



MEASLES: PREVENTION AND MANAGEMENT PRACTICED IN AYURVEDA, TRADITIONAL MEDICINE

Ayurveda

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KEYWORDS

INTRODUCTION

Measles is one of the well known epidemic contagious diseases. Its recent outbreak is reported from Europe (Robert et al.2019; Tamkin 2019) and America (Fraser 2018). WHO pointed out a spurt of 300% of measles in Europe in the first two months of 2019 (Connor). In 2018 total confirmed cases reported from Europe was above 80000 (Zimmerman et al. 2019). WHO has strongly suggested vaccination for measles in early age. Germany proposed a fine for parents who do not vaccinate their children for measles (Connor 2019). The seriousness of the matter was shown as the elimination of the disease in Europe is in crisis. The recurrence of the disease in immunized people is not uncommon (Robert et al. 2019). In the present confused situation, we present below a well established system of medicine to complete the scenario.

DISCUSSION

Ayurveda, is the oldest system of medical practice existing since 1000 BC and continue to remain in practice in India and neighboring states, Ayurveda is a science of life having individualistic approach to every condition. Charak the Father of Indian Medicine, has elaborately described Measles under the title of '*Romantika*', and this discussion is present in Ayurveda texts (Mishra 2009). Signs and symptoms reported for *Romantika* are fever, small eruptions with watery collection all over the body, burning and itching sensation throughout the body, thirst, anorexia or loss of taste and excessive salivation (Sharma 2007). As the disease progress it manifests as eruptions in oral cavity and leads to death.

Treatment described in Ayurveda has dual roles, cures the patient from illness as well as prevents its spread to others. Preventive and curative measures includes medicated water bath, oral rinse with medicated water, herbal decoctions for oral administration, topical application of medicated paste of herbs, promotion of immune health by immunomodulator drugs and fumigation of surroundings (Jagadishwesharaprasad 2008). Curative treatment continues for bodily purification by adding therapeutic purgation and therapeutic emesis which eliminate toxins present in body. Variety of medications (Sharma 2011) prescribed include Nimba (*Azadirachta indica*), Patola (*Trichosanthes dioica Roxb*), Guduchi (*Tinospora cordifolia*), Daruharidra (*Berberis aristata*), Bhoonimba (*Andrographis paniculata*), Katuki (*Picrorhiza kurroa*), Parpata (*Fumaria parviflora*), Tulasi (*Ocimum sanctum*), Yashtimadhu (*Glycyrrhiza glabra*), Sariva (*Hemidesmus indicus*), Amlaki (*Embilica officinalis*) in the form of decoctions. Itching over the body is taken care by application of a paste all over the body. The paste is prepared from Haridra (*Cucurma longa Linn*), Daruharidra (*Berberis aristata*) Chandan (*santalum album*), Nagkeshar (*Mesua ferrea*), Lodra (*Symplocos racemosa*), Musta (*Cyperus rotundus*) and Ushir (*Vetivera zizanioides*) or Haridra, Sariva (*Hemidesmus indicus*) and Karvellaka (*Momordica charantia*). Oral rinse is advised using honey, Amalaki (*Embilica officinalis*) and Yashtimadhu (*Glycyrrhiza glabra*). Prevention of contamination by self isolation and the necessity of maintaining absolute hygiene are clearly written as very essential and important. Prevention of outspread is controlled by Fumigation with 'Ugradi Dhoopa', a herbal preparation (*Acorus calamus*, *Bambusa arundinacea*, *Ocimum*

tenuiflorum, *Laccifer lacca*, *Commiphora mukul*) to the surroundings. The drugs prescribed in Ayurveda are well known to be immune-modulator, anti-inflammatory, antipyretic, anti-viral and antimicrobial in nature (Jadav et al.2012).

In summary, Ayurveda has a distinctive role to play in prevention and management of measles during its outbreak by use of herbal preparations and its other treatment modalities.

Statement

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

Authors declare that there is no conflict of interest

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