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Editorial

COVID-19 PANDEMIC

As the corona virus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular.

As well-stated, "A man is what he thinks". Right now to combat stress and anxiety related to this COVID–19, one needs to increase one's mind-power. Mind-power is one of the strongest and most useful powers one possess. This power, together with one's imagination, has the power to create success or failure, happiness or unhappiness, opportunities or obstacles. Everyone is facing various challenges each day at home, at work place and in society. Many of them are just minor challenges which could be dealt with automatically and easily, but some of them require strategy, serious thinking and mental endurance to face the present situation.

Added to the fear of contracting the virus in a pandemic COVID-19, there are significant changes in daily lives, faced with the new realities of working. So in this crisis of COVID-19, one's prime concern is to maintain both physical and mental health. As it is said, "In crisis, go back to the basics", one needs to give importance to one's diet, exercise, yoga and meditation to secure the Immune system. One needs to stay confident in this environment. This confidence is the most needed virtue. As it is seen, people are not fearing to take certain amount of risk to combat the present situation. People are moving confidently to face the new challenges of life. This little amount of risk taken in these difficult times has laid a sound foundation for achieving the goal. For the life to go on smoothly, one should learn to adjust oneself to the present situation without being panic.

Challenges are part of life. One should not limit one's challenges but should learn to challenge one's limits. These can be difficult times for all as we hear about spread of COVID-19 all over the world, through television, social media, newspapers, family and friends. The most common emotion faced by all is fear, which is a temporary panic, and everyone should overcome this fear.

Apart from general worry, people are anxious about their physical health as they absorb the news from all around, and this is taking larger toll of our collective mental health. "One should follow one's routine to keep mental health intact", says Deborah Serani, Prof. of Psychology at Adelphi University., New York. One need to protect oneself and be supportive to others, for assisting others in their time of need can benefit the person receiving support as well as the helper. There is a need to find new opportunities to amplify positive and hopeful images regarding COVID-19. The caretakers and COVID-19 warriors deserve the admirable honour for their role play.

In public mental health terms, the main psychological impact to date is the elevated rates of stress or anxiety, but as new measures and impacts are introduced, especially quarantine, which has marked effects on people's usual activities, routines and liveli-hoods, due to which levels of loneliness, depression, self-harm and suicidal behaviors have also increased.

Stress has come out as a psychological and physical reaction to new demands of COVID-19. Despite



their best efforts, people are finding themselves helpless, sad, angry, irritable, hopeless, anxious and are afraid of the new demands of lifestyle. There is a need to learn the self-care strategies which will be beneficial and helpful for others also. So I would like to conclude with a phrase that says- "Purity of heart and clarity of mind gives the surety of life". The best way out is always through.

STAY SAFE, STAY HEALTHY.

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Inside Story

Article

1. Covid-19 – The Mythbusters 2. Therapeutics of Covid-19

Case Study

An Interventional study of management and treatment of COVID-19

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COVID-19 – THE MYTHBUSTERS

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Coronavirus disease (COVID-19) is caused by SARS-CoV-2, a virus that scientists had never seen before. SARS-

CoV-2 is one of the seven types of Coronavirus including the ones that cause severe diseases like Middle East Respiratory Disease (MERS) and Sudden Acute Respiratory Syndrome (SARS).

The animal-to-human spread of this virus was suspected after the initial outbreak in December 2019 in Wuhan, China through the live animal market. By January 2020 cases of a mysterious Pneumonia were being reported in Wuhan followed by person-to-person spread of the virus around the world. In early March 2020, the World Health Organization (WHO) declared COVID-19 a pandemic.

SARS-CoV-2 virus mainly spreads from person-to-person. When a sick coughs or sneezes, the droplets can spray up to 6ft away. If anyone breathes, swallows or touches the surface contaminated by virus and touches mouth, eyes or nose, the virus can get into the body. The best way to prevent illness is to avoid being exposed to this virus.

The following preventive measures can be taken to control the spread of the virus,

- Wash hands often with soap and water for at least 20 seconds.
- Use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching mouth, nose and eyes with unwashed hands.
- Stay home if you are sick.
- Avoid close contact with people who are sick, even inside your home
- Maintain social distancing of 6ft in public places
- Wear a cloth face mask in public where social distancing measures are difficult to maintain. (Face cloth cover is not a substitute for social distancing)
- Cover mouth and nose with a tissue when you cough or sneeze or use inside of your elbow and do not spit.

If exposed to the virus, the symptoms can appear between 2-14 days after exposure and may include,

- Shortness of breath or difficulty in breathing
- Fever or chills
- Loss of taste or smell
- Cough
- Sore throat
- Fatigue
- Congestion / runny nose
- Bodyache
- Nausea or vomiting
- Headache
- Diarrhea

The virus can lead to Pneumonia, Respiratory failure, Septic shock and death. People over 65 years are most vulnerable to get a serious illness or those who have medical conditions including

- Hypertension
- Lung disease
- Heart disease
- Asthma

- Kidney disease
- Diabetes
- Obesity
- Liver disease
- · Cancer treatment especially chemotherapy

Based on the severity of symptoms the disease is grouped under:

Mild to moderate – Mild symptoms to mild pneumonia *Severe* - Dyspnea, hypoxia, or 50% of lung involvement in imaging

Critical – Respiratory failure, shock or multiorgan system dysfunction.

A swab test is the most common method used for diagnosis. It looks for the signs of the virus in the upper respiratory tract. If there are signs of the virus, the test is positive and a negative test could mean there is no virus or there wasn't enough to measure. A swab test can only tell whether you have the virus in your body at that moment. But an antibody test can show whether you have ever been exposed to the virus even if you didn't have symptoms. The antibody test isn't checking for the virus itself but looks whether your immune system has responded to the infection. The RT-PCR (Reverse Transcriptase – Polymerase Chain Reaction), Rapid antigen test and CT-Chest are the common diagnostic tests done. Lymphopenia, neutrophilia, elevated serum alanine aminotransferase & aspartate aminotransferase levels, elevated lactate dehydrogenase, high CRP & high ferritin levels may be associated with greater severity. Elevated D-dimer & lymphopenia have been associated with mortality. Chest radiographs typically demonstrates bilateral air-space consolidation & peripheral ground glass opacities.

There is no vaccine as of now but intense research is underway around the world to create one. More than 100 vaccine projects are in various phases of development. There is no specific treatment for COVID-19, people who get a mild case need care to ease their symptoms, like rest, fluids, and fever control. Many clinical trials are under way to explore treatment for this novel coronavirus disease. Earlier treatment included Hydroxychloroquine (HCQ) in combination with Azithromycin which has been rolled back & according to new protocols the use of Remdesivir, Toxilizumab & Convalescent Plasma Therapy is recommended.

COVID-19 can result in a minor infection, provided you have a robust immunity. These measures can be undertaken to improve your immunity.

• Improve your diet- Eat low carb diet. Include vegetables and fruits rich in β -carotene, ascorbic acid and essential vitamins. Take supplements rich in omega3 & 6 fatty acids.

- Don't compromise on sleep- Have a sound sleep of 7-8 hrs.
- Stay hydrated Drink upto 8-10 glasses of water every day.
- Don't skip on exercise Exercise regularly for 35-40 mins
- Destress yourself Practice meditation. Avoid smoking, alcohol and other addictive substances.
- Supplements and immunity boostimg foods–Include Vit. C, Vit. D and Zinc supplements to boost immunity.

Ministry of AYUSH has recommended the following selfcare guidelines as preventive measures and to boost immunity,

- · Drink warm water throughout the day.
- Practice Meditation, Yogasana and Pranayam.
- Increase intake of turmeric, cumin, coriander and garlic.
- Drink herbal tea or decoction of Holy basil, cinnamon, black pepper, dry ginger and raisin.
- · Avoid sugar and replace it with jaggery if needed.
- Apply ghee, sesame oil or coconut oil in both the nostrils to keep the nostrils clean.
- Inhale steam with mint leaves and caraway seeds.

Department of AYUSH, Government of India has recommended Arsenicum album 30 as an immune booster Homoeopathic Medicine for Corona COVID-19 disease.

The main psychological impact to date is elevated rates of stress or anxiety, levels of loneliness, depression, harmful alcohol and drug use & self harm or suicidal behavior are also on the rise.

- Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed.
 Seek information only from trusted sources.
- · Get the facts, not rumours & misinformation.
- Protect yourself and be supportive to others.
- Help children find positive ways to express feelings.
- · Draw on skills.

We are all being exposed to a huge amount of COVID-19 information on a daily basis and not all of it is reliable. So it is important to check information that has come from a reliable source or Govt. health authority. Below are some facts about COVID-19.

- » The coronavirus disease (COVID-19) is caused by a virus, NOT by bacteria.
- » Vitamin and mineral supplements cannot cure COVID-19.
- » Studies show hydroxychloroquine does not have clinical benefits in treating COVID-19.
- » People should NOT wear masks while exercising.
- » The likelihood of shoes spreading COVID-19 is very low.
- » The prolonged use of medical masks when properly worn, DOES NOT cause CO₂ intoxication nor oxygen deficiency.
- » Most people who get COVID-19, recover from it.
- » Drinking alcohol does not protect against COVID-19 and can be dangerous.

- » Thermal scanners CANNOT detect COVID-19.
- » There are currently no drugs licensed for the treatment or prevention of COVID-19.
- » Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19.
- » COVID-19 is NOT transmitted through houseflies.
- » Spraying and introducing bleach or another disinfectant WILL NOT protect against COVID-19 and can be dangerous.
- » Drinking methanol, ethanol or bleach DOES NOT prevent or cure COVID-19 and can be extremely dangerous.
- » 5G mobile networks DO NOT spread COVID-19.
- » Exposing yourself to the sun or temperatures higher than 25°C DOES NOT protect you from COVID-19.
- » Catching COVID-19 DOES NOT mean you will have it for life.
- » Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from COVID-19.
- » The COVID-19 virus can spread in hot and humid climates.
- » Cold weather and snow CANNOT kill the COVID-19 virus.
- » Taking a hot bath does not prevent COVID-19.
- » The COVID-19 virus CANNOT be spread through mosquito bites.
- » Hand dryers are NOT effective in killing the COVID-19 virus.
- » Ultra-violet (UV) lamps should NOT be used to disinfect hands or other areas of your skin.
- » Vaccines against pneumonia DO NOT protect against the COVID-19 virus.
- » Rinsing your nose with saline does NOT prevent COVID-19.
- » Eating garlic does NOT prevent COVID-19.
- People of all ages can be infected by the COVID-19 virus.
- » Antibiotics CANNOT prevent or treat COVID-19.

Let us face this challenge posed by the growing pandemic of COVID-19 and actively support the government and authorities to control the spread of the virus by taking all the precautions as per the advisories.

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THERAPEUTICS OF COVID-19



Dr. Chetan K. KambleAssistant Professor **Dept. of Repertory**

Homoeopathic medicines have been used extensively for flu-like symptoms and in epidemics around the world.

Selection of the most appropriate homoeopathic medicine is based on an individual's unique symptoms. Here are few Homoeopathic medicines which will be useful in the treatment of COVID-19.

Arsenicum album: Frequent violent sneezing, watery discharge from the nose with headache. Dry short cough which arises after irritation in throat. Shortness of breath with heaviness of chest. Great restlessness with tremendous anxiety with great fear of death. Thirsty for small quantities of water at short intervals. All complaints aggravate at mid day, mid night & ameliorated by warmth in general.

Gelsemium sempervirens: Fine tremors difficult to wake up from the bed, after waking looks half sleepy. Few hours later, develop headache which gets intensified after sometime with soreness of muscles of whole body. Pain is deep seated. Violent sneezing & watery discharge from nose < night, congestion of nose, stabbing pain in ear, patient remains dull, thirst less, mild fever is present.

Baptisia tinctora: Pulse rate becomes suddenly high, inflammation in the throat becomes much more dark & red, difficulty in swallowing, heaviness of the head, patient becomes more dull. Intense pain in joints.

Bryonia alba: Puffiness, dullness, heaviness of face, quite depressed & despondent, doesn't want to answer to questions, irritability is marked, refuses to everything specially what he desires, capriciousness, asks for cold water, joints are sensitive to touch, warmth aggravation in general, throbbing type of headache specially forehead, loss of appetite, profuse perspiration.

Eupatorium perforiatum : Sudden onset of symptoms. Restlessness is greatly marked because of pain, perspiration is too scanty, craves for icy cold water, pain in extremities as if dislocated, tremendous weakness in legs, after 3-4 days mild breathlessness develops.

Rhus toxicodendron: Symptoms develop gradually, aching of muscles & joints is greatly marked. Violent abdominal pain especially lower colon region, flattery, skin rashes, urticarial rashes will be present, diarrhea with abdomen sensitive to touch.

Pyrogenium: Fever is high which reaches 103°F, dry cough, patient is loquacious & quiet. Symptoms aggravates in evening time, delirium present in fever specially in the

evening, generalized bodyache, sensitive to touch, thirst less, dryness of tongue, white discoloration of tongue, rawness, soreness & burning in larynx, sticky, yellow mucus in the larynx, ringing in the ears, offensive diarrhea.

Mercurius solubilis Hahnemanni: Severe conjunctivitis, profuse lachrymation, photophobia, burning tears, severe catarrhal excoriation, cuts in the angles of the mouth, redness of the tongue, increased thirst, throat pain, buzzing in the ears, apthae in mouth, thirstlessness, shaking of hands, extreme heat radiated from eyes.

Kalium bichromicum: Face looks pale, red blotches on the face, hopeless & discourage, weak tired, extremely chilly, aggravation from 6am-8am, fever increases at 2am-3am, hoarseness, lot of mucus in larynx, stringy, white mucus, nausea, vomiting which is sticky, bruised, soreness of the hands & feet. 7-9 days, respiratory failure, kidney failure, multi organ failure.

PNEUMONIA RELATED TO COVID 19:

Ferrum phosphoricum: Blood in the sputum, dry cough which is hard (irritating to ear) pain in chest while coughing, aggravation from morning.

Ipecacuanha: Face of the patient hot & flushed, sweat on face, very much mucus accumulated in the chest, sputa is stingy & blood strained, irritation in the nose, tongue is clean.

Phosphorus: Exposure to cold wind weather, tightness of chest with dry cough, hoarseness of voice, breathlessness, flushed face, tired exhausted, skin is hot to touch & moist, more drowsy, tongue white, thirsty for cold drinks, dry mouth, desires for juice & sour things, anxious, wants company.

Veratrum viridae: High fever with delirium, delirium comes quickly, sees figures in front of the eyes, very high fever ranges from 40° - 40.5° C, sweet taste in mouth, thirsty.

Chelidonium majus: Total loss of appetite, discomfort in chest which is unexplainable, nausea & vomiting, abnormal liver function test, desires for very warm drinks.

Sulphur: Terminal neglected cases, cracks on lower lips & mouth, severe weakness in chest, stabbing pain in chest, lying on painful side aggravation, left lung affected, hot, thirsty, sleepy, restless.

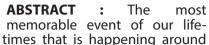
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AN INTERVENTIONAL STUDY OF MANAGEMENT AND TREATMENT OF COVID-19

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Coronavirus disease (COVID-19) that is caused by SARS-CoV-2, which has disrupted our normal lives, across the world. This is a multi-centric, exploratory, prospective and interventional study. The objective of the study was to understand the role of Homoeopathy and also the effectiveness of Homoeopathic medicines in pandemic like COVID. The patients were selected randomly with RT-PCR positive status being the only inclusion criteria along with Fever, Cough, Malaise and loss of smell & taste as presenting complaints. The present study emphatically provides evidence that Homoeopathic management of COVID is very efficacious and useful (Recovery Rate @ 77.7%).

Keywords : COVID, RT-PCR, Homoeopathy, Pandemic

INTRODUCTION: The most memorable event of our life-times that is happening around Coronavirus disease (COVID-19) that is caused by SARS-CoV-2, a virus that scientists had not encountered anytime earlier. SARSCoV-2 is one of those various types of Coronavirus including the ones that cause severe diseases like Middle East Respiratory Disease (MERS) and Sudden Acute Respiratory Syndrome (SARS). To begin with it was believed that its a zoonotic disease having animal-to-human spread and was suspected to have originated in Wuhan, China through the live animal market, in December 2019. By January this year, many number of cases of a Pneumonia-ofunknown-origin were being reported in Wuhan, followed by person-to-person spread of the virus across the world. By March 2020, the World Health Organization (WHO) declared COVID-19 a pandemic and advised countries to take needful measures. The SARS-CoV-2 virus mainly spreads from person-to-person, through droplets.

However, the conventional treatment comprises of a cock-tail of Anti-pyretics, Antibiotics, Steroids and Anti-Viral drugs. These conventional strategies might benefit some but have their own deleterious effects on the life and limb of the patients. There have been extensive effects of these treatment protocols not only on the life of the patients but also on their mental, social and financial conditions. Therefore, there was always an enquiry to find an alternative way of treating COVID. In this regard, an attempt was made to treat COVID patients with Homoeopathic drugs on Homoeopathic principles.

OBJECTIVES OF THE STUDY: To understand the role of Homoeopathic principles and also the effectiveness of Homoeopathic medicines in pandemic like COVID.

METHODS: This study being a multi-centric one, as well, conducted in extremely controlled times, all the patients were admitted in Designated COVID Hospitals/ COVID Care Centre established by the government. All were admitted for the treatment of COVID infection and the treatment started after the RT-PCR was found positive. Study was conducted between 21st May, 2020 to 13th July 2020.

Age group (in years)	No. of patients
1 – 10	01
11-20	04
21-30	09
31-40	39
41-50	48
51-60	69
61-70	45
71-80	01
Total	216

Study design : A multi-centric, exploratory, prospective, interventional study.

Selection of patients: The patients were selected randomly with RT-PCR positive status being the only inclusion criteria along with Fever, Cough, Malaise and loss of smell & taste as presenting complaints.

Total number of patients under the treatment were 216.

Amongst them, total number of male patients were 153 & female patients were 63.

RESULTS: The total number of patients treated in this study were 216. The number of patients recovered were 168 out of which male patients were 121 & female patients were 47. 36 patients did not recover, 29 among them were male patients & 7 were female patients. 2 male patients died and 4 male patients & 6 female patients dropped out.

Drug used: Arsenic album was the most indicated drug used in 73 patients; the least was Calc. Carb. and Belladonna in 2 patients. Other indicated drugs were Phosphorus in 69, Rhus tox in 41, Gelsemium in 36, Pulsatilla in 21, Bryonia in 16, Eupatorium perforatum in 11 and Onsomodium in 4 patients.

DISCUSSION: There is so much of homoeopathic literature and clinical evidence regarding the efficacy of Homoeopathy in the management and treatment of an epidemic. However, a COVID pandemic happening during our lifetimes was unexpected and is very unfortunate. There are instances in the past that Hahnemann during his lifetime had treated epidemics of scarlet fever, cholera, etc. Similarly, there have been success stories in treating the patients in an epidemic, be it cholera, Chikungunya, etc. However, the present pandemic provided a grave situation and also an opportunity of unprecedented scale.

The biggest hurdle encountered when the epidemic broke was the fright that the patients had brought upon themselves and the availability of medical services. The governmental rules that were in vogue at that time were very peculiar to the situation and were too strict. There were no avenues to get patients to treat with Homoeopathic Medicines, as the Governmental Protocol implemented had only Allopathic line of treatment. Hence, the cases were observed and treated in Governmental CVID Designated Hospitals and COVID Care Centres, wherever the treating doctor permitted to administer Homoeopathic medicines in lieu of the Allopathic line of treatment. Hence, there was no scope for fixing an elaborate inclusion and exclusion criteria. as they were admitted in allopathic hospitals and were being treated on war-footing. The only inclusions criteria that were taken was that all the patients treated were RT-PCR positive and had mild to moderate to severe symptoms of COVID. Hence, this study was designed to be a multi centric, exploratory, prospective and interventional study. A total of 216 patients were randomly selected, who presented with the usual flulike symptoms like cough, fever, coryza, malaise, shortness of breath, loss of smell & taste, etc. It is observed that out of 216 patients, 153 were males and remaining 63 were females. This might be because, generally, females are more resistant to infections than men, and this is possibly mediated by several factors including sex hormones and high expression of coronavirus receptors (ACE 2) in men but also life style, such as higher levels of smoking and drinking among men as compared to women. Additionally, women have more responsible attitude toward the Covid-19 pandemic than men. Similar is the case with the finding in this study that the maximum numbers of cases were from the age group of 61-70 as around

this age the co-morbidities are in great number. The biggest numbers of pre-existing co-morbidities were DM (69), HTN (58), Asthma (39), All. Rhinitis (34) and others. The chronic medical underlying diseases of the patients, including diabetes, chronic kidney disease, chronic liver disease, chronic lung disease, chronic cardiovascular disease, carcinoma, dyslipidemia, and hypertension are reported to be the most commonly encountered worldwide and also to be the same in this study too.

The Homoeopathic medicines that are commonly used for treating flu or flulike symptoms, are found to be useful in treating COVID. Likewise in this study also, Arsenic Alb. (73), Phosphorus (69), Rhustox (41), Gelsemium (36) & other drugs were frequently used. This observation reiterates the fact that COVID is another viral infection with flulike symptoms and needs to be treated accordingly. It also reiterates the effectivity and utility of Arsenicum Alb. 30 distributed as preventive medicine for COVID.

The results of the treatment are again on expected lines, as envisaged in the Organon, where 168 patients out of the total 216 studied have totally recovered i.e. 77.7% of patients have totally recovered. This is an overwhelmingly positive finding, as it makes the Homoeopathic management of COVID absolutely possible, if treated as per the directions of the Organon, wherein the acute diseases are to be managed in a specific way. The number of patients who did not recover (36), the dropped out patients (10) and the patients who died during the treatment (02), represent the factual trend that is observed in the COVID management.

CONCLUSION: COVID has been a challenging enigma of our time. Homoeopathy has been traditionally hailed to be extremely efficacious and useful in the management of epidemics since ages. The present study emphatically provides evidence that Homoeopathic management of COVID is very efficacious and useful (Recovery Rate @ 77.7%). Males were more affected that the females. The drugs that were useful were routinely drugs used for flulike disease viz: Arsenic Alb, Phosphorus, Gelsemium, Rhustox, etc. This study also reiterates the utility of Arsenicum Alb. 30 as preventive, due its overwhelming usage in the treatment.

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Distribution of Homoeopathic Prophylactic & Immune booster Medicine for Corona COVID-19



Hon'ble **Shri. B. Shriramulu**Health Minister, Govt. of Karnataka

Distributed Homeopathic Immune Booster

Arsenic Album-30 to 1033 Ashas of Dharwad District



Smt. Deepa R. Cholan, Deputy Commissioner & Dr. B. C. Sateesh, CEO, Zilla Panchayath
Distributed Homeopathic Immune Booster
Arsenic Album-30 Ayush Medicine to DC Office & Zilla Panchayat Office Employees



Principal Judge Hon'ble **Shri. Ishappa Bhute**Distributed Homeopathic Immune Booster
Arsenic Album-30 medicine to all the Judges,
Officers & Staff of Dharwad District Court



Shri. Suresh Itnal, KAS

Hubli – Dharwad Muncipal Corporation Commissioner
Distributed Homeopathic Immune Booster
Arsenic Album-30 Medicine to all 3992 Families of
HDMC Pourakarmikas



Smt. Vartika Katiyar IPS

Superintendent of Police
Distributed Homeopathic Immune Booster
Arsenic Album-30 medicine to all the 853 Police Families
of Dharwad District



Shri. Ramanagoud Basargi

Hubli – Dharwad Police Deputy Commissioner
Distributed Homeopathic Immune Booster
Arsenic Album-30 medicine to all the 2600 Polices Families



Shri Vivekanand, *Divisional Manager, BRTS*Distributed Homeopathic Immune Booster
Arsenic Album-30 Medicine to all the Hubli Dharwad City
Transport's 1563 Employee's Families



Distribution of Homeopathic Immune Booster Arsenic Album-30 medicine to all the North West Karnataka Road Transport Corporation Hubli Rural 2180 Employee's Families



Distribution of Homeopathic Immune Booster Arsenic Album-30 medicine to Office of Executive Engineer PWD, Dharwad



Distribution of Homeopathic Immune Booster Arsenic Album-30 medicine to Education BEO Dharwad Urban



Distribution of Homeopathic Immune Booster Arsenic Album-30 medicine to DTI – Dharwad Dist. Training Centre



Distribution of Homeopathic Immune Booster Arsenic Album-30 medicine to Education Addl. Commissioner Office, Dharwad

"Homeopathy cures a larger percentage of cases than any other method of treatment and is beyond all doubt safer, more economical and the most complete medical science...."- Mahatma Gandhi