A Case Report of Pyrexia Treated by Homoeopathy

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Abstract: Pyrexia or fever is a most common in infectious diseases. As in most of the cases, the exact cause is unknown but in spite of that, homoeopathy provides a better response in such condition. A 20 year old female patient reported with complaints of high grade fever, with vertigo and dullness. A complete case history was taken and after repertorization & on the basis of individualization, Phosphorus was given. The aim of this article is to show effectiveness of homeopathic medicine and management of such kind of condition.

Keywords: Fever, Homoeopathy, Phosphorus, Radar10.0

1. Introduction

Body temperature is controlled by the hypothalamus. A normal body temperature is ordinarily maintained, despite environmental variations, because the hypothalamic thermoregulatory center balances the excess heat production derived from metabolic activity in muscle and the liver with heat dissipation from the skin and lungs. According to studies of healthy individuals 18 to 40 years of age, the mean oral temperature is 36.8 ±0.4°C (98.2± 0.7°F), with low levels at 6 a.m. and higher levels at 4 to 6 p.m. the maximum normal oral temperature is 37.2°C (98.9°F) at 6 a.m. and 37.7°C (99.9°F) at 4 p.m.; these values define the 99th percentile for healthy individuals. In light of these studies, an a.m. temperature of >37.2°C (>98.9°F) or a p.m. temperature of >37.7°C (>99.9°F) would define a fever. [1]

2. Pathophysiology

Fever is defined as a rise in deep body temperature associated with a resetting of the body’s thermostat. This thermostat is located in the pre optic region of the anterior hypothalamus, near the floor of the third ventricle. Exogenous fever – producing substances (pyrogens), such as bacteria, bacterial endotoxin, antigen-antibody complexes, yeast, viruses, and etiocholanolone, may stimulate the formation and release of endogenous pyrogens. Endogenous pyrogens are produced by neutrophils, monocytes, hepatic kupffer cells, splenic sinusoidal cells, alveolar macrophages, and peritoneal lining cells and are believed to induce the synthesis of prostaglandins in the hypothalamus. Endogenous pyrogens include interleukin 1, interleukin 6, and tumor necrosis factor 1. The body’s thermostat is then reset at a higher setting, and the patient, whose own temperature is below that of the body’s thermostat, experiences a chill. Peripheral vasoconstriction, shivering, central pooling, and behavioral activity (e.g., putting on a sweater or drinking hot tea) lead to an increase in body temperature. [2]

Causes
- Infection e.g. Pneumonia, Chickenpox.
- Dehydration.
- Some medications.

Severity:
- Low grade:- from 100.5°F-102°F
- Moderate:- from 102°F-104°F
- High:- from 104°F-106°F

A fever can be:-
- Acute:-less than 7 days
- Sub-acute : - up to 14 days
- Chronic:- more than 14 days[3]

3. Symptoms

- Shivering
- Dehydration
- Depression
- Lethargy
- Sleepiness/sleeplessness
- Sweating
- Loss of appetite
- Irritability
- General Bodyache
- Delirium [1]

Prevention
Most fevers are caused by infection. Avoiding sources of infection and maintaining good hygiene practices are the best way to prevent a fever.

Proper hygiene: wash hands frequently and cleanliness. Avoid contact with sick people.[1,4]

Homoeopathic Management:
Homoeopathic treatment focuses on patient as a person, at the same time take into consideration his/her pathological condition.

CASE:
Miss. Ab, a 20 years old female patient. She is suffering from fever since last day. Fever beginning with shivering, patient felt dullness ,dizziness and want to be alone . Body ache like break bone during fever .Thirst for cold water.
Vertigo when standing. During fever there is pain in throat. A 20 year old female patient reported with complaints of high grade fever (104.7°F) with vertigo and dullness. A complete case history was taken and after repertorization & on the basis of individualization, Phosphorus was given.

**Patient as a Whole:**
- **Appetite**: Increase since 2 days
- **Desire**: Excessive salt, cold water
- **Thirst**: Thirsty for cold water
- **Stool**: Satisfactory, 1 times in a day.
- **Thermal**: Chilly
- **Mental History**: Wants to be alone. Aggravation consolation during fever.
- **Menstrual history**: Menstrual cycle is regular and normal, it persist for 3-4 days. Flow of the blood during menses was normal.
- **Obstetric history**: N/S
- **Sexual History**: N/S
- **Past history**: Typhoid at the age of 10 years, treated by ayurvedic medicines.

4. **Analysis**

**Mind**
Wants to be alone.
Aggravation consolation during fever.

**Physicals**
Lack of appetite
Desire for excessive salt, cold water
Thirsty for cold water
Appetite increase during fever
Chilly patient

**Repertory Sheet:**

<table>
<thead>
<tr>
<th>Particular</th>
<th>Repertorization Analysis</th>
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<tbody>
<tr>
<td>Shivering during fever</td>
<td></td>
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<tr>
<td>Dullness &amp; dizziness during fever</td>
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<tr>
<td>Body ache like (break bone)</td>
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<tr>
<td>Vertigo when standing</td>
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<tr>
<td>Pain in throat</td>
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</tbody>
</table>

**Evaluation:**
Wants to be alone.
Consolation aggravation during fever.
Appetite increase during fever.
Desire for excessive salt, cold water
Thirsty for cold water
Chilly patient
Heat during fever
Shivering during fever
Body ache like break bone
Vertigo when standing
Pain in throat during fever

**Totality**
1) Wants to be alone. (Aversion to company)
2) Consolation aggravation
3) Desire salt
4) Appetite increase during fever
5) Thirst for cold water
6) Vertigo from standing
7) Heat during fever
8) Throat pain during fever stitching pain
9) Shivering during fever
10) Appetite increase during fever

**Potential Differential Field**

Patients was chilly, Sulphur ruled out. Patient was not having sweating so Calcarea carbonica is ruled out and no salivation and no night sweating present so Mercurius solubilis ruled out. Patient was thirsty (cold water) and periodicity was not there so china officinalis is ruled out. Phosphorus covered maximum mark in repertorization and the patient was chilly and desire for cold water and excessive intake of salt. So the best chosen indicated medicine was Phosphorus.
Follow-Up Notes

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<tr>
<th>Date</th>
<th>Symptoms</th>
<th>Prescription</th>
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<tbody>
<tr>
<td></td>
<td>Vertigo++</td>
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<td>Body ache</td>
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<td>Appetite increase</td>
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<td>Body ache reduced but still present</td>
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<td>Appetite normal</td>
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<td>Temp :- 100°F</td>
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<td>Vertigo absent</td>
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<td>No Body ache</td>
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<td>Appetite normal</td>
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<td>General condition better</td>
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5. Conclusion

This case show the effective role of homoeopathy in treatment of fever and acute emergencies. Fever may be of chronic nature, we should proper investigation done for that. This case also show the importance of repertorization in cases of fever & the theory of individualization is very important for the effective homoeopathic treatment.

References


Author Profile

Prof. Dr. Arvind Sharma is a senior homoeopathic physician practicing in homoeopathy since 21 year. He is currently working as Professor, PG Guide in Department Of Repertory at Swasthya Kalyan Homoeopathic Medical College & Research Centre, Jaipur (Rajasthan) 302 022.

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