



Chikungunya : An Ayurvedic View

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Abstract-

Chikungunya is a rare form of viral infection that is transmitted by infected aedes aegypti mosquito. Ancient *ayurveda* describes a similar condition named *Sandhik Sannipatik Jwara* (meaning fever of the joints). Hence there are certain medicines in *ayurveda* that can bring relief to *chikungunya*. *Ayurvedic* treatment for this disease primarily aims at controlling the viral infection and reducing the symptoms.

Keywords- Chikungunya, *Sandhik Sannipatik Jwar*, *Kitadansh Janya Jwar*, *Vat Prakruti Kita*, *Pitta Prakruti Kita*, *Kapha Prakruti Kita*, *Tridoshaj Prakruti Kita*, Viral Fever

Introduction

Chikungunya is a viral disease transmitted to humans by the bite of infected mosquitoes. The disease was first observed during the outbreak in 1952 on the Markonde Plateau, along the border

between Tanganyika and Mozambique. Marion Robinson and W.H.R. Lumsden first described in 1955, according to *Lumsden*, the term “*Chikungunya*” is derived from the *Makonde* root verb “*Kungunyala*” which means “to become contorted” or more specifically to say “which bends up” which reflects the posture of patient suffering from the arthritic symptoms. This disease is almost always self limited and rarely fatal.

Chikungunya symptoms:

Common symptoms of the illness such as fever upto 102.2 °F, *petechial* rashes, spots on the trunk and limbs and arthritis affecting multiple joints are very common. Other nonspecific symptoms like headache, conjunctivitis, remote photophobia and insomnia etc may occur soon after the incubation period. While most symptoms usually last for 5 – 7 days, the fever rapidly subsides in two days.

Chikungunya history In India

Chikungunya has emerged as a serious health threat in India. States such as Andhra Pradesh, Andaman & Nicobar Islands, Tamil Nadu, Karnataka, Maharashtra, Gujarat, Madhya Pradesh, Kerala and Delhi were the most affected parts of the country. Karnataka and Maharashtra recorded a staggering 752, 245 and 258, 998 numbers of cases, making these largest affected states in India. (Who: 2006)

Preventive Measures:

There is no real vaccine for the virus, but the best method to prevent the virus is to avoid mosquito bites. It is absolutely necessary to take preventive measures to avoid or eliminate mosquito breeding friendly spot's such as rain-filled containers, water storage units, open food containers, saucers under potted plants, drinking bowls for domestic animals and discarded tyres in the vicinity of the workplace and residential areas. (WHO: 2006).

In the post fever phase, *Chikungunya* leads to *arthralgia* /arthritis that causes swelling & pain that could persist for a period of six months to a year. Therefore it becomes vital to control post-fever arthritis in the very early stage of symptoms. *Ayurveda* medications & therapies are found to be extremely effective in treating this condition.

Ayurvedic Description

KITADANSH JWAR

Vagbhatacharya explained the classification of all *Kita Prakriti* and numbers.

- *Vat Prakriti Kita* - 18
- *Pitta Prakriti Kita* – 24
- *Kapha Prakriti Kita*-13
- *Tridoshaj Prakriti Kita* – 12

The effect on human body of bite of these *kita* and the sign and symptoms are also given. Among these all symptoms following types and symptoms are similar to the *Chikungunya* Fever-

Vatpradhan Kitavish Symptoms:

- *Jwar*
- *Gatrastabdhat*
- *Hritpida*
- *Asthi-parva Ruja*

Sira Ayam

Kaphapradhan Kitavish Symptoms:

- *Chardi*
- *Arochak*
- *Hrullas*
- *Prasek*
- *Utklesh*
- *Pinas*
- *Shitata*
- *Madhurasyatsa*

Sandhik Sannipatik Jwar

Sannipatik Jwar has 13 types

Sandhik Sannipatik is included in this type of *jwar* The signs and symptoms and vital period are similar to *Chikungunya*

**Janopaddhwans-Sandhik Sannipatik
Jwar-Rutu Sambandh**

Dosh Prabalya	Sandhik Sannipat Kala
1. Vat	Varsha Rutu
2. Pitta	Sharad Rutu
3. Kapha	Vasant Rutu

Purvarup:

Following are the *purvarupas* described in *Yog Ratnakara*-

- Shir-shul
- Kaphasantapa
- Asthivedana
- Vatbahuvedana
- Balhani
- Anidra
- Sannipatik Jwar :

Duration of symptoms are written here according to *Doshapradhanya*-

- Vat- 7 days
- Pitta- 10 days
- Kapha- 21 days

Rup

Kitdansh shows following local Symptoms:

- Shof
- Jwar
- Kandu
- Arochak

Treatment

- Aushadhikriya
- Doshajaya Karma
- Langan

- Swed
- Nasya
- Kawalgrah
- Awaleh
- Anjan
- Agnikarma

Oral Medicines

Sandhiksannipatik Kwath:

Contents:

Rasna, Vishwa, Amruta, Sahachar, Musta, Narayani, Haritaki, Ativisha, Badishep, Kharik, Vasa, Erandmul, Dashmul

Mustadi kwatha:

Angmard prashaman Gan

Contents:

Salwan, Pithawan, Dorali, Ringani, Erand, Chandan, Ushir, Ela, Yashti, Kakoli, Vachadi kwath

Contents:

Punaravartak Jwar kwath, Sandhikari Rasa with madhu, Pippali

- Rasnadi Kwath
- Virechan Yog with Ghrut
- Dashangogad
- Sarvavishnashak agad
- Champakagad with madhu ghrut
- Tribhuvankirti Ras with bilwa-durva-tulasi swaras
- Suvarnasutshekhar Ras with bilwa durva tulasi swaras
- Kshudradi Kwath
- Sudarshan Churna
- Amrutarishta
- Dashmul Kwath
- Patoladi Kwath



External Medicines:

- *Lepan-*
Twak lep with *Dashang*
agad
- *Dhup-*
Nirgundyadi dhup for
sandhigrah

Doshapak Symptoms:

- *Jwarnash*
- *Sharirlaghavam*
- *Indriyaprasadan*

Apunarbhav Chikitsa

1. *Vachadi kwath* for 45 days
 2. *Suvarnabhupati, Sitopaladi*
churna, Sahastraputi Abhrak
bhasma
- *Pathya*
 - *Yavagu*
 - *Laghupanchmul-kullith-pippali*
with *saindhav sunthi*

Prevention:

Haridra with *bharjit amlika beej* before outbreak of the disease *Rasayan Vishanashak Dhup*

Discussion:

- Symptoms described in modern view of *chikungunya* and *rupa & purvarupa* explained in ayurvedic view are matched from each other .
- As explained according to *Rutu Varnan Vat Sandhik Sannipatik kala* is *varsha rutu* which is explained in *Janopaddhwans*
- Duration of symptoms of *Sannipatik jwar* according to

dosha : *Vat*-7 days, *Pitta*- 10 days, *Kapha*-21 days

- Medicines like *Vishanashak dhup* is available as a preventive medicine for eradicating *Janopaddhwans*.
- *Haridra* with *bharjit amlika beej* before outbreak of the disease and as a *rasayan* is explained as a preventive medicine.
- *Apunarbhav Chikitsa* is explained to avoid recurrence of *chikungunya*.
- Both external and internal medicines are discussed in treatment.

Conclusion:

Chikungunya has same symptoms as *kitdansh janya jwar* and *sandhik sannipatik jwar* described in Ayurveda.

Medicines described as *Agad* and *Sandhik Sannipatik jwar* are seem to be more useful. So prevention and cure of *Chikungunya* is possible and associated infections like *Malaria, Dengue* etc can be tackle by Ayurvedic treatment given in *kitdanshjanya jwar* and *sandhiksannipatik jwar*.

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