

Homeopathic

KEYWORDS: Dengue, Dengue, Break Bone fever, hemorrhagic fever, dengue virus, Homeopathy, homeopathic treatment etc.

DENGUE FEVER PREVENTION AND TREATMENT THROUGH HOMEOPATHY MEDICINES



Volume - 7, Issue - 3, March - 2022

ISSN (O): 2618-0774 | ISSN (P): 2618-0766

Dr. AK Dwivedi*

Professor and HOD, Department of Physiology and Biochemistry
SKRP Gujrati Medical College, Indore, India*Corresponding Author

INTERNATIONAL JOURNAL
OF PURE MEDICAL RESEARCH

**ABSTRACT**

Dengue fever is spread through the bite of Aedes mosquito afflicted with a dengue virus. Dengue (pronounced Dengee) fever is a dreadful, unbearable mosquito-borne infection triggered by dengue viruses. This is also known as Break bone fever because in this fever there is unbearable pain in the joints and bones. It is general infection caused by one of four sero-types of viruses from the category Flavivirus. In this paper we have discussed in detail about the homeopathic management of dengue.

Introduction:

Dengue is one of the most widespread epidemics in India in recent times. The case has increased from 30,000 in 2010 to 100,000 in 2016. It has turned out to be a big worry to public healthcare system. As general cases recover with little medication but considering the serious probable haemorrhagic complications, it is essential for country like India to have a system in place that can efficiently meet this challenge.

Dengue most often shows symptoms like abrupt onset of fever for 5 to 8 days following a bite from one of numerous groups of Aedes mosquito, including A. aegyptii, A. albopictus, and A. scutellaris. It is observed that after 2 to 4 days of headache, fever, and muscle aches, the illness relieves for 12 to 48 hours and then again come back with a skin rash, chills, swollen and reddened eyes, and the unbearable joint pains which is also called as "break bone fever," a synonym that is still in use.

Dengue fever is normally benign and get controlled by little or very less medications but in certain cases, it advances to the hemorrhagic form due to which blood loss from multiple organs and mucosal surfaces occurs also for this type of cases the mortality rate of about 5 percent has been reported. Till now no vaccine and medicines are available for the treatment of dengue.

Symptoms of Dengue Fever:

Symptoms of dengue fever which typically start 4 to 6 days later than infection and last out for up to 10 days.

Following are the Symptoms of Dengue Fever:

- Unbearable joint and muscles Pain.
- Abrupt, very high fever
- Severe headache & body ache
- Pain at the back of eyes
- Weakness
- Loss of appetite
- Nausea
- Vomiting
- Skin rashes, which may be seen after 2 to 5 days after the arrival of fever
- Mild bleeding

Precaution to be taken during Dengue Fever:**Things to do during Dengue Fever:**

1. Keep personal hygiene.
2. Keep your habitats clean and sanitised.
3. Substitute processed foods with healthy foods, which are rich in fibre and nutrients.
4. Maintain a good posture.
5. Engage in regular mild exercises such as yoga or jogging.
6. Wear airy and comfortable clothes.

Things which should be avoided during Dengue Fever:

1. The drinks like coffee and tea.
2. Drinking of alcohol
3. Avoid foods which are high in salt and sugar.
4. Refrain from using artificial scents such as perfumes and room fresheners.
5. Avoid the use of temperature control devices such as air conditioning or room heaters.

Preventive Measures:**Personal prophylactic measures**

- Use mosquito repellent creams, liquids, coils, mats, etc.
- Wear full sleeve shirts and full pants with socks
- Use bed nets for sleeping infants and young children to prevent mosquito bite

Environmental management & source reduction methods

- Eliminate and Identify breeding sources of mosquito.
- Prevent collection of water on rooftops, porches, and parasols.
- Stored water to be covered properly.
- Regularly change over water in water pots, flower vases, water coolers, etc.
- Garbage should be disposed properly and should not be permitted to collect.

Biological & Chemical control for control of mosquitoes breeding

- In ornamental tanks, fountains, etc Use larvivores fishes
- For control of mosquitoes breeding use biocides or chemical larvicides
- Aerosol space spray

Health education

- Common people to be made aware off regarding measures to reduce vector breeding and safeguards for preventing mosquito bites.

Investigations for Diagnosis of Dengue:**1. Complete blood count:**

- Haemoglobin
- Haematocrit test.
- Total leukocyte count
- Differential leukocyte count
- Platelet count
- Peripheral blood smear.

2. ELISA – based NS1 antigen tests

Complications of dengue virus infections:

- Aplastic Anemia
- Cardiomyopathy.
- Seizures, encephalopathy, and viral encephalitis.
- Hepatic injury.
- Depression.
- Pneumonia.
- Iritis.
- Orchitis.
- Oophoritis.

Homeopathic Management of Dengue:

Homeopathy is a natural and mild scheme of medicines that utilizes minute doses of well-researched remedies to improve the body's natural curing procedure. Homeopathy treats the person as a whole by this statement we mean that the homeopathic medication for dengue fever, concentrates on the patient as a person, as well as his clinical condition. The homeopathic medications for dengue fever are carefully chosen following a full personalized assessment and case-assessment, which includes the health record of the patient, physical and psychological condition etc.

The homeopathic medical method has clear guiding principle for the management of contagious epidemics, and it is well recognized long before the beginning of modern sanitation, vaccination, and antibiotics. Homeopathy is a system of medicine in which the medicines formulations are prepared in such a way that it works on the Immunity of the body and strengthen it. This fundamentally means that the Homeopathic medicine strengthens the body's ability to fight disease.

At *Advanced Homeo Health Centre & Homeopathic Medical Research Pvt Ltd*, Manorama Ganj, Indore, Madhya Pradesh, we are treating the patients of dengue since last 20 years and found that the homeopathy can help in curing the dengue effectively and help in maintaining the platelet count of the patients suffering from dengue.

We are prescribing following homeopathic medicines to the penitents suffering from dengue based on the symptoms and the condition of the patients and found very good results

Sr. No.	Medicines	Symptoms
1	Arsenicum Album	Fear of death, Great prostration All types of fever with restlessness mentally and physically. Can be used as immunity booster to prevent many viral fever.
2	EupatoriumPerfoliatum	Plays very important role in the prevention & treatment of dengue fever Bruised feeling as if broken all over Body & headache Violent pain in the occiput Suited for dengue fever, where platelet count reduces and intense pain in joints.
3	Rhus Toxicodendron	Extreme Restlessness, red tipped tongue Great apprehension for every kind of fever Influenza, with aching in all bones.
4	Crotallus Horridus	Hemorrhagic diathesis blood flows from Eyes ear nose from any orifice of body Purpura haemorrhagica sudden bleeding Severe bleeding Great prostration
5	Bryonia Alba	For all kind of fever Onset of fever is slow & insidious Fever with dry cough with chest pain Intense pain in joints
6	Belladonna	Congestion, Anxiety, trembling & delirium Sudden rise of temperature, violent and high fever. throbbing pain

7	Ferum Met	Violent pain in body & muscles Fever with pale & waxy face haemorrhage Anaemia congestive type of headache
8	Phosphorus	Great anti hemorrhagic medicine Weak empty all gone sensations Burning in stomach Simple Dengue fever and also suitable for Dengue hemorrhagic fever.
9	Carbo veg	Very important medicines for passive capillary bleeding Exhausted vitality hot patient though body is cold to touch hemorrhagic diathesis Useful when there is collapse like state along with Dengue fever

Conclusion:

During our study we found that if the Dengue Fever penitents are treated with the help of homeopathy their chances of getting Dengue Hemorrhagic Fever are negligible. If proper medication is taken under the supervision of Homeopathic physician, the Dengue Fever can be treated at any stage.

Reference:

1. Aus I, Sharma S. National dengue day: Is dengue increasing in India? Am I at risk? [cited 2017 Sep 30];<http://www.hindustantimes.com/2017> Available from: <http://www.hindustantimes.com/health/national-dengue-day-is-dengue-increasing-in-india-am-i-at-risk/story-7Q1vt8Qy6EmslyhZwR30rM.html>.
2. Marino R. Homeopathy and Collective Health: The Case of Dengue Epidemics. *Journal of High Dilution Research*. 2008;7(25):179-185.
3. Vitoulkas G, Tiller W. *The Science of Homeopathy*. Athens: International Academy of Classical Homeopathy. 2009.
4. Hahnemann S. *Organon of Medicine*. Rep. 5th ed. New Delhi: B Jain Publishers; 1982.
5. Hahnemann S. *Organon of Medicine*. Rep. 6th ed. New Delhi: B Jain Publishers; 1982.
6. *Text Book of material Medica* Dr Sk dubey New Millennium Edition January 2000
7. *Pocket Manual of Homoeopathic material medica & Repertory* - by Dr.WilliamBoericke.
8. Rich RR. *Clinical Immunology: Principles and Practice*. 4th ed. China:Elsevier; 2013. p. 316.
9. John Henry Clarke, *Materia Medica*, 1902.