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“Dosh – Dushya in Dengue”**Dr.Gajanan S. Solanke**

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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.¹ severe form of the disease characterized by bleeding from the gums and gastrointestinal tract, can lead to shock and death.²Typically, 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.³ World War and is common in more than 110 countries.⁴ According to Ayurveda , Jwara menas Sharir Mansantaap and main symptoms are Angamarda , Shirshul .⁵There 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 Samurchanojanito Vyadhi, means Apathya Hetu sevan causes imbalance in Dosha and this Vikrut Dosha 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 1-4.⁶Dengue 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.⁷In India outbreak of dengue was recorded in 1812.A double peak hemorrhagic fever epidemic occurred in India in Calcutta.⁸Symptoms of infection usually begin 4-7 days after the mosquito bite and typically last 3-14days.⁹There 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 feversapproximately 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.¹⁰ Pitta Vattaj Jwara having symptoms like Sharir Santaap, Shirshul, Angamarda.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 mosquito¹²
- 2) Most common symptoms is fever and joint pain, Head ache, rash, Hemorrhage Vomiting¹³
- 3) Other symptoms may include muscle pain and fatigue

Symptom	Dosha	Gun	Average Duration of symptom	Dushya of symptom
1.Fever [Sharir Santaap]	Pitta	Ushna	5 to 6 days	Rasadhatu
2.Body ache [Angamarda]	Vata	Ruksha	7to10days may persist upto few weeks	Rasadhatu
3.Nausea, Vomiting[Chhardi]	Pitta	Amla,Guru	7days	Rasadhatu
4.Headache [Shirshul]	Vata	Ruksha	7days	Rasadhatu
5.Rash [Reddish spot]	Pitta	Ushna Tiksha	After 7days	Rasadhatu, Raktdhatu
6.Raktastrav [Hemorrhage]	Pitta	Ushna Tiksha	After 7days	Raktdhatu

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

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

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 compare 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 Dosh-Dushya of the disease, we can treat amalgamation of Dosh and Dushya'.

Result:-

Dosh – Dushya in Dengue is same as Pitta Vattaj Jwara

Dosha – Pitta, Vatta, (Pitta pradhan)

Dushya – Rasa Dhatu, Rakta Dhatu,

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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