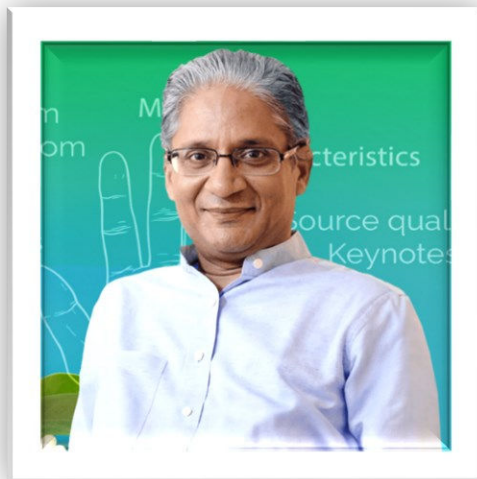


Dr. Rajan Sankaran



Accompanying script for the Covid study

Introduction

The **COVID-19 pandemic** presented the world with unprecedented challenges in early 2020. Millions of people fell ill with the novel SARS-CoV-2 virus, and the medical systems of many countries were stretched to their limits. During this time, numerous clinical trials were conducted to find effective treatment approaches. One of these was the **study by Dr. Rajan Sankaran** and an **international team of homeopaths**, which aimed to systematically investigate the benefits of homeopathy in treating COVID-19.

While vaccines and conventional medical therapies were initially the primary focus, many people considered it important to explore **complementary therapies**—for both cultural and practical reasons. Especially in countries like India, where homeopathy has been deeply rooted in medical care for centuries, it made sense to incorporate this approach into the treatment of Covid-19.

The aim of the study was therefore to determine whether **homeopathic remedies can support recovery**, reduce the severity of symptoms and shorten the duration of the illness.

Background

From the very beginning, COVID-19 presented a highly **variable clinical picture**. Some patients experienced only mild symptoms such as cough or fever, while others developed severe pneumonia and even life-threatening respiratory failure. This broad spectrum made it difficult for physicians to develop **standardized treatment strategies**.

Homeopathy assumes that illness is not merely a physical disorder, but an expression of a **deeper disharmony**. Symptoms are signals from the organism that provide clues to the underlying dynamics. The therapist's task is to decipher these signals and find a remedy that corresponds to the individual's overall picture ("simillimum").

In the case of COVID-19, it was therefore crucial to **identify typical symptom groups** that recurred in many patients. Based on this observation, a targeted drug selection could then be made.

Basic principles of research

Sankaran emphasizes that every research in homeopathy has two levels:

- the **external level** of symptoms and clinical observations
- the **inner level** of the patient's experience, resonance and sensation

Only when both levels are taken into account does a **holistic picture** emerge.

He describes research as a **continuous search** for understanding—not a one-time discovery. Especially in a crisis like COVID, **it was crucial to remain open, gather experience, and recognize patterns**.

Symptoms of Covid-19

In his study, Sankaran documented a variety of typical symptoms. Particularly striking were:

- **Severe weakness** and extreme exhaustion
- **High fever**, often with chills
- **Cough**, initially dry, later with sputum
- **shortness of breath** to the feeling of **not being able to breathe**
- **Chest tightness** and pressure on the lungs

- **Loss of smell and taste**
- **Anxiety**, especially the fear of suffocating or dying

These symptoms were experienced as **very stressful** not only physically but also emotionally. Sankaran emphasizes that, especially in a pandemic, **collective fear** is an important factor that can exacerbate symptoms.

Study design & methodology

From the outset, the study was designed to meet the requirements of modern science:

- **Type of study:** randomized, controlled and double-blind
- **Number of patients:** 300 participants with mild to moderate Covid-19 symptoms
 - **150 patients** received only the usual standard therapy
 - **150 patients** also received homeopathic treatment
- **Duration of treatment:** until complete recovery or – if this has occurred – until the course of the disease escalates

Particularly important: Homeopathic prescriptions were **individualized**. This meant that each patient was examined precisely according to their symptoms, mood, and energetic characteristics. This was based on Sankaran's proven **five-finger method** (central sensation, realm, miasma, expression, level of consciousness).

Homeopathic remedies used

Various medications were used in the study. Some of the most important were:

- **Arsenicum album**– in case of great anxiety, restlessness, weakness and shortness of breath
- **Bryonia**– with dry cough, worsening with movement, need for rest
- **Gelsemium**– in case of severe weakness, heaviness in the body, fear of illness
- **Antimonium tartaricum**– with rattling breath, lots of mucus, but little strength to cough it up
- **Camphora**– in cases of collapse, feeling cold and sudden weakness

- **Phosphorus**– with a burning sensation in the chest and lungs, anxiety and intense thirst

Sankaran emphasized that there was **no single universal remedy**, but that **differentiation** according to symptom pattern remained crucial.

Miasmatic understanding

A key finding from Sankaran's research was that **COVID-19 is not just an acute event**, but also affects deeper levels of the organism. He classified many clinical pictures into the **tubercular and sycotic miasma**:

- **Tubercular**: Feeling of threat, shortness of breath, fear of death, desire for release
- **Sycotic**: Overproduction (mucus, fluid), tightness, overload of the lungs

Understanding this miasmatic level helped to make **deeper medicine choices** and to **support patients holistically**.

Results in detail

The results were not only impressive but also **statistically** highly significant (p-values < 0.05).

- **Average recovery time**: In the homeopathy group, the duration of the illness was significantly shortened compared to the control group.
- **Symptom improvement**: Symptoms such as fever, cough, shortness of breath and fatigue improved more quickly.
- **Hospitalization rate**: Patients with additional homeopathic treatment were less likely to be admitted to hospital.
- **Severe cases**: In the homeopathy group, there was no escalation to a severe stage.
- **Deaths**: Not a single patient died in the homeopathy group – but several did in the control group.
- **Side effects**: No side effects of homeopathic treatment have been documented.

Statistical analysis

The results were not only observed but **scientifically verified**:

- The differences between the two groups were **highly significant**.
- All p-values used to calculate statistical confidence were below 0.05 in the relevant range.
- The study was published in a **peer-reviewed journal**, meaning independent scientists reviewed the data and methods before they were published.

This study is one of the few homeopathic studies that meets the strict criteria of modern clinical research.

Significance of the study

These results are remarkable in several respects:

1. **Clinical relevance**: Under pandemic conditions, it has been shown that homeopathy can provide real relief for the healthcare system – by mitigating disease progression and accelerating healing processes.
 2. **Interdisciplinary collaboration** For the first time, physicians and homeopaths worked systematically hand in hand in a state hospital. This demonstrated that **integrative medicine** is not only conceivable, but practical and effective.
 3. **Signal effect**: As one of the first large-scale, published studies on homeopathy during a pandemic, it attracted international attention – and thus paved the way for further research on infectious diseases.
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Research as a collective process

Sankaran emphasized repeatedly that this work was **not the work of a single individual**, but rather the result of **international collaboration**. Numerous colleagues contributed cases, observations, and analyses.

For him, this **joint research** was a sign that homeopathy can develop **strength through community**, especially in times of crisis.

Central messages

1. **Covid-19 is more than an infectious disease**– it reveals deeper patterns in individual and collective experience.
 2. **Homeopathy can make a valuable contribution**, both on a physical and mental level.
 3. **Research remains a path of search**– open, learning, never finished.
 4. **Collective fear and individual feelings** must be included in the treatment.
 5. **Miasms and sensation patterns** help to understand the bigger picture and find the right solution.
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Conclusion

The Covid study from Mumbai is more than just a scientific study – it is **proof of the effectiveness and safety of homeopathy** in one of the greatest medical crises of our time.

It shows that:

- Homeopathy can accelerate recovery,
- severe disease progression can be prevented,
- and this happens without any side effects.
- that healing principles are universal,
- that research is a lived search,
- and that homeopathy will continue to be a valuable companion in difficult times.

For experts, the study provides reliable data and opens up new perspectives for future research. For interested laypeople, it makes it clear that homeopathy is not a fringe phenomenon, but a serious, documented healing method.

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