



The Personalized Role of *Gelsemium Sempervirens*: A Homoeopathic Medicine in the Treatment of Viral Fevers

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Case Report

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Abstract

Utmost individuals partake the body temperature of 98.6°F (37°C), when it aggregates the mystified grade its explicitly intended as Fever. Fever often a sign which embodiment and rebellious for approximate sort of bacterial or viral infection. A viral fever perhaps and triggers the underlying viral illness, wide-ranging zones of characterize proposition with instance of high fever, throat pain, chilliness, burning in eyes, headaches, body pain, nausea and vomiting. The confirmed cases of fever are systematically assessed and reigned for the virtuous incentive. The fever implies as seldom illness, amidst by principal cause of any viral infections, it crops up and fragmented by protuberance in intestines, lungs, air passages etc. Consequently, the immune system of body belligerent in contrast to intruding viruses and disengage the metaphors. The process of case study consists of data collection, appraisal of distribution of patients and recurrence of symptoms and their extent interiority. The Homoeopathic system proclaim the efficacy of *Gelsemium Sempervirens* medicine in treating fever, through the emphasis it been notoriously allied by means of enhancing the signs as an effective universal prognostic factor. This study defines as beneficial to diminish the infections and more over it strengthens the immune system in safe and effective tool, easily integrated and enhances the body's ability to restore balance in curative mode.

Keywords: *Gelsemium Sempervirens*; Homoeopathy; Illness; Temperature; Viral fever

Abbreviations: SKHMC: Sarada Krishna Homoeopathic Medical College.

Introduction

Viral fever is instigated by viral taint, emanate and owed to conveyance of miniscule origins from unfolded remits, prior to indenture the virus-related illness [1]. The immune system of physique constitution flinches and hostile the contagion which elevates the body temperature from the normal range of 98.6°F to 103°F or even more [2]. Viral fever is conveyed from one person to another; it terminates and commence with infected person's bodily fluids. Once the diseased individual yawns, sneezes, coughs, or even talks, miniature sprays of fluids are ejected, potentially it perhaps the system [3]. Once the virus inconspicuous, its adroitness from 16 to 48 hours, blow of filled rampant contagion might be abruptly experience with the symptoms of high fever, chills, headaches, body pain, and tremendous weakness. Approximately severe strains of viral fever which originates the sequel of mosquitoes, tick bites etc., conversely, imminent contact with infected person's blood or semen assail of infringe.

Feasibly its revenues are prior to 21 days for nearly strains of viral fever to develop the preliminary revelation of virus [4]. Categorically the risk of attainment with infected persons exclusively during travel by the cold exposure is very prevalent [5]. *Gelsemium Sempervirens* antiquated and castoff ingredients in some analgesic and Homeopathic system, nonetheless its utilization obsolete and restricted due to its toxicity. *Gelsemium Sempervirens* exist as mounting, woody evergreen vine characterized by very fragrant, bright yellow flowers. Along the shot of century, it befalls with transpire widespread ingredient especially in fever and upper respiratory tract infections [6]. The accompanied symptoms are dizziness, dullness, drowsiness, weakness, tendency to faint with marked absence of thirst. It aids to predict the reinfection and amid probabilities of local population with forecast of extent efficiency of Homoeopathic medicine *Gelsemium Sempervirens* [7].

Materials and Methods

This explore study comprises the resources of collecting data on acute commencement of patients who had attended the OPD of Sarada Krishna Homoeopathic Medical College (SKHMC). Illusorily, this study constituted in 5 patients, cases selected randomly constructed by clinical presentation of acute totality fever, as an epidemic attack the symptoms presented with the nature of high fever, body pain, chilliness, tiredness, both joint and muscle aches, headache, fatigue, sore throat, coryza with dullness and dizziness, cough with chest pain, redness of eyes with complete absence of thirst. Sarada Krishna Homoeopathic Medical College standard case record format was used for recording the cases and the prescription on the basis of characteristic symptom gleaned

from consequence of illness [7]. Prescription will be done after reference in standard text books of Material Medica and according to guide lines of Organon of Medicine [8]. Administration of relevant Homoeopathic similimum with proper dose and potency instituted upon the Homoeopathic principles.

Case I - A 67-year-old female patient reports as temperature of 102°F, cough, and headache for the past two days. These symptoms are typically worse at night and occasionally followed by chest pain, disrupted sleep, nausea, and exhaustion. The patient has 3 years of hypertensive history. Moreover, she has extreme body weakness and redness of the eyes.

Case II - A 46-year-old female patient has complained of chest pain, shortness of breath, chilliness, and temperature of 101OF for past three days. The issue progressively began as a body ache, progressed to a fever, shortness of breath, and headache worse by physical activity. And the patient experiences recurring spell of chest pain with reduced appetite and disrupted sleep. Together with significant weakness, lack of thirst and coryza for the past day and complaints of thick expectoration while coughing. Patient have prior knowledge of both diabetes and hypertension for past three years.

Case III- A 33-year-old female patient had temperature of 102OF, cough without expectoration, weariness had been present for three days, total body exhaustion, and diarrhoea. Moreover, she suffered from body aches, a blocked nose, weakness, and sleeplessness at night. The patient has no relevant prior experiences.

Case IV- A 54-year-old female patient complained of high fever 1030 F, with headache for two days, as well as night-time dyspnoea, coryza for two days, along with body pain and thirst less. Patient exhibits significant fatigue, intermittent chills, and diarrhoea. The patients had history of eight years of diabetic.

Case V- A 48-year-old female patient had an illnesses of high temperature of 102OF, cough without expectoration and sneezing in morning for past 2 days. After the attack of fever, she has sleep disturbance, chilliness, breathing difficulty, body ache and vomiting. She presents with severe body pain and fatigue with absence of thirst. Patient had the history of known diabetes and hypertension for 7 years.

Result and Discussion

The outcome of the study conducted in five cases and prescribed with *Gelsemium Sempervirens* 200 in water dose, these cases crop up enduringly least period of one

week conferring to rigorousness, if the repetition is needed its ensued or it monitored with Saclac, and the grades are documented and cited beneath. The results were scrutinized in relation with before treatment and after treatment have been made into chart and recorded in the study (Table 4). Dr. Hahnemann enlightens in Organon of Medicine in the aphorism 73 about the acute totality “Allied to those diseases

in many persons are attacked with very similar sufferings from the same cause epidemically; these diseases generally become infectious when they prevail among congregated masses of human beings”. After 4 to 5 days of treatment patients exhibited healthy enhancement in precinct symptoms, sternness of grumbles full-fledged and restored [9].

Symptoms	Before treatment			After treatment		
	Mild (no of cases)	Moderate (no of cases)	Severe (no of cases)	Mild (no of cases)	Moderate (no of cases)	Severe (no of cases)
Body ache	1	2	1	2	2	0
Weakness	0	2	3	1	1	0
Headache	0	0	3	2	1	0
Thirstlessness	0	2	1	2	1	0
Cough	0	0	3	1	0	0
Vomiting	0	2	0	0	0	0
Diarrhoea	1	1	0	0	0	0
Dyspnoea	1	1	1	1	1	0
Chest pain	0	2	2	2	0	0
Chilliness	0	1	1	0	0	0
Disturbed sleep	2	2	0	2	0	0

Table 1: Distribution of patients according to assessment of symptoms.

According to Dr. Samuel Hahnemann, acute diseases prevails the upshot of rapid morbid process of deranged vital force, their onset is sudden with definite course and quick expression of action which terminates within short time by complete recovery. If an epidemic emanates upon the acreage merely scarce the derived miserable in embark [10]. In the foot note of aphorism 73 states about “A striking fact

in corroboration, the whilst to the year previously in 1801, when the smooth Scarlatina of Sydenham still occasionally prevailed epidemically among children, it attacked without exception all children who had escaped former epidemic is witnessed in Konigslutter; on the contrary, all the children who took in time a very small dose of belladonna remained unaffected by this highly infectious infantile disease [11].

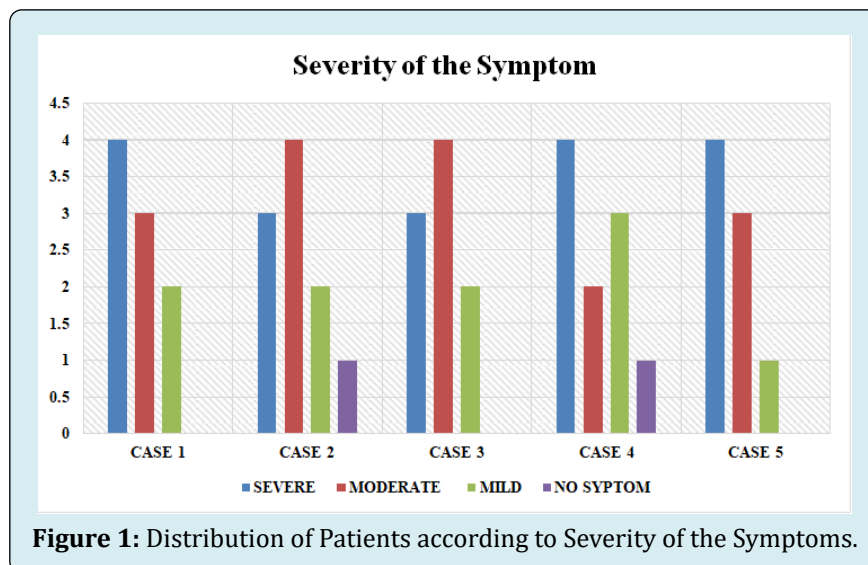


Figure 1: Distribution of Patients according to Severity of the Symptoms.

Duration of illness	Severity of the Complaint	Day 1	Day 2	Day 3	Day 4
Case I	Vomiting	severe	moderate	mild	No Symptom
Case II	Shortness of breath, headache	moderate	severe	mild	Slightly present
Case III	Diarrhoea, Body ache	moderate	severe	mild	No Symptom
Case IV	Headache, Body ache	severe	mild	moderate	Slightly present
Case V	Body ache, cough	severe	moderate	mild	No Symptom

Table 2: Distribution of patient with severity of the complaint.

Therefore, uniquely 5 cases with viral fever, dissimilar categories of indications and rigorousness of allied signs correspondingly fluctuates rendering with patients were prescribed *Gelsemium Sempervirens* 200 potency in water dose [11]. All the cases illustrate notable variations of patients, (Table 4) continuously assessing the intensity of upgrading of signs were renowned and the sequels of persevering the Homoeopathic Medicine *Gelsemium Sempervirens* 200 [12] potency are very effective in the treatment of viral fever with proper management. Assessment and distribution of

patient is given in (Table 1) patients revealed outstanding vicissitudes and subsequently delightful medication. Approximately symptoms remain additional stark which specify the patient spectacles for the sternness of signs, [13] aforementioned table displays the severity is dropping constantly (Table 2). Former temperature and successively enchanting the medication revealed in (Table 3) and after prescribing remedy patients temperature level recede downcast.

Temperature (°F)	Case 1	Case 2	Case 3	Case 4	Case 5
Before treatment	102.5	101	102.5	103	102
After treatment	99	98.6	98	99.4	99

Table 3: Distribution of temperature (F) before and after treatment.

Sl.no	Case I	Rx	Case II	Rx	Case III	Rx	Case IV	Rx	Case V	Rx
1	MLA	GELS	MLA	GELS	MOA	GELS	MLA	GELS	MOA	GELS
2	MOA	SL	MOA	GELS	MD	SL	MOA	GELS	MOA	SL
3	AS	SL	MOA	SL	AS	SL	MOA	SL	AS	SL

Table 4: Severity of symptoms, follow up and progression of the patient.

Conclusion

Homoeopathic is suitable for a prevalent epidemic of intermittent fever and Dr. Hahnemann in Organon of Medicine, aphorism 240 to 242 he explains epidemics of intermittent fever, in situations where none are endemic, are of the nature of chronic diseases, composed of single acute paroxysms; each single epidemic is peculiar, uniform character common to all individuals attacked, and when this character is found in totality of the symptoms common to all. The Homoeopathic cure is attained deprived of distress with shorn of production in progressive and unswerving mode of exploiting the doses. In epidemic intermittent fever the first paroxysms have been left uncured, or if the patients have been weakened by improper allopathic treatment; then the inherent psora that exists, in so many persons, although in a latent state, it develops and continues to play the part of the epidemic intermittent fever.

Homeopathic cure affords harmless, hasty, respite besides in viral fevers with protracted as tenfold and squat status of fevers [14]) no longer suitable and cannot be any amenity for further obstacles. Aforementioned cases accomplish through extreme dosages of anti-pyretic or indiscriminate improper consumption of antibiotics courses [15]. If medicines can protect from a disease or raging around, they must possess vastly superior power of affecting our vital force [16]. Some protected and settlements of doctrine homoeopathy in treating diseases, objectively not to produce symptoms but to “remove them. [17]. By means of similar remedy, the minimum dose is possible without producing symptoms [18]. Homeopathy requires the therapeutic dose must be capable of producing a slight temporary aggravation or intensification of already existing symptoms, never of producing new symptoms [19]. This study interpreted, declined and comprehended in severity of complaints as well as the administration of Homoeopathy remedies in treating

could give good relief in managing and reducing the intensity of symptoms as well as in viral fever.

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