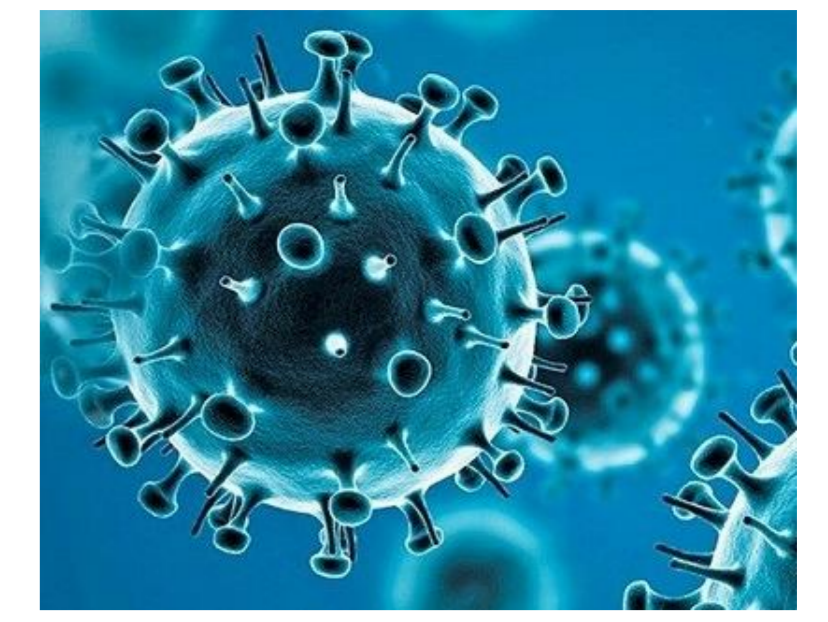
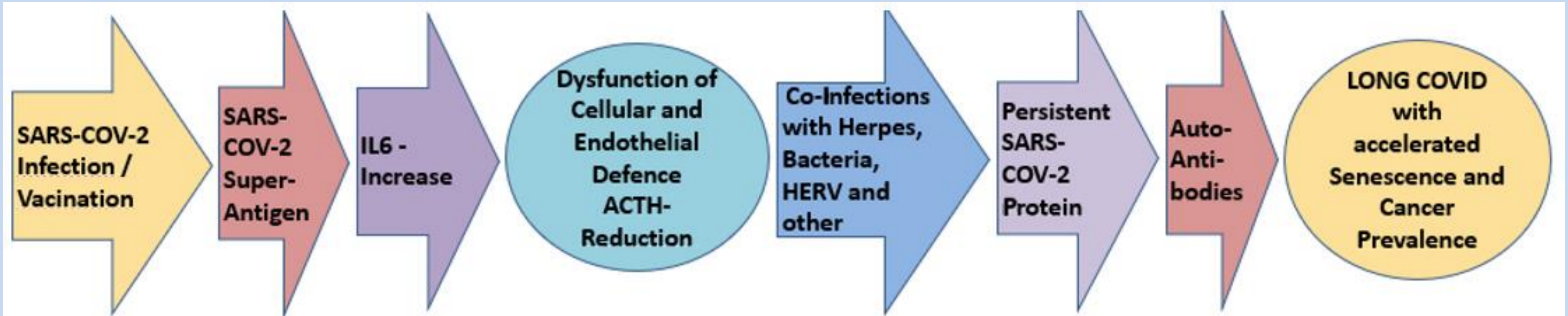


Effectiveness of Naturopathic Treatments in Long-COVID – a Retrospective Online Survey



Background / Objective

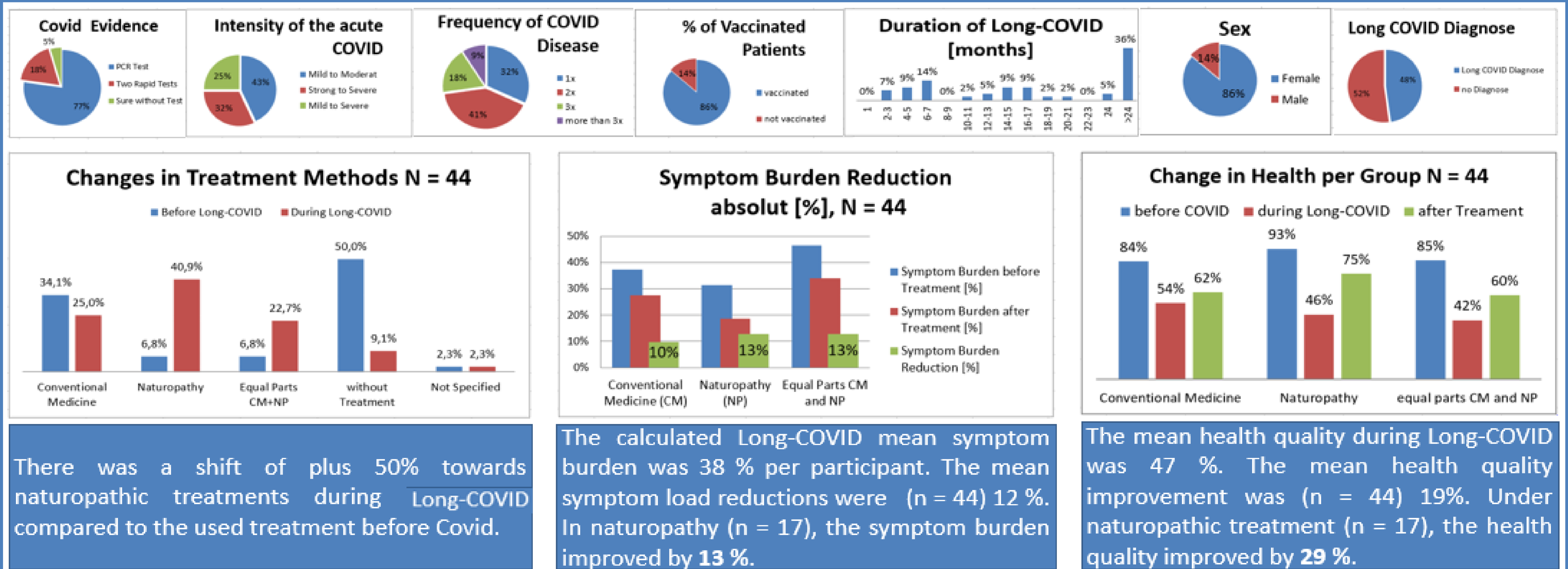
Approximately 10 % - 20 % of patients, who have experienced COVID-19, develop Long-COVID-syndrome (1). Pharmaceutical interventions to manage short term symptoms might be harmful (2). Monoclonal autoantibodies (Mab) in combination with persistent virus may evolve mutations with Mab-resistance (3). In the meantime, studies have been published describing improvements from naturopathic treatments (4)(5)(6). This study analysed the experiences of patients with Long-COVID on the effectiveness of



Method

Development and distribution of the questionnaire was realized via the scientific platform Soci Survey to Long-COVID centres and patients. The questionnaire contained Likert visual analogue scales and metric variables. The questions covered health quality, acute COVID-disease, Long-COVID-symptoms according to the WHO Delphi criteria, intervention methods used and their outcome. The survey included the period before the pandemic, the period with Long-COVID and the period after naturopathic or pharmaceutical Long-COVID-interventions. The responses of Long-COVID study participants with treatments were compared to those groups without naturopathic or pharmaceutical intervention. The questionnaires were quantitatively analysed and the statistical calculations were performed.

Results



The naturopathic interventions led to improvement in health quality and Long-COVID-symptoms reduction compared to the control group. The factors symptom reduction and health improvement remained highly significant in the quantitative analysis of responses for the naturopathic treatments. The Spearman correlations were $r = 0,73$ for symptom reduction ($p < 0.001$) and $r = 0,75$ for health quality improvement ($p < 0.001$). This supported the hypothesis that naturopathic treatments are effective in Long-COVID. The participants' responses confirmed the effectiveness of naturopathic interventions in Long-COVID.

Discussion

This study confirmed that naturopathic methods are effective in the treatment of Long-COVID and their use can reduce the symptoms and improve the health. The results emphasize that naturopathic methods should be integrated into the treatment of Long-COVID. This could have significant health benefits for patients and the health economy. From a scientific perspective, the mechanisms of essential naturopathic methods should be investigated more closely for their benefit in Long-COVID and for Long-Covid prevention.

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