

Review Article

Acute Febrile Illnesses and Homoeopathic Management-A Case Report

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ABSTRACT

Acute febrile illness is defined as rapid onset of fever and symptoms such as headache, chills or muscle and joint pain is common in tropics and sub-tropics. Febrile illness is related to the fever it can be used in the medical sense when someone is sick and running a temperature. Also due to fast and stressful life also contributing it as it is a clinical disorder in which homoeopathy has a large scope to cure the cases, this topic is selected for the clinical research. In this modern era, life is getting so fast that everyone wants to get fast results in every aspect, So conducting research on the topic of Acute Febrile illness.

Keywords: Acute febrile illness, homoeopathy, treatment, scope



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INTRODUCTION

Acute febrile illness (AFI)

Acute febrile illness is defined as rapid onset of fever and symptoms such as headache, chills or muscle and joint pain is common in tropics and sub-tropics.

Febrile illness means related to the fever it can be used in the medical sense when someone is sick and running a temperature.

Homoeopathic medicines have slower action it is assumed and have many controversies regarding homoeopathy that not useful in acute condition but many research have done and in many journals presented regarding Homoeopathy is useful in Acute condition like Acute febrile illness.

reverse stimuli of both peripheral receptors and the temperature of blood.

Etiology

The commonly seen in the conditions include malaria, leptospirosis, dengue, enteric fever, viral and bacterial infections etc.

Causes

AFI can occurs whenever the body is invaded by some type of infectious disease but it is especially worrisome in tropical and subtropical region where serious disease looks.

A fever can be caused by many clinical conditions from non-serious to serious life threatening this include the infections like viral, bacterial, parasites urinary tract infection, meningitis, malaria, appendicitis, other noninfectious causes also include vasculitis DVT, side effects of medications in body temperature over temperature set point due to either too much heat production or not enough heat loss.

If you've ever been sick, you've probably experienced having a fever, and you know how hard it can be to determine the underlying cause. Acute febrile illness can occur whenever the body is invaded by some type of infectious disease, but it is especially worrisome in tropical and sub-tropical regions where serious diseases loom.

These can include malaria, dengue, typhoid, chikungunya, Leptospirosis, scrub typhus, influenza, encephalitis, histoplasmosis, enteric fever, rickettsiosis, Hantavirus, and many, many others. Specifically, the hypothalamus is the part of the brain responsible for regulating body temperature, and it may decide to elevate body temperature in response to an infection.

Sign and Symptoms

In addition to causing elevated body temperature AFI can be accompanied by headache dizziness sweats chills muscles pain joint pain and weakness. Sometimes it also affiliated with respiratory symptoms like coughing or wheezing. A fever in itself is not fatale however it becomes problematic when the body temperature gets too high or last for an extended amount of time.

The overlapping feature of AFI with other vector-borne illnesses does pose a challenge for physicians to distinguish the symptoms from that of a common cold, viral fever or malarial infection. Specific traits that doctors associate with acute febrile illnesses comprise the following:

A high fever that lasts for more than 4 days and does not subside with the usual dose of antibiotics or antivirals, with body temperatures constantly being above normal

Rashes on skin

Haemorrhages

Jaundice

Myalgia

Arthralgia

typhoid

Management of acute febrile conditions

Adequate fluid intake such as oral rehydration solution (ORS), water, fruit juice, coconut water and other fluids containing electrolytes and sugar.

Patients who are intolerable to oral fluids need intravenous fluid therapy; patients are advised to take bed rest and normal regular diet. In case of high fever, continuous cold sponging is advised, till temperature lower.

The patients having high temperature should be admitted and kept under observation. The patient is kept out of drafts and the room temperature is adjusted.

If high temperature is not controlled then the patient should be referred to advanced medical center.

very mild, lead to lack of enthusiasm amongst many of us.

Homoeopathic therapeutics

Aconite: This homeopathic medicine for fever with restlessness and anxiety. The patient is seen with an increased thirst for cold water and intolerable body aches. Aconite is considered in fevers which have increased post sudden exposure to cold winds.

Bryonia Alba: This homeopathy medicine is used for fever and body aches. A person with a fever might want to lie down all the time in order to get relief from the body aches and even the slightest movement might cause them pain. An increased thirst for water is also seen. This relieves high fever with body aches improved by staying immobile

Nux Vomica: This is a homeopathic cure for fever with shivering or chills problem. Nux Vomica is made of natural substances and is of great help in cases of shivering and chilliness. A person with this fever might want to remain covered all the time.

Gelsemium: This natural homeopathic remedy is very beneficial for fever where the patients suffer from dizziness, weakness, and a tendency to faint. This condition is marked by an absence of thirst.

Rhus Tox: This homeopathic remedy is considered to be the first choice in people who have fever along with extreme restlessness and body aches. A person experiencing this type of fever might want to remain in motion throughout in order to avoid restlessness. This remedy is also given for fevers as a result of getting wet in the rain

Arsenicum album

A person who needs this remedy during flu feels chilly and exhausted, along with an anxious restlessness. The person may be thirsty, but often only takes small sips. If the digestive system is involved, nausea with burning pain, or vomiting and acrid diarrhea may occur. If the flu is respiratory, a watery,

runny nose with sneezing paroxysms and a dry or wheezing cough are often seen. The person's head usually feels hot, while the rest of the body is chilly.

Belladonna

This remedy relieves high fever of sudden onset with profuse sweating, and hypersensitivity to light and noise.

Eupatorium perfoliatum

This remedy relieves bone pains and body aches associated with flu and severe colds.

Ferrum phosphoricum

This relieves low-grade fever with weakness and tendency to nosebleeds and earaches.

A case report

PRELIMINARY DATA:

Name: Mast SRS

Age: 26 years

Sex: Male

Occupation: Student

Religion: Hindu

Marital status: UnMarried

Address: www,

Date: 07.01.2020

Present complaints

Location	Sensation	Modalities	Concomitant	Duration
Chest	Intermittent fever, remittent and relapsing, Breathlessness, cough	<exposure to dust, bending head down, mornings, >hot drinks and warm food	Palpitation, Headache, vertigo	3 years

History of present complaints

The patient is suffering from intermittent fever, relapsing and remittent breathlessness with productive cough since 3 years. Complains are aggravated after exposure to cold food, in morning and after bending head down and ameliorated by rest.

Associated complaint

Patient suffers from palpitations, headache,

PAST HISTORY:

No any major illness in past.

FAMILY HISTORY:

Mother – K/C/o Hypertension

PERSONAL HISTORY:

Diet: Mixed
 Appetite: Diminished
 Desire: Sweets
 Aversions: Milk
 Thirst: Decreased
 Stool: Constipated
 Urine: Normal, clear
 Perspiration: Decreased
 Sleep: Sound
 Dreams: Doesn't remember
 Covering: Occasional
 Fanning: Seasonal
 Bathing: Luke warm water
 Thermal: Chilly

MIND:

Sensitive, weeping alone, anxious weeping, fear of animal, fear of death, fastidious, dreams of death and fear of death.

INVESTIGATIONS

Heamogram: Hb-12gm WBC: 4000/cumm

LIFE SPACE:

Patient belongs to middle class family. Student by profession. Mentally, he is sensitive, irritable and aggressive in nature.

Always have anxiety, fear of death

GENERAL EXAMINATION:

Built: Average Pulse: 70/minutes
 Temp: febrile
 Weight: 52 kg R/R: 14/minutes
 BP: 110/80 mmHg
 Pallor: Absent Icterus: Absent
 Clubbing: Absent
 Cyanosis: Absent Edema: Absent
 Tongue: clean

SYSTEMIC EXAMINATION:

R.S: AEBE, Wheeze++, crepts+
 CVS: S1, S2 Normal
 GIT: Soft, non-tender
 CNS: Conscious, oriented

CASE PROCESSING:

Diagnosis of disease: Acute febrile illness
 Diagnosis of the phase of the disease: Chronic progressive
 Diagnosis of miasm: Sycosis

Diagnosis of susceptibility: Moderate
 Diagnosis of patient as a person: irritable,
 sensitive, anxious in nature.

REPERTORIAL TOTALITY:

Warm-better
 Mind-Irritable
 Sensitive – noise
 Music –aggravation

REPERTORIAL CHART:

Remedy Name	Kali-c	Sep	Carb-v	Puls	Ars	Chin	Sulph	Lyc
Totality	21	21	21	21	20	20	20	19
Symptoms Covered	8	8	7	7	7	7	7	7
Kingdom								
[Murphy] [Breathing]Difficult, breathing : (287)	3	2	3	3	3	3	3	3
[Murphy] [Breathing]Difficult, breathing :Cough, wi...	1	2	2		3	1	1	2
[Murphy] [Breathing]Difficult, breathing :Palpitatio...	2	1	2	1				
[Complete] [Mind]Sensitive, oversensitive: (617)	4	4	4	4	4	4	4	4
[Complete] [Mind]Fear:Animals, of: (120)	2	1		3	1	4	1	1
[Complete] [Generalities]Food and drinks:Sweets:D...	4	3	3	3	4	4	4	4
[Complete] [Generalities]Food and drinks:Milk, mil...	1	4	3	4	1	1	3	1
[Complete] [Generalities]Warmth:Amel.: (442)	4	4	4	3	4	3	4	4

REPERTORIAL ANALYSIS:

Ars – 20/8, Sep- 21/8, Carbo Veg-21/7, Puls- 21/7

SELECTION OF REMEDY:

Arsenic covers the individualizing characteristics of the case.

PRESCRIPTION:

Arsenic album 0/2 potency single dose
 Placebo BD for 15 days

FOLLOW UP:

Date	Complaints	Prescription
22.01.20	Fever,relapsing, Hammering sensation in head	Placebo BD 15 days
08.02.20	Complaints slightly better.	Placebo BD 15 days
22.08.20	No complaints of fever, cough	Placebo BD 1 month

CONCLUSION - here study shows the scope of the homoeopathy in management of acute febrile illness in holistics way of treatment.

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