

## **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*<sup>1</sup>. 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<sup>2</sup>. Until August 2016, 12,255 cases of Chikungunya had been reported in India<sup>3</sup>. 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 Samurchhnajanita 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 decrease the percentage of Chikungunya.

**Keywords:** Chikungunya, Symptoms, *Dosha – Dushya Samurchhana*.

### **INTRODUCTION**

Chikungunya was first detected in 1952 in Makonde plateau<sup>4</sup>. 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<sup>5</sup>. *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<sup>6</sup>. 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<sup>7</sup>. Chikungunya is attacking our country with an even increasing percentage each year. Chikungunya observed in all age group.<sup>8</sup>

Chikungunya fever epidemics display secular, cyclical and seasonal trends<sup>9</sup>. 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 thought to play a role.<sup>10</sup>

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: -

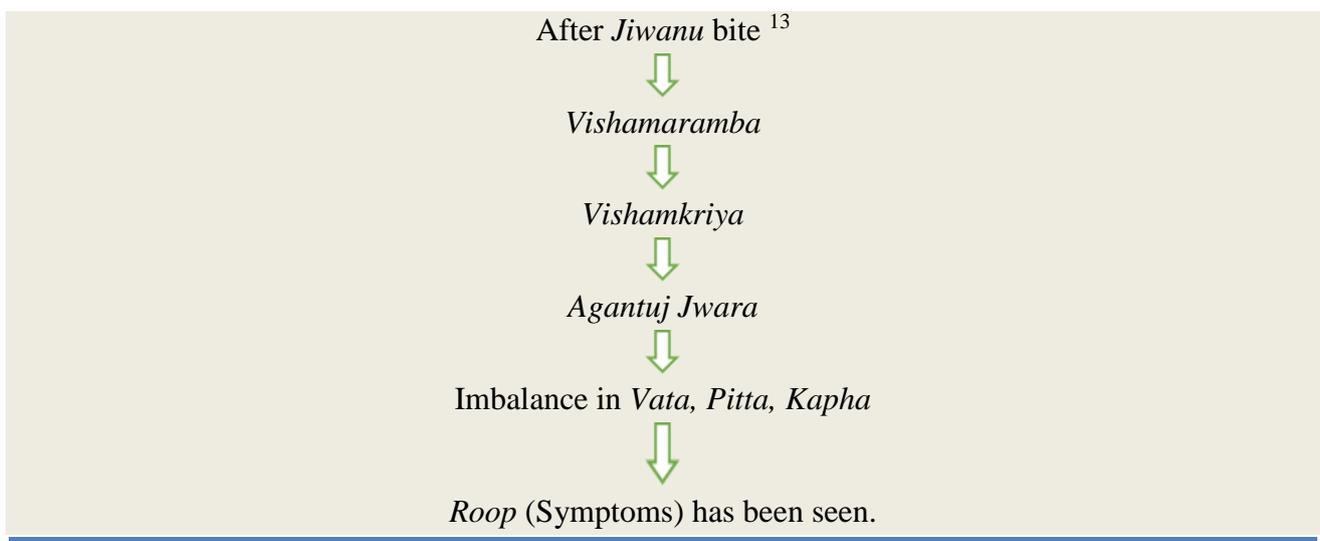
#### Symptoms of Chikungunya: -

- 1) Symptoms usually begin 3 to 7 days after bite of an infected mosquito<sup>11</sup>.
- 2) Most common symptoms are fever and joint pain.
- 3) Other symptoms may include headache, muscle pain, joint swelling and rash<sup>12</sup>.

#### Ayurvedic point of view:

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

According to *Charak, Dalhan, Sushrut Abhishangas Jwar* is because of *Bhut = Jivanu*



**Table 1:** Observation table of symptoms observed within 10days: -

symptom	Dosha\Gun	Average Duration of symptom	Complications	Dushya of symptom
1.Fever[Dah]	Pitta[ushna],	5 to 6 days	Rash,weaknes.	Ras dhatu
2.Joint pain[Asthive-dana]	Vata[Ruksha]	7to10days may persist up to few week	Bents up joints	Asthi dhatu
3.Naushea, vomiting[Chhardi]	Kapha,pitta[Amla,guru,shit]	7days	weakness	Ras dhatu
4.Headache[Shirshul]	Vata,kapha	5days	-	Ras dhatu
5.Jointswelling[As-thishoth]	Kapha,vata [Shit,Pichhil]	8to10days	Restricted movements	Asthi dhatu
6.Rash [Kandu]	Kapha [Pichhil]	4to5 days	Itching	Ras dhatu, Rakt dhatu
7.Chills[Shaitya]	Kapha,Vata[Shit]	5to7 days	weakness	Ras dhatu

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

Symptoms	Grade-0	Grade-1	Grade-2	Grade-3
Parameters	Absent	Mild	Moderate	Severe
1.Fever	10	10	75	5
2.Joint pain	15	10	70	5
3.Headache	20	10	65	5
4.Nauhea, Vomiting	40	20	35	5
5.Chills	55	10	30	5
6. Joint Swelling	60	10	27	3
7.Rash	80	7	12	1

## 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 7days.
3. Depending on 100 patient symptom study, we can say patient having fever, joint pain, Headache, *Naushea 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 Nausea, 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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