



ORIGINAL RESEARCH PAPER

Homeopathy

HOMOEOPATHIC TREATMENT OF DENGUE FEVER: A CASE REPORT

KEY WORDS: Dengue fever, Homeopathy, Individual therapy.

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ABSTRACT

Dengue fever, also known as break bone fever, is an infectious tropical disease caused by the dengue virus, it is one of the rampant epidemics in India. Symptoms include fever, headache, muscle and joint pains, and a characteristic skin rash. Even though most cases recuperate with little medication, considering the dangerous potential haemorrhagic complications, any therapy that may help limit the sickness and hospital admissions is worth considering. Homeopathy has been proven to be effective as prophylactic and therapeutic in large populations of endemic dengue areas. Here a single case is demonstrated with evidence of laboratory reports that, Homoeopathy offers a good result without resorting to any other means.

INTRODUCTION

Dengue is an acute viral illness caused by RNA virus of the family Flaviviridae and spread by Aedes mosquitoes. It affects greater than 100 million humans annually. Dengue also causes 20 to 25,000 deaths, primarily in children, and is found in more than 100 countries. The spectrum of clinical illness may range from asymptomatic disease to a broad range of syndromes with severe clinical manifestations. Symptomatic infection may range from mild debilitating Dengue Fever (DF) to life threatening Dengue Hemorrhagic Fever (DHF) and Dengue Shock Syndrome (DSS) due to plasma leakage in DHF patients.

The clinical features of DF vary according to the age of the patient. The infants and young children may have undifferentiated febrile sickness with maculopapular rash. The older children and adults may have mild febrile syndrome or severe disease with high fever (usually biphasic), severe headache, retro orbital pain, myalgia, arthralgia, nausea, vomiting, and petechiae. Leukopenia and thrombocytopenia are usually observed in all ages. In some cases, DF may accompany bleeding complication such as gingival bleeding, epistaxis, gastrointestinal bleeding, haematuria, and menorrhagia in case of women.

Dengue infection is usually confirmed by identification of viral genomic RNA, antigens, or the antibodies it elicits. Antigen detection tests based on NS1 detection have been designed to detect the dengue viral NS1 protein which gets released from the dengue infected cells and appears early in the bloodstream. A 3-in-1 test for simultaneous detection of NS1, IgM, and IgG is now available. ELISA-based serological tests are easy to perform and are cost-effective for dengue detection.

Homeopathy system of medicine has a long record of success in the preventive and curative treatment of dengue.

The treatment is holistic and individualized and selection of homoeopathic medicines depends upon the individual response to infection, severity of disease and clinical presentation of the case.

Homeopathy has a potential to reduce the intensity of fever, headache, body ache, weakness, loss of appetite, nausea and other associated symptoms and, also reduce the probability of developing shock, haemorrhage and other complications.

A CASE OF DENGUE FEVER

Chief Complaint

A 50 years aged female came with the complaints of fever on and off for the past 3 days. It was gradual in onset. She also complained of pressing pain in the head and pain in joints with weakness and smell of food causes nausea.

Past History

PCOS 30 years of age, Homoeopathic treatment –Cured. No other significant history

Associated Physical Generals

Appetite: Decreased
Thirst :3 to 4 litres/day, Takes frequent sips.
Desire :Sour food
Thermal state: Chilly

Associated Mental state

She prefers to be in company
Worries about the works and responsibilities that she could not do due to her illness.

General Physical Examination

Patient is oriented with time, place and person .She is moderately built.

There are no signs of pallor, cyanosis, clubbing, jaundice, lymphadenopathy, edema.

Vital Signs

Pulse –96/minute Blood pressure – 128/80 mm of Hg
Respiratory rate – 20/minute Temperature – 103°F Oral temperature

Lab Investigation

01-07-2017 [Fig: 1]

Dengue NS1 Antigen :Positive
Anti Dengue Ab (IgG):Increased > 200
Anti Dengue Ab (IgM):Negative

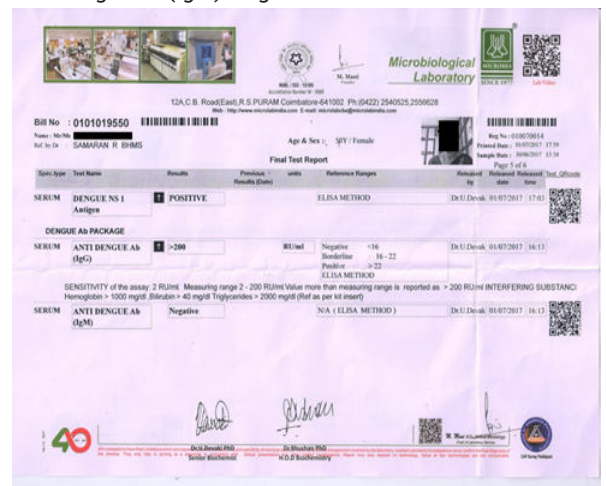
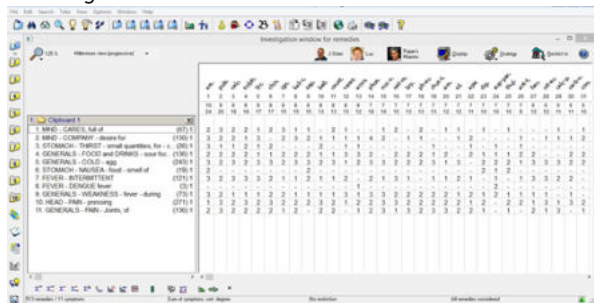


Fig:1 – Lab report- Before treatment

Clinical Diagnosis: Dengue Fever

Totality Of Symptoms

- Likes company
- Full of Cares
- Thirst: frequent sips of small quantity of water
- Desire: Sour foods
- Thermal: Chilly
- Intermittent fever
- Weakness fever during
- Smell of food causes nausea
- Head , Pressing pain
- Joint pains
- Dengue fever



[Fig:2]- Repertorial Result

Totally 11 symptoms were considered for repertorisation Arsenicum album, Pulsatilla , Calcarea carbonicum, Sulphur, Lycopodium covered most of the symptoms. Arsenicum album in 200 potency was selected with frequent repetition.

First Prescription : 01-07-17

- 1) Arsenicum album – 200 in Aqua 3-3-3-3 drops AC
- 2) SL 1 grain tab - 3-3-3-3 PC x 2 days

Follow Up

DATE	SYMPTOM CHANGES	PRESCRIPTION
03-07-17	Pressing pain in Head, Body ache No fever, No nausea, No joint pain, No desire for sour foods, Thirst: 2.5 – 3 litres/day Generals good	1. SL powder – 5 doses HS daily 2. SL Aqua- 3-3-3-3 drops AC 3. SL 1 grain tab- 3-3-3 PC x 5 days
08-07-17	No headache and body pain Generals good Lab Report: 08-07-2017 [Fig: 3] Dengue NS1 Antigen : Negative Platelet: 3,57,000	1. SL powder – 1 dose HS 2. SL 1 grain tab- 3-3-3 PC x 1 week



Fig:3 – Lab Report- After Treatment

CONCLUSION

The prescription was based on the principles of homeopathy, which considers the individual signs and symptoms of the

patient for remedy selection. Often, these signs and symptoms do not have any relation to the pathological process occurring in the individual; rather, they are considered to be part of the immune response to the pathological agent, which is an attempt to re-establish homeostasis.

In the above case of Dengue fever, Arsenicum album 200 was selected based on the acute totality, it was given in aqueous dosage to accelerate the action of medicine, eight doses cured the patient within one week. This demonstrates the effectiveness of Homoeopathy in acute infectious fevers like Dengue.

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