



# An observational study on the effectiveness of homeopathic treatment for dengue fever

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## ABSTRACT

**Background:** Dengue fever is a very common viral infection in tropical and subtropical regions. It is a mosquito born febrile illness, where there no specific antiviral treatment in conventional medicine. Homoeopathy, with its individualized approach, offers a potential supportive role in reducing the severity and duration of dengue fever symptoms.

**Objective:** To evaluate the effectiveness of individualized homoeopathic treatment in showed dengue fever patients.

**Methods:** An observational study was performed on 30 individuals diagnosed with dengue fever. Diagnosis was totally based every individual NS1 antigen or IgM serology report. Each affected person was managed and treated with individualized homoeopathic remedies which were selected on totality of signs and symptoms of every individual. The parameters which were assisted for the study includes fever duration, platelet depletion, symptom relief, and need for hospitalization.

**Results:** The majority of patients (90%) recovered within 5 to 7 days with no any adversities. The observation showed steady improvement in platelet count without the need for platelet transfusion. Homoeopathic remedies such as Eupatorium perfoliatum, Bryonia alba, Cinchona officinalis, Gelsemium sempervirens, and Rhus toxicodendron were found to be most frequently indicated remedies as per the fever totality. No adverse events reported.

**Keywords:** Homoeopathy, Dengue Fever, Platelet Count, NS1 Antigen, Eupatorium perfoliatum, Integrative Medicine

## 1. Introduction

Dengue fever occurs due to dengue virus (DENV), which is the most frequent viral infection in tropical nations like India. With increasing incidents and lack of definitive conventional treatment, alternative system like Homoeopathy is gaining more interest for supportive control. The clinical symptoms are high grade fever, headache, Myalgia, retro-orbital pain, rash, and thrombocytopenia in complicative stage. The homoeopathic approach, based on symptom similarity approach, gives best results controlling fever, improving platelet counts, and reducing complications.

## 2. Objectives

- To assess the outcome of the treatment in laboratory-confirmed dengue fever by individualisation approach
- To assess the fluctuation in platelet count, symptom severity, and duration of illness.

## 3. Materials and Methods

**3.1 Study design:** Observational prospective study

**3.2 Sample size:** 30 patients

**3.3 Study duration:** 2months

**3.4 Inclusion Criteria:**

- Confirmed dengue cases with positive NS1 antigen or IgM report
- Age 20–60 years
- Consent for homoeopathic treatment

### 3.5 Exclusion Criteria:

- Patients on corticosteroids and on allopathic antivirals medicines
- Critical dengue cases (Platelet count below 85,000 and Patients with shock syndrome)

### 3.6 Procedure:

Patients were analysed through detailed case taking. Homoeopathic remedies were prescribed based on the totality of symptoms. Platelet count, temperature, and general condition were monitored daily. Data were recorded and analysed descriptively. So based on analysis commonly indicated medicines are as follows:

- *Eupatorium perfoliatum* – for bone breaking pain, high fever
- *Gelsemium sempervirens* – for dullness, weakness, trembling
- *Bryonia alba* – for dry mouth, thirst, motion-aggravated pain
- *Rhus toxicodendron* – for restlessness, body pain, fever with chill

### 3.7 Results:

**Table 1**

Parameter	Result
Total patients	30
Gender (M/F)	18/12
Average fever duration	4 to 5 Days
Hospitalization	0
Average platelet recovery	From 85,000 to >150,000 in 5 days
Common remedies used	Eupatorium perf, Gelsemium, Bryonia, Rhus tox

- 27 out of 30 patients showed complete recovery within 5–7 days.
- None of them required hospitalization or platelet transfusion.
- 3 patients with slower recovery had poor compliance to remedy schedule

## 4. Discussion

The consequences suggest that individualized homoeopathic remedy may be beneficial in dengue fever by way of shortening fever duration, enhancing platelet count, and preventing adversities. Unlike conventional mode of treatment which focuses only on symptomatic relief and hydration, Homoeopathy presents a holistic technique tailored to every patient's constitution and symptom profile. Previous case series and medical trials have also supported the action of homoeopathic remedies like *Eupatorium perfoliatum* in dengue fever. However, the absence of control group trials on this, limits the power of conclusions.

## 5. Conclusion

This study supports the effectiveness of homoeopathic remedies in the supportive management of dengue fever. The treatment is safe, cost effective and contributed to early healing without the need for invasive treatments. Future randomized controlled trials with larger samples are vital to confirm those findings and guide evidence-based integration into public health protocols.

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