A CASE STUDY: DENGUE ITS HOMEOPATHIC TREATMENT

INTRODUCTION:
Dengue is a viral fever spread by mosquitoes and caused by the Dengue virus. In other terms it is known as “break bone fever”. There are 4 types of viruses known as Dengue-1, 2, 3 and 4. Aedes Egypti mosquitoes spread these viruses. These Aedes Egypti mosquitoes inject the different viruses into the bloodstream as they bite a human being. Once the virus reaches the bloodstream, it proliferates quickly and attacks the blood cells of the host.

Dengue is the most significant human viral disease transmitted by arthropods. It is estimated that 2.5 billion people live in areas where there is a risk of contracting dengue. Currently, a global alert has been issued for Zika given the increase in congenital abnormalities, Guillain–Barré syndrome, and other autoimmune manifestations, and the increase in chronic joint diseases due to chikungunya.

The main symptoms of Dengue Fever are high fever with severe muscle and joint pains. Other symptoms include headache, pain behind the eyes worsened by eye motion or pressure, nausea or vomiting, and skin rash.

A few cases of Dengue Fever may show a bleeding tendency too, when it is termed Dengue Hemorrhagic Fever. The bleeding may be under the skin (Petechiae, Echymosis, Purpura), from the nose (Epistaxis), gums, vomiting of blood (Hematemesis) or blood in stool. In such cases, the platelets (cells responsible for clotting of blood) in the blood significantly decrease in platelets leading to hemorraghes and also extra vasation of fluids. In severe bleeding and extravasation of fluids, shock develops with lowered blood pressure, rapid or weak pulse with cold clammy skin and restlessness.

The complications of severe dengue include:
- Damage to lungs, heart, or liver.
- Haemorrhage.
- Extremely low blood platelet count.
- Severely low blood pressure leading to circulatory system collapse.
- Death.

The Dengue can be prevented if we following things:
1. Not allowing the water to settle in the surrounding areas.
2. While sleeping the mosquito nets or mosquito repellents should be used.
3. Covering your complete body by wearing full sleeves.

Diet for dengue Patients:
Patients and their families should take care about the diet during and after the dengue fever which helps to heal the body and in fast recovery.

Nature has provided a very healthy immune system to humans. This immune system is competent of dealing with such threats. At times, it just needs a little kind support and this is all that is needed to help the immunity do the job.

KEYWORDS: Dengue, Homeopathy, Platelets, fever, Homeopathic medicines.
Certain foods that are rich in vitamins and nutrients suggested while dealing with this virus, which are Fluids: Plenty of liquids like orange juices, coconut water, ginger water and ORS water are recommended to keep the body hydrated.

**Papaya Leaves:** One of the traditional and effective medicine which helps to recover from Dengue is the juice of papaya leaves. 2 tablespoon papaya leaf juices are suggested by the doctors. The diet should also contain green leafy vegetables for better recovery.

**Porridge:** This is the best food that helps to fight with deadly virus of dengue as it delivers a great amount of energy and also easy to swallow for the patient.

**Herbal Tea:** The flavour of ginger and cardamom of natural herbal teas, contain antioxidant help to reduce the fever make the patient feel light and energetic.

**Protein rich food:** Milk, egg and other dairy products must be consumed to battle with this virus. Non-vegetarians can go with the fish and chicken in a good quantity once start recovering from the fever.

**Soups:** Hot soup intakes will enhance the strength and helps to fight with joint pain. This will also help in increasing the appetite and improve the taste of mouth.

The patience was regularly monitored and it was found that all the 40 patients have got complete relief from the dengue.

**CONCLUSION:**
Homeopathy has a extensive evidence of success in epidemics and pandemics calamity. The studies done by us show that the homeopathy can treat dengue complete. With regular treatment and taking medicines as prescribed by practitioner.

**REFERENCES:**