

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, individualised 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 life-threatening 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.

- 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 Platelet Count	Post Platelet 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

BHARATH DIAGNOSTIC CENTRE
Pathology Laboratory | X-Ray | ECG | Physiotherapy | Scanning
Ph: 223909
email: bdcn@rediffmail.com

Patient Name: [REDACTED] Age / Sex: 19 YRS / F
Referred By: Dr. R S NAGARJUNA
Reg No. 241436
Collected on: 26/09/2024 Reported on: 26/09/2024 11:17 AM

HAEMATOLOGY
CBC WITH ESR

TEST	VALUE	UNIT	REFERENCE
Hemoglobin	13.9	g/dl	12 - 16
RBC Count	4.84	million/cumm	4.5 - 5.5 million/cumm
Total WBC Count	L 2,600	cells/cumm	4,000 - 11,000
Differential Leucocyte Count			
Neutrophils	68	%	40 - 75
Lymphocyte	29	%	20 - 45
Eosinophils	01	%	1 - 5
Monocytes	02	%	1 - 10
Basophils	00	%	0 - 1
PLATELET COUNT	L 0.89	lakhs/cumm	1.5 - 4.5 lakhs/cumm
Hematocrit (PCV)	41.7	%	36-44%
Mean Corpuscular Volume (MCV)	86	fL	80-100fL
Mean Corpuscular Haemoglobin (MCH)	28.7	Pg	27-32 pg
Mean Corpuscular Haemoglobin Concentration (MCHC)	33.3	g/dl	32-36 g/dL
Erythrocyte Sedimentation Rate	H 45	mm/hr	0 - 20

BIOCHEMISTRY

TEST	VALUE	UNIT	REFERENCE
TOTAL BILIRUBIN	0.70	mg/dl	0.0 - 1.20
DIRECT BILIRUBIN	0.20	mg/dl	0.0 - 0.30

Dr. Shivashankar M.D.
Consultant Pathologist

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Patient Name: [REDACTED] Age / Sex: 19 YRS / F
Referred By: Dr. R S NAGARJUNA
Reg No. 241441
Collected on: 26/09/2024 Reported on: 26/09/2024 01:33 PM

SEROLOGY & IMMUNOLOGY

TEST	VALUE	UNIT	REFERENCE
DENGUE PROFILE			
NS1 Antigen	NON - REACTIVE		
IgM	REACTIVE		
IgG	NON - REACTIVE		

Method: Rapid Card Method

--- End of report ---

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 email : bdcnr@rediffmail.com

Patient Name: [REDACTED] Age / Sex: 19 YRS / F
 Referred By: Dr. R S NAGARJUNA
 Reg No. 241448
 Collected on: 27/09/2024 Reported on: 27/09/2024 10:23 AM

HAEMATOLOGY

TEST	VALUE	UNIT	REFERENCE
PLATELET COUNT	L 0.60	lakhs/cumm	1.5 - 4.5 lakhs/c

--- End of report ---

After 1 day of homoeopathic treatment:

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 Ph : 223909
 email : bdcnr@rediffmail.com

Patient Name: [REDACTED] Age / Sex: 19 YRS / F
 Referred By: Dr. GURUKIRAN.N
 Reg No. 241473
 Collected on: 28/09/2024 Reported on: 28/09/2024 05:17 PM

HAEMATOLOGY

TEST	VALUE	UNIT	REFERENCE
PLATELET COUNT	L 0.87	lakhs/cumm	1.5 - 4.5 lakhs/cumm

--- End of report ---

After few days of homoeopathic treatment:

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Patient Name: [REDACTED] Age / Sex: 19 YRS / F
 Referred By: Dr. GURUKIRAN.N
 Reg No. 241504
 Collected on: 30/09/2024 Reported on: 30/09/2024 05:13 PM

HAEMATOLOGY

TEST	VALUE	UNIT	REFERENCE
PLATELET COUNT	L 1.33	lakhs/cumm	1.5 - 4.5 lakhs/cumm

--- End of report ---

ಹಾರಥ ಡಯಗ್ನೋಸ್ಟಿಕ್ ಸೆಂಟರ್ HARATH DIAGNOSTIC CENTRE <small>ology Laboratory X-Ray ECG Physiotherapy Scanning</small>		<small>Perfection is our Priority</small> <small>ಬೆಂಗಳೂರು, ಕರ್ನಾಟಕ</small> <small>Ph : 223909</small> <small>email : bdcenr@rediffmail.com</small>	
Patient Name:	██████████	Age / Sex:	19 YRS / F
Referred By:	Dr. GURUKIRAN N	Reg No.:	241534
Collected on:	03/10/2024	Reported on:	03/10/2024 10:54 AM
HAEMATOLOGY			
COMPLETE BLOOD COUNT (CBC)			
TEST	VALUE	UNIT	REFERENCE
Hemoglobin	12.6	g/dl	12 - 16
RBC Count	4.51	million/cumm	4.5 - 5.5million/cumm
Total WBC Count	5,300	cells/cumm	4,000 - 11,000
Differential Leucocyte Count			
Neutrophils	54	%	40 - 75
Lymphocyte	41	%	20 - 45
Eosinophils	02	%	1 - 5
Monocytes	03	%	1 - 10
Basophils	00	%	0 - 1
PLATELET COUNT			
Hematocrit (PCV)	38.5	%	36-44%
Mean Corpuscular Volume (MCV)	85	fL	80-100fL
Mean Corpuscular Haemoglobin (MCH)	27.9	Pg	27-32 pg
Mean Corpuscular Haemoglobin Concentration (MCHC)	32.7	g/dl	32-36 g/dL
--- End of report ---			

nt Patient	List	Unselect	Up	Case Record	Record	Record	Recorded Patients	Family	Form	Patient	Scheduler	Complaints															
Patient Selection			Case Taking		Symptom Forwarding		Patient Record		Backup & Restore		Appointment Scheduler		Quick Complaints														
Search Symptoms			Enter your search query here										  														
Quick Repertorisation			Patient List																								
<div>RecordClear</div>														<div>Alternate Symptoms</div>		<div>Remedy Count</div>											
Strategies/Filters Applied														[Murphy] [Fever]DENGUE, fever:		24											
Sort on Totality (Descending)														[Murphy] [Clinical]DENGUE, fever:		24											
														[Complete] [Fever, Heat]Dengue fever:		24											
														[Knerr] [Fever]Fever:Dengue (breakbone):		16											
Symptoms: 1														Remedies: 24		Show Repertorisation Tools		Prescribe		Remedy List		Record		Replace		View	
Remedy Name				Eup-per		Acon		Bry		Rhus-t		Apis		Aran		Ars		Arum-t		Bapt		Bel					
Totally				3		2		2		2		1		1		1		1		1		1					
Symptoms Covered				1		1		1		1		1		1		1		1		1		1					
Kingdom																											
[Murphy] [Fever]DENGUE, fever: (24)				3		2		2		2		1		1		1		1		1		1					

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 homeopathic 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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