

Guidelines for Ayurvedic Practitioners for Clinical Management of Dengue

Introduction:

Dengue fever, also known as break-bone fever, is an infectious tropical disease caused by the dengue virus. Symptoms include fever, headache, muscle and joint pains, and a characteristic skin rash. In a small number of cases, the disease develops into the life-threatening dengue hemorrhagic fever, resulting in bleeding, low levels of blood platelets and plasma leakage or into dengue shock syndrome, where dangerously low blood pressure occurs.

In Ayurvedic perspectives, it comes under the category of *Abhishangaja Jvara* predominantly *Pittaja* in pathological ground. The complications represent *Raktaja* and *Sannipataja Jvara*.

Management:

- Take light, nutritive, warm and easily digestible foods and proper rest and sleep and maintain personal and environmental hygiene
- Avoid chilled foods & drinks, strenuous exertion and stressful conditions.
- Have cold milk with sugar candy
- Consume 2 gram *Shunthi* (Dry Ginger) powder twice daily with infusion prepared by adding 5 gram (one teaspoonful) of *Guduchi* (*Giloye*) powder in 100 ml (1/2 glass) of boiled water. Dose for children between 6 to 12 years of age will be half and for children below 6 years will be one fourth. One teaspoon of honey can be added to the infusion; and/or.
- One liter of water boiled with 10-15 *Tulsi* leaves and 10-15 gram *Dhania* (Coriander) powder for ten minutes and cooled to room temperature may be consumed at intervals of 3-4 hours in a day.

1. Drug

In addition to above routine treatment, any of the following anti-pyretic formulations may be added:

☉ For Fever

- In initial phase, *Kwath* prepared of *Dhamasa*, *Parpat*, *Kiratatikta*, *Musta* may be advised. In case of *Raktaja Jvara* (Hemorrhagic condition), add *Vasa*, *Rakta Chandana* & *Yashtimadhu* along with sugar candy (*Mishri*).
- *Shamshamani Vati* (*Guduchi Ghana Vati*)
- *Sudarshanaghana Vati*

- *Godanti Bhasma*
- *Amritottara Kwath*
- *Tulsi Svarasa*

⊙ **For Dehydration**

- *Shadanga Paneeya*
- *Dhanyakadi Hima (Dhaniya, Amla, Vasa, Draksha, Parpat)*
- Water of cardamom and clove
- Green coconut water
- Any of these liquid preparations may be given in suitable quantity in 3 - 4 hours interval.

Note:

- *The dose and duration of the treatment may be decided by the physician according to the condition of the patient.*
- *Visit your nearest qualified doctor or health service centre immediately if you develop any symptoms of dengue like:*
 - Fever • Rash • Body ache • Headache • Joint pains • Pain in eyes • Unexplained bleeding
- For more information about dengue, you may also visit CCRH website at www.ccrhindia.org

General Instructions for prevention:

1. Screens/nets on doors and windows.
2. Wear full sleeved shirts, pants, shoes and socks to keep body covered.
3. Use mosquito net.
4. Use mosquito repellents.
5. Patient should be kept inside mosquito net.
6. Do not keep open water and clean water logging.