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# A case study of Dengue Fever with Ayurveda line of management

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## ABSTRACT

Innumerable invaders infecting the body every point of time and body immune system fights against it to maintain the health in the body. Physiology of triggering the immune system is closely associated with the rise in the body temperature which is diagnosed as fever. Treatment approach to this condition through conventional medicinal system and contemporary medicinal system are entirely different. Especially a case of Dengue fever which was successfully treated on the basis of *Jwara Chikitsa* is presented here and advantage of *Ayurveda* treatment is appreciated.

**Key words:** Dengue fever, breakbone fever, Ayurveda intervention, Case Report.

## INTRODUCTION

Dengue is the most rapidly spreading vector-borne viral disease transmitted by the bite of female mosquitoes of the species *Aedes aegypti*.<sup>[5]</sup> It is named as 'breakbone fever' with the symptoms range from high fever, severe head ache, intense muscle and joint pain, rashes and in one third patients haemorrhagic shock leads to death.<sup>[6]</sup> There are four closely related dengue viruses, which are called dengue serotypes. Although recovery from infection gives immunity from the same dengue serotype, various residual symptoms

like joint pain, debility and less immunity against infectious diseases have been recorded when it is treated through modern medicines. Dengvaxia, a Dengue tetravalent live vaccine, will increase the risk of dengue haemorrhagic fever.<sup>[7]</sup> As per a study, in India, the actual number of dengue cases was 282 times the number reported by the national vector-borne disease control programme.<sup>[8]</sup> A case of fever detected with dengue test positive, early treated with only Ayurveda medicine has limited to attain only moderately severe symptoms. He got discharged after treatment for ten days with only *Ayurveda* medicines since onset of fever. He was found to be completely recovered from all the signs and symptoms without any residual prostrations.

## CASE REPORT

A male patient aged 43years got admitted to our hospital on 2/11/21 for low back pain and diagnosed with sciatica. He was started with *Kati Basti* and oral medications and found relief with his chief complaints. Later on 11/11/21 he started complaining of headache and sneezing for that he was prescribed with *Sitolpaladi Choornam*<sup>[9]</sup> 3gms with honey every third

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hourly. On the same day he had difficulty in sleep, hence one dose of *Saraswatharishtam*<sup>[10]</sup> was given at night which resulted him a sound sleep. On 12/11/21 he had raised temperature of 99.6°F at 6 am, *Amritharistham*<sup>[11]</sup> 20ml stat given and all the treatments for lumbago was put on hold. At 9:30 fever attained to 102°F and evening it was 103°F blood test done has revealed Dengue positive along with decreased platelet counts. He was prescribed with 1 *Sudharshana Ghana Vati*<sup>[12]</sup>, *Sitolpaladi Choornam* 2 gm with honey, *Lakshmivilasa Ras*<sup>[13]</sup> 1 tab, 5ml of *Amritharistham* and 5 ml of Syrup Kalamega. All these oral medicines were consumed by the patient once in every three hours irrespective of food intake. Diet restricted to only rice gruel. At 3pm temperature was 103°F. Temperature was monitored at every three hourly and platelets were checked twice daily. Second day in the morning temperature was 98.7°F, same pattern of medications was followed for another three days. Temperature was sustained at normal from second day onwards and platelets counts got raised to normal on 8<sup>th</sup> day of treatment.

Changes	During Ayurveda Treatment of first 3-4 days	After Ayurveda Treatment for 8 days
Temperature	103°F on first day evening	98.7°F on second days onwards.
Platelet counts	1.4 on 3-5 <sup>th</sup> day	2.2 on 8 <sup>th</sup> day
Symptoms like sneeze	Moderate	No sneeze 2 <sup>nd</sup> day onwards
Head ache especially occiput area	Severe on first day	Cured on 2 <sup>nd</sup> day
Muscle, joint pain	Moderately severe	No Muscle, joint pain 5 <sup>th</sup> day onwards
Rashes, bleeding, severe debility	None	None

**DISCUSSION**

There is no specific anti-viral treatment currently available for dengue fever in modern science. For the past years it is managed by supportive care with

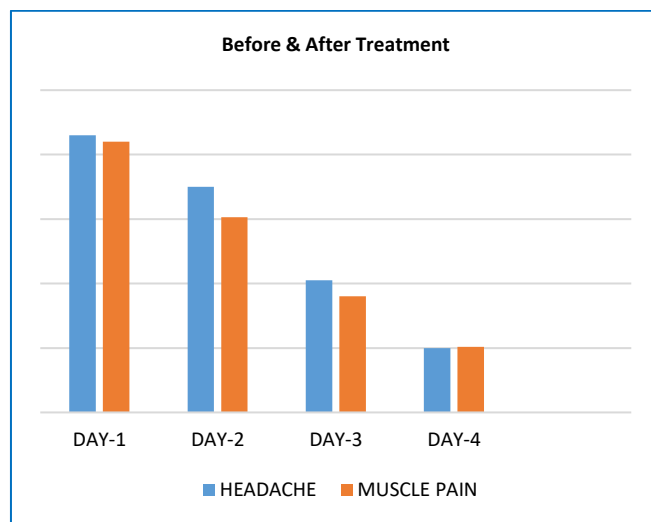
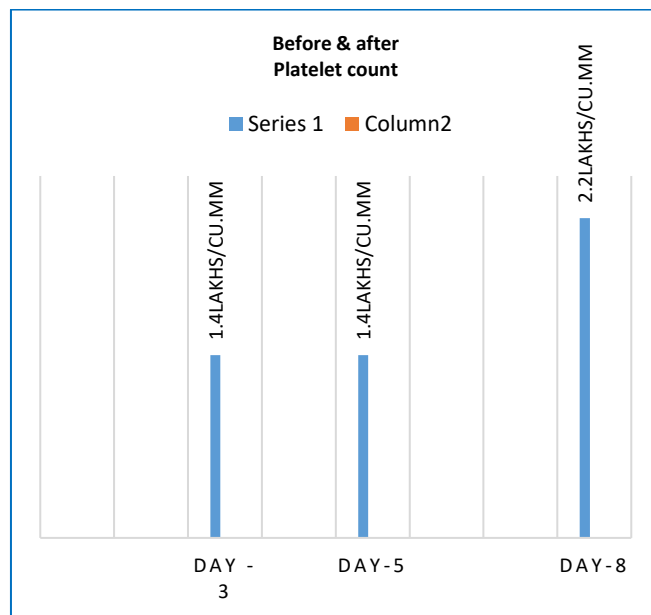
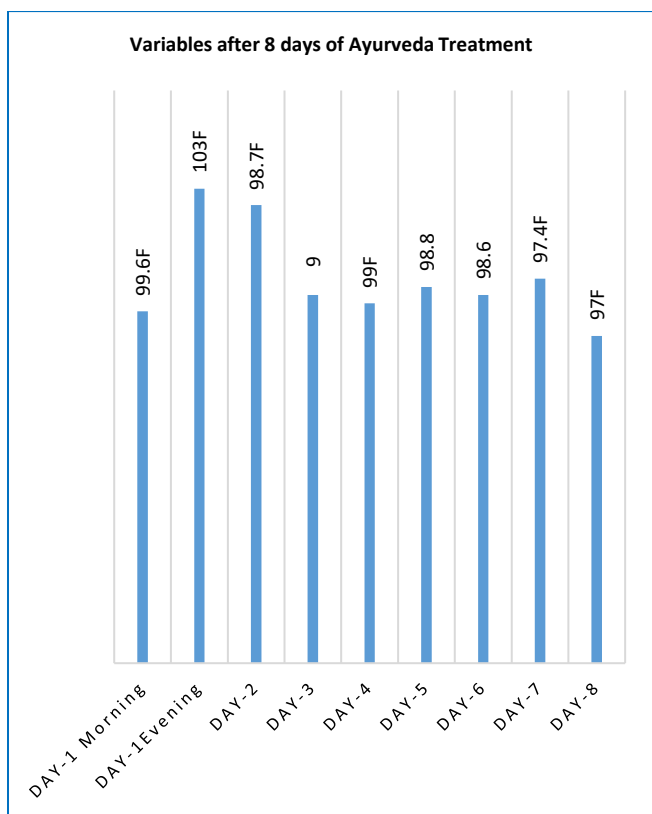
analgesics, fluid replacement, and bed rest and other symptomatic treatment with NSAID's<sup>[14]</sup> When the antibiotics are also consumed, it is evident that patients suffers from severe fatigue, variation in the digestion and becoming susceptible for further more infections since passive immunity subsides active immune system of the body. When fever is suppressed by antipyretic drugs, temperature tends to raises further more once the effect of drug has over, intended to trigger immune mechanism to fight against invaders. Repeatedly suppressing the fever will open the gateway for invaders to get deep route in to the system with a significantly greater risk of developing severe disease.

In *Ayurveda* Dengue fever can be correlated with *Dandaka Jwara*<sup>[15]</sup> is given in the *Parishishta* chapter of *Madhava Nidana*. This case was early diagnosed and treated through *Ayurveda* medications. First one was *Sitolpaladi Choornam* which is explained in *Sharangdhara Samhita Madhyama Khanda* which consists of drugs mainly of *Sitolpala*, *Pippali*, etc. which enhances health against fever, breathing distress, digestive pathologies, anorexia etc. also *Vata Kaphahara* which showed good results for ILI symptoms. *Saraswatharishtam* with reference of *Sahasrayoga* which contains drugs such a *Brahmi* etc. which is a good tranquilizer hence, enhances sleep. *Amrutharishtam* which also mentioned in *Sahasrayoga* as well as *Bhaishajarathnavali* in *Jwara Adhikara*. It consists of *Amrita*, *Bilva*, *Shyonka*, *Agnimantha* etc. which have *Jwarahara* properties. *Sudharshana Ghana Vati* which is described in *Bhaishaja Rathanavali* as well as *Sahasrayoga*. Main ingredients are *Kaleeyaka*, *Musta*, *Hareetaki* etc. which all have excellent *Jwarahara* properties. *Lakshmivilasa Rasa* which has strong *Kaphavatahara* properties which palliates phlegm and respiratory related disorders such as cough, cold and *Asthma*. It has antipyretic and expectorant properties and also helps in balancing *Tridosha* like *Vata*, *Pitta*, and *Kapha* in the body. *Kalamegha (Bhoomyamalaki)* which is best known liver tonic which is also results in normalising blood components, normalises metabolic activity and enhances immune system. Proper administration of

medications every 3 hourly for three days has developed good enough immunity against the disease causing virus hence temperature set back to normal soon and platelets count also came back to normal without any bleeding complication. Lab tests were also done on time helped to monitor the changes in platelets counts. Also there were no side effects found after the course of treatment as well.

**CONCLUSION**

Fevers below 104°F (40°C) associated with common viral infections, such as the flu, may help the immune system fight disease and are generally not harmful. In such conditions instead of consuming drugs of antipyrexia, natural immunomodulators of *Ayurveda*, as a part of *Jwara Chikitsa*, results in avoiding later complication and in improving general health. It is evident that Dengue Fever can managed wisely with the *Ayurvedic* medications through timely intervention. Variables depicted down here in the bar diagram from the first day of treatment to the day where everything got under control within a short span of time with limited amount of medications without any complications.



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