

Ayurvedic Management of Dengue Fever: A Case Report

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ABSTRACT

Background: Dengue fever is a rapidly spreading vector-borne viral disease with limited specific antiviral treatment in modern medicine. Ayurveda offers potential therapeutic approaches for managing dengue symptoms and complications such as thrombocytopenia. **Case Presentation:** A 19-year-old male presented with complaints of high-grade fever (102.3°F) with chills, headache, generalized body ache, itching, and loss of appetite for five days, in systemic examination there was tenderness in epigastric region.

Intervention and Outcome: Treatment included classical Ayurvedic medications such as Jaymangal Rasa, Raktapachak Yog, Guduchi Ghana Vati, and sannipatak jwarhar yog focusing on balancing the doshas, enhancing digestive fire, and promoting platelet recovery. There was significant symptomatic relief with improvement in platelet count without adverse effects.

Conclusion: This case highlights the potential of Ayurvedic interventions as a safe and effective therapeutic option in dengue fever management, emphasizing the need for larger controlled studies to validate these findings.

Keywords: Dengue fever, Sannipatik Jwar Chikitsa, Ayurveda, Platelet count, Case study

1. INTRODUCTION

Dengue remains a major global health concern, dengue virus is transmitted by Aedes aegypti mosquitoes, dengue virus is arbovirus from genus flavivirus¹. DENV-1, DENV-2, DENV-3 and DENV-4 are four known serotypes of the dengue virus. Dengue is the most rapidly spreading mosquito-borne viral disease in the world an estimated 50 million dengue infections occur annually and approximately 2.5 billion people live in dengue endemic countries². Dengue fever has a wide clinical spectrum that includes severe and non-severe clinical manifestations, the disease can be classified in three phases -febrile, critical and recovery.

In Ayurveda, the dengue fever is anukta, means un-said, the disease which are not explained in a Ayurved classics are called Anukta Vyadhi. Acharya Chakrapani commentator of Charak Samhita has mentioned Atidesh Tantrayukti to unlock secreted of concealed knowledge³.

In Ayurved Jwar (Fever) is described first among all the disorders as body temperature is a life sustaining force and is the first condition afflicting patients of somatic conditions. As said in Charak Samhita Deha-

Indriya -manah-Santap is the cardinal symptoms of Jwara, this can be defined as as the state where body,mind as well as sense organ suffer due to high temperature ⁴

In ayurveda dengue fever can be correlated with Sannipataj jwara which has similar symptoms of dengue fever like Jwar (Fever),shirshool (Headache), Nirbhugne Locahana (retro-orbital pain),Asthi -Sandhi Shool (Arthralgia) ,Chardi(vomiting), Rakta Mandalotapatti(Rash) ⁵.

Case Presentation

A 19 -year-old male presented with complaints of high-grade fever (102.3°F) with chills, headache, generalized body ache, itching, and loss of appetite for five days,in systemic examination there was tenderness in epigastric region.

Medical History

- No history of hypertension, diabetes, thyroid disorder, or major illness
- No past surgeries or COVID-19 infection

Clinical Examination

- Pulse (Nadi): 92 bpm (Pitta-Vata dominant)
- BP: 130/90 mmHg
- Respiratory Rate: 20/min
- Temperature: 102.3°F
- Weight: 52 kg
- Jivha : Saama Jivha,

Laboratory Investigations

Dengue IgG-Positive

Dengue Igm -Positive

Dengue NS1-Negative

Initial tests confirmed positive dengue serology with low platelet count and slightly reduced total leucocyte count (TLC)

Date	Symptoms	TLC (cells/cu mm)	Platelets (cells/cu mm)
30/10/2024	High fever, headache, body ache, anorexia, arthralgia, low Oral Intake	4300	77000
31/10/2023	Fever intensity reduced	4500	93000
01/11/2024	Fever and arthralgia reduced	5100	102000
05/11/2024	No fever, improved appetite and other symptoms	5900	134,000

Based on Ayurvedic assessment, the condition was diagnosed as Sanipatik jwara The treatment plan included:

Sr.no	Medications	Dose	Anupan	Duration
1.	Jaymangal Ras ⁶	120 mg 1 BD	Warm water	7 days
2	Guduchi Ghana Vati ⁷	500 mg 1 BD	Warm water	7 days
3.	Raktapachak Yog ⁸ (Patol, Sariva, Musta, Patha, Kutaki)	10 gms BD	Warm water	15 days

4.	Sannipatik Jwarhar Yog ⁹ Bruhati (Solanum Indicum linn), Vatsaka (Holarrhena antidysenterica), Musta (Cyperus rotundas), Devdaru (Cedrus deodara), Mahaushadha (Zingiber officinale)	40ml BD	Decoction	7 days
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3. DISCUSSION

As Dengue is Anukta Vyadhi the patient was carefully observed and analysed according to ayurved diagnostic principles, the treatment opted for given case was of shaman chikitsa which include various approaches like 'Deepana - stimulating digestive fire, Pachana digestion of Ama and Shaman medication i.e herbal formulations to alleviate specific Dosha imbalance. The primary goal of treatment was to achieve destruction pathology.

Jay Mangal Rasa is herbo mineral formulation which is used to treat fever. It balances Tridosha, improves digestive fire and digest Ama dosha, Jaymangal Rasa acts blood purifier, Ojavardhak and Rasayan.

Guduchi Ghana Vati contains, Loha Bhasma, Abhrak Bhasma, Suvarna Makshik Bhasma and Guduchi extract it has antipyretic and anti-inflammatory action. It is Tikta, Kashay Rasa Pradhan Dravya which has guru and Snigdha quality having Ushna Virya which does Amapachan, Tikta Rasa aid in calming digestive fire which improve poor digestion and bring Tridosha to normal state,

Patola, Kutaki, Patha are of Laghu and Ruksha quality which are opposite to Guru and Picchil guna of Ama both Laghu and Ruksha Guna help to alleviate symptoms of Ama Dosha, Guduchi is termed as Rasayan, Patha is jwarghan, shoolaghana and Dahaghana, kutaki is Deepaniya and jwarhara, Raktapachak Yog contains Tikta Rasatmak and Sheet Viryatmak Dravya which are effective in Anorexia & Agnimandya as seen in Jwara. Raktapachak Yog improves digestive fire and also improves Quality of blood.

4. CONCLUSION

The Ayurvedic management of dengue fever demonstrated significant therapeutic benefits in symptom resolution and haematological recovery without adverse effects. This case supports Ayurveda as a complementary or alternative treatment approach for dengue fever, warranting further research with larger patient cohorts.

CONFLICT OF INTEREST

There was no conflict of interest to be disclosed

ETHICAL CLEARANCE

Written informed consent was obtained from the patient.

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