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Incidence of Influenza-Like-Illness (ILI) in Persons administered Arsenic album 30 as Homoeopathic Immune Booster during COVID-19 Pandemic: A Retrospective Cohort Study

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ABSTRACT:

Background: During the COVID-19 Pandemic, in accordance with advisory of Ministry of AYUSH (Govt. of India), Arsenic album 30 was administered as Homoeopathic Immune Booster, in May-June-July 2020, by a medical team from National Institute of Homoeopathy (NIH) Kolkata, to the population of New Town (adjoining Kolkata) in medical camps organised by New Town Kolkata Development Authority (NKDA) and NIH, in the different zones of this township. Objectives: To assess the role of Arsenic album 30 distributed as Homoeopathic Immune Booster for prevention of Influenza-Like-Illness (ILI) symptoms during COVID -19 Pandemic; to find out the incidence of symptoms of ILI among those who used Arsenic album 30 as Homoeopathic Immune Booster; to collect structured data for analysis and interpretation of the outcome. Materials and Methods: A retrospective cohort study was conducted by telephonic interview in December 2020 - January 2021 to record the incidence and symptoms of Influenza-Like-Illness in the 6-month period after administration of the Arsenic album 30 (Homoeopathic Immune Booster) to the study population. Result: Homoeopathic Immune Booster Arsenic album 30 was administered to (n=1282) persons out of which (n=961) were male and (n=321) were female. Follow-up data for 6 months after administration of Arsenic album 30 was available. The ILI symptoms occurred in 7.41% (n=95) participants in which male (n=73) and female (n=22). The Chi-Square Test for Occurrence of ILI after taking Arsenic Album 30 was ($\chi^2=930.159$; df 1; $p < 0.00001$) and for Age and Gender wise occurrence of ILI ($\chi^2=42.547$; df 9; $p < 0.00001$) which showed that the results of this study were highly significant. There were 13 different types of symptoms of ILI; but the number of symptoms in affected patients and the severity of the symptoms was much less. ILI symptoms developed in only small proportion of participants with co-morbidities. Time taken for recovery varied widely with median 8 days. Only 12 patients (6 with and 6 without co-morbidities) got admitted to hospitals. All affected patients, hospitalised or not, recovered; and there was not a single mortality. Conclusion: The retrospective study showed a definite role of Arsenic album 30 as a Homoeopathic Immune Booster during the COVID-19 Pandemic.

Keywords: COVID-19, Pandemic, Arsenic album 30, Homoeopathic Immune Booster, Influenza-Like-Illness (ILI).

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