

## **Editorial May 2012 by dr Farokh master**

### **Management of Fever with Homoeopathy**

Fever refers to an elevation in body temperature. Technically, any body temperature above the normal oral measurement of 98.6 F (37 C) or the normal rectal temperature of 99 F (37.2 C) is considered to be elevated.

Fever is not considered medically significant until body temperature is above 100.4 F (38 C). Anything above normal but below 100.4 F (38 C) is considered a low-grade fever. Fever serves as one of the body's natural defenses against bacteria and viruses which cannot live at a higher temperature.

Also, the body's defense mechanisms seem to work more efficiently at a higher temperature. Fever is just one part of an illness, many times no more important than the presence of other symptoms such as cough, sore throat, fatigue, joint pains or aches, chills, nausea, etc.

Fevers of 104 F (40 C) or higher demand immediate medical attention, as they can result in delirium and convulsions, particularly in infants and children.

### **In homoeopathy we treat the man behind the fever and not the disease!!!**

Avoid using allopathic drugs to bring down the temperature as this will suppress individual symptoms of the patient. Only in the night or odd hours when homoeopathic clinic is shut or it's a bank holiday following fever reducing medicines may be used till the homoeopathic drugs are procured best is to do home remedies.

The following fever-reducing medications should be known to all practicing homoeopaths.

- Acetaminophen (Tylenol, Paracetamol) can be used to lower a fever. Be careful using this for young children and old people esp. with liver diseases.

- Ibuprofen (Motrin/Advil/Brufen) can also be used to break a fever in patients over 6 months of age. Be careful as it may lead to renal failure if used regularly.
- Aspirin should not be used for fever in children or adolescents. Aspirin use in children and adolescents during a viral illness (especially chickenpox and influenza, or flu) has been associated with Reye syndrome. Reye syndrome is a dangerous illness which causes prolonged vomiting, confusion, and even coma and liver failure.

An individual with a fever should be kept comfortable and not overdressed. Overdressing can cause the temperature to rise further. Tepid water (85 F [30 C]) baths are a home remedy that may help bring down a fever.

### **Common causes for fever in day to day practice.....**

Fever more than 4 days needs investigation or sudden fever of 104 degrees with convulsion needs immediate attention

### **Here is the list of common causes:-**

Respiratory tract virus

Sore throat/Tonsillitis/Para nasal sinusitis

Chicken pox

Measles

Mumps

Influenza

Urinary tract infection

Bronchitis

Pneumonia

Malaria

Typhoid

Dengue

Diarrhoea

Hepatitis

**Rare causes**

Meningitis

Encephalitis

Internal abscess

Rheumatic fever

Collagen disorders

Lymphoma

Leukemia

A.I.D.S.

About 3% of all children between 18 months to 3 years of age will have a seizure (convulsion) with a high fever. Of those with a history of febrile seizure, approximately one-third will have another seizure associated with another febrile episode. Febrile seizures, while frightening to the parents, are not associated with long-term nervous-system side effects. Simple remedies like Ferrum phos, Nux vomica, Hyosyamus are excellent in homoeopathy to treat the same.

Some cases to know my method.....

Case 1. I had a middle aged man who complained of severe constipation with prolonged fever. This was happening to him since 3 weeks. He consulted his GP and took allopathic drugs. He was investigated for typhoid, malaria and dengue, the results of which were all negative. He was advised a CT scan which he refused to undergo and thus came to me for homoeopathy. It all started when he received news from his village that his ancestral house had a very big leakage problem and needed to be fixed immediately. He wanted to go to fix it but his job did not permit him to do so. This produced in him a lot of anxiety. Later in few days he first developed constipation with no desire to pass stools. If he passed it was with great straining. He also complained of hard stools and in a few days he developed temperature after office hours i.e. from 5pm – 9 pm. Fever was accompanied by a mild degree of chills with excessive thirst and nausea. Sensation of chilliness in the whole body and he wants to cover himself up at that time. With exertion his chills would aggravate. He wanted to lie down on his bed but even lying down did not help him in his fever. However there was no perspiration. His fever did not affect his appetite. In fact he strongly desired fruits, veg and acid drinks. When there was no fever in the morning his body was quite weak and exhausted. I started treating this man with Bryonia 200, 1M and then 10M. In 7 days I found out that the temp did come down but it did not ameliorate him overall. His constipation was only better by 50% after 7 days. Then I started to re-evaluate the case again and I realized that the main thing in this case was the ailments from bad news and anticipation which invited fever in his body. This cause was not at all covered by Bryonia and hence I had to think of another remedy. I opened the chapter of Boenninghausen's Concordance where Alumina has a complimentary action in all parts of the body after Bryonia has produced some action. So I gave Alumina 30 C three times a day in the 5 cup method. To my utter surprise after the 1<sup>st</sup> few doses he never got any fever and within 15 days all his constipation disappeared. Since then it is very useful to me in my practice as a complimentary to Bryonia. It was proved by Dr. Hahnemann and its description has been given in chronic diseases. Important features I look for are the dullness and the lethargy in the morning hours and they tend to improve as the day goes on. They are very chilly. They have an unusual habit to eat indigestible thing and the common thing I have observed is eating leaves, tea leaves, coriander leaves,

vegetable leaves. They have an aversion for salt, onion and potato. Sleep is usually disturbed and they keep waking up. They also usually have a weakness of the muscles of the rectum and bladder and the skin is extremely dry. They are aggravated in a dry weather and ameliorated in wet weather.

Case 2-The second case is a very unique case. She was a university student who came to me with a low grade fever which she was suffering from since a month. She complained of headache, body ache and mild coughing. She had already taken antibiotics. All her investigations were normal including X-Ray chest but her E.S.R. was 35 mm. The history was that it all started after she could not get good marks in her exams. Since 6 months she also wasn't emotionally stable as she had problems with her boyfriend. She was insecure that he would not marry her. Under the influence of her friends she started drinking alcohol, especially wine. One of the weekends she finished one full bottle of wine and after that the fever slowly started. The fever is accompanied by sleepiness, dullness, lethargy. Fever starts at noon at around 1pm and the chill is typically localized in the area of the back. Fever stays all night and she feels better only the next day morning. When I examined her I found that she had coldness of the feet with overall heat of the whole body. Sweating was present in the mornings. Her saliva tasted saltish. Tongue was coated white with a rapid pulse. She had a strong aversion to food since 1 month but she loved cold lemon juice. Thirst is reduced. On a few occasions she had diarrhea in the night. Based on the emotional factor of disappointment in love and in her exams with chill in the back and diarrhea at night I started with Pulsatilla 200 and later 1M but even after a repeated dose for 4 days the fever refused to come down. On the 5th day I restudied the entire case and after considering the symptoms of chill in the back with desire for acidic drinks especially lemon juice, fever starting in the abdomen and salty saliva I thought of Antimonium crudum. I started with the 200 potency three times a day and on the 3<sup>rd</sup> day there was no fever. After 7 days of repetition all her gastric symptoms disappeared. Emotionally also she felt much better. After this incident Ant crud became a very important remedy for fever in my practice for people who consume wine and develop fever or people who develop fever after some

emotional disappointment. It was published in Hahnemann's chronic disease. The most important thing to see in Ant crud is the rough skin and split nails. You will see cracks on the naso labial folds. The important thing is sadness and depression which is very commonly seen. You will see frequent tears and a strong absence of desire to live. Physical illness is seen after disappointment in life and love. In general they are quite chilly; any contact with any cold air or cold water will definitely aggravate. Drowsiness is a very common feature with Ant crud but is aggravated in the forenoon. Many complaints start after taking a cold bath and debility and exhaustions are prominent in hot weather. Gastric symptoms are concomitant to physical complaints especially diarrhea, constipations, eructations, retching, gagging, nausea, fullness of stomach, etc.