

## **Exploring Homeopathic therapeutics for Intermittent Fever in the Monsoon Season a: A Comprehensive Discussion**

Prof. Dr. Virendra Jain<sup>1</sup>, Dr. Pranjal Patil, Dr. Sheetal Kumawat

1. Prof. Homoeopathic Materia Medica and PG guide, Motiwala (National) Homoeopathic Medical College, Nashik

**Abstract:** The monsoon season is often associated with a higher incidence of intermittent fever because of wet weather and environment, presenting a challenge for timely and effective treatment. Homeopathy offers a viable approach for managing these fevers with minimal delay and without side effects. This research explores various homeopathic remedies that have proven effective in treating intermittent fever over the years. Successful management of this condition requires a thorough understanding of the disease, homeopathic medicines, and the principles of organon. Additionally, a comprehension of miasms, Similimum that follows after totality of symptoms, and posology is crucial for providing swift and safe recovery. This study aims to highlight the efficacy of homeopathic treatment and the essential knowledge required for their successful application as per our clinical experience of the current monsoon of 2024.

**Keywords:** Homoeopathic therapeutics, Monsoon season, Intermittent fever

**Introduction:** Intermittent fever is characterized by episodes of high fever that come and go, alternating with periods of normal temperature (apyrexia). In the case of intermittent fever, the key characteristic is that the fever spikes to a high level but returns to normal (37.2°C or below) <sup>(5)</sup>. The pattern of these fever spikes can help in diagnosing the underlying cause. Types of intermittent fever are <sup>(5)</sup>:

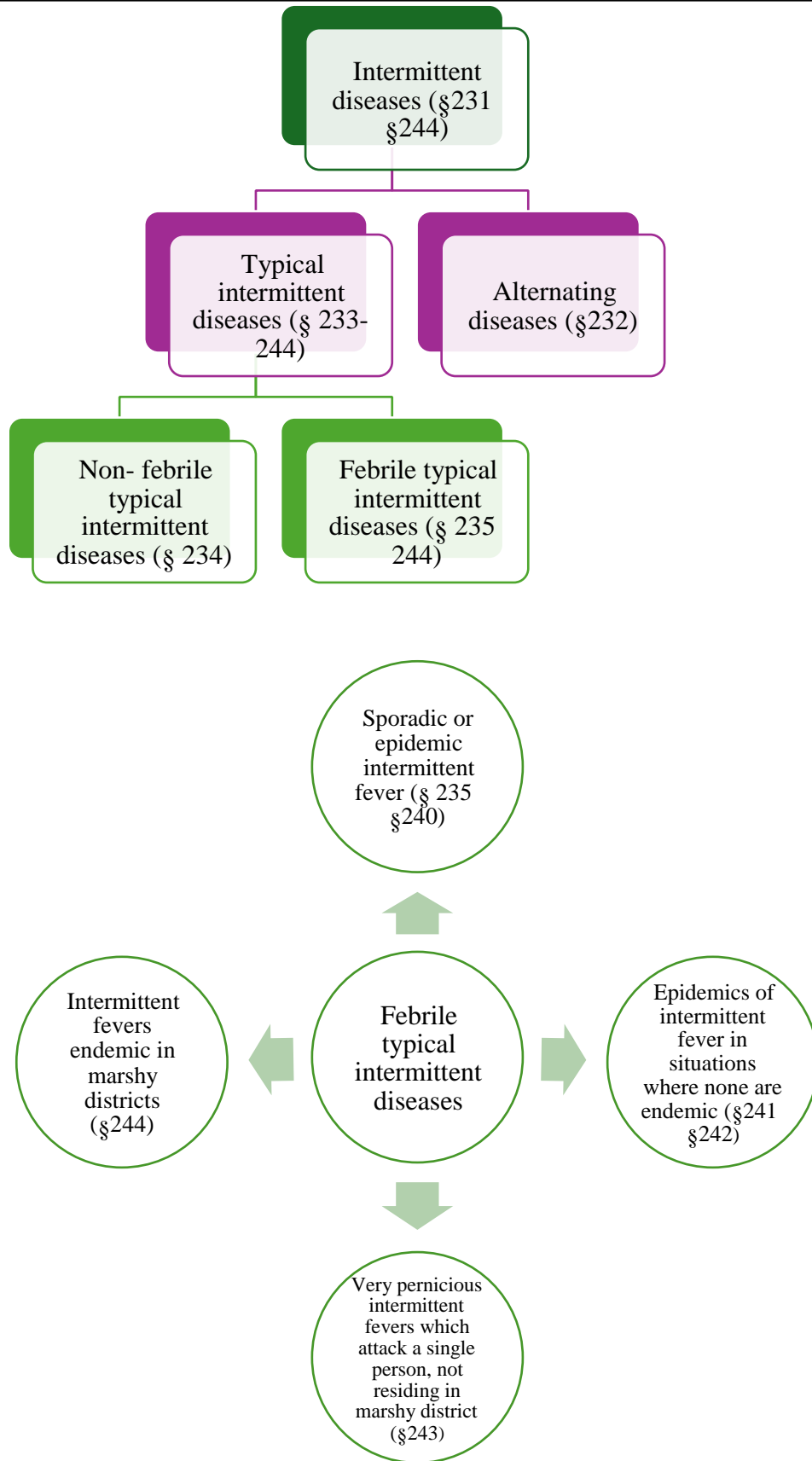
1. **Quotidian Fever:** Fever episode that occur every 24 hours
2. **Tertian Fever:** Fever episode that happen every 48 hours
3. **Quartan Fever:** Fever episode that occur every 72 hours

Malaria, dengue, and chikungunya are indeed common vector-borne diseases that often see a rise in incidence during and just after the monsoon season <sup>(5)</sup>. Malaria, dengue, and chikungunya can each present with intermittent fever, but the specific patterns of fever can differ among them.

### **HOMOEOPATHY AND INTERMITTENT FEVER**

#### **INTERMITTENT FEVERS <sup>(4)</sup>§231-§244**

Non febrile affections that recur at interval. Intermittent fevers are differentiated in two types that is typical intermittent diseases and alternating diseases



The medicine is administered during the lucid interval.

**Miasm:** The concept of miasm in homeopathy—psora representing deficiency, sycosis signifying unnatural accumulation, and syphilitic miasm indicating destruction—can be paralleled with the impacts of global climate change. Increasingly erratic and intense rainfall patterns, such as heavy showers, thunderstorms, and cloudbursts, reflect a shift from psoric to syco-syphilitic conditions. This climatic instability influences the prevalence and presentation of intermittent fevers, often diagnosed as malaria, dengue, or chikungunya, in affected regions. Consequently, homeopathic treatment must address these evolving miasmatic influences, utilizing remedies from mineral, vegetable, animal, and nosode sources to effectively manage these complex clinical presentations.

**Constitution:** In therapeutic evaluation, the hydrogenoid constitution combined with a sycotic miasm is crucial. This understanding guides the selection of remedies, ranging from Arsenicum album and Allium cepa to China, Natrum sulphuricum, Thuja, and Aranea diadema, spanning the mineral, vegetable, and animal kingdoms. This broad spectrum of remedies reflects the need to address both the constitutional and miasmatic factors in treatment.

Homoeopathic therapeutics for intermittent fever:

Nat sulph<sup>(1)(2)(3)</sup>:-:-

- 1) Nasal catarrh, with thick, yellow discharge and salty mucous. Coryza. Epistaxis (boericke)
- 2) Patient feels change from dry to wet; cannot tolerate sea air, nor eat plants that thrive near water.(allen)
- 3) Ailments which are < by, or which depend upon, dampness of weather, damp houses or cellars.(allen)
- 4) Oppression of chest from damp evening air and in the morning on waking.(kent)

Allium cepa <sup>(1)(2)(3)</sup>:-:-

- 1) Profuse nasal discharge. Colds after damp north easterly winds. (kent)
- 2) Coryza; profuse, watery and acrid nasal discharge, with profuse, bland lachrymation; discharge burns and corrodes nose and upper lip (Allen)
- 3) Colic: from cold by getting feet wet; overeating; from cucumbers; salads; haemorrhoidal; of children; <sitting, >moving about. (allen)
- 4) Hoarseness. Hacking cough on inspiring cold air. Tickling in larynx. Sensation as if larynx is split or torn. Oppressed breathing from pressure in middle of chest. (Boericke)

Eupatorium perfoliatum <sup>(1)(2)(3)</sup>:-:-

- 1) The most prominent symptoms are vomiting of bile, the aching in bones as if they could break.(kent)
- 2) This medicine has a chronic constitutional state of gouty nature. These gouty patients have terrible sick headaches. Headaches, having a third and seventh day aggravation, coming with more or less periodicity. (kent)
- 3) Painful soreness of eyeballs. (allen)
- 4) Coryza, aching in every bone; great prostration in epidemic influenza (lac.c)(allen)
- 5) Coryza with sneezing. Hoarseness and cough, with soreness in chest; must support it.(boericke)
- 6) Perspiration relieves all symptoms except for the headache. Chill between 7 & 9a.m, preceded by thirst with great soreness and aching in bones.(boericke)

*Aranea Diadema*(1)(2)(3):-

- 1) Feeling as if parts were enlarged and heavier.(boericke)
- 2) All symptoms are characterized by periodicity and coldness and great susceptibility to dampness. (boericke).
- 3) Pain in right trifacial nerve from periphery inwards. Confusion; better by smoking in open air. (boericke)
- 4) Pain in os calcis. Sensation of swelling, and of parts going to sleep.(boericke)
- 5) Coldness, with pain in long bones, and feeling of stone in abdomen at the same hour daily. Chilly day and night; always worse during rain. (boericke)

*Ipecacuanha* (1)(2)(3):-

- 1) Most of its acute complaints commences with nausea and vomiting. (kent)
- 2) Intermittent fever, irregular cases, after quinine. Slightest chill with much heat, nausea, vomiting and dysnoea. Relapses from improper diet. (boericke)
- 3) Nausea with profuse saliva, vomiting of white glairy mucus in large quantities, without relief; sleepy afterwards worse from stooping. (allen)

*Thuja occidentalis* (1)(2)(3):-

- 1) Chill, beginning in thighs. Sweat only on uncovered parts, or all over except head, when sleeping; profuse, sour, smelling like honey. Orgasm of blood in the evening, with throbbing in the blood vessels.

- 2) Worse at night, from heat of bed; at 3a.m and 3p.m from cold, damp air; after breakfast; fat, coffee; vaccination. Better, left sided; while drawing up a limb. (boericke)
- 3) Rheumatic head symptoms are worse in damp air. They are worse from sour things and also from stimulating and exciting things.

**Reference:**

1. Allen, H. C. (2022). *Allen's Key-notes Rearranged & Classified (10th Edition) With Leading Remedies of The Materia Medica & Bowel Nosodes*. B Jain Publishers Pvt. Limited. Pg no 215, 216, 14, 15, 129, 157,
2. Boericke, W., & Boericke, W. (2002). *Pocket Manual of Homoeopathic Materia Medica & Repertory*. B. Jain Publishers. Pg no – 466, 28, 275, 69, 353, 645
3. .Kent, J. T. (1989). *Lectures on Homoeopathic Materia Medica*. B. Jain Publishers. Page no- 789,55,512,514, 604, 999
4. Jain, N. (2004). *Organon of Medicine*. B. Jain Publishers. Page no- 260,261,262,263,264,265,266,267,268,269
5. Ralston, S. H., Penman, I. D., Strachan, M. W. J., & Hobson, R. (2018). *Davidson's Principles and Practice of Medicine E-Book*. Elsevier Health Sciences. Pg no 74.
6. Dr. S.R.Phatak, *Materia Medica of Homeopathic medicines*
7. Dr. Adolph Von Lippe, *Keynotes of the Homoeopathic material medica*
8. Dr. J.H.Clarke, M.D., *A dictionary of material medica*.