

# 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  $36.8^{\circ} \pm 0.4^{\circ}\text{C}$  ( $98.2^{\circ} \pm 0.7^{\circ}\text{F}$ ), with low levels at 6 a.m. and higher levels at 4 to 6 p.m. the maximum normal oral temperature is  $37.2^{\circ}\text{C}$  ( $98.9^{\circ}\text{F}$ ) at 6 a.m. and  $37.7^{\circ}\text{C}$  ( $99.9^{\circ}\text{F}$ ) at 4 p.m.; these values define the 99<sup>th</sup> percentile for healthy individuals. In light of these studies, an a.m. temperature of  $>37.2^{\circ}\text{C}$  ( $>98.9^{\circ}\text{F}$ ) or a p.m. temperature of  $>37.7^{\circ}\text{C}$  ( $>99.9^{\circ}\text{F}$ ) would define a fever. <sup>[1]</sup>

## 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. <sup>[2]</sup>

### Causes

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

- Over exposure of skin to sun light.

### Severity:

- Low grade:- from  $100.5^{\circ}\text{F}$ - $102^{\circ}\text{F}$
- Moderate:- from  $102^{\circ}\text{F}$ - $104^{\circ}\text{F}$
- High:- from  $104^{\circ}\text{F}$ - $106^{\circ}\text{F}$

A fever can be:-

- Acute:-less than 7 days
- Sub-acute :- up to 14 days
- Chronic:- more than 14 days<sup>[3]</sup>

## 3. Symptoms

- Shivering
- Dehydration
- Depression
- Lethargy
- Sleepiness/sleeplessness
- Sweating
- Loss of appetite
- Irritability
- General Bodyache
- Delirium <sup>[3]</sup>

### 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. <sup>[3,4]</sup>

### 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:** [5]

	phos	sulph	calc	china	merc	pod	nat-m	sep	am	hell	charn	talent	aco
	1	2	3	4	5	6	7	8	9	10	11	12	13
6	6	6	6	6	6	5	5	5	5	5	5	5	5
16	11	10	10	8	8	16	11	10	10	9	9	8	
1. MIND - COMPANY - aversion to	1	2	1	2	-	1	4	3	1	2	3	2	1
2. MIND - CONSOLATION - agg.	2	1	1	1	1	-	4	4	1	2	1	1	1
3. VERTIGO - STANDING - agg.	2	2	2	-	2	1	1	-	2	-	1	-	2
4. THROAT - PAIN - fever - during - agg. - stitching pain	-	-	-	-	1	-	-	-	-	-	-	-	-
5. STOMACH - THIRST - cold - water	-	-	-	-	-	-	-	-	-	-	-	-	-
6. STOMACH - APPETITE - increased - fever - during - agg.	4	-	-	2	-	1	-	-	1	-	-	-	-
7. FEVER - FEVER, heat in general	3	2	2	2	2	2	3	2	3	2	2	2	3
8. FEVER - SHIVERING; with	-	3	2	1	1	2	-	1	3	3	2	2	1
9. GENERALS - FOOD and DRINKS - salt - desire	4	1	2	2	1	1	4	1	-	-	-	2	-

**Reportorial Analysis**

**Following medicines come on Repertorization-**

- 1) Phosphorus - 16/6
- 2) Sulphur - 11/6
- 3) Calcarea carbonica- 10/6
- 4) China officinalis - 10/6
- 5) Mercurius solubilis- 8/6

**Potential Differential Field**

Patients was chilly, Sulphur ruled out. Patient was not having sweating so Calcarea carbonica is ruled out and no

**Particulars**

Shivering during fever  
Dullness & dizziness during fever  
Body ache like (break bone)  
Vertigo when standing  
Pain in throat

**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

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**

Date	Symptoms	Prescription
03-07-2019	High grade fever (104.7° F)	Rx - Phosphorus 200 / B.D. <sup>[6]</sup> /8 Hr. 1Day Rubrum 30 / Q.I.D. <sup>[6]</sup> / 4 Hr. 2Days
	Vertigo <sup>+++</sup>	
	Body ache	
	Appetite increase	
05-07-2019	Temp :- 101° F	Rx - Rubrum 30 / Q.I.D. <sup>[6]</sup> /4 Hr. 2Days
	Vertigo <sup>++</sup>	
	Body ache reduced but still present	
	Appetite normal	
07-07-2019	Vertigo absent	Rx – Rubrum 30 / Q.I.D. <sup>[6]</sup> / 4 Hr. 2Days
	Body ache reduced but still present	
	Appetite normal	
	Temp :- 100° F	
09-07-2019	Temp :- 98.5° F	Rx – Rubrum 30 / Q.I.D. <sup>[6]</sup> /4 Hr. 5Days
	Vertigo absent	
	No Body ache	
	Appetite normal	
	General condition better	

**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.

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