

Ayurveda treatment protocol for the Management of Dengue fever and Chickenpox together – A Case Study

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Abstract:

Dengue fever is the most rapidly spreading mosquito borne disease. Chickenpox is caused by Varicella zoster virus infection. Presenting both conditions in a patient at same time is rare incidence. A 38 years old male patient with complaints of fever and rashes consulted to Ayurveda center. Laboratory investigations revealed as a case of Dengue fever along with Chickenpox. Fever and rashes over trunk & back region reported as chief complaints. According to Ayurveda, symptoms present in this patient denoted only one disease i.e; *Masurika*. This case was managed only on Ayurveda protocols. Internal administration of *Guduchyadi Choorna* along with other prescribed medicines for 2 weeks resulted in subsiding symptoms. This case report concluded that proper follow up with Ayurveda protocols cures both conditions as skin lesions and fever. This case is a rare example of Dengue and Chickenpox together in single patient at the same time.

Keywords: Chickenpox, Dengue Fever, *Guduchyadi Choorna*, *Masurika*,

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Introduction:

Dengue is a febrile condition caused by a flavivirus which is transmitted by mosquitoes. The principal vector is the mosquito *Aedes aegypti*.^[1] It presents with fever, malaise, headache and rashes on the body. In Chickenpox, Varicella zoster virus (VZV) is a dermatropic and neurotropic virus that produces primary infection.^[2] It causes itchy blister like rash on the skin. Its eruption is most dense on trunk and sparse on limbs.^[3] Both diseased conditions are caused by viral infections.

Case Report:

A 38 years old male patient approached to OPD with complaints of fever, headache, and rashes since 4 days. Patient had taken PCM for last 4 days but symptoms not subsided. Presenting blister like rashes indicated Chickenpox while fever and headache suggested Dengue. Both diseased conditions were later confirmed on clinical examinations and laboratory investigations. According to Ayurveda, all the symptoms are indicative of one disease i.e; Masurika. Masurika is briefly described in *Madhav Nidana*, which resembles as Chickenpox. Main symptom of Masurika is formation of *Pitika* (blister like rash) which look like *Masur* (whole red lentil).^[4] Allied symptoms are fever, body ache and discoloration. These all symptoms were present in this patient. According to Ayurveda, Masurika in its initial stage is *Sadhya* which was evident in this case.

Observations:

On the day 1st, (09-Apr-2018) patient complained *Jwara* (Fever), *Kantha Shool* (throat pain) *Shyava Pitika* (blister like rash) on face, hand, chest, back and *Shirahshool* (Headache) since morning hours. During history taking, no any illness especially fever was reported in last 6 months. Vital signs like Blood pressure 120/80 mm of Hg and temperature 101⁰c were observed. Examinations based on Ayurveda parameters revealed *Pittapradhan Kaphanubandhi* Prakruti and *Kshin, Niyamit* Nadi. On Nidana panchak evaluation *Aatapa Sevan* and *Vasant Ritu* as *sannikrusta hetu*; *Pitta, Vata* as *Dosha*; *Rakta, Twacha, Lasika* as *Dushya*; *Bahya, Abhyantar* as *rogamarg*; *Sukhasadhya* as *Sadhyasadhyatwa* and *Masurika* as *Vyadhi Vinischyaya* were observed.

On day 4th (13-Apr-2018) *Jwara, Kanthashool* and *Shirahshool* were relieved. *Masurika* became darker with formation of crust. Other allied symptoms like itching, oozing etc. were completely subsided. Among two prescribed formulation only first was continued and 2nd was stopped. Pathya-apathya was also advised as described in table.3

On the day 15th (23Apr-2018), patients had no complaints with diminished dermal lesion i.e. *Masurika*. Skin became normal in appearance. During this, the entire treatment plan was stopped.

Laboratory Investigations: In between continuation of prescribed treatment protocol investigations were revised on 11-04-2018 (Table-1).

Table-1: Investigations in between treatment:

Dengue	IgG	Positive	CBC	
	IgM	Positive	Haemoglobin	15.8 gms%
	NS1 Ag	Negative	RBC count	5.42 ml/cmm
Malaria Parasite		Negative	Total WBC count	6120/cumm
Chikungunya	IgM	Negative	Platelet	258000/cmm
	IgG	Negative		

Table-2: Observation timeline:

Parameter	09-04-2018	13-04-2018
Nadi	<i>Kshin, Niyamit</i>	<i>Balawan, Niyamit</i>
<i>Mala</i> (Stools)	not passed stool since 1 day.	Normal, passed regularly for last 4 days
<i>Mutra</i> (Urine)	Yellowish, 4/5 times a day.	Normal, Slightly yellowish
<i>Kshudha</i> (hunger)	<i>Mandya</i> (diminished)	<i>Vruddhi</i> – increased
<i>Weight</i>	84 kg	72 kg

Table-3: Treatment regimen (for 4 days)

Ayurveda medicine	Anupan	Timeline	Diet plan	Diet till completion of treatment
<i>Guduchyadi Choorna</i> 250 mg <i>Guduchi Ghana</i> 120 mg <i>Raktapachak</i> 120 mg <i>Praval Pishti</i> 30 mg	Normal Water	Twice a day (Afternoon at 2 pm and at night at 8 pm)	<i>Langhan</i> aahar: <ul style="list-style-type: none"><i>Peya</i> – 2 times a day, quantity - as per hunger<i>Mudga Yusha</i> - 2 times a day, quantity - as per hunger<i>Narikela Jala</i> (coconut water) once in a day<i>Mrudwika</i> (25 gms /day) (black resins)	a. Moong Dal and rice – twice a day b. <i>Narikela Jala</i> (coconut water) once in a day c. <i>Mrudwika</i> (25 gms /day) (black resins) d. Pomegranate – once in a day
<i>Sitopaladi Choorna</i> 250 mg <i>Lakshmivilas Rasa</i> 60 mg <i>Guduchi Ghana</i> 120 mg <i>Dashamoola Choorna</i> 250 mg <i>Kantakari Choorna</i> 250 mg	Luke warm water	Morning and Evening	<ul style="list-style-type: none"><i>Narikela Jala</i> (coconut water) once in a day<i>Mrudwika</i> (25 gms /day) (black resins)	

Images of improvement:

		
Fig.: 1 on 09/04/2018	Fig. 2: 09/04/2018	Fig. 3: 09/04/2018
		
Fig. 4: 16/04/2018	Fig. 5: 16/04/2018	Fig. 6: 16/04/2018
		
Fig. 7: 23/04/2018	Fig. 8: 23/04/2018	Fig. 9: 23/04/2018

Table-4: Ingredients of Guduchyadi choorna:

Sanskrit name	Latin name	Part used	Ratio
Guduchi	<i>Tinospora cordifolia</i>	Stem	1 part
Padmaka	<i>Prunus cirasoidus</i>	Stem	1 part
Arishta	<i>Azadirachta indica</i>	Seed	1 part
Dhanyaka	<i>Coriandrum sativum</i>	Seed	1 part
Raktachandana	<i>Pterocarpus santalinus</i>	Stem	1 part

Discussion:

Therapeutically Guduchyadi Choorna is used in *Kapha* (increased *Kapha*), *Pitta* (increased *Pitta*), *Jwara* (fever), *Chhardi* (vomiting), *Daaha* (burning sensation), *Trishna* (thirst) and *Agnimandya* (diminished digestive fire) *vikara*.^[5-6] Effect of this choorna was observed immediately in the patient by reducing the symptoms i.e. itching, further formation of blisters and reduction of number of blisters on back, chest and face. [Figure 4,5,6]. Blisters dried and crust formation started. Acharya Charak has mentioned the treatment for Masurika that it should be treated as per the guidelines mentioned in *Visarpa Chikitsa*.^[7] *Langhana*, *Ullekhana* (*Vamana*) and *Tikta Rasa Dravya sevana* (drugs with bitter taste) is the primary *Chikitsa* guideline for *Visarpa Chikitsa*.^[8] *Vamana* can't be done in *Jwara* hence only *Langhana* and *Tikta Rasa Dravya Sevana* is administered in this patient. All drugs in *Guduchyadi Choorna* are of *Tikta Rasa* (bitter in taste). Reduction in weight from 82 to 74 kg was observed in 7 days. This may be because of increased *Kapha* and *Pitta Doshas* which were reduced to normal level due to *Langhana* and oral medication. Patient was kept on limited

diet as mentioned above. Patient never felt hungry during this period nor he complained of weakness etc. After 7 days of treatment he started feeling hungry and regaining weight.

Conclusion:

The diagnosis of present case was *Masurika* according to Ayurveda which was Dengue fever and Chickenpox according modern science. *Guduchyadi Choorna* along with Ayurved treatment protocol is effective in the relief of both fever and rashes. The limitation is, it is a single case study. Hence use of *Guduchyadi Choorna* in management of Dengue and Chickenpox should be tried in more number of patients with Randomised Clinical Trials (RCT) for its scientific validation.

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