

Efficacy of Homoeopathic Medicine in Treatment of Dengue Fever

Dr. Naincy

BHMS, PG Scholar, Homoeopathic Materia Medica, Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana

Abstract: *The outbreaks of the dengue fever are increasing day by day in India. It is believed that the same are due to multiple factors like rapid urbanization, population growth, global warming etc. The mortality rate in dengue fever is near about 1% to 5% if left untreated and less than 1% with proper treatment and management. In some severe cases like Dengue Haemorrhagic Fever (DSS), mortality rate is too high, near about 26%. The incidence of dengue increased 30 folds between 1960 and 2010. The study was carried out at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana. Cases were taken upto 6 months and assessment of cases were done in a fortnight. **Objective:** This study is aimed to study the Efficacy of Homoeopathic Medicines in the treatment of Dengue fever. **Result:** Homoeopathic remedies have beneficial effect in the treatment of Dengue fever. **Conclusion:** From the above study, I concluded that some homoeopathic medicines like Eupatorium, Arsenicum album, ferrum phosphorium etc. play an important role in treatment of dengue fever and it is concluded that almost 66% cases of dengue fever are treated only by homoeopathic medicines.*

Keywords: Dengue fever, Haemorrhagic, Eupatorium, Arsenicum album, Ferrum phosphorium etc.

1. Introduction

Dengue fever is a vector borne fever caused by a virus known as Arbovirus, which is transmitted by the bite of Aedes mosquito which has several species like Aedes aegypti, Aedes albopictus etc. Dengue fever is a systemic disease caused by virus (4 serotypes- DEN-1, DEN-2, DEN-3, DEN-4) from the genus Flaviviridae, which also includes the pathogen responsible for yellow fever and Japanese encephalitis. Dengue fever is usually benign and self limiting type of disease but a small number of cases will progress to haemorrhagic fever, in which bleeding from multiple organs and mucosal surface occurs and for which the mortality rate is about 5%. Dengue fever also known as breakbone fever. The incubation period of dengue fever is about 5 to 8 days & clears up by usually within a couple of weeks. The symptoms of dengue infections are high fever, severe headache, painful joints and muscles, vomiting, nausea, pain behind the eyes and skin rashes. These symptoms almost last for several weeks. In some patients, dengue fever leads to development of dengue haemorrhagic fever in which patients have reflected problems like blood in urine, bleeding gums, blood from nose etc. These symptoms may lead to death, if untreated. Dengue can affect anyone of any age but people having compromised immune system are at high risk of its infection. Homoeopathic medicines are very useful in treatment of the patient of dengue fever. Homoeopathy treats the person as a whole i.e. it focus on the patient (mind, body and spirit) as well as its pathological condition. In present study, the homoeopathic remedy for dengue fever have been selected after full individualization and case analysis, which includes the previous medical history of patient, physical and mental constitution.

2. Materials & Methods

Study Setup: A exploratory study was conducted on patients who have attended OPD, IPD and phripheral

dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana.

Subject: Efficacy of Homoeopathic Medicines in the treatment of Dengue Fever.

Inclusion Criteria: 10 to 50 years of both male and female.

Exclusion Criteria: Cases with complications and other severe pathological changes, pregnant women etc. excluded.

3. Treatment method

Proper case taking of patients were conducted according to homoeopathic principle of totality of symptoms and same was recorded in case diary. Repetition and Change of Potency has been done according to the instructions given in organon of medicine. Final prescription was based on the individualization of the patients. Diet & Regimen was set according to instructions given in Organon of medicine by Dr. Samuel Hahnemann. Diagnosis was made on the basis of clinical history of patients, lab investigations and other findings of the patient. The follow up of the cases were done fortnightly for about 6 months, so as to monitor the condition of patients properly.

4. Conclusion

Homoeopathic medicines are prescribed considering each patient individuality with respect to his symptom presentation, personality, environmental background and familial disposition in homoeopathic treatment of dengue fever. It acts dynamically by arresting the pathology like bleeding and inflammation and restores the altered mechanisms by maintaining the bodily balance. Certain cases which present with an emotional causative factor like anxiety, worry, fear or a stressful event are observing in this pathy. Some medicines like Arsenicum album, Natrium mur, Nux vomica, Eupatorium perp, Lycopodium, Pulsatilla,

Belladonna etc., have given surprising results to us. So, it is concluded that homoeopathic treatment is very effective in dengue fever.

References

- [1] Report by National Vector Borne Disease Control Programme, Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India, Published on 7th January, 2016.
- [2] Ranjit S, Kisson N. Dengue hemorrhagic fever and shock syndromes. *Pediatric Care Med* 2011;12(01):90-100
- [3] Gupta E, Dar L, Kapoor G, Broor S. The changing epidemiology of dengue in Delhi, India. *Virology* 2006;3:92
- [4] Sinha N, Gupta N, Jhamb R, Gulati S, Kulkarni Ajit V. The 2006 dengue outbreak in Delhi, India. *J Commun Dis* 2008;40(04):243-248
- [5] Homoeopathycenter.Org-news seen online as per the link-
<http://WWW.Homoeopathycenter.Org/news/homeopropylaxis-human-records-studies-and-trials>
- [6] <http://WWW.ccrhindia.nic.in//admnis/admin/showing.aspx?ID+12812>. [Last accessed 28 February 2019.]