



A CASE STUDY OF DENGUE TREATED WITH HOMEOPATHIC MEDICINE

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ABSTRACT :

This case study investigates the effectiveness of homeopathic medicine in treating dengue fever. Dengue, a mosquito-borne viral infection, presents significant challenges in conventional medical management. Homeopathy, an alternative medical approach, offers individualized treatments based on symptom similarity. The study follows a patient diagnosed with dengue fever who opted for homeopathic treatment. Through systematic observation and analysis, the study evaluates the patient's symptom progression, treatment regimen, and outcome. Results suggest that homeopathic intervention led to notable improvements in symptom severity, recovery time, and overall well-being. The study contributes valuable insights into the potential role of homeopathy as an adjunctive or alternative approach in dengue management, warranting further research and clinical exploration.

Keywords : dengue fever, homeopathy, Eupatorium

Introduction :

Dengue fever is a mosquito-borne tropical disease caused by dengue virus. It is frequently asymptomatic; if symptoms appear they typically begin 3 to 14 days after infection. These may include a high fever, headache, vomiting, muscle and joint pains, and a characteristic skin itching and skin rash. Recovery generally takes two to seven days. In a small proportion of cases, the disease develops into severe dengue (previously known as dengue hemorrhagic fever or dengue shock syndrome) with bleeding, low levels of blood platelets, blood plasma leakage, and dangerously low blood pressure. Dengue virus has four confirmed serotypes; infection with one type usually gives lifelong immunity to that type, but only short-term immunity to the others. Subsequent infection with a different type increases the risk of severe complications. The symptoms of dengue resemble many other diseases including malaria, influenza, and Zika. Blood tests are available to confirm the diagnosis including detecting viral RNA, or antibodies to the virus

History :

The first historical record of a case of probable dengue fever is in a Chinese medical encyclopedia from the Jin Dynasty (266–420) which referred to a "water poison" associated with flying insects. The principal mosquito vector of dengue, *Aedes aegypti*, spread out of Africa in the 15th to 19th centuries due to the slave trade and consequent expansion of international trading. There have been descriptions of epidemics of dengue-like illness in the 17th century, and it is likely that epidemics in Jakarta, Cairo, and Philadelphia during the 18th century were caused by dengue.

Transmission :

The mosquito *Aedes aegypti* feeding on a human host Dengue virus is most frequently transmitted by the bite of mosquitos in the *Aedes* genus, particularly *A. aegypti*. They prefer to feed at dusk and dawn, but they may bite and thus spread infection at any time of day. Other *Aedes* species that may transmit the disease include *A. albopictus*, *A. polynesiensis* and *A. scutellaris*. Humans are the primary host of the virus, but it also circulates in nonhuman primates, and can infect other mammals. An infection can be acquired via a single bite.



Types of Dengue Fever :

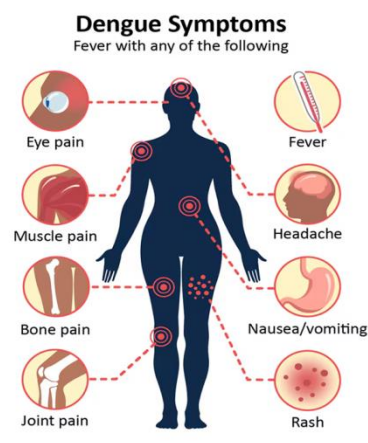
- **MILD DENGUE FEVER :** After the mosquito bite symptoms may appear upto seven days. Symptoms usually disappear after a week, and mild dengue rarely involves serious or fatal complications.
- **DENGUE HEMORRHAGIC FEVER :** At first, symptoms of DHF may be mild, but they gradually worsen within a few days. As well as mild dengue symptoms, there may be signs of internal bleeding. **WITHOUT PROMPT TREATMENT IT MAY TURN OUT TO BE FATAL.**
- **DENGUE SHOCK SYNDROME :** It is a severe form of dengue. It can be fatal. Without treatment, this can result in death.

Symptoms :

I. High Fever : Sudden onset of high fever, often reaching 104°F (40°C) or higher, lasting for 2 to 7 days.

II. Severe Headache : Intense headache, often described as a pounding or throbbing sensation.

III. Pain Behind the Eyes: Pain or discomfort behind the eyes, especially when moving them.

**Prevention :**

Certainly! Here are some more tips for preventing dengue:

I. Use Mosquito Nets : Sleep under mosquito nets, especially in areas where dengue is prevalent, to avoid mosquito bites while sleeping.

II. Stay Indoors During Peak Mosquito Activity : Mosquitoes that spread dengue are most active during dawn and dusk, so try to stay indoors during these times if possible.

III. Screen Windows and Doors : Install screens on windows and doors to prevent mosquitoes from entering your home.

**Dietary and lifestyle changes for a dengue patient as per homeopathy :**

Homeopathic remedies are widely used for the treatment of several ailments. However, these remedies are made from highly diluted substances and tend to lose their potency easily. Here are certain lifestyle changes that one can adopt in order to make sure that no external factors interfere with the function of these remedies; these changes will have a positive impact on the action of the remedies and will help in achieving overall health:

Do's:

- Maintain personal hygiene.

- Keep your surroundings clean and sanitised.
- Replace processed foods with healthy foods, which are rich in fibre and nutrients.
- Maintain a good posture.
- Lead an active lifestyle by engaging in regular mild exercises such as yoga or jogging.
- Wear airy and comfortable clothes.

Don'ts:

- Reduce the intake of beverages such as coffee and tea.
- Consumption of alcohol and other substances, which will interfere with the working of the homeopathic drugs, is strictly prohibited.
- Avoid foods which are high in salt and sugar.
- Refrain from using artificial scents such as perfumes and room fresheners.
- Avoid the use of temperature control devices such as air conditioning or room heaters.

Case no 1 :

Name : Kishor Mane

Age : 30 Years

Sex : Male

Present Complaints : Fever with chills since 5 days

Burning all over body

General Examinations :

Built : Average

Sclera : White

Tongue : Coated

Vital Signs :

Temperature : 101°F

Pulse : 98 bpm

Resp.Rate : 20 cpm

Blood pressure : 120/80 mmHg

Personal History :

Desires : Sweet Milk

Appetite : Decreased

Bowel : Satisfactory

Sleep : Disturbed

Final Remedy :**Rx**

Eupatorium 30 (SL × TDS × 7 Days)

Top Homeopathic Medicines For Dengue :

- 1. Eupatorium Perfoliatum :** Homeopathic physicians rank Eupatorium Perfoliatum as the best Homeopathic medicine for Dengue Fever. It is undoubtedly the first medicine to be used in dengue fever cases. The characteristic feature to use it is severe muscle, bone and joint pains with high fever.
- 2. Rhus Toxicodendron :** Rhus Tox is another highly recommended medicine to relieve pain in body during fever. It works best when muscle bone or joint pains get worse from rest and are better from movement. There is fever with alternating heat and chill stage. There occur burning heat in body followed by chills and shivering.
- 3. Belladonna :** Bryonia Alba is of great help in providing relief from muscle/ joint pains in dengue fever. This medicine offers the best help when there is worsening of pains by any movement even in the least degree. Complete rest gives relief from pain. There is fever with marked chills. With chills, there is heat in the head. Extreme thirst for water with a dry mouth may be felt along with this specific feature.

Conclusion :

This case study highlights the potential benefits of personalized treatment plans in managing dengue symptoms. However, the scientific community remains divided on the effectiveness of homeopathy due to the lack of robust evidence from rigorous clinical trials. Therefore, while this case study provides valuable insights, it's important to approach homeopathic treatments for dengue with a balanced perspective and in consultation with qualified healthcare professionals. homeopathy system is recommended in treating mild dengue fever.

The complications can be prevented when treatment is initiated in the beginning stage with homeopathy

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