

Review Article

Dengue Fever and Homoeopathy

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ABSTRACT

Dengue fever is most rapidly spreading mosquito borne viral disease in worldwide. Every year, during period of July -November, an upsurge cases of dengue has been observed. Dengue fever or “break-bone fever”, is a mosquito borne infectious disease caused by dengue fever virus. Dengue fever primarily disease of tropical countries. It is transmitted by bite of Aedes mosquito, with symptoms of high grade fever, headache, nausea, vomiting etc. Laboratory diagnostic finding includes leukopenia, thrombocytopenia. Homoeopathic medicines are effective for dengue fever for eg. Eupatorium Perfoliatum, Bryonia Alba, Rhus Tox, Aconite Napellus etc.

Keywords: Dengue fever, homoeopathy, individual therapy.

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INTRODUCTION:

Dengue fever or “break-bone fever”, is mosquito born infectious disease caused by dengue fever virus (DENV), belonging to family flaviviridae and genus flavivirus. Word dengue is derived from Swahili phrase ka-dingapepo, meaning “cramp like seizures”. The first record of this disease was noted in Chinese medical encyclopedia.

The causative agent of dengue fever virus has five distinct serotypes termed DENV-1, DENV-2, DENV-3, DENV-4 and recently introduced DENV-5. Spread mainly by species of mosquito Aedes aegypti. Which causes sub-clinically flu like illness and occasionally fatal eg. Dengue Haemorrhagic Fever (DHF) Dengue Shock Syndrome (DSS).

Dengue fever is primarily disease of tropical countries with maximum occurrence in the equatorial regions of Africa, the America, South East Asia. An estimated 390 million dengue infection occurring worldwide, that may increase by several factors like global warming, climatic factors, urbanization, exploding population density, socioeconomic factors.

Causative agent : Dengue fever virus have distinct serotypes DENV-1, DENV-2, DENV-3, DENV-4, DENV-5.

Mode of transmission: Transmitted by bite of Aedes mosquito infected with dengue virus.

Symptoms of Dengue Fever:

- Sudden high grade fever with chills.
- Severe headache and retro-orbital pain.
- Various joint and muscle pain.
- Loss of appetite, nausea and vomiting.
- Skin rash (appears two to five days after the onset of fever).
- Bleeding in severe cases (epistaxis, gum bleeding, and easy bruising).
- Greater risk complications like dengue hemorrhagic fever (characterized by high grade fever, damage to lymph, bleeding from nose and gums) and dengue shock syndrome (characterized by massive bleeding, hypovolemia, shock, bleeding).

Investigations:

- Blood test,
- chest x rays,
- ultrasonography of abdomen and chest,
- stool examination.

Diagnosis: Laboratory findings shows leukopenia, thrombocytopenia, and may increase in serum aminotransferase levels. Serological test is useful, if fever is present less than 5 days NS1 antigen detection made by ELISA. If fever is present more than 5 days IgM antibody is to be detected by MAC ELISA.

Treatment and prevention:

Homoeopathic treatment:

Eupatorium perfoliatum: Is one of the most frequently indicated medicine in dengue fever. Characterized by bone pain with fever. Chills ever 7-9 am morning with great thirst. Nausea vomiting. Periodical headache, craving for cold drinks, acid drinks ice creams. Perspiration relieves all symptoms except headache, tongue yellow coated, Cracks at corner of mouth.

Bryonia alba: Fever with chilliness prominently, frequently with heat of head, red cheeks and thirst. Sticking pain aggravated by motion, dry mouth with tongue coated white in the middle. Constipation due to dryness of mucus membrane.

Gelsemium: fever with dizziness, drowsiness, dullness, and trembling. Chill without thirst.

Rhustox: fever with weakness all over body, great restlessness. Triangular red tip of tongue.

Belladonna: fever with heat, redness, throbbing and burning. No thirst with fever. Cold extrimities with throbbing headaches.

Arsenic album: high temperature with periodicity, mark weakness. Great restlessness. Unquenchable thirst drinks water little.

Araneadiadema: periodicity and susceptibility to dampness with coldness in every symptoms, throbbing pain in all long bones. All complaints better by smoking.

Hammemilis: haemorrhages capillary which causes undue weakness. Headache specially left temples. Eyes feel sore better by pressure. Hasten absorption of hemorrhage inside body.

Other remedies like Pulsatilla, NuxVomica, Ipecacuanha, Ferrum Phosphoricum, Crotalus Horridus, Lachesis, Secale Cor, Phosphorus etc.

Prevention:

- Use mosquito repellent, wear full shirts, use bed nets.
- Identify and eliminate mosquito breeding source, prevent collection of water on roof tops, cover store water source.
- Use larvivorous fish in ornamental tanks, fountains.
- Health education to peoples.

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