

Chickenpox with Homoeopathic Management

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ABSTRACT

Chickenpox is caused by primary infection with varicella zoster virus. In healthy people, it is usually a mild, self-limiting illness, characterised by low grade fever, malaise, and a generalised, itchy, vesicular rash. Chickenpox is the most contagious disease from 1 to 2 days prior to the rash begins until all blisters are crusted and dried forming scabs. Homeopathy plays a vital role in treating viral infections and their associated symptoms like chicken pox. The suitable homeopathic medicines for chicken pox are selected individually for each case.

Keywords: Chickenpox, Homoeopathy, Varicella zoster, viral infections, Treating, illness, Symptom, Rash

INTRODUCTION

Varicella or chickenpox It is an acute vesicular exanthem occurring in non-immune persons, especially children. The condition begins as an infection of the nasopharynx. On entering blood stream, viraemia is accompanied by onset of fever, malaise and anorexia. Maculopapular skin rash, usually on the upper trunk and face, develops in a day or two. This is followed by formation of vesicles which rupture and heal with formation of scabs. A few cases may develop complications which include pneumonia, hepatitis, encephalitis, carditis, orchitis, arthritis, and haemorrhages.

ETIOLOGY:

Chickenpox is caused by the varicella-zoster virus. It happens to be seen by herpes virus family. The same virus also causes shingles in adults.

Chickenpox can be spread very easily to others from 1 to 2 days before blisters appear until all the blisters have crusted over. You may get chickenpox:

- From touching the fluids from a chickenpox blister
- If someone with the disease coughs or sneezes near you

Most cases of chickenpox occur in children younger than age 10. The disease is most often mild, although serious complications may occur. Adults and older children get sicker than younger children in most cases. Children whose mothers have had chickenpox or have received the chickenpox vaccine are not very likely to catch it before they are 1 year old. If they do catch chickenpox, they often have mild cases. This is because antibodies from their mothers' blood help protect them. Children under 1 year old whose mothers have not had chickenpox or the vaccine can get severe chickenpox.



PATHOGENESIS OF CHICKENPOX:

VZV enters the host through the respiratory tract and conjunctiva. It replicates at the site of entry in the nasopharynx and in regional lymph nodes. A primary viremia occurs 4 to 6 days after infection and disseminates the virus to other organs, such as the liver, spleen, and sensory ganglia. Further replication occurs in the viscera, followed by a secondary viremia, with viral infection of the skin. Virus can be cultured from mononuclear cells of an infected person from 5 days before to 1 to 2 days after the appearance of the rash.

SYMPTOMS OF CHICKENPOX:

Most children with chickenpox have the following symptoms before the rash appears:

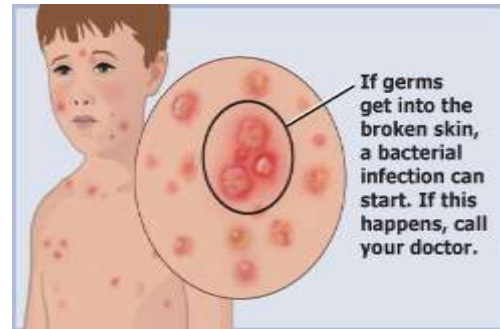
- Fever
- Headache
- Stomach ache

The chickenpox rash occurs about 10 to 21 days after coming into contact with someone who had the disease. In most cases, a child will develop 250 to 500 small, itchy, fluid-filled blisters over red spots on the skin.

- The blisters are most often first seen on the face, middle of the body, or scalp.
- After a day or two, the blisters become cloudy and then scab. Meanwhile, new blisters form in groups. They often appear in the mouth, in the vagina, and on the eyelids.
- Children with skin problems, such as eczema, may get thousands of blisters.

Most pox will not leave scars unless they become infected with bacteria from scratching.

Some children who have had the vaccine will still develop a mild case of chickenpox. In most cases, they recover much more quickly and have only a few poxes (fewer than 30 count). These cases are often harder to diagnose. However, these children can still spread chickenpox to others.



TREATMENT:

General Treatment:

Treatment involves keeping the person as comfortable as possible. Here are things to try:

- Avoid scratching or rubbing the itchy areas. Keep fingernails short to avoid damaging the skin from scratching.
- Wear cool, light, loose bedclothes. Avoid wearing rough clothing, particularly wool, over an itchy area.
- Take lukewarm baths using little soap and rinse thoroughly. Try a skin-soothing oatmeal or cornstarch bath.
- Apply a soothing moisturizer after bathing to soften and cool the skin.
- Avoid prolonged exposure to excessive heat and humidity.

PREVENTION

Prevention is better than cure. It can be prevented by following:

- Because chickenpox is airborne and spreads very easily, even before the rash appears, it is hard to avoid.
- A vaccine to prevent chickenpox is part of a child's routine vaccine schedule.
- The vaccine often prevents the chickenpox disease completely or makes the illness very mild.
- Talk to your provider if you think your child might be at high risk for complications and might have been exposed. Taking preventive steps right away may be important. Giving the vaccine early after exposure may still reduce the severity of the disease.

HOMOEOPATHIC APPROACH

Homeopathy is a therapeutic science that aids in healing the ill by giving them medication based on the adage "Similia Similibus Curentur" - Let likes be treated by likes.

Complete symptom relief and recurrence prevention are the two objectives of homeopathic treatment for patients. The chosen treatment will enable the patient to live to the fullest extent possible-both physically and cognitively, emotionally, spiritually, and socially.

Homeopathy individualizes a patient, and the remedies chosen are based on the patient's personality and the cause of their illness in addition to their symptoms. The prescription must take into account the patient's mental and emotional composition as well as the depths of human nature. Homeopathy therefore offers considerable potential for treating each patient uniquely and holistically.

HOMOEOPATHIC DRUGS FOR CHICKENPOX:

Aconite

This is a natural medicine for the first inflammatory period of chicken pox. Aconite is prepared from a plant named *Aconitum Napellus* or Monkshood. The natural order of this plant is *Ranunculaceae*. The key features to use it are red skin rash with hot skin. High fever is present with the rash. The person is highly anxious and restless along with the above features. An increased thirst for water is usually present.

Belladonna

Belladonna is a natural remedy for chicken pox prepared from a plant named *Deadly Nightshade*. The natural order of this plant is *Solanaceae*. Belladonna also works well in first inflammatory stage of chicken pox. The key indications for using Belladonna include a skin rash with a bright red, dry, hot, burning, smooth and sensitive skin. High fever, rapid pulse, and a severe headache are present in most of the cases.

Rhus Tox

Indicated as natural cure for chicken pox with itchy eruptions. The eruptions may be vesicular or pustular and are attended with intense itching. Sweating worsens the itching. A burning sensation along with itching is present. The burning mostly arises after scratching the eruptions. The person may be highly restless and experience prominent body aches.

Antimonium Tart

Well indicated remedy when rash is accompanied by pustules and vesicles. The eruptions are painful, dry up, and get crusted afterward. They also tend to leave marks on the skin. The pustules tend to leave bluish-red marks. This medicine is also indicated for the slow development of eruption in chicken pox.

Antimonium Crudum

Indicated for chickenpox with pustules with yellowish or brown scurfs. These eruptions are itchy and get sore upon scratching. These eruptions are painful to pressure. The character of pain may be shooting in nature. Diarrhoea may be present along with the above symptoms.

Bryonia

This is prepared from the root of plant *Bryonia Alba*. It is commonly known by the name of *White Bryony* or *Wild Hops*. This plant belongs to the natural order *Cucurbitaceae*. *Bryonia* is useful in cases of chicken pox where there is a slow development of eruptions. It is also indicated for a suddenly receding rash in chicken pox. Dryness on the skin may be marked, and there may be prominent body aches. A Suddenly receding rash may be attended with difficult respiration in cases where *Bryonia* is required.

Apis Mellifica

Indicated in children suffering with severe itching and stinging type of pox. Symptoms worsen by getting exposure to heat and in warm rooms. Increased irritability. Soreness

sensation over the skin complaints. Intermittent fever with thirst. Diarrhoea especially when eruptions are suppressed. Aggravation by Heat rooms, from getting wet. Amelioration by cold water, cold bathing.

Variolinum

Nosode indicated in complaints of rashes with pustules. It can also be indicated as a preventive or protection against chickenpox. Works wonders in all potencies. Forehead is very hot, face is red and deep, dark purple hue over the neck. intense sickness of the stomach, fever with chills with bad smell of sweat.

CONCLUSION

Chickenpox is a contagious illness caused by the varicella-zoster virus. It can be quite serious in adults and people with weakened immune systems. The best way to avoid getting chickenpox is to get vaccinated and take steps to reduce exposure to infected individuals. Homoeopathy plays a main role in preventing and treating symptoms of chickenpox

An effective homoeopathic therapy regimen given by a knowledgeable homoeopath may restore the patient's imbalance and improve daily activities.

Declaration by Authors

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