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Role of *Eupatorium perfoliatum* in the cases of dengue fever

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Abstract

Dengue is a mosquito borne viral disease caused by dengue virus. The incubation period varies from three to fourteen days after bite of an infected mosquito. The symptoms include high fever, vomiting, headache, muscle and joint pain and a characteristic skin rash.

Homoeopathy has been proven effective both as prophylactic and in the treatment of dengue fever. *Eupatorium perfoliatum* is considered one of most effective homoeopathic medicine in the treatment of dengue fever. The prominent symptom of Dengue Fever when *Eupatorium perfoliatum* is indicated and can be of great help is – severe muscle and joint pains with high fever. Homeopathic medicine *Eupatorium perfoliatum* is also popularly known as “bone set” as it brings about the quickest relief in severe bone and joint pains in fever. The pain can be present in any bone or it can be generalized in the whole body. The patient may also have general body ache with a feeling as if the whole body is broken. Apart from relieving joint pains.

Keywords: Homoeopathy, *Eupatorium perfoliatum*, Dangué, Aedes aegypti, Mosquito, Virus

Introduction

Dengue fever, commonly called break bone fever, is a flu-like illness caused by the Dengue virus. It is transmitted to humans through the bites of infected female mosquitoes. Aedes mosquitoes (especially Aedes aegypti) are the first vectors. After virus incubation, an infected mosquito is capable of spreading the virus for the remainder of its life. This disease is principally found within the tropical and sub-tropical regions of the planet. As per WHO, an estimated 500,000 people require hospitalization annually. Most cases occur in tropical areas of the globe, with the population within the Indian subcontinent, geographical area, Mexico, Africa, parts of Central and South America are most prone to the disease. As per the information released by the Directorate of the National Vector Borne Disease Control Programme (NVBDCP), there are 67,000 cases of dengue fever as of 13th October 2019 in India ^[1].

Causes

It is caused due to four viruses, DENV-1, DENV-2, DENV- 3 and DENV-4. The virus enters a mosquito when it bites an already infected person. The illness is spread when it bites a healthy person. And the virus spreads through bloodstream. After the recovery, the patient is immune to the specific virus not the other three. The probability of developing severe Dengue fever, also known as Dengue Haemorrhagic Fever, increases if you're infected a second, third or fourth time ^[1].

Symptoms

Symptoms of dengue include fever which is usually around 104⁰ F along with at least two of the following symptoms headache, muscle, bone and joint pain, nausea and vomiting, Pain behind the eyes, swollen glands and characteristic rashes. The fever is not easily identifiable in children and teens. Types of dengue fever:

There are mainly three types of dengue fever

- **Mild dengue fever**
Symptoms are seen after a week after bite of an infected mosquito. It includes high fever and flu like symptoms. If not treated properly it can lead to severe and fatal complications.
- **Dengue Hemorrhagic Fever**
It is a severe form of fever which causes bleeding that result in shock and sometimes death also.
- **Dengue shock syndrome**
It is dangerous complication of dengue fever that causes shock and death between 12 to 24 hours. The symptoms include high fever with petechial rashes ^[2].

Treatment

There is no specific treatment of Dengue fever or cure as Dengue is a virus in modern system of medicine. Timely intervention can help, depending on how severe the disease is. The basic treatment includes medicine: Painkillers like Tylenol or paracetamol Here are a few basic treatments of Dengue fever: Medication: Painkillers like Tylenol or Paracetamol are generally prescribed ^[3].

Homoeopathic Management

Eupatorium perfoliatum

It is one of most important symptoms of Dengue Fever when *Eupatorium perfoliatum* is indicated and can be of great help is – severe muscle and joint pains with high fever. The most effective homeopathic medicine *Eupatorium perfoliatum* in curing dengue fever. Homeopathic medicine *Eupatorium perfoliatum* is also popularly known as “bone set” as it brings about the quickest relief in severe bone and joint pains in fever. The pain can be present in any bone or it can be generalized in the whole body. The patient may also have general body ache with a feeling as if the whole body is broken. Apart from relieving joint pains, it is very effective in severe pain in the eyeballs in Dengue Fever. It helps in recovering from headache with nausea and vomiting too. In majority of the cases, sweat brings relief in all the symptoms, with the exception of pain in head ^[2].

General Management

Stay hydrated

This is crucial as most of our bodily fluids are lost during vomiting and high fever. Continuous intake of fluids will make sure that the body does not easily dehydrate.

Hygiene

Hygiene is of the utmost importance. The patient can opt for a sponge bath if not a regular bath. Add a few drops of disinfectant liquid to the water being used for bathing.

Dengue Prevention

Researchers are still working on finding a specific cure for Dengue fever. Dengue fever treatment involves the use of pain relievers with acetaminophen. Additionally, it is recommended to drink plenty of fluids and take rest lesser skin exposure: Try wearing long pants and shirts to cover your skin surfaces and reducing the chances of bites. Mosquitoes are highly active early in the morning or evening, so try avoiding venturing out in those times.

Mosquito Repellent

A repellent with at least 10 per cent concentration of diethyltoluamide (DEET). A higher concentration is needed for longer exposures.

Personal hygiene

When a person is infected with any virus, they become extra sensitive to other illnesses.

Disinfect stagnant water

The Aedes mosquito breeds in clean and stagnant water. Keep water covered at all times and use a proper disinfectant if necessary. Turn over any vessels which can accumulate water and scrub the surfaces thoroughly so as to reduce the chances of developing a breeding ground for the mosquitoes.⁴

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