

Role of Homoeopathy in Viral Illness During Monsoon

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INTRODUCTION

As the first raindrops hit the ground and the air fills with the scent of wet earth, monsoon magic begins. But hidden behind this beauty is a less pleasant visitor a wave of viral infections. From sneezes and sniffles to fevers and fatigue, the rainy season becomes the perfect playground for viruses. High humidity, stagnant water, and fluctuating temperatures increase the risk of viral illnesses, affecting people of all age groups. Staying aware is the first step to staying healthy.

Common Viral Illnesses During Monsoon

1. Common Cold and Flu

The common cold and flu are both contagious respiratory illnesses caused by different viruses. While they share similar symptoms—such as a runny nose, cough, sore throat, and fatigue—the flu tends to be more severe and can lead to serious complications. These illnesses spread easily through droplets in the air, especially during colder months. Understanding their differences is key to proper prevention, treatment, and recovery.

1. Arsenicum album

frequent colds, sore throats, and chest problems. burning pain and feelings of weakness, restlessness, and anxiety.

The person's head may feel hot while the rest of the body is cold, and problems can be worse near midnight. The nose often feels stopped up, and the person may sneeze repeatedly, without relief.

White, thick, burning mucus may be produced.

2. Belladonna

This remedy relieves high fever of sudden onset with sweating.

A high feverish state with comparative absence of toxæmia.

Burning, pungent, steaming, heat. Feet icy cold.

Superficial blood-vessels, distended. Perspiration dry only on head. No thirst with fever

3. Euphrasia

Red, watery, irritated eyes, frequent sneezing, and a mild, clear nasal discharge.

cough from irritation and from phlegm collecting in the throat.

Symptoms can be worse at night, and the person tends to feel better from eating and lying down.

2. Viral Fever

Viral fever is a common health concern during the monsoon season, often triggered by sudden weather changes, increased humidity, and the rapid spread of viruses. The damp and unhygienic conditions prevalent during this time create a favorable environment for viral infections to thrive. Symptoms such as high temperature, body aches, chills, and fatigue can affect people of all ages. Timely care and preventive measures are essential to manage viral fevers and stay healthy during the rainy season.

1. Aconitum napellus

This remedy relieves high fever of sudden onset, with a hot face and dry skin.

Cold sweat and icy coldness of face.

Thirst and restlessness always present.

Chilly if uncovered or touched. Dry heat, red face.

2. Gelsemium

This remedy relieves flu-like symptoms with fever, headache, dizziness and general weakness.

3. Nux vomica

the person may have high fever, violent chills.

strong nausea and cramping in the digestive tract.

Headache usually occurs, along with oversensitivity to sound, bright light, and odors.

very irritable, feeling worse from exertion and worse from being cold in any way.

3. Dengue Fever

Dengue fever is a mosquito-borne viral illness that sees a sharp rise during the monsoon season. Stagnant water from heavy rains creates ideal breeding grounds for the *Aedes aegypti* mosquito, the primary carrier of the dengue virus. Characterized by high fever, severe body pain, headache, and skin rashes, dengue can range from mild to life-threatening. Early detection, proper medical care, and preventive measures are crucial to controlling its spread during the rainy months.

1. Eupatorium Perfoliatum

Effective for bone-breaking pain and high fever.

Reduces muscle aches and promotes faster recovery.

2. Carica Papaya

Known for improving platelet count.

Helps in reducing nausea and enhancing digestion.

3. Gelsemium

Relieves fatigue, body weakness, and headaches.

Beneficial for patients experiencing chills and fever.

4. Chikungunya

Chikungunya is a viral disease transmitted by *Aedes* mosquitoes, which breed rapidly during the monsoon season due to stagnant water accumulation. The illness is marked by sudden high fever, severe joint pain, fatigue, headache, and skin rashes. Although rarely fatal, chikungunya can cause prolonged joint discomfort and significantly affect daily life. With rising cases during the rainy season, public awareness and mosquito control are key to prevention and early management.

1. Eupatorium perfoliatum

Intense aching limbs and back, as if bones were broken.

Aching in all bones, with soreness of flesh.

Bones feel broken, dislocated, as if would break.

Bursting Headache. Shivering; chills in back.

Fever with bone pains, before and during chill.

Instantiable thirst before and during chill and fever.

2. Bryonia alba

White tongue; thirst for much cold fluid.

Headaches and pain all better for pressure, and worse for movement.

delirium of Bryonia, are of business; in delirium be "wants to go home.

Excessive dryness of Mucous membrane of entire body; tongue dry.

3. Polyporus pinicola

Great lassitude, congestion of head, with vertigo.

restlessness at night from pain in in wrist and knee; rheumatic pains; profuse perspiration.

Headache about 10am, with pain in back, ankles and legs increasing until 3 pm, then gradually better. Deep dull pain in the shin bones, preventing sleep.

5. Hepatitis A and E

Hepatitis A and E are viral liver infections that commonly surge during the monsoon season due to contaminated water and poor sanitation. Both viruses are transmitted through the fecal-oral route, often by consuming unsafe drinking water or food prepared in unhygienic conditions. Symptoms include fatigue, jaundice, nausea, abdominal pain, and dark urine. Although usually self-limiting, these infections can be serious, especially in vulnerable populations. Maintaining proper hygiene and ensuring access to clean water are vital to preventing hepatitis outbreaks during the rainy season.

1. CHELIDONIUM MAJUS

Constipation: Stool, hard, round balls like sheeps dung.

Alternate constipation and diarrhea.

Hepatic disease with jaundice and pain in right shoulder.

2. CARDUUS MARIANUS

Pain in liver region. Left lobe very sensitive.

Fullness and soreness, with moist skin.

Constipation with hard, difficult, knotty stools. Constipation alternates with diarrhoea.

Hyperaemia of liver with jaundice.

Cirrhosis with dropsy.

3. PHOSPHORUS

Abdomen feels cold. Sharp cutting pains.

A very weak, empty, all gone sensation felt in whole abdominal cavity.

Liver congested.

Acute hepatitis. Fatty degeneration.
Large yellow spots on abdomen.
Constipation with feces slender, long, dry, tough and hard, voided with great straining and difficulty.

Prevention Tips

Avoid stagnant water around your home to prevent mosquito breeding.
Use mosquito repellents and nets while sleeping.
Drink boiled or filtered water and avoid street food.
Practice hand hygiene—wash hands regularly with soap.
Wear protective clothing to avoid mosquito bites.
Strengthen immunity by eating a balanced diet rich in fruits and vegetables.

CONCLUSION

Monsoon may bring joy to nature, but it also brings a rise in viral infections that can disrupt daily life. While prevention through hygiene and immunity-boosting habits is essential, homoeopathy offers a gentle, holistic approach to managing these seasonal illnesses. With its focus on strengthening the body's natural defenses and treating the root cause, homoeopathy can be a safe and effective companion during the rainy season.

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