

Advisory on Bird Flu

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Abstract: Dr Moskowitz provides a sensible avian influenza advisory that our readers can, if they so choose, distribute to the public. It details the reasons homeopathic prophylaxis and treatment could be necessary, provides an effective homeopathic prophylaxis protocol, and, lastly, suggests recourse to a homeopathic practitioner should individualized treatment be required.

Keywords: avian influenza, homeopathic treatment and prophylaxis; avian influenza, homeopathic treatment advisory

The possible threat of a global epidemic of avian influenza depends on the convergence of several interrelated factors:

1) the appearance of virulent strains in Asian domestic fowl (chickens, ducks, geese) with occasional spread to their human handlers, coupled with a high mortality rate in humans, approaching fifty percent in some series;

2) its rapid transmission across Eurasia by migratory birds;

3) the proven ability of influenza viruses to produce mutant strains capable of human-to-human transmission, causing worldwide epidemics in the past;

4) their short incubation period (two to three days at most), which spreads them more rapidly than large-scale preventive measures can easily contain;

5) the limited effectiveness of standard antiviral drugs against them;

6) the triple necessity of developing a new vaccine every year with enough specificity to be effective, of producing it in sufficient quantity for large populations, and of distributing it in time to do any good; and

7) the lack of adequate hospital beds, trained personnel, and outpatient facilities to administer vaccines and other preventive measures or to treat severe cases on a nationwide or global scale.

This special Advisory is meant to address this important but still hypothetical threat. It is in no sense a plea or recommendation that people choose homeopathic treatment in lieu of standard public

health measures or effective vaccines when they become available. It is intended solely to inform the public and the medical community about a simple method for the prevention and treatment of epidemic diseases that is safe and inexpensive and has repeatedly proven its worth in the past. It calls for a modest three-tiered strategy that is well within the capability of any region or locality acting on its own, without any need for Federal assistance or the quota of unwanted surveillance and red tape that usually comes with it.

Level 1. Prevention in Advance of the Outbreak.

The first level is prevention in advance of the outbreak, or in its earliest stages, when the first documented or reported cases appear in the vicinity. If the specific vaccine is not yet available in sufficient quantity, either of two common homeopathic medicines may offer a measure of protection for a period of weeks or months, and may be taken with perfect safety by anyone. The first is called *Influenzinum*, the remedy or nosode prepared from the virus itself, and may be taken in the 30C (30th centesimal) dilution, roughly as follows: three doses within a twenty-four hour period (waking, bedtime, waking), repeated weekly until the outbreak passes. Although the mutability of the virus limits the efficacy of any medicine previously prepared from it, even from the deadly 1918 strain, it has had a fairly good track record in the regular annual epidemics since then.

For bird flu in particular, an even better alternative might be the medicine prepared from duck heart

and liver, because ducks are one of the main reservoirs of the virulent strain, and the medicine has nothing to do with the microbiology of the virus, but only with the reaction of its animal host to it. It is available over-the-counter from several different manufacturers, under a variety of trade names, such as *Oscillocochinum* (Boiron Labs), and may be taken in the 200C dilution, on roughly the same schedule as the nosode. It has proven highly effective in preventing influenza if begun at or before the time of exposure, and also works quite well for incipient cases if given early enough.

Level 2. Preventive Treatment in the Early Stages of the Disease.

Once the disease has broken out in the vicinity, homeopathic physicians are trained to examine each case individually and prescribe the one medicine that most closely coincides with the unique symptom-picture of that patient as a whole. After fifteen to twenty cases are treated in this fashion, one medicine will have been extremely beneficial to about seventy-five percent of the cases, both in alleviating the intensity of the symptoms and in speeding the recovery and thus shortening the course of the disease. Once identified as the basic medicine or *genus epidemicus* for the outbreak as a whole, it may be given out prophylactically to everyone at the time of exposure, or beforehand when the disease is nearby. It will also do great service in treating early or incipient cases.

Level 3. Individualized Treatment of Advanced or Complicated Cases.

For the remaining twenty-five percent of the cases who do not respond to the *genus epidemicus*, other equally beneficial medicines will be identifiable by a trained homeopathic physician, based on further individualization of the total symptom-picture, as above. Some of the more severe cases may require hospitalization and conventional treatment as well.

Long experience with epidemics of smallpox, cholera, scarlet fever, typhus, and other such diseases at a time when antibiotics and vaccines were not yet available has shown this simple method to be highly effective both in treating the people who are already sick and in preventing the spread and reducing the intensity of the disease in others who are in its path. It is inexpensive and totally safe, involving the use of simple home remedies that are available to anyone without a prescription, freeing the physician to focus on the more advanced and complicated cases. As part of the overall public health strategy, it could be of great benefit whenever and wherever conventional vaccines and medications are not yet available.

About the Author: Richard Moskowitz, M.D. practices classical homeopathy in Watertown, Massachusetts (Boston area). He is on the editorial staff of the JAIH; he previously served as President of the N.C.H. and is currently on the faculty of the N.C.H. Summer School. He is the author of the books "Homeopathic Medicines for Pregnancy and Childbirth" and "Resonance: The Homeopathic Point of View." AHT