

# 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 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:**

### **1. General advocacy to patients**

- The patients may be advised with following general instructions:
  - Take light, nutritive, warm, easily digestible foods; proper rest, sleep and maintain personal & environmental hygiene.
  - Avoid chilled food & drinks, strenuous exertion and stressful conditions.
  - Have cold milk with sugar candy.
  - Consume 2gm *Shunthi* (Dry Ginger) powder twice daily with infusion prepared by adding 5gm (one teaspoonful) of *Guduchi* (*Giloy*) 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 10-15gm *Dhania* (Coriander) powder for ten minutes and cooled to room temperature may be consumed at intervals of 3-4 hours in a day.

### **2. Other instructions for prevention:**

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

### 3. Drug

In addition to above routine treatment, any of the following 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.
- For more information about dengue, you may also visit CCRH website at [www.ccrhindia.org](http://www.ccrhindia.org)