

# Herbal Remedies for Dengue Fever, Ayurvedic Treatment

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## AYURVEDIC TREATMENT OF DENGUE FEVER

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## ABOUT DENGUE FEVER

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Outbreaks of dengue fever are rapidly increasing in India from last few decades. Dengue fever is an arthropod borne viral disease. Aedes aegypti mosquito carries the virus from person to person. Dengue fever has become serious health issue and millions of cases are reported every year. It has been found that approximately 500,000 patients are hospitalized every year. Mosquitoes harbor in stagnant water like pots, tyres and water coolers etc. Dengue epidemic usually occurs during the monsoon months which is suitable time for the mosquitoes to flourish. People get infected with mosquito bite which carries the virus. Virus can infect human body through the injection of infected blood, plasma and serum.

There are no specific medicines available to manage dengue fever. But if one is getting infected with dengue fever, then with use of these herbs one can resolve the symptoms of dengue fever without any side effects. Ayurveda is science of life which helps to heal the sickness and prolong the life with the use of herbs. These herbs are Giloy (Tinospora cordifolia), Spirulina (Spirulina platensis), Wheat grass (Triticum aestivum) and Amla (Embellica officinalis). These herbs help to pacify vata and pitta which are helpful to lower the fever.

## SYMPTOMS ASSOCIATED WITH DENGUE FEVER

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- High fever up to 104 F.
- Bone, joints and muscles pain.
- Headache.

- Pain in eyes.
- Nausea and vomiting.

When symptoms get worse, it may become life threatening. In the severe cases, blood vessels get damaged and clot forming cells (platelets) decline in the bloodstream. This may lead to:-

- Bleeding from nose and mouth.
- Severe pain abdomen.
- Damage to liver, lungs and heart.

**Note** – Outbreaks of dengue fever are more during monsoon, so if you feel fever then don't take it lightly and concern your doctor.

## COMPLICATIONS

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Dengue fever is a life threatening because in severe cases it may cause the damage to lungs, liver or heart. So don't take it lightly and visit your doctor immediately if you experience above mentioned symptoms.

## CAUSE OF DENGUE FEVER ACCORDING TO AYURVEDA

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Dengue fever is an arthropod borne viral disease. *Aedes aegypti* is the mosquito which carries the virus and releases the virus inside human body through bite. Symptoms associated are headache, fever, body aches, nausea and muscles or joint pains.

From Ayurvedic point of view, dengue fever reflects vitiation of vata and pitta dosha. In general, there are three dosha – vata, pitta and kapha in the body which represents healthy body. So infection begins with the impairment of gastric fire and production of toxins (ama) in body. Due to this there is the vitiation of vata and pitta and symptoms start appearing. Aggravated vata dosha results in the joints and muscles pains, whereas aggravation of pitta dosha leads to hemorrhages.

These are herbs Giloy (*Tinospora cordifolia*), Spirulina (*Spirulina platensis*), Wheat grass (*Triticum aestivum*) and Amla (*Emblica officinalis*) which help to pacify vata and pitta to control the symptoms related to fever.

## HERBAL REMEDIES FOR DENGUE FEVER BY PLANET AYURVEDA

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Planet Ayurveda provides effective herbal remedies such as Giloy Capsules, Spirulina Capsules, Wheat Grass Powder & Amla Saar for ayurvedic treatment of dengue fever. These herbal remedies are prepared from using best quality herbs and strictly follow the principles of Ayurveda. All these herbal remedies of Planet Ayurveda are 100 percent pure, natural and vegetarian. These are free from chemicals, additives and preservatives. These are safe to use as these are free from side effects.

## **1. GILOY CAPSULES**

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Giloy capsules are wonderful and effective herbal formulation for dengue fever by planet Ayurveda. This herbal formulation is prepared from the pure extracts of herb Giloy (*Tinospora cordifolia*).

**Benefits** – Giloy (*Tinospora cordifolia*) is named amrita in Ayurveda due to its great medicinal importance. This is climbing herb and found almost in all the parts of country. This herb is packed with anti inflammatory and antipyretic properties thus helps to provide relief in dengue fever. It also helps to strengthen body's immune system thus increases body's ability to fight against various infections.

**Dosage** – One capsule two times in a day with plain water after meals.

## **2. SPIRULINA CAPSULES**

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Spirulina capsules are very useful to manage the dengue fever. These capsules are very useful herbal formulation for dengue fever by planet Ayurveda. Spirulina capsules are prepared from pure extracts of blue green algae Spirulina (*Spirulina platensis*).

**Benefits** - Spirulina is a blue green algae which is the richest source of vitamins, proteins, iron, micronutrients which help to maintain the body energized, healthy and active. Thus it is very useful to manage the dengue fever in a natural and safe way.

**Dosage** – One capsule two times in a day with plain water after meals.

## **3. WHEAT GRASS POWDER**

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Wheat grass powder is an amazing herbal formulation for dengue fever by planet Ayurveda. This herbal formulation is prepared from the pure extracts of herb Wheat grass (*Triticum aestivum*).

**Benefits** – Wheat grass very useful in the case of dengue fever. Juice of wheat grass helps to increase the blood platelet count and also helps to provide the relief in the symptoms associated with dengue fever like fever, nausea, joint and muscle pain etc.

**Dosage** – One teaspoonful, two times in a day with plain water after meals.

## **4. AMLA SAAR**

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Amla Saar is a wonderful and effective herbal formulation for dengue fever by planet Ayurveda. This herbal formulation is prepared from the pure extracts of herb Amla (*Emblica officinalis*).

**Benefits** – Amla (*Emblica officinalis*) has the great medicinal importance in Ayurveda. This herb is packed with anti inflammatory and antipyretic properties thus helps to provide relief in dengue fever. It also helps to strengthen body's immune system thus increases body's ability to fight against various infections.

**Dosage** – Take 20 ml with equal water twice daily.

All the above mentioned herbal formulations are available in the house of planet Ayurveda. There herbal formulations are prepared from the pure extracts of herbs which help to pacify the aggravated vata and pitta dosha in dengue fever. Herbs encourage our body's healing system to resolve the ailment in a safe way.

## **WHY SHOULD ONE GO FOR PLANET AYURVEDA?**

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- All the products are 100% pure.
- Efficacy of the herbs is checked in the labs before making any herbal formulation.
- Products are free from chemicals, preservatives, starch and any color.
- All the products are manufactured under the guidance of highly experienced MD Ayurveda doctors.

## **SUGGESTIONS AND GUIDELINES**

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**"It is well said that prevention is better than cure"**

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- Prevent the clogging of water and try to maintain surrounding clean so that mosquitoes can't get flourish.
- Try to cover your body with clothes to prevent yourself from mosquito bites.
- Avoid food from open stalls and always drink purified water.
- One must avoid the visit to dengue affected areas.
- Eat healthy diet like citrus fruits, papaya and figs.