

Dengue Fever Cured by Homeopathy— Two Case Series

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ABSTRACT

Dengue is a mosquito-borne acute viral disease caused by Flavivirus (RNA virus) and transmitted through the vector *Aedes aegypti*. Clinical features range from mild fever to complications such as hemorrhagic manifestations and shock. This article gives details about the management of two dengue cases with decreasing platelet cured with homeopathy medicines. The patients were given homeopathic medicine based on individualized acute totality. After homeopathic treatment, there was a significant improvement which is documented.

Keywords: Arsenicum album, Break bone fever, Crotalus horridus, Dengue fever, Homeopathy, Thrombocytopenia

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INTRODUCTION

The global incidence of dengue is emerging and it is becoming a major threat in recent decades. Almost half the population in the world is at risk of suffering from dengue fever. It is estimated that 100–400 million infective cases will be reported every year.^[1] Dengue is a mosquito-borne viral disease that is transmitted from female mosquitoes mainly of the species *Aedes aegypti*, and to a lesser extent by *Aedes albopictus*.^[2] The virus belongs to the Flaviviridae family, which has four distinct serotypes, namely, DENV-1, DENV-2, DENV-3, and DENV-4. There is also a possibility of transmission of infection from mother to fetus.^[3] The incubation period varies from 5 to 6 days.

In mild dengue fever, the patient presents with clinical features of flu-like symptoms, nausea, vomiting, skin rashes, retro-orbital pain, muscle pain, joint pain, and bony pain. The symptom usually lasts for 2 days to a week. Severe dengue usually begins 24–48 h when the fever subsides. Warning signs include pain in the umbilicus, vomiting with three episodes within 24 h, bleeding from orifices such as the nose, gums, hematemesis, and blood in the stool. Severe dengue is fatal due to plasma leakage, edema, respiratory distress, severe bleeding, or organ impairment. The complications include internal bleeding, organ damage, and shock. Preterm birth, low birth weight, and fetal distress are the possible complications when a mother suffers from dengue during pregnancy.^[4]

Diagnosis can be made with virological and serological tests. RT-PCR from clinical samples can detect NS1 antigen (virus-produced protein). Serological test ELISA will detect IgM and IgG antibodies. Fever can be treated with antipyretics and muscle pains, joint pains with pain killers. Severe dengue should be treated by maintaining body fluid volume. A platelet count below 25,000/cumm of blood with bleeding is an indication for infusion of platelet-rich plasma or platelet concentrates. In massive bleeding, blood transfusion can be considered.^[5]

CASE SERIES

Case Report 1

A 19-year-old female diagnosed with dengue fever, came with complaints of fever, weakness, headache, and decreasing platelet count for 3 days. She had a fever with chills which were getting aggravated toward evening. She also had weakness all over the body with occipital headache and decreasing platelet count. The

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headache was getting aggravated by lying down and better by pressure. She had increased thirst with dryness of her mouth and bitter taste during fever. She was highly anxious and restless with the complaints. She took allopathic medicines and she was not better. On December 16, 2021, her platelet count was 266,000 [Figure 1] and on December 17, 2021, she was tested positive for dengue Ig M [Figure 2] and her platelet dropped to 230,000 [Figure 3].

Family history: Father – Diabetes mellitus and hypertension

Her appetite was good; her thirst was increased with dryness of the mouth. Her bowel and bladder habits were normal and her sleep was good. She was thermally chilly during fever. Her temperature was 101 F and her vitals were stable.

Synthesis repertory was used to repertorize this case.^[6] (Supplementary File 1) Arsenicum album was considered since the patient was chilly, highly anxious, and mentally restless during fever. On referring to Boericke's *Materia Medica*, further, arsenicum album covered the totality as well.^[7] Hence, it was selected and administered to the patient.

First prescription

The first prescription on – December 17, 2021, arsenicum album 1 M two doses were given to take a dose immediately and to repeat

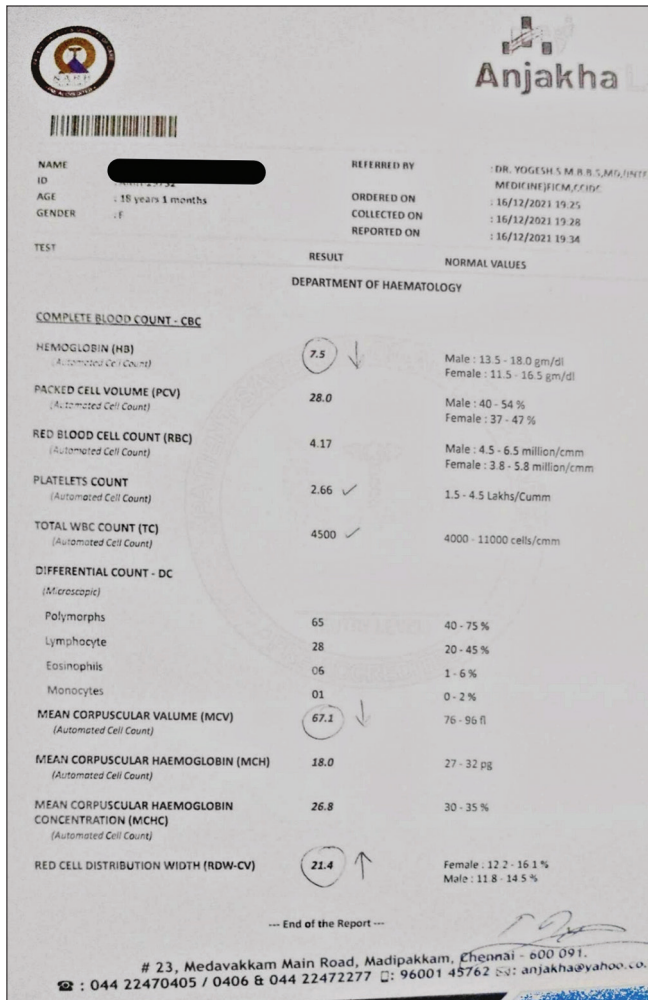


Figure 1: Platelet before diagnosis

the second dose at night. She was advised to repeat the platelet count to see for improvement.

Follow-ups

On December 18, 2021 – Fever, headache, and weakness were better; hence, placebo was administered to take that day morning, and night.

On December 19, 2021 – The patient was feeling much better and she was advised to repeat the blood test which showed satisfactory improvement. Platelet count improved from 230,000 to 388,000 [Figure 4]. She was given placebos to continue for 2 more days and if any symptom reappears advised her to report.

Result

On December 19, 2021, on repeating, the blood test platelet count improved and she felt generally better.

Case Report 2

A 32-year-old female came with a history of weakness, headache, and decreasing platelet count for 3 days. She presented with

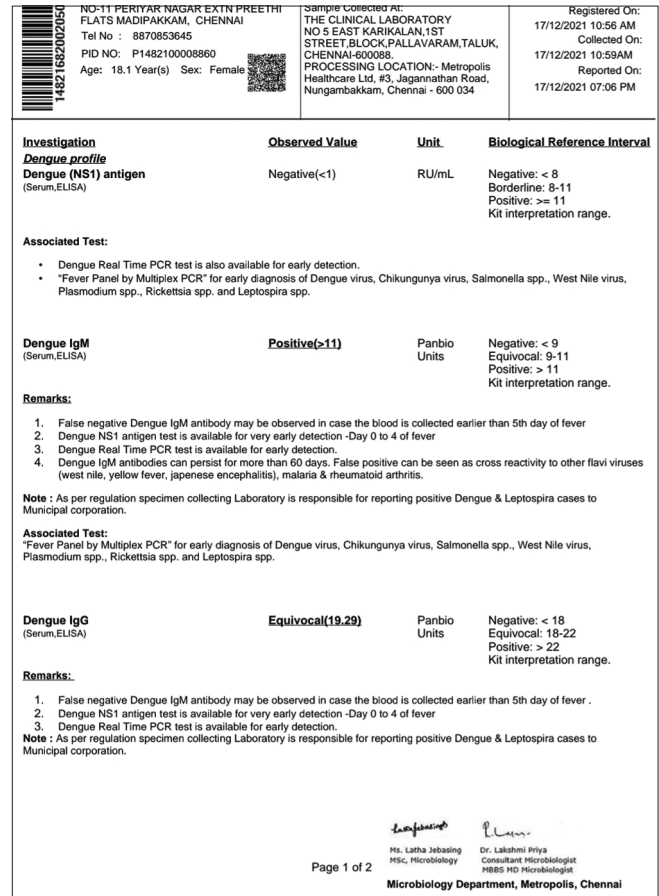


Figure 2: Diagnosis of Dengue Ig M Positive

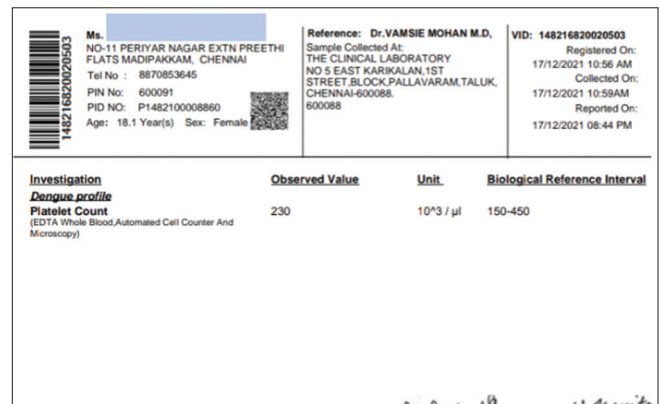


Figure 3: Platelet during diagnosis

weakness all over the body with occipital headache and decreasing platelet count. The headache is getting aggravated on lying down and better by pressure. She had a history of fever, joint pains, headache, and eye pain for 1 week and took allopathic medicines for the same from General Physician. On December 24, 2021, she was tested positive for dengue NS1 Antigen [Figure 5] and her platelet dropped from 177,000 to 104,000.

Family history: Father – Diabetes mellitus and Mother – Rheumatoid arthritis

Her appetite was good and her thirst was good. Her bowel and bladder habits were normal. She had a good sleep. She was

afebrile during her consultation and her vital signs were stable. The case was repertorized using synthesis repertory. (Supplementary File 2) On referring to Boerickes Materia Medica, further, Crotalus Horridus covered the totality as well. Hence, it was selected and administered to the patient.

First prescription

The first prescription on December 25, 2018, Crotalus Horridus 1 M two doses were given to take a dose immediately and to repeat the second dose at night. She was advised to repeat the platelet count to see for improvement.

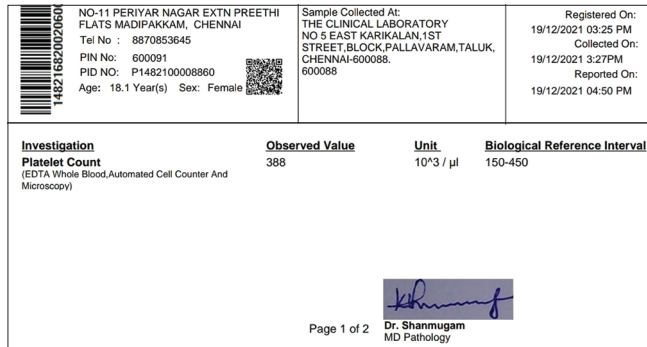


Figure 4: Platelet after treatment

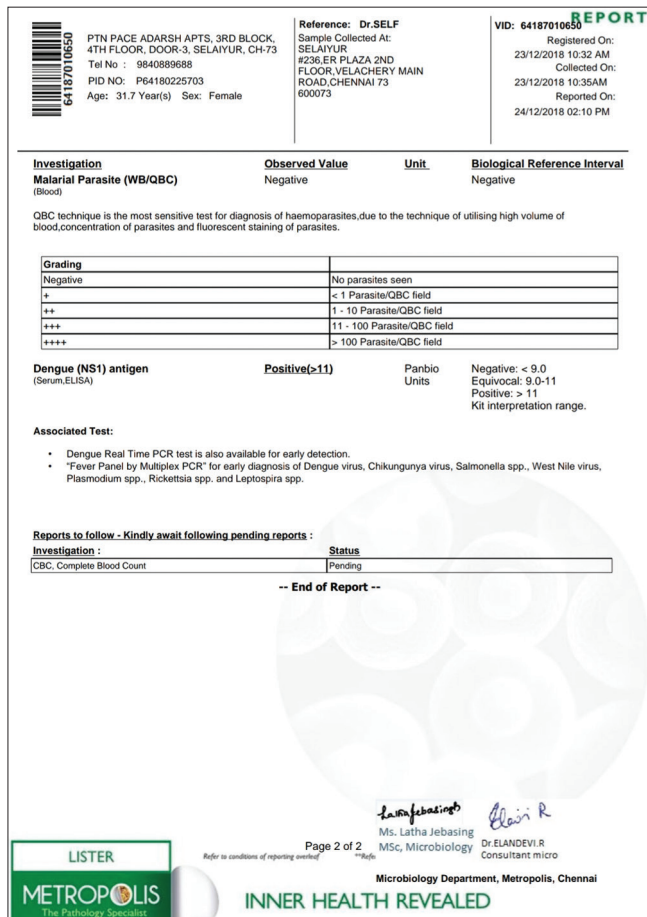


Figure 5: Diagnosis of Dengue NS1 Positive

Follow-ups

On December 26, 2018 – Her headache and weakness were better; hence, placebo was administered to take that day morning and night.

On December 27, 2018 – The patient was better and advised to repeat the blood tests which showed satisfactory improvement. Platelet count improved to 164,000 [Figures 6 and 7].

Result

On December 27, 2018, on repeating, the blood test platelet count improved and she felt generally better.

DISCUSSION

Homeopathically, the commonly indicated medicines for dengue fever includes Aconitum Napellus, Arnica Montana, Arsenicum Album, Belladonna, Bryonia Alba, Carbo Vegetabilis, Cinchona Officinalis, Crotalus Horridus, Eupatorium Perfoliatum, Ferrum Metallicum, Ferrum Phosphoricum, Gelsemium, Hamamelis, Ipecacuanha, Lachesis, Millefolium, Natrum Muriaticum, Nux Vomica, Phosphorus, Pulsatilla, Rhus Toxicodendron, Secale Cornatum, and Sulphuric Acidum.^[8]

This case series indicates the importance of totality-based homeopathic medicine selection in acute cases. The remedies were selected based on acute totality and after administering them, the patient improved symptomatically as well as generally. Their blood

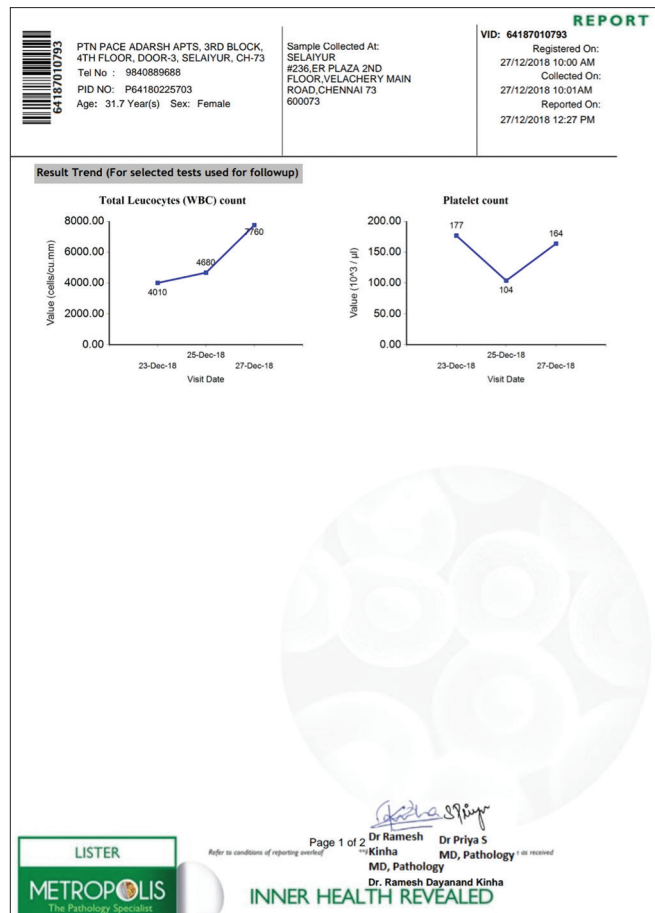


Figure 6: Before and after treatment comparison

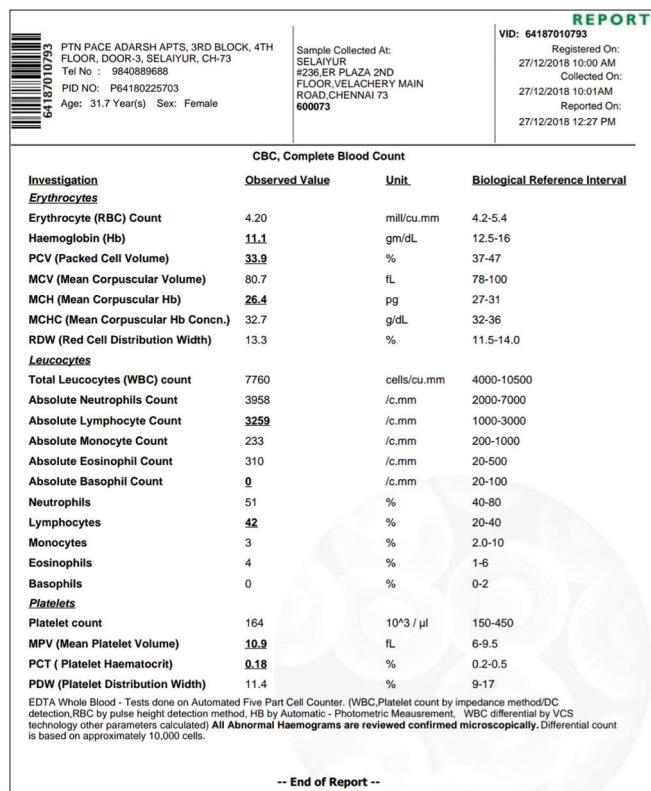


Figure 7: Blood parameter after treatment

parameters came to a normal level and complications of dengue fever such as dengue shock syndrome and thrombocytopenia hemorrhage were prevented. The case series shows marked improvement after homeopathic treatment. This case series shows the positivity of homeopathy in treating dengue fever. Hence this case series shows the positivity of Homoeopathy in treating dengue fever.

CONCLUSION

Hence, homeopathy system is recommended in treating mild dengue fever. As supportive treatment in severe dengue, homeopathy can be considered. The complications can be prevented when treatment is initiated in the beginning stage with homeopathy.

DECLARATION OF PATIENT CONSENT

The patients gave their written consent to use their reports and clinical information to report in this journal.

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SUPPLEMENTARY FILES

4 MOUTH - TASTE - bitter - fever - agg.

STOMACH

5 STOMACH - THIRST - fever - du agg.

FEVER

6 FEVER - TYPHOID FEVER - hemorrhagic

Remedies	ΣSym	ΣDeg	Symptoms
phos.	6	13	1, 2, 3, 4, 5, 6
ars.	6	11	1, 2, 3, 4, 5, 6
chin.	6	10	1, 2, 3, 4, 5, 6
bry.	5	12	1, 2, 3, 4, 5
nux-v.	5	12	1, 2, 3, 4, 5
lach.	5	10	1, 2, 3, 5, 6
sep.	5	9	1, 2, 3, 4, 5
arn.	5	8	1, 2, 4, 5, 6

Supplementary File 1: Repertorization result Case 1

FEVER

3 FEVER - TYPHOID FEVER - hemorrhagic

GENERALS

4 GENERALS - LABORATORY findi decreased

Remedies	ΣSym	ΣDeg	Symptoms
lach.	3	7	1, 2, 3
arn.	3	6	1, 2, 3
chin.	3	6	1, 2, 3
crot-h.	3	6	2, 3, 4
phos.	3	6	1, 2, 3
alumn.	3	5	1, 2, 3
carb-v.	3	5	1, 2, 3
lyc.	3	5	1, 2, 4
mur-ac.	3	5	1, 2, 3
ars.	3	4	1, 2, 3

Supplementary File 2: Repertorization result Case 2