute infection, they now report similarly positive results when treating long covid, and especially vaccine side effects and psychological stress disorders. The fungus remedy group is also regularly mentioned in discussions of the genus epidemicus since the start of the pandemic. Anne Schadde and Olga Fatula present two newly proved remedies that have already been successfully used for the treatment of certain types of long covid.

Franz Swoboda finds that *Acidum picricum* fulfils all the criteria of an epidemic remedy and it is also rated positively by his colleagues Cornelia Kumpfmüller and Reinhard Flick, who have successfully prescribed it. In chronic cases this remedy must often be supplemented by the Covid-19 nosode. The Indian homeopath Chetna Shukla conducted her own remedy proving of the Covid-19 nosode, and successfully used this in addition to individual medication for post-covid pulmonary fibrosis. We are grateful to her and her colleague Ajit Kulkarni for their insights into the homeopathic treatment of severe chronic cases where patients were previously in intensive care. Even if long covid frequently features major physical complaints, Anne Schadde has observed that the subjective experience of the pandemic often brings up repressed feelings and conflicts. Declan Hammond therefore sees the confrontation with the virus and its after effects as a unique evolutionary chance for deep healing.

Together with the question of suitable remedies for individual treatment, our authors also discuss the more far-reaching implications of the pandemic for society. Wiet van Helmond sees in the emerging

split in society an expression of the current zeitgeist. Following Hahnemann, he poses the question: what is to be healed? To this end Declan Hammond presents a list of healing themes, including responsibly accepting and caring for oneself, consciously cultivating loving relationships and working with our shadow, our negative projections. He regards supporting this self-development as homeopathically just as important as the selection of suitable remedies for the covid crisis.

Christa Gebhardt & Dr. Jürgen Hansel

Chief editors





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(1932-2022)

Obituary by Jenni Tree, with Pierre Fontaine



WHAT IS TO BE HEALED?

Differential treatment of postviral syndrome



Tracey Witelson is an artist based in Johannesburg, South Africa. These pieces are entitled "Falling one" and "Falling two" from the series "Brace yourself" and are collagraph prints (Charbonnel ink on Fabriano paper). She explains:

"Covid-19 has brought us collectively and individually to the threshold of the unknown. We find ourselves in the opening lines of Dante's *Divine Comedy*: 'In the middle of the road of my life, I awoke in a dark wood where the true way was wholly lost.' Dante Alighieri 1320. The pandemic has caused a shared experience of disruption and unwelcomed chaos. In the image, I explore some of what this has been like for me."

AUTHOR | Natalya Dinat

SUMMARY: The author lays out the methodological basis of the homeopathic treatment of the effects of acute Covid-19 disease and differentiates them according to the type of illness. She discusses a series of cases illustrating the procedure for treating long covid and post-covid syndrome, the effects of allopathic treatment and vaccination, repeat infections and the return of chronic fatigue.

KEYWORDS: anti-psorics, chronic fatigue, coronavirus, Covid-19, Covid-19 nosode, *Crotalus horridus*, disturbance of taste, epidemic remedy, fatigue, *Gelsemium*, genus epidemicus, *Hottentotta tamulus*, long covid, loss of smell, malaria nosode, modality, nosodes, *Onosmodium*, *Ozone*, post-covid syndrome, post-viral syndrome, *Sol*, *Thuja*, totality, vaccination effects

After bearing the brunt of the acute pandemic, day-to-day life for millions of people continues to be tested by a slew of environmental disasters caused by human greed. In addition, after an estimated 203 million people globally having been infected with Covid-19, there will be significant numbers who will continue to suffer with post-covid syndrome.

Definitions of long covid or post-covid syndrome: Unlike in homeopathy, the biomedical community has been very slow to recognise the post viral-conditions in covid. Reports abound that women's experiences particularly are either ignored or trivialized. While there are now over 100 documented symptoms associated with post-covid syndrome affecting all systems of the body, the biomedical pathogenesis, diagnosis and effective treatment remain elusive.

The World Health Organisation finally categorised these post-viral states as long covid (less than 12 weeks after covid) and post-covid syndrome (PCS) (from 12 weeks to one year or more). They deem that a prior covid diagnosis is not required to make a long covid or PCS diagnosis. These conditions affect a range of people, including previously healthy teenagers, and those

after effects of ventilation or continuous positive airway pressure (CPAP). We should also be alert to families and communities being impacted by the extraordinary stresses and worry resulting in grief states, survivor guilt and post-traumatic stress disorder.

A HOMEOPATHIC APPROACH TO POSTVIRAL DISEASE

From treating the epidemic collective to treating the individual: Hahnemann's treatise on epidemics has served us well in treating acute covid and together with the master of epidemics, Jeremy Sherr and colleagues around the world, we have a tested and effective genus epidemicus for Covid-19 (<https://acute-response.com/genus-remedies>) which has served us well in South Africa for all the variants we have encountered.

Postviral conditions have long been recognized in homeopathy, as reflected in our repertories. But as always, the remedies show their remarkable properties only after discerning what is to be cured, and what is the totality to be considered.

What is to be healed? An approach to long covid and post-covid syndrome first requires recognition of what is to be cured at this moment in time in this person. We are not treating an acute state, nor an epidemic or pandemic, neither are we treating a chronic state (as understood in the *Organon*). We find ourselves with the patient somewhere in between. And we need to fine-tune our approach as we accompany the patient on their return to a (new) chronic or new state of health.

Hahnemann described several disease states that may apply to this "return to (a new) chronic" from the acute epidemic. In §38 he says that when a new disease (for example Covid-19) is stronger and dissimilar, the weaker disease is suspended and will only return after the new one has run its course or been cured. In §39, he goes on to describe how allopathic medicines can produce a dissimilar artificial disease, suppressing the original malady. He goes on to describe in §40 complicated diseases where the new disease joins the old one. Here he provides the example of two acute diseases, smallpox and measles, but I think this may also mean that covid should be regarded as a chronic ailment.

In other words: In perceiving what is to be cured we need to be clear ourselves on the expectations of each part of the treatment journey. Here for example we will firstly address the long covid symptoms only, including mental, physical and general symptoms.

What is the totality of "what is to be cured"? After discerning what is to be cured, we need to understand the totality as the patient's misattunement moves from the collective state to the individual state. Treating what is presenting uppermost or in the most troublesome way for the patient poses a challenge.

In his book *“Using Philosophy in Homeopathy”*, Peter Fraser succinctly explains that the totality of symptoms is not a list or sum of all the symptoms you can elicit, and not all these symptoms are equally important. It is rather that the symptoms have a coherence, expressing the essence of the disease. The disease is delineated by the question of what is to be cured.

Treating long covid is neither entirely treating the totality of the collective (genus epidemicus) nor is it treating the totality of symptoms of the individual’s chronic state, but enabling a return to often a new chronic state. This may be understood as qualitatively different from the Covid disease (a different totality), non-infectious, a dynamic interaction between the individual’s vital force and the virus, as the vital force attempts to correct the imbalance but causes a new misattunement. So we need to discern the nature of the new misattunement after the vital force has interacted with covid.

An incremental return to a (different) chronic: The second prescription is one that follows the curative first one. It should not be a response to the partial cure, where some symptoms have been alleviated and others remain unchanged. Instead we should prescribe for when significant new symptoms arise in view of the now altered disease state, bringing the original symptoms remaining from the covid infection into connection with the newly arisen one to generate a new disease image. Organon §167: “Rather, one should examine anew the now altered disease state and bring the original symptoms that remain into connection with the newly arisen ones in order to record a new disease image.”

In §195 Hahnemann writes, that after dispatching the acute state, anti-psorics should be given for firstly remaining acute state ailments (e.g. cough, fatigue, anosmia) and secondly the diseased state that was habitual for the patient.

To illustrate the principles discussed above, here are some short extracts from fully recorded cases. There is not always an analysis of the chosen remedy.

A) LONG COVID

Treating long covid (less than 12 weeks) often requires a remedy from the genus epidemicus. According to §38 this is still a stronger dissimilar disease.

Gelsemium: 17-year-old woman

This is the case of a teenager seen more than a year ago with anxiety, mood swings, digestive and skin issues, who responded well to *Lac caprinum*. After mild covid five weeks ago she was still feeling sick, drowsy and tired, exhausted, still with a little trouble breathing. She says: “I cannot breathe in a lot of air – it feels as if my chest is restricted. When I am half asleep, I struggle to breathe. I am very drained and exhausted. I feel exhausted when I wake up. It’s mostly in my eyes, they shut down and I go back to sleep. When I had covid the main thing was my thighs were sore. Nothing else.”

I prescribed *Gelsemium*. To follow up I had to contact the patient. She reported feeling a lot better. Occasionally, she has to sit down,

SUMMARY OF WHAT IS TO BE CURED AND WHAT IS THE TOTALITY

	CONDITION	GUIDING APHORISM	COMMENTS
A	Long covid	§ 38	Remedies are often from an expanded genus epidemicus.
B	Post-covid syndrome	§§ 167 and 194	Treat what is uppermost, followed by the “second prescription”.
C	Bad effects of allopathic medicines	§ 41	Decide if the vital force is reacting to allopathic medication, or if this has become a complicated disease.
D	Relapse of an existing chronic fatigue syndrome – a possible chronic state	§ 40	Unpick the complicated picture. Consider miasmatic remedies, bowel nosodes, Complete re-evaluation each time.

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it comes from nowhere. Troubled breathing is hardly there anymore, and her energy is back to where it was before covid. Nothing is worrying her at the moment and she has not had any panic attacks or headaches, but is still grumpy before periods, as before covid (she chose to remain on the oral contraceptive).

Lesson: After a remedy from the genus epidemicus, we are almost back to her (new) chronic state, and as usual she will require the case being taken afresh at the next appointment.

A journey back to the chronic state with Ammonium carbonicum then Sulphur and Tub: 54-year-old man

A 54-year-old man, has a dry cough, present all the way through the consultation and has a (new) malar flush and he writes notes as he talks. He says "I am recovering from covid and feel so exhausted. My bloods are fine, my GP prescribed prednisone and Augmentin (antibiotic) and it has made me feel worse. I've a left-sided pain when I cough. My taste is altered so things taste sweeter and more alkaline or soapy. I am getting thinner by the day and my skin looks wrinkly. I cannot run up the stairs. I wake at 3 a.m. with a sticky sweat, cough worse talking and post-nasal drip, urination more frequent than before (this was a long-standing symptom). Did very well with *Amm-c* followed by *Sulphur*. Finally *Tub*. got rid of night sweats.

Ozone: 64-year-old woman

Ozone helped an elderly covid patient after discharge from hospital. Her main complaints were pain in the right flank and lower back, unable to stand from sitting due to weakness, heaviness in legs, pain in bones, abdominal bloating and inability to pass wind, nails need cutting all the time. "I cannot stand for too long, it pulls me down." Desires carbonated drinks, dreams of family who have passed on. *Abrotanum* has no effect, but *Ozone* helps.

B) FROM THE COLLECTIVE TO THE SEMI-COLLECTIVE AND THE INDIVIDUAL SECOND PRESCRIPTION

This has often been a messy or inelegant process, since discerning the new totality is not always easy. There does need to be coherence in the sequence of remedies given, as we treat what is uppermost. Dramatic or violent symptoms which the patient reacted to and recovered from (e.g. fever) during acute covid, are not useful, since the vital force has dealt with them. Where symptoms are common and thus not helpful (cough, fatigue), the most useful and essential indicators are the modalities. Pro-

the part of the vital force's reaction. They may present very subtly. For this stage Hahnemann recommends the anti-psoric remedies, which include many minerals and ancient plants. Examples of ancient plants for post-influenza syndrome include *Gingko biloba*, *Thuja*, *Picea glauca* (white spruce), the cycad *Macrozamia spiralis* and *Lycopodium*.

Natrium muriaticum: 48-year-old woman

A middle-aged woman had no sense of taste or smell one month after mild covid. *Nat-m* restored the sense of taste and smell after three days.

Sabadilla: 18-year-old woman

The young woman had Covid three weeks ago. She has been on antidepressants for 10 years for anxiety. Her main complaints were constant tiredness with sleepiness, playing hockey causes total tiredness and she has to force herself to eat. An hour after waking, soft to runny painless stool, no sense of taste and smell, burning sore throat with thick phlegm and stringy post-nasal drip in the evening with enlarged submandibular glands. Occasional burning feeling in chest. Her mind was functioning well with good focus and memory.

A week after *Sabadilla* she felt completely better.

Lesson: The totality used here was the thick and stringy post-nasal drip together with enlarged glands and sleepiness with good mental focus.

Onosmodium: 73-year-old woman

I saw this elderly woman two months after covid. She says "I feel wobbly, with an exaggerated walk. If I hang washing on the line and raise my arms and head I feel dizzy. I've lost my appetite. I want salt on everything, meat now disagrees with me, and I prefer fruit and vegetables. I get a noise in my ear as if something electrical is on. I fell the other day and again tripped on a small lip on the floor and I have a fear of tripping." All the symptoms were resolved after *Onosmodium*.

Lesson and observation: It seems that many people these days are experiencing falls, sprains and fractures.

§ 167: RETURNING TO THE CHRONIC STATE, WHERE ORIGINAL AND RECENT SYMPTOMS FORM A NEW AND DIFFERENT CHRONIC STATE

Crotalus horridus, followed by *Plumbum*.

This affected his mood and he became angry. He had to stop working. He also complained of a dry throat every morning. He felt better for swimming. He talks at length about his symptoms during the acute covid stage, where he had splitting headaches and a polka dot rash over the torso with delirium, talking about spider bites or tick bites. He talks at night and falls asleep in the armchair.

After *Crot-h* he was calmer and dealt with emotional things better. He had more energy, was able to do more work and his recall and calculations were much better. Still had a post-nasal drip and developed a painless stye. He was able to drive himself to a field trip for the first time in over a year.

At the next consultation the uppermost symptoms were anger and frustration; *Plumbum* helped with this.

Lesson: Consideration of the acute Covid symptoms were helpful at this stage since he still considered them important in the current state.

Nux vomica: 48-year-old woman

A graphic designer with a history of multiple myeloma in 2015, stem cell transplants, chemotherapy. She was doing well on homeopathic treatment since 2017. Her whole family had had covid and she had it very mildly. She presented with a host of digestive symptoms: burning in stomach, nausea on waking, reflux oesophagitis, tongue has a white coating, red tip and indentation of teeth, snoring had got worse, constipation, flatulence and loud empty burping, right ear always blocked. A bad headache on waking and, after walking she had to lie flat because of a shortness of breath, with high heart rate. Phlegm in the morning, < lying flat < wine, < whisky, > running "so I can be free".

During the recent riots, although they occurred far from her home, she packed passports, thermal socks, just the essentials to leave the house quickly, not even her wedding ring. She also says that she felt like a child – in fact she felt that way since she had had two stem cell transplants.

Treated with *Merc* with little response, then *Nux vomica*. Four days later there was no need for proton-pump inhibitors and antacids.

Lesson: The child-like aspects of her personality and her response to the riots were part of her previous being, as was the running free. I needed to treat the post-covid syndrome only and exclude these mind symptoms from the analysis.

From *Sol britannica* back to *Brachypelma smithi* and the patient's original state: 57-year-old man

hed." *Sol brit* rapidly helped the healing of the fracture in quite an impressive way to the surprise of the orthopaedic team, and it also ameliorated the nerve pain and memory and energy issues. Later he realized that he had experienced the worst 'flu ever, affecting his chest at the beginning of March 2020, after doing a gig in a crowded venue. *Sol brit* was not his chronic state remedy and I realized that he has possibly had covid, and then had suffered from post-covid syndrome.

He then required *Brachypelma smithi* (*Redknee tarantula*), which was much more his "constitutional" and has helped with more chronic issues.

C) ADVERSE EFFECTS OF ALLOPATHIC MEDICATION

Hottentotta tamulus: 60-year-old woman

This elderly woman had chest pains after the vaccine and did well with *Hottentotta tamulus* (*Indian red scorpion*), but required further remedies as a follow-up.

A man with chest pains after the vaccine had raised S-creatinine and D-dimers (1.47). He also did well on *Hottentotta tamulus*. This remedy was suggested by Jeremy Sherr for the presenting indications.

Two Thuja cases, one with Amniotic fluid: 57-year-old woman and 56-year-old woman

A 57-year-old woman developed an itch inside her belly button, prickly rash, which felt like prickles in clothes as though she were wearing a cactus, a swelling above the left clavicle, very dry right side of throat at night, > daytime, could be from reflux, loose stool, incomplete emptying. "I feel trapped because of the work I do. I was forced to have the vaccine but my soul is intact. I am anxious but have not lost my footing – I've kept my balance." *Thuja* resolved her symptoms.

A 56-year-old health care worker: "I felt awful for 3-4 days after the first vaccine with headache, exhaustion and shivering, then after the second one I had shivers like icicles moving around me. I developed a migraine with vomiting and had little trust of ever being normal again. I was writhing and restless, and even blacked out. I feel alien in my skin." Old issues: severe headaches, with vomiting, history of abuse and addictions and dreams of menses,

Thuja helped vaccine issues followed by *Amniotic fluid* for her new chronic state.

Lesson: Pick out what is post-vaccine syndrome, and treat, then treat what precedes uppermost state.

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hospital he had suffered complications of a stroke, which required surgery to the brain and then he had subsequent seizures. He was discharged on anti-epileptic medication. He complained of severe muscle and joint pains, an intolerance to cold (lives in the tropical city of Durban) and sinusitis. He used to run eight kilometres and play squash. Whilst walking he has a sudden weakness in the joints, a “paralysing effect on the legs”, where his legs will not hold him. Dreamed of cabbages (*Conium* is the single remedy in this rubric).

Three weeks after *Conium*, he was stronger, joint pains now 3-4/10, previously 9½ /10. Can walk two kilometres, doing a lot of walking in the house and is not cold anymore. Digestion is better and even his kidney function has improved. He has not had a seizure since October 2020.

D) RELAPSE OF AN EXISTING CHRONIC FATIGUE STATE – A POSSIBLE CHRONIC STATE

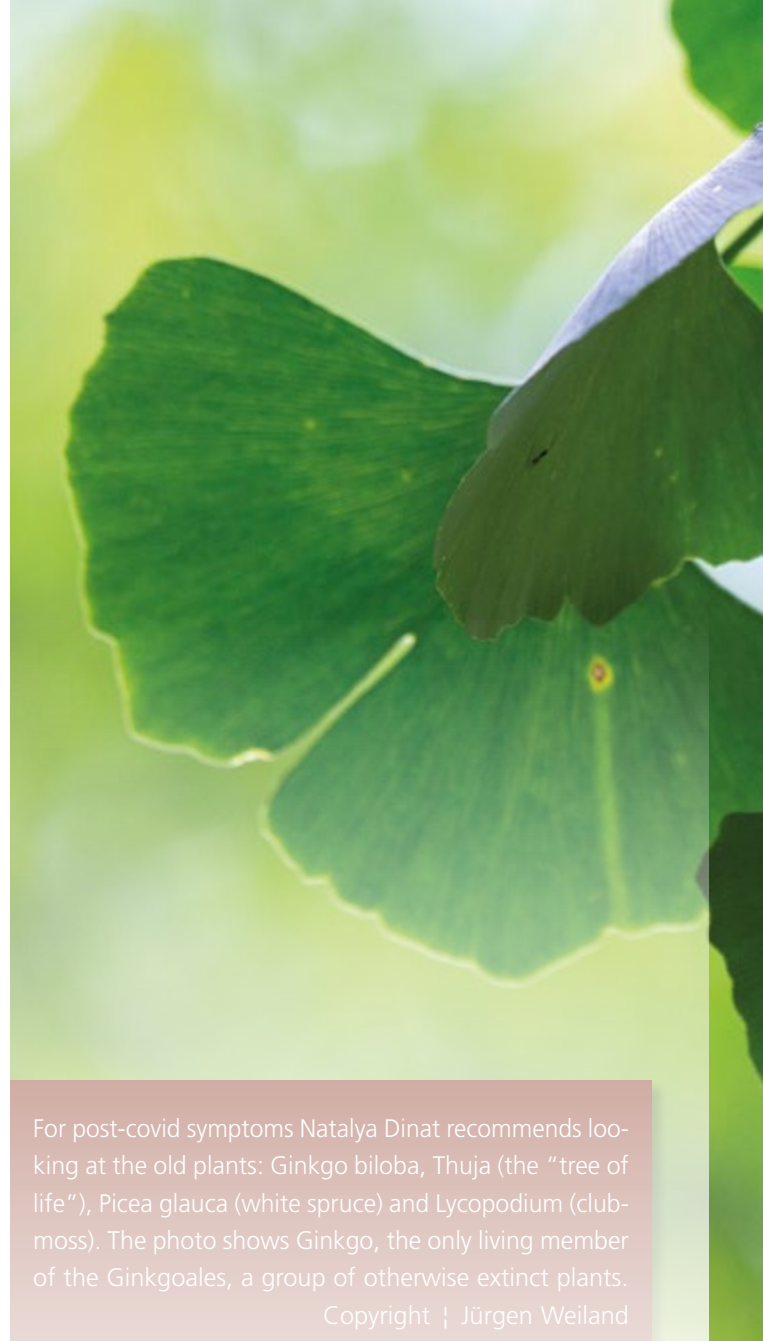
Malaria nosode: 53-year-old woman

This is the case of a woman who has been suffering for years with chronic fatigue syndrome. She had the Epstein Barr virus, breast cancer and hormone chemotherapy. She reports symptoms of mild covid, but says it was not covid. She is very angry and feels that we are all pushed in every single way we can be in this pandemic. Social injustices enrage her but she cannot see the point in doing anything. She was experiencing a lot of body aches, right-sided sore throat and post-nasal drip, dry cough. She was sensitive to many types of food especially gluten, and cleared her throat constantly and her sinusitis flared again. She had brain fog, battled to concentrate, and could remember things two minutes later. She had a lot of heat in the body. The worst symptom was the same old digestive complaint.

Okoubaka - no response. After one dose of *Malaria-co* she reports some subtle changes. “The mucous flow is a lot better; I am more food tolerant. I feel more like an observer of my anger now, which is amazing. I can still be uncomfortable but it’s so different. I am still tired and have body aches.” This is a return to the chronic state and the next part of the journey

Lesson: I initially treated her as a chronic case and missed the diagnosis of long covid. There is no test to confirm long covid as it is a clinical diagnosis. Furthermore, I found it difficult to tease out the post-covid symptoms and the pre-existing symptoms.

A thought-provoking article by Hussein “Malaria and Covid-19, Unmasking Their Ties” 1 points out the clinical and other similarities between malaria and covid infection. In homeopathy, malaria nosode is a very good remedy for long covid.



For post-covid symptoms Natalya Dinat recommends looking at the old plants: Ginkgo biloba, Thuja (the “tree of life”), Picea glauca (white spruce) and Lycopodium (club-moss). The photo shows Ginkgo, the only living member of the Ginkgoales, a group of otherwise extinct plants.

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E) RECOGNITION OF A SECOND BOUT OF ACUTE COVID WITH A NEW VARIANT

This occurred in the 73-year-old woman who had improved on *Onosmodium* then eight weeks later, in the midst of the third wave which was dominated by the Delta variant of COVID, became quite ill again with covid pneumonia. This was treated with *Ac-acib* then *Pulsatilla*. She improved greatly and after low potency of *Ac-acib* and *Pulsatilla* she was not again ill. She did



F) COMBINATION OF THE ABOVE

A 66-year-old woman experienced moderate covid in March 2020 and since then has had debilitating symptoms of post-covid syndrome. One year later she has been unable to return to her work. As she related her experiences, the post-covid symptoms, pre-covid burnout and covid symptoms were conflated with each other. The main symptoms were persistent tiredness, lack of taste and smell (9/10), periodic mini relapses with all the symptoms of covid for four days. Occasionally feeling fluey, with exhaustion, and extreme chilliness, followed by

not handle others' emotions. I feel wobbly on my feet and it's a challenge to get moving again. I am overweight again.

Remedies given were; *Conium*, *Kali-iod*, *Gallium*, *Grindelia* and *Chamomilla* (no good results) *Triticum-v*. Very good.

Once she was back to a reasonable state of health, she was pressured to take the covid vaccine. A few days later she experienced numbness and such pronounced weakness of the legs that she had to walk with a stick. It seemed to be the beginning of Guillain-Barré syndrome.

These symptoms improved very well with *Hordeovitis-fanulus*, which removed her numbness and the feeling to have legs that

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be cured, what was the long covid and what was the chronic state. It was a slow road back to her chronic state with anti-psorics. *Triticum-v* was what I assessed to be her (new) chronic remedy, as it was indicated for the remaining symptoms, including recent ones of nostalgia, grief and burnout. The vaccine reaction created a new picture, finally bringing forward *Bacillinum*. Perhaps I missed its indications at the start.

COMMENTS

Globally we are in a period of breathtakingly rapid transitions, breakdowns and ruptures accompanied by great uncertainty as to what the future holds, especially regarding climate-related disasters, new pandemics and toxins in our air, soil and water. Whether the covid nosode becomes the representative of the zeitgeist and becomes a clinically important miasmatic nosode remains to be seen.

This leads us to a question of using the covid nosode for covid-related diseases. Treating the acute state with the same – i.e. not with similar – remedies would be as inappropriate as treating acute TB or acute syphilis with their nosodes, but postviral states have been successfully treated with the “offending” disease nosode, for example *Influenzinum*. There may be a case for using the Covid nosode in long covid or PCS, when the disease totality fits the remedy picture. I look forward to studying a collated proving for a global pandemic of the covid nosode.

Should all postviral syndromes and chronic fatigue syndromes be treated as an incremental return to chronic, or complicated diseases, rather than a “constitutional” case? If so, how important are the nosodes in general as well as the anti-psorics as a bridge between the epidemic states and the individual states? These include *Influenzinum*, *Tuberculinum*, *Psorinum*, *Syphillinum*, *Malaria-co*, and the bowel nosodes. How do we best use them and what are they followed by in post-covid syndrome? The nature of viruses and their connections with us are fascinating. Viral genes have become part of the genome of all living things, including bacteria, fungi and plants and around 7.5% of the human genome. Endogenous retroviruses (ERV) are important viral elements of the human genome, and it has recently been discovered that they are not just inert space fillers.

Viruses generally exist either in a beneficial relationship with their host (symbiogenesis) or conditional mutualism or mutualism. For example, retroviruses (of which SARS-CoV-2 is one) have been essential in the evolution of the mammalian placenta. Doctor and scientist Frank Ryan writes²: “We might anticipate that retroviruses will have been involved, in some way, with the evolutionary origins and present functioning of the major histocompatibility complex (MHC), and by implication it is likely that

A scientific discovery of the interconnectedness and the interdependence of all living things opens up all sorts of new possibilities related to principles and practices of homeopathy.

2 Ryan, Frank. *Violution*. HarperCollins Publishers



NATALYA DINAT

works in Johannesburg, South Africa. Her route to homeopathy was via obstetrics and gynaecology. As a doctor, activist and researcher she has combatted HIV and stands up for the rights of women. As a homeopath she treats various chronic



Snake remedies have proved useful in the pandemic: *Crotalus horridus*, the timber rattlesnake, is one of the best-known snake remedies in homeopathy. Unlike *Lachesis muta*, *Crotalus* is very peaceable and warns before biting.

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