

## Key Points

- It is imperative that naturopathic practitioners do not make claims that they can treat the 2019-nCoV infection or that there is research that proves that it can be treated successfully using naturopathic care.
- This following guide is for naturopathic practitioners, not the public. It is meant as an overview of supportive care for respiratory health.
- What history has taught us is that excessive stimulation of the immune system may be detrimental. In the case of the SARS-CoV epidemic it is not known whether the virus itself was the causal fatal agent, or whether macrophages recruited to the lungs in response to infection with SARS-CoV caused fatal immunopathological changes, leading to acute respiratory distress.
- If patients are seeking care or guidance and there is any suspicion that they may have come in contact with 2019-nCoV it is important to refer patients to the Ministry of Health in their region and to follow the guidelines set by your region.

## Supportive Care - Respiratory

There are no specific treatments for symptoms or illnesses caused by any human coronaviruses. Most people with common human coronavirus illness recover on their own. The aim of supportive naturopathic care is to support the body's self-healing ability and to remove obstacles to healing. The following guidelines refer to general respiratory conditions.

- **Home care:** At the first sign of an infection, improve on the [Prevention and Health Promotion recommendations listed on the WNF document, Novel Coronavirus \(2019-nCoV\)](#) such as: proper hygiene, clean balanced diet, stay home and rest and drink plenty of liquids.
- **Fever management:** An elevated core temperature is a normal part of the body fighting an infection. A fever is often beneficial and may enhance resistance to an infection. Many diaphoretic herbs actually have a normalizing effect on the body. Herbs such as ginger (*Zingiber officinale*), garlic (*Allium sativum*), thyme (*Thymus vulgaris*) and cinnamon (*Cinnamomum zeylanicum*) can be beneficial to fever management when added to teas and food.(1) If concerned about a fever in children, [check out this resource](#) for tips on how to ensure a safe and healthy fever.(2)
- **Medicinal Foods:** Foods that have medicinal properties and that may be helpful in supporting respiratory conditions include: onions, garlic, fennel, cloves, green tea,

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## Supportive Care - Respiratory



horseradish and cinnamon. Spices that are known to be helpful include thyme, sage and oregano. Medicinal foods and spices can be added to food or may be used on their own as a tea, tincture or supplement.

- **Hydrotherapy:** Cold wet socks at the beginning of a cold can help the body's fever effort and can be repeated daily. Use a room humidifier or take a hot shower to help ease a sore throat and cough.
- **Botanical Medicine:** Botanicals for pneumonia may include *Andrographis paniculata*, *Ligusticum porteri*, *Lomatium dissectum*, and *Sambucus canadensis*.(3, 4, 5, 6) A vaporizer with *Thymus vulgaris* and *Eucalyptus globulus* essential oils could help to break up the mucus congestion from the pneumonia.(7) Other botanicals of note include *Echinacea spp* and those containing berberine (e.g. *Hydrastis canadensis*, *Coptis chinensis*), *Glycyrrhiza glabra*, *G. uralensis*, *Olea europaea* leaf, while EGCG and bromelain can help in the breakdown of opportunistic biofilms. (8, 9, 10, 11, 12).
- **Nutraceutical:** Supplements that may be beneficial for some people include Vitamin D, Vitamin C and probiotics.(1, 13) Zinc gluconate as a lozenge has been shown to reduce oral viral loads and can be taken for both sore throat symptoms and to slow viral reproduction.(14)
- **Homeopathic:** There are a number of homeopathic medicines associated with coronavirus symptoms and the correct remedy will often vary based on a person's vitality, health status and constitution. You may find the initial upper respiratory symptoms are best characterized by *Gelsemium*. When it progresses to pneumonia *Bryonia*, *Eupatorium purpureum* and *Antimonium tartaricum* should be considered, based on symptoms.(15, 16)
- **Acupuncture:** Acupuncture and / or cupping may be indicated and helpful in opening up the lung meridians.(1)
- **Intravenous Therapy:** Intravenous vitamin C has antiviral properties and may be beneficial for individuals that with weakened immune status.(17)

Please ensure that you are aware and follow guidelines of your local Ministry of Health for any communicable diseases.

To stay up-to-date on any coronaviruses please check out the Centre for Disease Control at:  
<https://www.cdc.gov/coronavirus/index.html>

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