

HOMOEOPATHIC MANAGEMENT OF CHICKUNGUNYA – CASE REPORT

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ABSTRACT

Chicken Gunya is a mosquito-borne viral disease causing sudden sudden fever , severe joint pain (arthritis). Conventional treatment typically involves rest and symptomatic management. Homoeopathic management with its approach offers a holistic alternative. A 41 years old female patient treated successfully using Rhus Toxidendron 200 C on the basis of case analysis and PQRS symptoms which is the main base for individualization. This case highlighting the efficacy of Homoeopathic remedies in Chickungunya.

KEYS – Chickungunya , Homoeopathic medicine , Rhus tox , Individualisation.

INTRODUCTION

Chickengunya is viral disease caused by chickungunya virus. Mainly spread by the bite of infected Aedes mosquitoes, having symptoms sudden high fever, joint pain, muscle pain, headache, rash, swelling of joints. 3-7 days incubation period, Course some patient develop chronic joint pain lasting weeks to months. Geographical distribution of chickungunya is mainly in the areas of Africa, Asia, Indian subcontinent, Europe, Americas, recent outbreaks reported in parts of India. It's a mosquito-borne viral illness with signature joint pain. [1]

While conventional treatment approaches, such as antibiotics and pain killers and corticosteroids are commonly used to manage chickungunya, they often have side effects and may not always provide complete relief. Homoeopathy, a system of medicine based on the principle of 'likes cures like, has been used for centuries to treat a wide range of acute and chronic conditions, including joint pains. By carefully selecting remedies based on the individuals unique symptom picture, homoeopathy aims to stimulate the body's natural healing response and restore health.[2]

This case report aims to illustrate the efficacy of Homoeopathic treatment in a patient presenting with chickungunya. By analyzing the patients symptoms and selecting the most appropriate Homoeopathic remedy, a significant improvement in the patients condition was achieved.

METHODOLOGY

Study Design – Descriptive case report.

Thorough case was taken and case analysis showed –

A 42 year female patient came to the opd with the complaints of joint pains with swelling of joints especially both knee joints, high grade fever 101°F, muscle pains, headache and patient self medicated with paracetamol , with temperory relief. After thorough case taking complaints of joint pains aggravated due wet application, rainy season, on the beginning to walk and ameliorated by hot applications, continued motion. Characteristic symptom of the patient that is accompanying symptom means concomitant symptom is red triangular tip of tongue . Desire : milk and warm food. Aversion : not specific. Desire for company . patient is mild and sympathetic. Co-operative. Joints swollen and painful hot . Temp : 101°F . Pulse : 88 bpm, regular.

HOMOEOPATHIC CASE ANALYSIS

TOTALITY OF SYMPTOMS

- *Joints swollen hot, painful
- * Pains aggravated by wet, beginning of motion,
- *Pains ameliorated by warm application, continued motion.
- * Red triangular tip of tongue.
- *Desire for milk and warm food.

*Mildness and sympathetic.

REPERTORISATION [4]

Key rubrics:

1. Extremities – swelling – knee joint
2. Extremities – Pain – wet – aggravation.
3. Extremities – Pain – Motion – beginning of – agg.
4. Extremities – Pain – warm application – amel
5. Extremities – Pain – motion – continued – amel.
6. Mouth – Discoloration – Tongue – Red – Tip – triangular.
7. Generalities – Food and drinks – Milk – Desire for
8. Generalities – Food and drinks – Warm food desire for
9. Mind – Mildness.

	rhus-t.	sulph.	ars.	calc.	lyc.	sil.	apis	merc.	nat-m.	amm.	bell.	bry.	nux-v.	puls.	sep.	vera
1	2	3	2	2	2	1	2	2	2	2	3	3	2	1	-	1
2	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-	-
3	2	-	2	1	-	-	1	-	-	-	-	-	-	-	-	-
4	3	3	3	-	2	-	2	-	-	1	-	-	-	-	-	1
5	3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1
6	3	1	2	2	2	2	2	2	-	-	2	2	1	2	1	2
7	3	2	3	2	2	3	-	3	3	1	-	2	3	2	2	1
8	3	1	1	3	2	2	2	1	2	2	2	1	3	3	1	3

DIFFERENTIAL REMEDY SELECTION :-

Rhus tox

Sepia

Arsenicum Album

Pulsetilla

Lycopodium

FINAL REMEDY SELECTION :-

Based on repertorisation and totality of symptoms, Rhus tox 200C was prescribed.

Rhus tox 200C,

2 doses at 2 hrs interval, and placebo for 8 days. and may need to be adjusted based on patients improvement.

FOLLOW-UP :

Day 1 : Rhus tox 200C , 2 doses, at interval of 2 hrs, placebo for 8 days and hot fomentation for pains if required.

Day 8 : Patient complaints about no relief in pains and had high grade fever and joint pains after medicines, taken paracetamol for fever and pains .

Rhus tox 200C again prescribed in 2 doses , at interval of 2 hrs with placebo for 8 days.

Day 15 : Pains are much better than before. No fever , Placebo for 15 days prescribed.

Day 30 : Improvement persists. Placebo for 15 days prescribed.

DISCUSSION

This case study showed the Homoeopathic management was effective in case of Chickungunya and Rhus tox was selected as most appropriate remedy. The key factors that led to this choice include:

Ailments from getting wet as we know Rhus tox is main remedy in complaints which aggravates in rainy season, most of the joint complaints and respiratory complaints are aggravates in the wet weather. This patient is living in area which is surrounded by farm, and also she working in the field area and complaints that is most of the joint pains of the patient are increasing due to getting wet.

Red triangular tip of tongue is the main characteristic or PQRS symptom of Rhus tox , In many Repertories it carries highest marks. Mainly with acute complaints. Mainly aggravation from beginning of motion and amelioration from continued motion is another characteristic symptom. Rhus tox is chilly , desire for milk and warm food. In mind we get only mildness with joint complaints.

For chickungunya patients joint pains with swelling and high grade fever aggravation by motion, amelioration by rest are main symptoms experienced by many patients , and we Homoeopathically we consider these symptoms are common symptoms . But with these common symptoms if we get characteristic mental general or physical general or particular symptoms with marked modalities, sensations or concomitant symptoms then all these characteristic symptoms plays vital role in selecting Homoeopathic similimum. [3]

The personal history confirmed the suitability of Rhus tox.

Differential diagnosis and other remedies considered while Rhus tox was primary remedy chosen, it is essential to consider other potential remedies and their differentiating features.

1. Sepia:

Key symptoms: Lower extremities lame and stiff, tension as if too short. Heaviness and bruised feeling. Coldness of legs and feet. Indifferent.

Differentiation : In this case, joint pains with swelling and high grade fever, the predominant symptoms did not align well with sepia characteristic symptoms.

2. Arsenicum Album:

Key symptoms : Swelling of feet with burning, trembling, weakness and heaviness. Restlessness mentally and physically with night aggravation

Differentiation: Physical and mental symptoms are not align with Arsenicum Album.

3. Pulsatilla : Pain in the limbs shifting rapidly, Knees swollen with tearing drawing pains, suffering worse from letting the affected limb hang down. Weeping disposition.

Differentiation : Predominant symptoms of this case did not align with Pulsatilla characteristic symptoms.

4. Lycopodium: Numbness, drawing and tearing type of pains, Heaviness in the joints, right sided complaints, cannot lie on the painful side.

Differentiation: In this case cold fresh air not tolerates, both joints affected, so Lycopodium not align with this case. [5]

CONCLUSION

This case study showed the Homoeopathic management was effective in case of Chickungunya with Rhus tox and further evolution of many cases.

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