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A Case Report: Individualized Homeopathic Management of Dengue Fever with Eupatorium Perfoliatum and Pulsatilla

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Abstract: Dengue fever is a rapidly emerging global health challenge, characterized by debilitating symptoms such as high fever, severe musculoskeletal pain, and fatigue. Conventional management primarily focuses on symptomatic relief and hydration; however, homeopathy has gained attention for its individualised approach to patient care. This case study details the successful management of a dengue fever patient using a combination of Eupatorium perfoliatum, known for its specific efficacy in alleviating "bone-breaking" fever, and individualised homeopathic medicines tailored to the patient's unique symptomatology.

Keyword: Dengue fever, homeopathy, Eupatorium perfoliatum, Pulsatilla, individulised treatment

1. Introduction

Dengue (DENG-gey) fever is a mosquito-borne illness that occurs in tropical and subtropical areas of the world. Mild dengue fever causes a high fever and flu-like symptoms. The severe form of dengue fever, also called dengue haemorrhagic fever, can cause serious bleeding, a sudden drop in blood pressure (shock) and death.

Millions of cases of dengue infection occur worldwide each year. Dengue fever is most common in Southeast Asia, the western Pacific islands, Latin America and Africa.

Symptoms:

Many people experience no signs or symptoms of a dengue infection.

When symptoms do occur, they may be mistaken for other illnesses-such as the flu-and usually begin four to 10 days after you are bitten by an infected mosquito.

Dengue fever causes a high fever-104 F (40 C)-and any of the following signs and symptoms:

- Headache
- Muscle, bone or joint pain
- Nausea
- Vomiting
- Pain behind the eyes
- Swollen glands
- Rash

Most individuals recover within a approximately one week. In some cases, symptoms worsen and can become life-threatening. This is called severe dengue, dengue hemorrhagic fever or dengue shock syndrome.

Severe dengue happens when your blood vessels become damaged and leaky. And the number of clot-forming cells (platelets) in your bloodstream drops. This can lead to shock, internal bleeding, organ failure and even death.

Warning signs of severe dengue fever-which is a lifethreatening emergency-can develop quickly. The warning signs usually begin the first day or two after your fever goes away, and may include:

- · Severe stomach pain
- · Persistent vomiting
- Bleeding from your gums or nose
- Blood in your urine, stools or vomit
- Bleeding under the skin, which might look like bruising
- · Difficult or rapid breathing
- Fatigue
- Irritability or restlessness

Causes

Dengue fever is caused by any one of four types of dengue viruses. You can't get dengue fever from being around an infected person. Instead, dengue fever is spread through mosquito bites.

Prevention:

Preventing mosquito bites and controlling the mosquito population are still the main methods for preventing the spread of dengue fever.

Reduce mosquito habitat. The mosquitoes that carry the dengue virus typically live in and around houses, breeding in standing water that can collect in such things as used automobile tires. You can help lower mosquito populations by eliminating habitats where they lay their eggs. At least once a week, empty and clean containers that hold standing water, such as planting containers, animal dishes and flower vases. Keep standing water containers covered between cleanings.

Investigations:

• Dengue IgM antibody testing is recommended in combination with nucleic acid amplification tests (NAAT) or NS1 antigen tests during the first 7 days of illness.

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- IgM levels are positive starting 4–5 days after onset of symptoms and continuing for approximately 12 weeks post symptom onset but may persist longer.
- IgM antibody testing can identify dengue infections, but cross-reactivity with other flaviviruses should be considered when interpreting results.

Positive IgM: Patients with a positive IgM test result in a single sample are classified as presumptive, recent dengue virus infections.

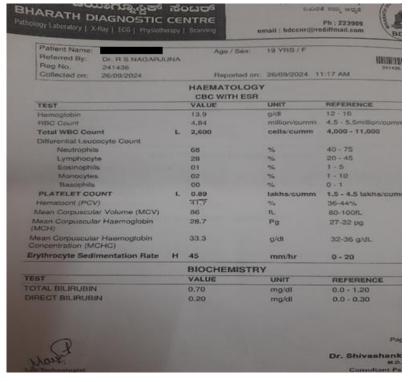
2. Case

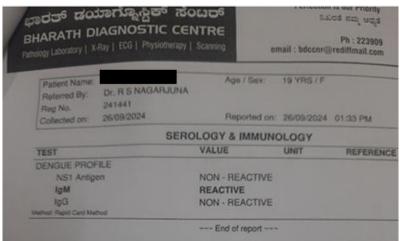
A 19 year old girl was presented with the diagnosis of dengue since a week.

History of fever, body ache, and head ache, mild cough with expectoration and she had undergone local treatment which subsided the fever, body ache. But when she gone for the tests, the patient's platelets count started to dip. The local doctor said there is no further treatment for this. If the platelets count starts to dip further, the patient has to be admitted for further course of action.

Before treatment:

Date	Pre Treatment	Post Platelet
	Platelet Count	Count
26.09.2024	0.89 lakhs/cumm	
27.09.2024	0.60 lakhs/cumm	
28.09.2024		0.87 lakhs/cumm
30.09.2024		1.33 lakhs/cumm
3.10.2024		2.16 lakhs/cumm

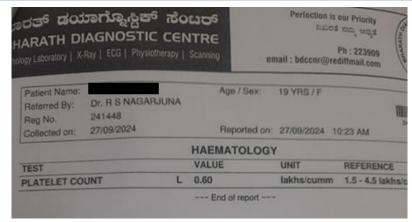




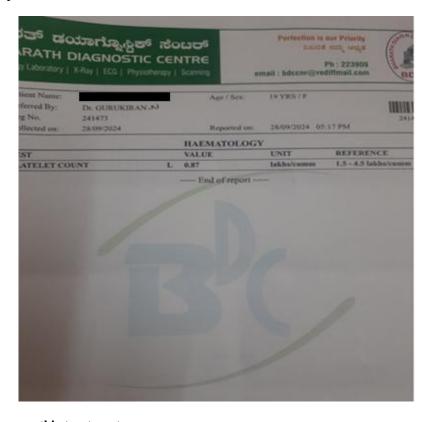
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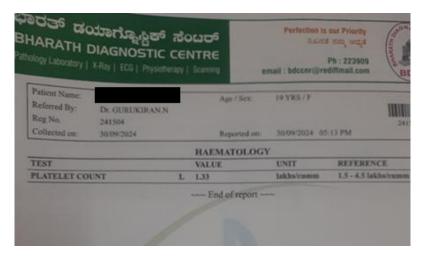
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After 1 day of homoeopathic treatment:



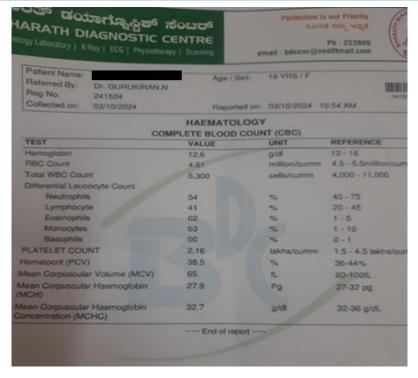
After few days of homoeopathic treatment:



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Rx

Eupatorium perfoliatum 30c administered every 4hours. Followed by the constitutional medicine

Rx Pulsatilla 200 OD

Note: The patient was strictly advised not to take any other medications/measures during the course of homoeopathic treatment.

3. Conclusion

Pulsatilla, a well-known homeopathic remedy, is often used for conditions where symptoms are changeable and influenced by emotional states. While it is not a primary remedy for dengue fever, it may be considered in cases where the patient's symptoms align with Pulsatilla's profile. For example, if a dengue patient exhibits mild, tearful, or emotionally sensitive behavior, along with symptoms like thirstlessness despite fever, Pulsatilla might be indicated.

In homeopathy, remedies like Eupatorium perfoliatum are more commonly associated with dengue fever due to their specific action on "bone-breaking" pain and fever. However, individualized treatment is key, and a skilled homeopath would analyze the patient's unique symptoms and constitution to determine the most appropriate remedy.

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