"Dosh – Dushya in Dengue"

Dr. Gajanan S. Solanke  
P.G. Scholar  
Dept. Of Rog Nidan Avum Vikruti Vigyan  
C.S.M.S.S. Ayurved Mahavidyalaya  
Kanchanwadi, Aurangabad,(MS)

Dr. Avinash Deshmukh  
Associate Professor,  
Dept. Of Rog Nidan Avum Vikruti Vigyan  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad,(MS)

Dr. Deepali Amle  
HOD, Dept. Of Rog Nidan Avum Vikruti Vigyan,  
C.S.M.S.S. Ayurved Mahavidyalaya,  
Kanchanwadi, Aurangabad,(MS)

Abstract:

An acute infectious disease caused by a flavivirus transmitted by Aedes mosquitoes, and characterized by Headache, Severe joint pain, and a characteristic Skin Rash called also break bone fever, Dengue fever. A severe form of the disease characterized by bleeding from the gums and gastrointestinal tract, can lead to shock and death. Typically, people infected with dengue virus are asymptomatic (80%) or have only mild symptoms such as an uncomplicated fever. The incubation period ranges from 3 to 14 days. World War and is common in more than 110 countries. According to Ayurveda, Jwara menas Sharir Mansantaap and main symptoms are Angamarda, Shirshul. There are Eight types of Jwara Ekdoshaj, Dwidoshaj and Sannipataj. Out of which Dwidoshaj Jwara Pitta Vattaj as similar sign and symptoms with Dengue. Also Dosh Dushya Samurchanaanito Vyadhi, means Apathya Hetu sevan causes imbalance in Dosa and this Vikrut Doshaa interact with Dushya resulting into Vyadhi. So for treating disease we must know the Dosh and Dushya. By this we can prevent or decreases the percentage of Dengue and death due to hemorrhagic Dengue fever.

Key Words:- Dengue, Symptoms, Jwara, Dosha – Dushya, Samurchhana.

Introduction

Dengue fever is blood born disease caused by any of four closely related viruses. Dengue 1-4. Dengue is transmitted between people by the mosquitoes Aedes aegypti and Aedes albopictus, which are found throughout the world. Around 2.5 billion people, or 40% of the world’s population, live in areas where there is a risk of dengue transmission. WHO estimates that 50-100 million infections occur yearly, including 500,000 dengue hemorrhagic fever cases and 22,000 deaths, mostly among children. In India outbreak of dengue was recorded in 1812. A double peak hemorrhagic fever epidemic occurred in India in Calcutta. Symptoms of infection usually begin 4-7 days after the mosquito bite and typically last 3-14 days. There is no vaccine available against dengue, and there are no specific medications to treat a dengue infection. Prevention the most important step, and prevention means avoiding mosquito bites. If a clinical diagnosis is made early, a health care provider can effectively treat using fluid replacement therapy. According to the World Health Organization (WHO) approximately two-fifths of the world’s population, are now at risk from dengue. Dengue hemorrhagic fever is a leading cause of serious illness and death among children in some Asian countries. In 2007, there were over 890,000 reported cases of dengue in the Americas, of which 26,000 cases were Dengue hemorrhagic fever approximately half-a-million people with Dengue Hemorrhagic fever are hospitalized each year, out of which many are children. About 2.5%
of these patients die.\textsuperscript{10} Pitta Vattaj Jwara having symptoms like Sharir Santaap, Shirshul, Angamarda.\textsuperscript{11}

**Aim and Objectives:**

**Aim:** “Dosha – Dushya in Dengue”

**Objectives:**
1) To study the symptoms of Dengue
2) To develop prevention strategy of Dengue
3) To decrease prevalence of Dengue and death due to Dengue

**Material and Method:**

**Material:** - 100 patients of Dengue had been studied and depending on their starting symptom patients counted and gradation had been given.

**Methods:**

**Symptoms of Dengue** -
1) Symptoms usually begin 3 to 14 days after bite of an infected mosquito\textsuperscript{12}
2) Most common symptoms is fever and joint pain, Head ache, rash, Hemorrhage Vomiting\textsuperscript{13}
3) Other symptoms may include muscle pain and fatigue

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Dosha</th>
<th>Gun</th>
<th>Average Duration of symptom</th>
<th>Dushya of symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Fever [Sharir Santaap]</td>
<td>Pitta</td>
<td>Ushna</td>
<td>5 to 6 days</td>
<td>Rasadhatu</td>
</tr>
<tr>
<td>2. Body ache [Angamarda]</td>
<td>Vata</td>
<td>Ruksha</td>
<td>7 to 10 days may persist upto few weeks</td>
<td>Rasadhatu</td>
</tr>
<tr>
<td>3. Nausea, Vomiting [Chhardi]</td>
<td>Pitta</td>
<td>Amla,Guru</td>
<td>7 days</td>
<td>Rasadhatu</td>
</tr>
<tr>
<td>4. Headache [Shirshul]</td>
<td>Vata</td>
<td>Ruksha</td>
<td>7 days</td>
<td>Rasadhatu</td>
</tr>
<tr>
<td>5. Rash [Reddish spot]</td>
<td>Pitta</td>
<td>Ushna Tiksha</td>
<td>After 7 days</td>
<td>Rasadhatu, Raktdhatu</td>
</tr>
<tr>
<td>6. Raktastrav [Hemorrhage]</td>
<td>Pitta</td>
<td>Ushna Tiksha</td>
<td>After 7 days</td>
<td>Raktdhatu</td>
</tr>
</tbody>
</table>

Depending on symptoms present in the 100 patient following gradations has been given.

On the first visit patient were examined and analyzed for following symptoms

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Grade-0</th>
<th>Grade-1</th>
<th>Grade-2</th>
<th>Grade-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parameters</td>
<td>Absent</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
</tr>
<tr>
<td>1. Fever [Sharir Santaap]</td>
<td>0</td>
<td>35</td>
<td>50</td>
<td>15</td>
</tr>
<tr>
<td>2. Body ache [Angamarda]</td>
<td>2</td>
<td>25</td>
<td>55</td>
<td>18</td>
</tr>
<tr>
<td>3. Nausea, Vomiting [Chhardi]</td>
<td>5</td>
<td>35</td>
<td>45</td>
<td>15</td>
</tr>
<tr>
<td>4. Headache [Shirshul]</td>
<td>24</td>
<td>40</td>
<td>28</td>
<td>08</td>
</tr>
<tr>
<td>5. Rash [Reddish spot]</td>
<td>85</td>
<td>08</td>
<td>05</td>
<td>02</td>
</tr>
<tr>
<td>6. Raktastrav [Hemorrhage]</td>
<td>90</td>
<td>04</td>
<td>04</td>
<td>02</td>
</tr>
</tbody>
</table>
Discussion:

1. After Aedes aegypti and Aedes mosquito bite the symptoms will be seen in 3 to 14 days.
2. Depending on 100 patient symptom study, we can say patient having Fever (100%), Body ache (98%), Headache (95%), Nausea, Vomiting (76%) are more as compared to other symptoms like Rash (05%), Raktastrav (10%)
3. Genetic factors, host susceptibility and possibly environmental factors may be important for the development of the disease.
4. When we know the Dosha-Dushya of the disease, we can treat amalgamation of Dosha and Dushya.

Result:

Dosh – Dushya in Dengue is same as Pitta Vattaj Jwara
Dosha – Pitta, Vatta, (Pitta pradhan)
Dushya – Rasa Dhatu, RaktaDhatu,
Mala–Sweda
Guna–Ushna,Ruksha,Tiksha

Conclusion:

Dengue has Pitta, Vatta (Pittapradhan) Dosha. Rasa Dhatu, Rakta Dhatu, as Dushya. So we can identify this jwara as Pitta vattajJwara. According to Dosha and Dushya we can treat Dengue patient.

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