



Ayurvedic Advocacy for Management of NIPAH VIRUS (NiV) Infection

Introduction

Nipah virus (NiV) is a paramyxovirus transmitted to humans from animals, which have been affected by this virus. It can also be transmitted from infected humans to other humans through direct contact.

NiV causes a symptomatic or mild infection in some of the patients, but most of the clinical cases present with acute neurological signs and symptoms. The initial symptoms appear are influenza like, with **high Fever, Headache, and Myalgia**.

Cases will become fatal when they progress to **Encephalitis**. In patients with encephalitis, the symptoms may include drowsiness, disorientation, convulsions, and coma. Nausea and vomiting can also be observed, and the patients sometimes develop respiratory signs, including acute respiratory distress syndrome. The patients who are severely ill show septicemia, bleeding from the gastrointestinal tract, renal impairment, and other associated complications. In humans, the case fatality rate ranges from 9 to 75 percent.

In Ayurvedic perspectives, it comes under the category of *Vata Shlaishmik Jwara* initially, which further extends to *Sannipataja Jwara*.

Preventive Management

- Avoid contact with pigs and pig handlers, bats and horses.
- Maintain personal hygiene and intensive hand washing practices
- Avoid consuming raw fruits and fruits should be washed thoroughly and peeled or cooked properly.
- Avoid eating or buying fruit and vegetables at unhygienic places or fruit fallen on the ground,
- Consume only well cooked clean homemade food till the outbreak settles down.
- Avoid unpasteurized juices
- Preferably use N95 mask while travelling or working in public places to avoid person to person transmission.
- Person, who generally comes in contact with potentially infected animals, including laboratory personnel and health-care workers, should wear protective clothing, impermeable gloves, masks, goggles, and boots.
- Patients infected with NiV should be isolated and barrier nursing should be used while caring for infected patients because the virus can be transmitted from person to person.

Prophylactic Measures/Immunomodulatory drugs

- Measures should be taken to strengthen the immune system through healthy dietetic habits.
- **Amlaki Rasayana** 3 gm, twice a day with water.
- **Ashwagandadi Avaleha** 10 gm twice a day with lukewarm milk.
- **Haridra khand** 5 gm twice a day with lukewarm milk.
- **Samshamani vati** 500 mg twice a day.
- **Tulasi** 3-5 leaves should be consumed a fresh or in tea twice in a day.
- **Indukantha kashay** 10 ml with 40 ml of warm water twice a day before food.

Symptomatic Management: Under the supervision of Ayurvedic Physician

- **For Fever, Headache, and Myalgia**
 - **Amritottar kashaya** 30 ml twice a day,
 - **AYUSH- 64/Sanjivini vati** 2 tablet thrice a day.
 - **Bilwadi gutika** 2 tablet twice a day.
 - If symptoms of upper respiratory tract involvement is present-**AYUSH-64** with **Tribhuvan Kirti Rasa**.
- **High Fever with early neurological symptoms**
 - **Swarna Sutshekhar Rasa** 125 mg twice a day with honey for 7 days.
 - **Swarna Malti Rasa** 125 mg twice a day with honey .
- **For Hydration**
 - **Shadang Paniya/Drakshadi kwatha**
- **Neurological symptoms with complications**
 - Refer to the Higher Centre.

Note

- The dose and duration of the treatment may be decided by the physician according to the age and condition of the patient.
- This advocacy is for information only. However, the health seekers may approach a qualified registered Ayurveda medical practitioner for necessary advice.