

Evaluating the Effectiveness of Homoeopathic Medicine in Measles: A Clinical View

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ABSTRACT

Measles is caused by a paramyxovirus which spreads by droplet infection. One attack confers a high degree of immunity. Most people suffer from measles in childhood, and a mother who has had the disease confers passive immunity on her infant for the first 6 months of life. In tropical countries and on a background of malnutrition measles can be very severe, with a high mortality. The incubation period is about 10 days to the commencement of the catarrhal stage.

Keywords: Measles, Koplik's spots, exanthema, homoeopathy.

INTRODUCTION

It is an acute contagious viral infection of high morbidity characterised by prodromal fever, respiratory catarrh and enanthem (Koplik's spots) which is followed by a typical morbilliform rash (exanthem).¹

Etiology:¹

- The causative organism is a RNA paramyxovirus.

- Age: Peak incidence is in young children as acquired immunity is present in some of the adults.
- Season: Epidemics mostly occur during winter. The infection spreads by droplets during the prodromal stage and in early eruptive stage.

Pathogenesis: After infecting the nasopharynx, the virus travels to the lymphoid tissues that drain the region. When the virus spreads to all organs, including the skin, it causes viraemia during the prodromal stage. Macular eruptions exhibit subepidermal accumulation of serosanguinous fluid, capillary endothelium growth, and localized epithelial necrosis. Other than for the brain, all infected organs have enlarged giant cells that are packed with eosinophilic inclusion bodies. Giant cells infiltrate the lungs' alveoli and the bronchial epithelium desquamates with squamous metaplasia. Monocytes are the cells that this virus primarily infects¹.

Incubation Period: The Incubation Period of measles 10-14 Days.^{1,3}

Clinical Features of Measles²
Catarrhal stage:

1-2 days: Fever, running nose, red and watery eyes.

Day 2+: Cough, photophobia, Koplik's spots.

Exanthematous stage:

3-4 Days: Maculo-papular rash.

6-7 Days: Fever settles and rash begins to fade.

Complications of Measles:^{2,3}

Effects of measles virus

- Stomatitis
- Enteritis
- Pneumonia
- Keratitis

Secondary bacterial infection

- Otitis media
- Bronchopneumonia
- Conjunctivitis

Neurological complications

- Post-viral encephalitis
- Subacute sclerosing panencephalitis (persistent measles virus infection of the brain)

Nutritional

- Severe weight loss
- Kwashiorkor (tropical)

Prevention:²

Active Immunization: The "MMR" vaccine is typically administered in association with the mumps and rubella

Passive Immunization: Human normal immunoglobulin is injected intramuscularly to prevent or lessen measles in children under the age of 18 months, as well as to non-immune compromised children, especially those with malignant disease.

Management :^{1,3} 14 days of isolation in a quiet room are required. A liquid diet may be administered, such as milk, fruit juice, barley water, etc. It's important to take care of your mouth and eyes. Heavy doses of vitamin A (4,00,000 IU/day) may help preserve the mucosa of the gastrointestinal tract and respiratory system.¹

Homoeopathic Management: Numerous infectious diseases, such as the measles, have been successfully treated and prevented with homoeopathic medicine.

Depending on the presenting symptoms, homoeopathic treatment for measles can be administered in the early stages of the illness. The goal of homoeopathic treatment is to improve the immune system while also enhancing the patient's constitution and curing any underlying diseases.

Gelsemium⁴: eruption that is hot, dry, itchy, and measles-like. Measles, catarrhal symptoms; aids in bringing out eruption. Livid spots and retrocedent. red fever with a heated face and stupor.

Pulsatilla⁵: Itching, mostly in the evening and at night in the heat of bed, is mostly burning or prickly (as if from ant stings) and is caused by scratching. red spots, such as nettle rash or morbilli. redness that occurs frequently, even in chilly places. eruptions after consuming pork and intense itching in bed. Eruptions such as measles. Wounds that are suppurating, with thick, excessive pus. Yellow and full of pus.

Ferrum Phosphoricum⁴: capillary congestion, Measles accompanies skin burning, aggravated by severe exercise, or being in a warm environment.

Aconitum Napellus⁶: Burning, dry, swollen, red, and hot. a measles-like rash. Red, wide pimples that are accompanied by itching."Morbilli" shivers. numbness and formation. Stimulants alleviate pruritus. desquamation, itching, and a crawling feeling of the skin, mostly in the affected areas.

Kalium Muriaticum⁷: skin eruptions with thick, white-filled vesicles. skin conditions such as albuminoid eczema. scales on the skin that resemble dry flour. Crusta lactea, a scurfy eruption on faces and heads of little children. blisters and burns of all degree (external also).

Variolinum¹: Exanthema is characterized by sharp, pointed pimples that are typically small, seldom large, dry, suppurating, and rest on tiny red areolae that are often spotted with red color and occasionally quite itchy.

Belladonna⁵: The entire body has blood-colored red patches, mostly on the face, neck, and chest. Morbilli-like eruption. petechiae eruption accompanied with body

redness and itching. skin that is hot and dry. Burning of the skin is a characteristic, especially if the hand still burns after touching the skin, as if a hot stove had been handled. Swelling of the afflicted areas that is red, hot, and shiny.

***Bryonia Alba*⁴:** Yellow color of the skin. Clammy and wet skin. After slight emotions, there is a burning and prickling sensation over the entire body, like nettles. inflammation that is erysipelatous, particularly in the joints. nettle-rash.

Yellow colour of the skin. Skin moist and clammy. Burning and pricking over the whole body, as if from nettles, after slight emotions. Erysipelatous inflammation, esp. in the joints. Nettle-rash.

***Rhus Toxicodendron*⁶:** burning exanthema in general, pustulous; burning itching with swelling; blotches; like milk-crust; moist; like nettle-rash. Eruptions, generally vesicular, scabby, with burning itching, appearing esp. in spring and autumn. Eruption of small pustules on a red bottom, like zona.

CONCLUSION

Homoeopathy has the potential to play a significant role in the treatment of measles which affects a large number of people around the world.

Declaration by Authors

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