

INFECTIOUS ILLNESS AND PATIENT RESILIENCE: IN PREPARATION FOR THE NEXT PANDEMIC

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KHUAB
COMPREHENSIVE
TUMOR CENTER
BARCELONA

Joan Vidal-Jove, June 2022



100 anys

**MEP INTEREST GROUP ON
INTEGRATIVE MEDICINE & HEALTH**

NEW DATE

Tuesday June 14, 2022 | 15:00-17:00 CEST

BRUSSELS & ONLINE

↓
**INTEGRATIVE MEDICINE & HEALTH
IN COVID-19 AND LONG COVID**

Registration is open



Recommendations After Covid Pandemic



EUROPEAN COMMISSION

Brussels, 25.11.2020
COM(2020) 761 final

COMMUNICATION FROM THE COMMISSION TO THE EUROPEAN PARLIAMENT, THE COUNCIL,
THE EUROPEAN ECONOMIC AND SOCIAL COMMITTEE AND THE COMMITTEE OF THE
REGIONS

Pharmaceutical Strategy for Europe

1. Empower and bring **together all health professionals**
2. Explore new business models, better fit for the antimicrobial market and antimicrobial management
3. **Reduce dependence on antibiotics** through consumption targets, prevention activities, research into non-antibiotic options and practices
4. **Strengthen institutions** and clarify the role of HERA
5. Walk the talk on **environmentally sustainable antibiotics**
6. Explore the role of health promotion and prevention, and **patient resilience** as a strategy of prevention

COVID-19

By Peter Daszak, Gerald T. Keusch, Alexandra L. Phelan, Christine K. Johnson, and Michael T. Osterholm

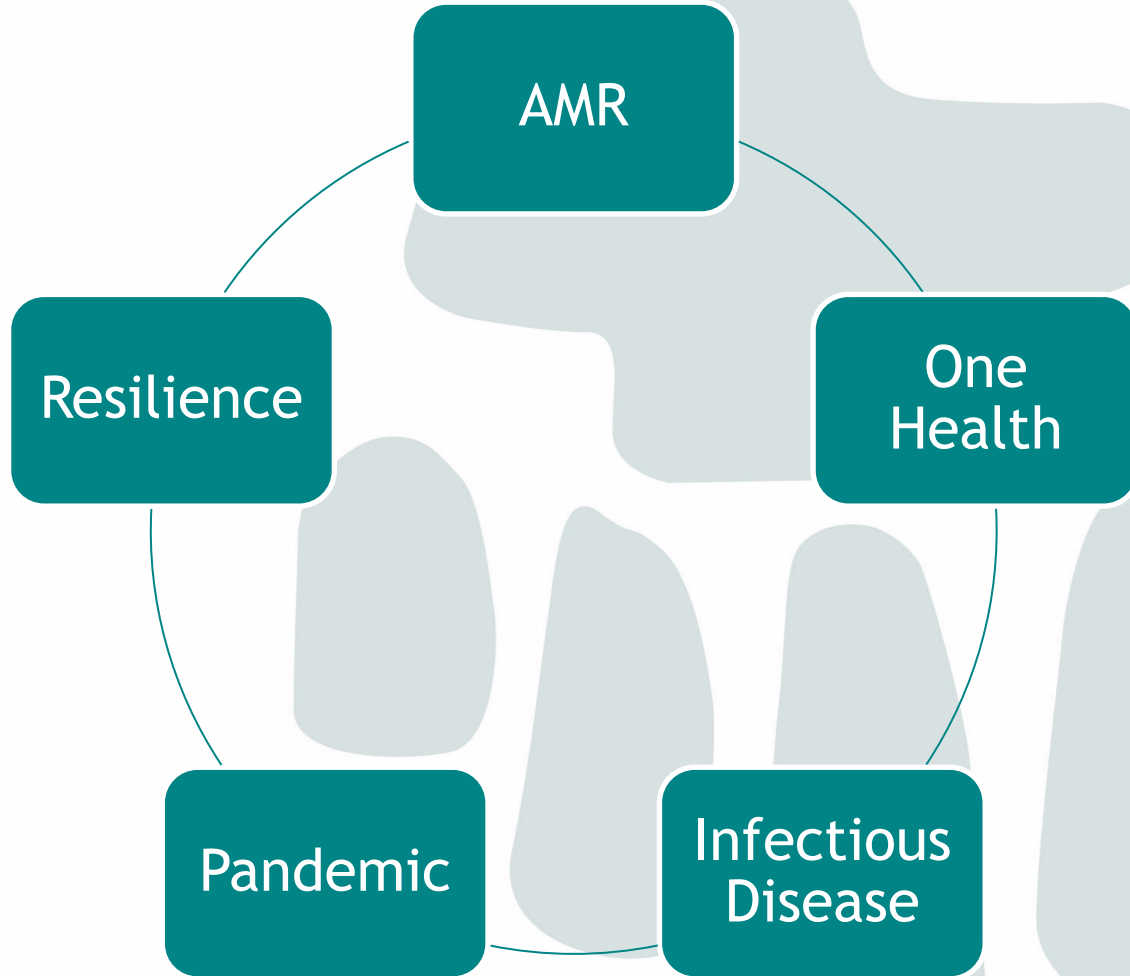
DOI: 10.1377/hlthaff.2020.01544
HEALTH AFFAIRS 40,
NO. 2 (2021): 204–211
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COMMENTARY

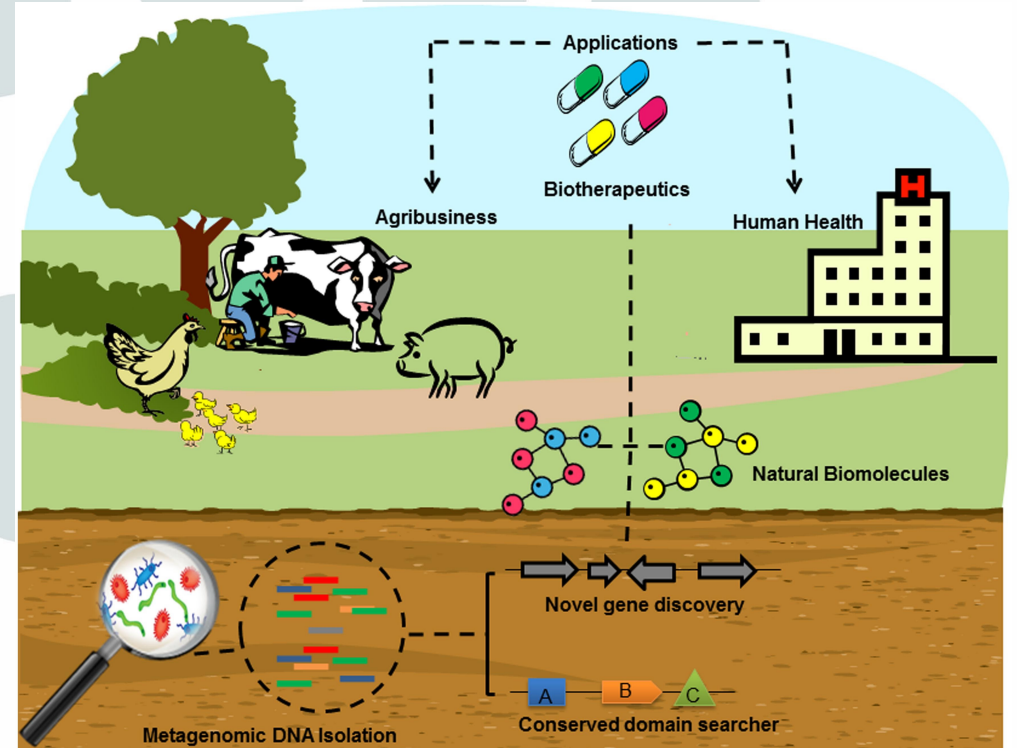
Infectious Disease Threats: A Rebound To Resilience

1. Launch A Commission
2. Strengthen And Modernize Health And Public Health Systems
3. Renew Status As Global Public Health Leader And Partner
4. Reinforce A Science-Based Approach To Public Health Policy
5. Federal Funding And Political Independence For Pandemic Agencies
6. **Support One Health** And Efforts To Mitigate Underlying Drivers Of Pandemics

Concepts

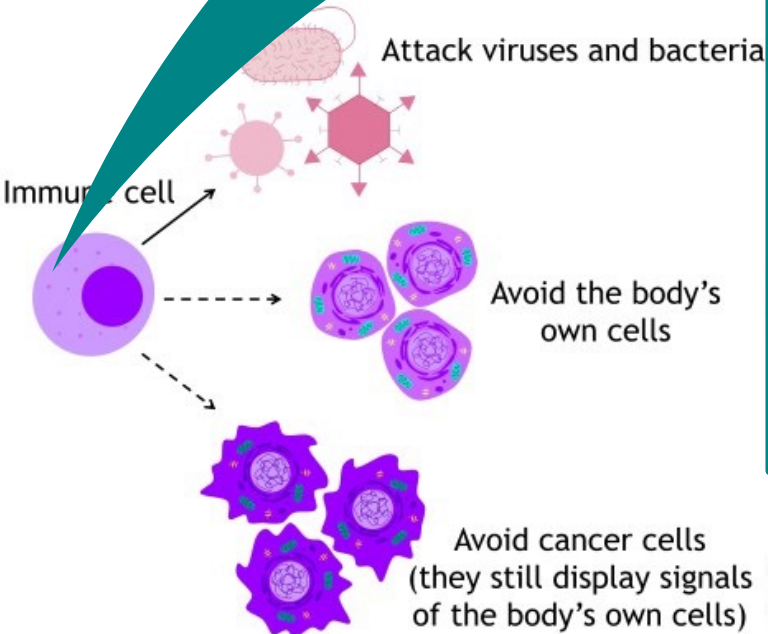


- Patient Resilience
- Bring together all professionals: One Health
- Tackle AMR: New options in front of ATB



AMR: Antimicrobial resistance

An efficient
immune
system



An effective and sustainable
approach

1. Healthy populations put less pressure on health care;
2. Humans and animals resilient to infectious diseases will need fewer antibiotics and reduce AMR;
3. Health promotion and patient resilience further a multisectoral One Health approach to AMR;
4. Medical research on host factors will bring a shift to health-oriented research and health-promoting medicine.

The strategy to prevent and
tackle AMR

1. Promoting healthy lifestyles in education, targeted campaigns and lifestyle coaches in primary care
2. Researching and investing in safe and effective non-antibiotic treatments to prevent and treat infectious diseases improving resilience
3. Fostering a proper One Health approach in multidisciplinary settings
4. Researching and investing in non-antibiotic treatments environmentally friendly

P. Weiermayer, M. Frass, T. Peinbauer, L. Ellinger
Evidence-based homeopathy and veterinary homeopathy, and its potential to help overcome the anti-
microbial resistance problem - an overview. Schweiz. Arch. Tierheilkd., 162 (2020), pp. 597-615

One Health Action Plan

- The current national laws (Switzerland, Austria, Germany) and the EU legislation guarantee the **quality and safety** of homeopathic medicinal products and homeopathic therapies.
- Five of the six meta-analyses on various indications up to 2014 concluded on the **effectiveness of homeopathic therapy**.
- Evidence for the **effectiveness** of human and veterinary homeopathy in general, and in the **treatment of infections**, has been sufficiently proven to justify further research in this area.
- Effects on all **quality levels according to Cochrane** criteria are recognizable, especially for individualised homeopathy, even in the methodologically high-quality studies.
- Data from health care research, so-called ‘**real world data**’, show the potential for a significant reduction in the use of antibiotics through homeopathic treatments.
- Because of the global threat posed by the problem of antibiotic resistance, both human and veterinary homeopathy urgently need **further methodologically high-quality studies**.
- For the quality assurance of further studies, their implementation at **university facilities** is a prerequisite, which can only be made possible through the integration of complementary medicine including homeopathy at the universities.

Resilience:

Ten Surprising Facts About Stressful Life Events and Disease Risk

Annual Review of Psychology

Vol. 70:577-597 (Volume publication date January 2019)

First published as a Review in Advance on June 27, 2018

<https://doi.org/10.1146/annurev-psych-010418-102857>

Sheldon Cohen,¹ Michael L.M. Murphy,¹ and Aric A. Prather²

1. There Is Little Agreement on the Characteristics that Define a Stressful Event
2. Stressful Events Can Impact Most Diseases
3. Most People Exposed to Stressful Events (Even Traumatic Events) Do Not Get Sick
4. Stressful Events Do Not Fall Randomly from the Sky
5. Stressful Events May Not Cause Disease in Healthy People
6. Certain Types of Stressful Events Are Particularly Potent
7. Chronic Stressful Events Are Worse than Acute Ones, Except When They Are Not
8. Multiple Events May Be More Potent than Individual Ones, or They May Not
9. Stressful Events Vary in Frequency and Potency as a Function of Where an Individual Is in the Life Course
10. Different Types of Stressful Events Influence Women and Men



Resilience in infectious diseases



- The “cause” of disease is not simply an organism but also:
 - factors that compromise host resistance,
 - person’s hereditary endowment,
 - nutritional state,
 - psychological state,
 - stresses in life
- It is called “host resistance” or “susceptibility.”
- stressful events, especially chronic, can increase an individual’s risk of developing illness after exposure to an infectious agent (Pedersen et al. 2010).
- the role of stressful events in risk for developing illness comes from a series of viral challenge studies (Cohen 2016).
- exposure to recent and chronic stressful events increases risk of developing clinical illness following inoculation with a virus.
- in the case serious infectious disease, studies of HIV/AIDS have found that stressful events, are associated with
 - poorer disease outcomes,
 - increased viral load,
 - higher risk of developing an opportunistic secondary infection,
 - and increased AIDS-related mortality (Leserman 2008).

Homeopathy concept of health & disease

Concept of Health and Disease in Homeopathy

Waheed Mumtaz Abbasi*

University College of Conventional Medicine, Pakistan

- Homeopathy is a holistic system of medicine having its own paradigm.
- In Homeopathy, health is considered as mental, physical, emotional and spiritual wellbeing, coherent with the WHO definition of health.
- Homeopathy considers the symptoms of the disease as an expression of the immunological response. Homeopathic medicaments mimic the symptoms of the patient, then enhancing the reactive energy of the organism making it more resistant to diseases.
- Cure is only achieved by the complete elimination of all symptoms and even effects of other treatments.
- It could be proved as an important therapy that will treat many difficult diseases by following its unique concept of health and disease.

Table 1. Summary of laboratory studies on basophils/mast cells

- ✓ High dilutions (up to 10^{-120}) of Anti-IgE antibodies stimulate basophil degranulation (2). This result was not confirmed by two independent groups (19,20).
- ✓ Homeopathic dilutions of *Apis Mellifica* and *Lung Histamine* inhibit basophil degranulation (8,11,12).
- ✓ High dilutions of Histamine (10^{-20} to 10^{-38} M) influence the activation of human basophils measured by alcian blue staining (25–27). A multicenter study confirmed this finding in different laboratories, using several different techniques (24,30,32).
- ✓ Inhibition of basophil activation by high dilutions of histamine is reversed by anti-H2 and is not observed with histidine, these results being in favor of the specificity of this effect (31).
- ✓ An independent team confirmed the inhibitory effect of high dilutions of histamine (10^{-22} to 10^{-25} M histamine) (33,34).
- ✓ One report (35) failed to replicate these findings: histamine consistently inhibited basophil degranulation only when used in low dilutions.

Table 2. Summary of laboratory studies on lymphocytes

- ✓ *Phytolacca* (5c, 7c and 15c) have no mitogenic effect on resting lymphocytes but on lymphocytes stimulated with ponderal doses of phytohemagglutinin they inhibit mitosis (36,37).
- ✓ Naphthoquinones (plumbagin, alkannin and others) and cytostatic agents (vincristine, methotrexate and fluorouracil) inhibit lymphoblastic transformation at relatively low dilutions, whereas higher dilutions have a stimulatory effect (38).
- ✓ High dilutions of Bee venom (*Apis*) or *Phosphorus* inhibit blood lymphocytes (stimulated *in vitro* with PHA) from healthy subjects while the cells from immunodepressed patients do not show any significant inhibition (40).
- ✓ A homeopathic complex formulation containing *Vincetoxicum* 6x to 30x and *Sulfur* 4x to 10x stimulate cytokine production by human lymphocytes (51).
- ✓ The homeopathic immunostimulant complex *Canova* has no genotoxic properties on human lymphocytes (53).
- ✓ *Traumeel S* inhibits IL-beta, TNF-alpha, and IL-8 production by human T cells, monocytes and gut epithelial cells (54).

Homeopathy and Immunity

Advance Access Publication 5 February 2006

eCAM 2006;3(1)13–24
doi:10.1093/ecam/nek018

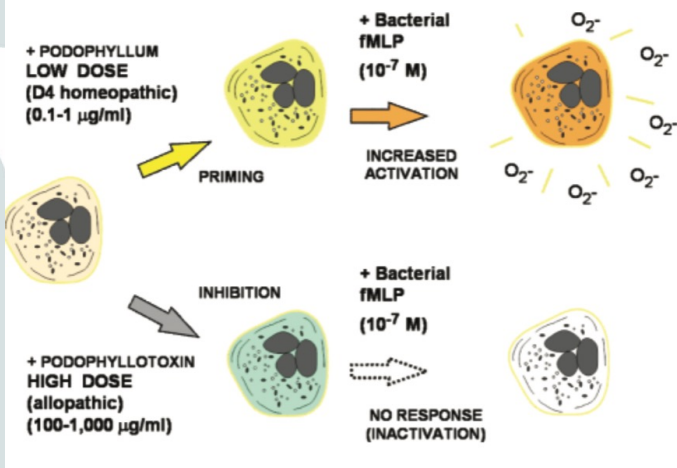
Lecture Series

Immunology and Homeopathy. 2. Cells of the Immune System and Inflammation

Paolo Bellavite¹, Anita Conforti², Francesco Pontarollo¹ and Riccardo Ortolani³

Table 3. Summary of laboratory studies on granulocytes

- ✓ *Belladonna*, *Hepar Sulphur*, *Pyrogenium*, *Silicea* stimulate or inhibit the leukocyte chemotaxis, with variable effects in different individuals (55).
- ✓ *Belladonna* and *Ferrum Phosphoricum* 5c and 9c (not *Apis* 9c) inhibit zymosan-stimulated metabolism, with individual sensitivity (55).
- ✓ *Bryonia* 4c and 9c stimulate the oxidative metabolism of granulocytes (57).
- ✓ *Manganum phosphoricum* (6x to 8x), *Magnesium phosphoricum*, (6x to 8x) and *Phosphorus* (30x to 200x) inhibit the oxidative metabolism of granulocytes (60). The high-dilution effects of *Phosphorus* are not evident in all experiments.
- ✓ No effects of *Traumeel S* on the oxidative metabolism of human granulocytes (61).
- ✓ *Podophyllum* (4x) and low dilutions of podophyllotoxin prime the oxidative metabolism of granulocytes; higher doses of the same toxin exert an inhibitory effect (63).
- ✓ Phorbol myristate acetate, a known activator of granulocytes, seems to act on these cells also through ‘electronic transmission’ of the signal (64).



Homoeopathy in the management of infectious diseases: Different facets of its use and implications for the future

Roja Varanasi*, Debadatta Nayak

Central Council for Research in Homoeopathy, New Delhi, India

- It is safe and effective when used as an adjuvant to conventional treatment. There is a role of integration of homeopathy with the standard care for the treatment of all types of infectious diseases including those with high mortality and morbidity.
- It has been shown to lead to
 - reduction in number and length of hospital stays
 - reduction in the cost of care
 - reduction in loss of work days
 - increased compliance with conventional treatment
 - reduction in healthcare burden on hospitals
- Homeopathic treatment may help when use of antibiotics is not indicated, for new emerging diseases
- It is safe and cost-effective.
- Homeopathic medicines can be manufactured easily in large scale and easy distribution make it a viable option during epidemics/pandemics
- Due to the heterogeneity of approaches, and of drugs used, more studies will be required to add to the existing evidence in different clinical conditions.

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Homeopathy and epidemics

Homeopathic Prevention and Management of Epidemic Diseases

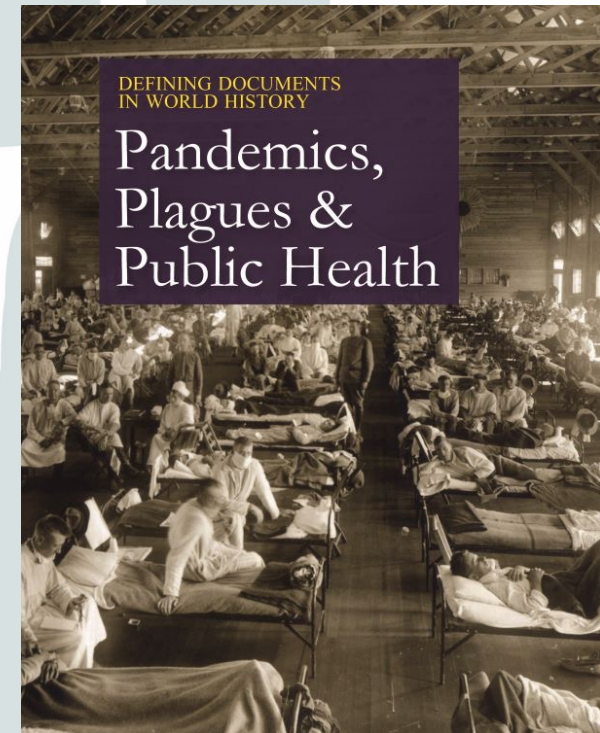
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Homeopathy 2018;107:157–160.

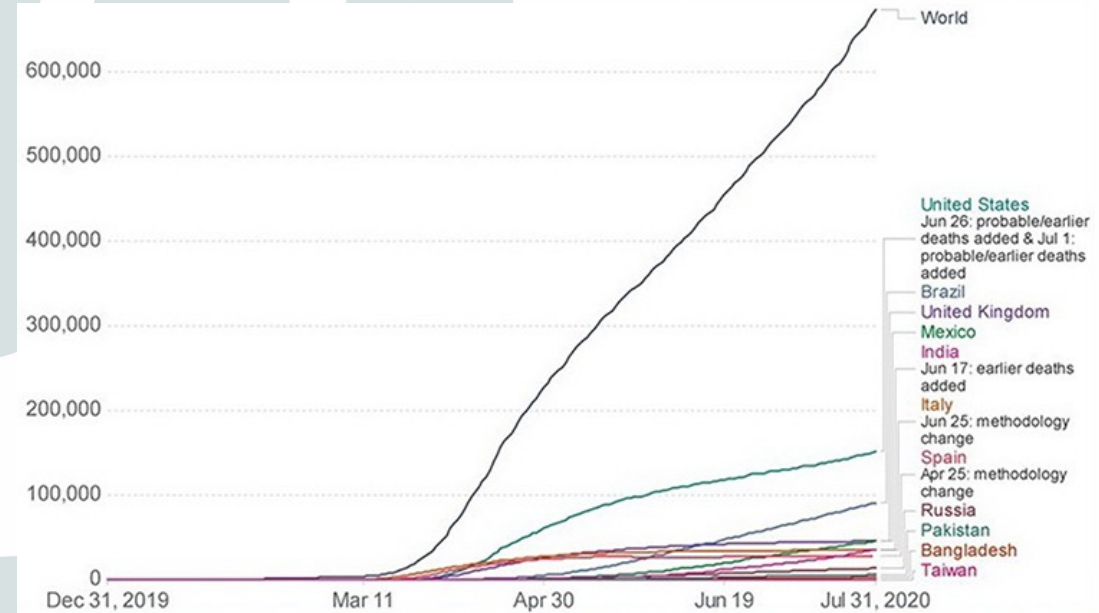
- Homeopathy has been used for over 200 years to treat epidemic diseases, beginning with Samuel Hahnemann prescribing Belladonna for scarlet fever.
- There are various homeopathic approaches for epidemic disease, all with experimental evidence of effectiveness.
- Specific approach known as “genus epidemicus” seems more appropriate if based on data from many practitioners.
- More research needs to be performed to enlarge the research base and to make homeopathy an attractive treatment for epidemic diseases.



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Homeopathy and Covid

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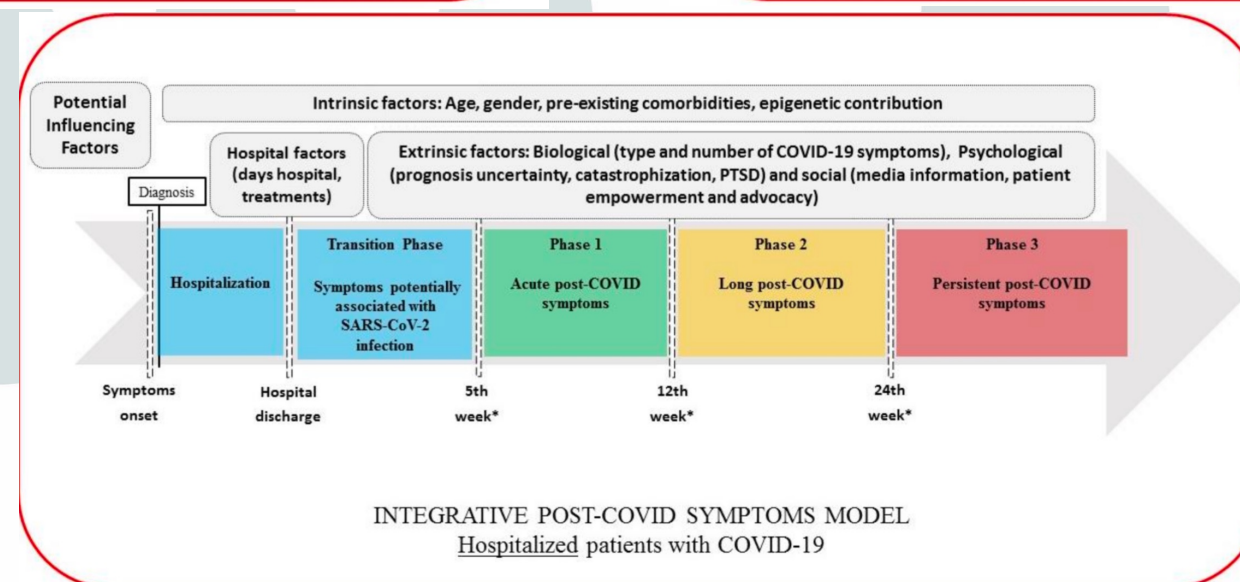
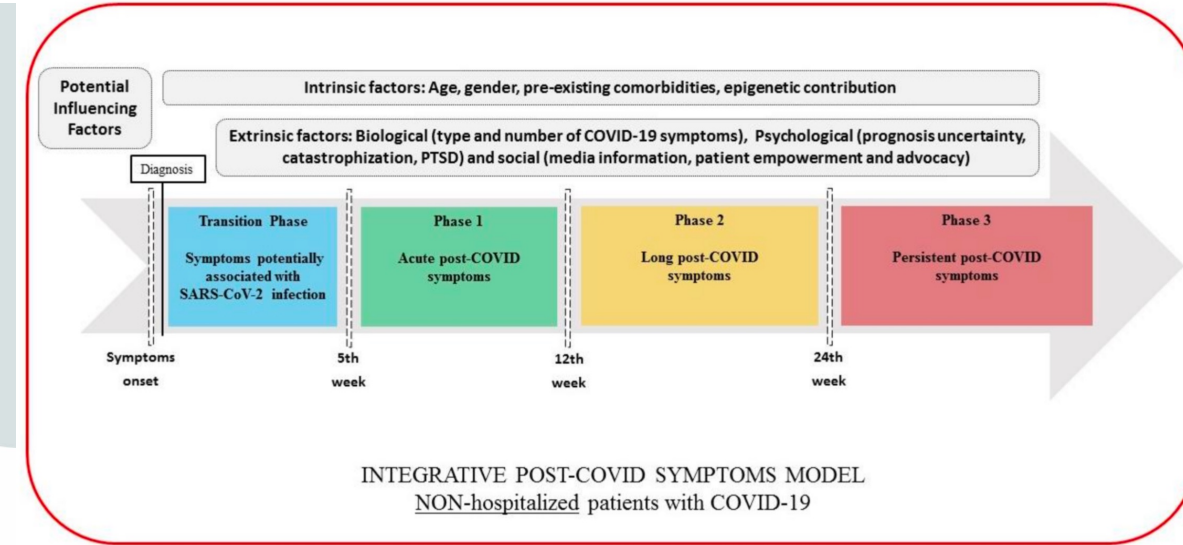
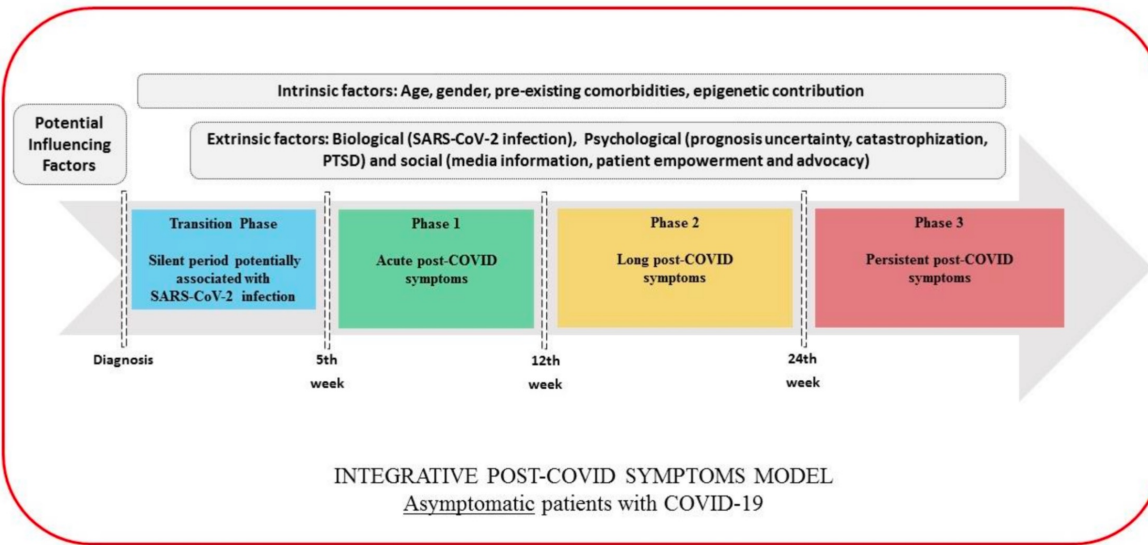


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Communication

Defining Post-COVID Symptoms (Post-Acute COVID, Long COVID, Persistent Post-COVID): An Integrative Classification

César Fernández-de-las-Peñas ^{1,*}, Domingo Palacios-Ceña ^{1,*}, Víctor Gómez-Mayordomo ²,
María L. Cuadrado ^{2,3} and Lidiane L. Florencio ¹



In Summary

- Patient's resilience has an important impact on infectious diseases susceptibility
- Support “one health” and efforts to mitigate underlying drivers are key factors
- Homeopathy has robust published results in mitigating infectious diseases, epidemics and Covid
- Homeopathy may help in addressing AMR and “one health” policies



TAKE HOME MESSAGES

1. Better Health - Resilient Population
2. Invest in education and research in All options
3. Support patient empowerment

THANK-YOU

QUESTIONS?



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