Looking Chikungunya through Ayurveda

By Jaina kale and Lokanath

Chikungunya

Signs and Symptoms
- Fever up to 38 °C (100.2 °F)
- Malaise
- Arthralgia or arthritis affecting multiple joints
- Pigmentation on the face and extremities
- Headache also known as rash of the nose

The other symptoms include headache, conjunctival injection and slight prostration.

Ayurvedic treatments
- Decoctions are made using herbs like Coriander for fever, turmeric
- Hoven Anarthis Aaka is given as a pain killer
- The improvement of the immune system is done through ghee, papaya and hint sesame
- Swelling of the limbs are treated by Savaana and Gvadava

Also pills, Karutham Pana and Pashchimbaram Pana are also given to the patients.

Ayurvedic definition:

A basic overview of the disease and its possible causes will help the patient understand the disease. The symptoms and the signs are often seen in the initial stages of the disease. The patient should visit an Ayurvedic physician for proper diagnosis and treatment. The treatment includes the use of herbal decoctions, herbal pills and internal medicinal preparations. The patient should follow a healthy diet and lifestyle to prevent the recurrence of the disease.

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