

Siddha way to cure *Chikungunya*

MV Viswanathan*, D Karpaga Raja and S Durai Khanna
Parampara, 46/38, Kasturi Ranga Road, Alwarpet, Chennai 600 102
Garpagam Siddha Home, Aattayamapatti, Salem, District, Tamil Nadu
E-mail: paramparaind@yahoo.com

Received 16 October 2006; revised 21 September 2007

The symptoms and signs of *Chikungunya* were studied among 500 patients and the methods to fight the disease with traditional Siddha medicines are described which is substantiated by clinical trials.

Keywords: *Chikungunya*, Siddha medicine

IPC Int. Cl.⁸: A61K36/00, A61P1/04, A61P1/06, A61P19/00, A61P29/00

Chikungunya is the latest medical scare that is afflicting people in Africa, India and the Indian Ocean Islands. *Chikungunya* virus is suspected to be of African origin. The disease has spread in sub-Saharan Africa, India, Southeast Asia, and the Philippines. This outbreak started in early 2005 in Comoros, and has caused 248,000 cases in the Reunion Island between March 2005 and April 28, 2006 and 5834 cases in Mayotte, 8976 cases in the Seychelles, 6000 cases in Mauritius. It is spreading fast among the rural and urban populations alike in South India. Though it is not fatal, deaths due to this fever have been reported in Andhra Pradesh.

Chikungunya fever is a viral disease transmitted to humans by the bite of infected *Aedes* and *Culex* mosquitoes. It was first isolated from the blood of a febrile patient in Tanzania in 1953. According to reports, *Chikungunya* first occurred in India about 52 yrs ago and has recurred now. Symptoms can include sudden onset of fever, chills, headache, nausea, vomiting, joints pain with or swelling, low back pain, and rashes.

Clinical study

At the Garpagam Siddha Home in Salem District, 500 patients showed signs and symptoms like severe pain in the calf muscle, pain in the joints, especially knee and hip joints, morning stiffness, fever ranging from 37.7-40.5°C, sometimes associated with respiratory problems, cough and cold indicating *Chikungunya*. Three Siddha preparations were used for treatment.

The patients were administered doses of decoction prepared with the powder of *Acalypha indica* Linn. (leaves), *Adhatoda vasica* Nees (leaves), *Aegle marmelos* Correa ex Roxb. (leaves), *Andrographis paniculata* Wall. Ex Nees (whole plant), *Ocimum sanctum* Linn. (leaves), *Piper longum* Linn. (fruits), *Piper nigrum* Linn. (fruits), and *Zingiber officinale* Rosc. (dried rhizome). Equal amount of the powder of the above ingredients is added with 400 ml of water and boiled till it is reduced to 50 ml and is then filtered. The decoction (50 ml) is administered thrice a day.

In the second preparation, mixture prepared from ten leaves of *Acalypha indica* Linn. ground with five numbers of *Piper nigrum* Linn. fruits was administered in the form of bolus. One bolus (approx 5-10 gm) each in morning and evening and *Gandhaga Rasayanam* at the dosage of 1 gm thrice a day were administered.

In the third preparation, To get relief from joints pain, mixture of *Amukra choornum* (prepared from 1 gm roots of *Withania somnifera* Dunal), *Kukil parapam* (prepared from 100 mg gum of *Commiphora mukul* Engl.), *Silajitu parapam* (100 mg) and *Triphala choornam* (1 gm) was administered thrice a day in hot water.

Results and discussion

The first formulation is used to reduce the fever while the second formulation is to reduce the rigidity in limbs. Clinical studies showed that after administration of the preparation to 10 patients, 8 patients showed immediate relief within half an hour. The third preparation is used to relieve pain from all

*Corresponding author

over the body. Treatment with this preparation may be continued for week even after relief from fever for rejuvenation of health. In the first 12 hrs, pain was reduced but fever persisted. In the next 3 hrs, pain was reduced further and fever came down by 2°. In the next 6 hrs normality was attained. This disease shows a combined effect of pain in limbs & body and also fever that totally damage the immune system. Thus, it is better to follow all the three methods for complete and quick recovery from *Chikunguniya*. Rice porridge, tender coconut and hot water may be taken during treatment. Out of 500 patients treated, 450 persons got cured of the disease.

References

- 1 Anonymous, Dengue-like Chikungunya fever back in India after 32 years, *Health News*, April, 27 2006, Micro Soft Internet Explorer.
- 2 Arun C Inamadar, Aparna Palit, Sampagavi VV & Deshmukh NS, Dermatological manifestations (data on file) observed in a recent outbreak of Chikungunya fever in Southern India, 2005.
- 3 Anonymous, *The Useful Plants of India*, (Publications & Information Directorate, New Delhi), 1992.
- 4 Anonymous, Chikungunya is back, *India Daily*, April 28, 2006, <http://www.indiadaily.org>, 2006
- 5 Patricia A Doyle, Chikungunya Virus Racing Throughout India Now, *Business Administration*, <http://timesofindia.indiatimes.com/articleshow/msid-1480834>, curpag-1. cms, <http://www.rense.com>.
- 6 Ravi V, Re-emergence of Chikungunya virus in India, *Indian J Med Microbiol* ,[serial on line] 2006 [cited 2006 Aug 30] 2006 24:83-84.
- 7 Traveler's Health 2006 Outbreak Notice update: Chikungunya fever: Indian and Indian Ocean Islands.
- 8 World Health Organizations, Eurosurveillance, Institute de veille sanitaire (France), --Internet research, 2005.
- 9 World Health Organizations, CHIKV .com. Microsoft Internet Explorer, 2006.