

# COVID-19 – Overcoming fear with homeopathy

by Brigitte Klotzsch, naturopath



Brigitte lives near Cologne in Germany. After studying biology and chemistry, she taught at a grammar school, during which time she 'discovered' homeopathy.

Having experienced the effectiveness of homeopathy in treating her husband, her two sons, as well as herself, Brigitte trained as a homeopath and passed her naturopathy exams, before setting up her clinic in Bergisch Gladbach. Brigitte ran the proving of *Python*, and presented the results of her work in both Germany and the UK. She has also published the proving of *Portia fimbriata*.

I wrote this article after the first lockdown in North Rhine-Westphalia (NRW). Meanwhile, we are experiencing the second wave in Germany, and new lockdown regulations came into force on 2 November 2020.

Europe as well as the whole world is afraid of the spread of the coronavirus in the form of COVID-19, and it is we humans who are interfering massively in the balance of germs: With the wide use of antibiotics we disturb the balance between bacteria, viruses and fungi, so we now have to live with multi-resistant germs and a greater number of viruses and fungi. Perhaps the fear is particularly great because, while orthodox medicine has a large arsenal against bacteria, there is only a small one against viruses. This is because viruses are not alive, they are just protein shells that enclose a piece of genetic information (usually RNA) and only come alive when they have infected their host.

Homeopathy is a broad field with various dosage forms and concentrations of different substances. It can strengthen the immune system

and thus also successfully fight viruses. If orthodox medicine and homeopathy were to work together in this time of crisis, the virus would be less terrifying and our fear would diminish. Unfortunately, this is not happening; here in Germany, naturopaths are strictly forbidden to treat infectious diseases, and especially COVID-19. As far as I know, this is only allowed in India, where AYUSH (the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy) has recommended prophylactic treatment with *Arsenicum album*. Meanwhile, Cuba is in an experimental stage as far as the homeopathic treatment of COVID-19 is concerned.

When the pandemic broke out, I gave my patients homeopathic remedies to strengthen the immune system against the virus. I made a combination remedy of the following seven remedies:



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*Anas barbariae* 1M+ *Respiratory virus*\* 30x+*Calc carb* 200+*Borax* 200+*Aconitum* 1M\*\*+*Echinacea* 1M+*Panax ginseng* 30.

\**Respiratory-Syncytial Virus* – from Agatha-Apotheke, Lennestadt Maumke

\*\* for fear of infection

When the first lockdown came, we got off lightly in NRW. We had relatively few COVID-19 cases and few deaths. The intensive care units provided for COVID-19 cases were not fully used and doctors had little to do. Nobody knows why this was the case, but there are many different claims. I think it was good luck, something we cannot control.

All shops, hairdressers and cinemas were closed and events such as football matches were cancelled. Grocery shops and supermarkets were allowed to remain open. (A neighbour, whose hardware store had been family-owned for 150 years, was shocked and remarked

that his family hadn't experienced anything like this, even during the war when his grandmother was behind the counter!)

Only a limited number of people were allowed in the shops,

**Fear has made us seal ourselves off from each other**

**All shops, hairdressers and cinemas were closed and events such as football matches were cancelled**

depending on the size of the shop, and there were often long queues. Shopping trolley handles were sterilised after each customer. Fear of quarantine led to panic buying. Supermarket shelves were soon emptied, and flour, rice, noodles, yeast and toilet paper were in short supply. Restaurants were closed, and everyone had to cook for themselves.

After a while shops up to a certain size were allowed to re-open for business. Masks became compulsory on public transport and in shops, and customer flow was regulated by one-way traffic systems.

Shopping was no longer a pleasure, and I was always relieved when it was over and done with. Since people avoided each other and everything was done in a rush, I was always exhausted afterwards, and some of my patients felt the same way. I put together a combination remedy 'Shopping':

▷ *Aconite* 1M+*Belladonna* MM+*Stramonium* 1M+*Arsenicum album* 1M. *Stramonium* helps to endure being channelled through the supermarkets without 'straying' left and right; *Arsenicum* helps against the mistrust that everyone feels towards others; and *Aconite* helps to avoid being affected by the panic of others.

Livelihoods threatened by the lockdown include artists, theatres, cinema owners, hairdressers, taxi drivers and many others. Against the fear of financial ruin I put together the following combination remedy: *Arsenicum album* 1M+*Bryonia* 1M+*Psorinum* 30+*Psorinum* 1M+*Calc carb* 1M.

I think that in NRW we got away with relatively liberal measures during the first lockdown because we were always allowed outside with those living in the same household, or with one person from another household. Also, it was not forbidden to see grandchildren, although it was always recommended that grandparents should not be visited because they were in a high risk group, i.e. for the 'protection' of the elderly! Most people followed this recommendation strictly.

The very elderly were often bad-mouthed behind closed doors, but were they not supposed to go shopping at all? It was as if one was afraid of being infected by them. Most over-80s seemed less fearful, because they had experienced war and hardship and could not understand what was so fearsome about the pandemic. (Of course there are exceptions, as the case at the end of my article demonstrates.)

I am 66 years old and have been treating myself exclusively with homeopathic remedies for 40 years (although I did, for example, visit a doctor to have a fractured bone reset), and I therefore feel that my immune system is intact. And I believe that I can decide for myself

whether or not to expose myself to danger! We eventually managed to convince our son that we could take care of our grandchildren, but we felt slightly uneasy with some of our neighbours who were a bit wary of me because I was still running my practice during lockdown. Fortunately, the NRW government allowed me to keep my practice open (in Bavaria, for example, this was prohibited). I also did not have to carry out a risk analysis for my practice.

The basic mistrust between people was sown by fear. Homeopathically I treated this with *Arsenicum album* 30+*Arsenicum album* 1M+*Arsenicum album* 10M. Also *Berlin wall* 30+*Berlin wall* 1M+*Berlin wall* 50M often fitted very well.

When schools, kindergartens, big shops, theatres and cinemas were gradually allowed to open again, people were obliged to wear masks. Some people felt this was an overbearing intrusion by the state, which I then treated with *Lac caninum* 1M or with *Berlin wall* 30+ *Berlin wall* 1M+ *Berlin wall* 50M.

For those who were afraid of not being able to breathe under the mask, I prepared the following combination remedy: *Python* 1M\*+*Spongia* 1M+*Lachesis* 1M+ *Latrodectos mactans* 1M+ *Aconite* 1M+*Naja* 1M. This was

## Confidence in the future was lost and everyone was afraid of everyone else



Near Cologne Cathedral during lockdown in April 2020

of great help if taken just before putting on the mask.

\*fear of suffocation

In the end, confidence in the future was lost and everyone was afraid of everyone else. There were also fears of compulsory vaccinations, or permanent over-intrusion by the state (I gave all the *Lanthanides* and / or *Berlin wall* for that). Against fear of losing creative professions, and fear of losing diversity, I made the following mixture of seven remedies: *Psorinum* 30+*Psorinum* 1M+*Psorinum* 50M +*Tuberculinum bov* 30+*Tuberculinum bov* 1M+*Tuberculinum bov* 50 M+*Arsenicum album* 1M+*Lac caninum* 1M+*Argentum nitricum* 1M+*Gelsemium* MM+*Phalera bucephala* 1M (the latter for basic confidence).

Despite all government strictures, I would appeal to all colleagues to encourage patients as much as possible to follow their instinct; for example, to keep visiting elderly relatives, to visit their disabled



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son, or to sit beside a dying parent. There is always a way to maintain interpersonal relationships. Homeopathic remedies can work wonders in this respect.

In cases where mental stress is the main factor I always use high potencies for my mixtures. The composition of my mixtures is suitable for both my patients and for me.

Please do not hesitate to base your decisions on your own experience and apply potencies that suit you and your patients. Feel free to prescribe your own mixtures or single remedies. Everything that comes from oneself will also help. With the help of homeopathy you can support people to live autonomously.

Finally, I would like to describe a case:

*For fear of infection, an 85-year-old patient stayed at home alone for eight weeks. Her children bought food for her and left it outside the door. She did not dare*

*to step outside. Doctors only consulted her by phone. She had terrible pain and cramps in her abdomen, and the antibiotics she was prescribed made things even worse.*

*That was when she decided to allow me to make a home visit. I appeared there equipped with gloves and face mask. The face mask made it difficult for her to understand me. For her anxiety I gave her Aconite 200 and Portia fimbriata 1M, and for bladder problems Caulophyllum 30 and Cantharis 30. This patient tolerates single remedies better, so I didn't prescribe combination remedies for her.*

*I encouraged her to visit her children at Easter (with a face mask). This visit and the treatment were the 'door opener'; she began to venture out, visited her children and went for an hour's walk every day. After two more home visits she even dared to visit my practice.*

*She is generally a fearful patient, and repeatedly experiences a worsening of her symptoms, but overall she is much better, especially because she no longer feels trapped.*

In the meantime, in November 2020, the second wave of COVID-19 has hit everywhere. The fear of losing control is growing. I give the same remedies as during the first wave. However, more and more patients have an enormous fear of being swept up in the fear of others. In this case I prescribe *Lyssinum* 1M or 50M. *Lyssinum* is afraid of running water, so fear of being swept away.

What is contagious is not so much the virus, but rather the fear and uncertainty of how people can meet and socialise. Let us homeopaths make sure that the 'germ of humanity' grows and flourishes again.

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