DOSH–DUSHYA IN CHIKUNGUNYA

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ABSTRACT

It is a viral disease transmitted to humans by bite of infected mosquitoes belonging to the Aedes aegypti and Aedes albopictus. Chikungunya fever epidemics have been reported from several countries around the world. The disease that was silent for nearly 32 years re-emerged in the October 2005 outbreak in India that is still ongoing. The incubation period ranges from 3 to 12 days. Until August 2016, 12,255 cases of Chikungunya had been reported in India. The onset is usually abrupt and the acute stage is characterized by sudden onset of fever and severe joint pain. Other symptoms include muscle pain, headache, nausea, fatigue and rash. Prevention by educating the community and public health officials, vector control measures appear to be the best approach at controlling Chikungunya fever as no commercially available vaccine is available for public use in India for this condition presently. As Nidanparivarjana ‘Hetu’ are the first and foremost type of treatment in Ayurveda. As hetu imbalances dosha-dushya of the body and causes disease. Depending on hetu we can identify dosha and dushya of the disease. Ayurveda says that “Dosha – Dushya Samurchhananito Vyadhi”. When we know the Dosha and Dushya in Chikungunya, we can treat the disease by breaking the pathology of disease i.e. amalgamation of dosha and dushya.

By this we can prevent or decreases the percentage of Chikungunya.

Keywords: Chikungunya, Symptoms, Dosha – Dushya Samurchhana.

INTRODUCTION

Chikungunya was first detected in 1952 in Makonde plateau. Which is the border area between Mozambique and Tanzania. Chikungunya actually meant that which bend up.

This illness was limited to Africa and India where Aedes Aegypti was considered. The mosquito causing this disease. But due to shifts in the geographical occurrence of this disease a second vector was also infected in this disease. Aedes albopictus, natively from Asia can also cause this fever. Generally, an outbreak of fever occurs after a period of heavy rain that leads to pooling of water. Where the Aedes mosquitoes breed.

In India Chikungunya first occurs in 2006, cases were reported widely from all over the subcontinent. The maximum cases were...
from Maharashtra though there were no deaths. In 2007 maximum cases were reported in Kerala. There were many reported deaths due to Chikungunya in Delhi. Chikungunya is attacking our country with an even increasing percentage each year. Chikungunya observed in all age group. 

Chikungunya fever epidemics display secular, cyclical and seasonal trends. These epidemics are characterized by explosive outbreaks interspersed by periods of disappearance ranging from several years to a few decades. The exact reason for this behaviour still remains a mystery. Several mechanisms including a complex interaction between various factors such as the susceptibility of humans and the mosquito breeding resulting in a high vector density, ability of the vector to efficiently transmit the virus are all though to play a role.

According to Maharshi Charak, Sushrut, Dalhan’ par’ [Bhut= Jivanu ka abhishang] is one the cause of Aagntuj vishamjwar. This jwar then imbalances vata, pitta, kapha and they get mix with dhatu, mal [Dushya] and causes symptoms according to dosha and dushya. With the help of this we can know dosha – dushya of chikungunya.

### Aim and Objectives:

- **Aim:** - “Dosha – Dushya in Chikungunya”
- **Objectives:** -
  1) To study the symptoms of Chikungunya
  2) To develop prevention strategy of Chikungunya
  3) To decrease prevalence of Chikungunya

### Material and method:

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

### Methods:

- **Symptoms of Chikungunya:** -
  1) Symptoms usually begin 3 to 7 days after bite of an infected mosquito.
  2) Most common symptoms are fever and joint pain.
  3) Other symptoms may include headache, muscle pain, joint swelling and rash.

### Ayurvedic point of view:

*Agantuj Vishamjwara* causes because of *Agantu (Bhut or Jiwantu)*

According to Charak, Dalhan, SushrutAbhisangas Jwar is because of Bhut = Jiwantu

**After Jiwantu bite**

1. **Vishamaramba**
2. **Vishamkriya**
3. **Agantuj Jwara**

Imbalance in *Vata, Pitta, Kapha*

*Roop (Symptoms) has been seen.*
**Table 1:** Observation table of symptoms observed within 10 days -

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Dosha\Gun</th>
<th>Average Duration of symptom</th>
<th>Complications</th>
<th>Dushya of symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Fever (Dah)</td>
<td>Pitta (ushna)</td>
<td>5 to 6 days</td>
<td>Rash, weakness</td>
<td>Ras dhatu</td>
</tr>
<tr>
<td>2. Joint pain (Asthive-dana)</td>
<td>Vata (Ruksha)</td>
<td>7 to 10 days, may persist up to few weeks</td>
<td>Bents up joints</td>
<td>Asthi dhatu</td>
</tr>
<tr>
<td>3. Nausea, vomiting (Chhardi)</td>
<td>Kapha, Pitta (Amla, guru, shit)</td>
<td>7 days</td>
<td>weakness</td>
<td>Ras dhatu</td>
</tr>
<tr>
<td>4. Headache (Shirshul)</td>
<td>Vata, Kapha</td>
<td>5 days</td>
<td>-</td>
<td>Ras dhatu</td>
</tr>
<tr>
<td>5. Joint swelling (Ashthishoth)</td>
<td>Kapha, Vata (Shit, Pichhil)</td>
<td>8 to 10 days</td>
<td>Restricted movements</td>
<td>Asthi dhatu</td>
</tr>
<tr>
<td>6. Rash (Kandu)</td>
<td>Kapha (Pichhil)</td>
<td>4 to 5 days</td>
<td>Itching</td>
<td>Ras dhatu, Rakt dhatu</td>
</tr>
<tr>
<td>7. Chills (Shaitya)</td>
<td>Kapha, Vata (Shit)</td>
<td>5 to 7 days</td>
<td>weakness</td>
<td>Ras dhatu</td>
</tr>
</tbody>
</table>

**Table 2:** Depending on symptoms present in the 100 patient following gradation has been given.

<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</td>
<td>10</td>
<td>10</td>
<td>75</td>
<td>5</td>
</tr>
<tr>
<td>2. Joint pain</td>
<td>15</td>
<td>10</td>
<td>70</td>
<td>5</td>
</tr>
<tr>
<td>3. Headache</td>
<td>20</td>
<td>10</td>
<td>65</td>
<td>5</td>
</tr>
<tr>
<td>4. Nausea, Vomiting</td>
<td>40</td>
<td>20</td>
<td>35</td>
<td>5</td>
</tr>
<tr>
<td>5. Chills</td>
<td>55</td>
<td>10</td>
<td>30</td>
<td>5</td>
</tr>
<tr>
<td>6. Joint Swelling</td>
<td>60</td>
<td>10</td>
<td>27</td>
<td>3</td>
</tr>
<tr>
<td>7. Rash</td>
<td>80</td>
<td>7</td>
<td>12</td>
<td>1</td>
</tr>
</tbody>
</table>

**DISCUSSION**

1. After Aedes aegypti and Aedes albopictus mosquito bite the symptoms will be seen in 3 to 7 days.
2. In *agantuj Jwara* symptoms will be seen after 3 days up to 7 days.
3. Depending on 100 patient symptom study, we can say patient having fever, joint pain, Headache, Nausea Vomiting are more as compare to other symptoms like Chills, Joint swelling, Rash.
4. Genetic factors, host susceptibility and possibly environmental factors may be important for the development of the disease.
5. The symptoms of chikungunya and Jwara are likely same, that’s why according to symptom we can identify dosha and dushya.
6. When we know the dosha , dushya of the disease , we can treat by’ amalgamation of dosha and dushya’.

**Result**

1. Chikungunya is one of the *Agantuj Vishamjwar*.
2. Dosh – Dushya in Chikungunya is same as *agantujVishamjwara* and then Jwara.
Dosha – Vata, Pitta, Kapha (Pittapradhan)
Dushya – Ras Dhatu, Rakta Dhatu, Asthi Dhatu.

3. In Chikungunya majority of patients have symptoms like Fever, Joint pain, Headache, Chills as compare to Naushea, Vomiting, Rash, Joint Swelling.

CONCLUSION
Chikungunya has Vata, Pitta, Kapha (Pittapradhan) dosha. Ras dhatu, Rakta dhatu, Asthi dhatu as dushya. According to dosha and dushya we can treat Chikungunya patient. This is very easy way of treatment.

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