



AYUSH AS A PREVENTIVE AND CURATIVE FOR MALARIA

¹Anil Verma, ²Ajay Jaiswal, ³Seema Shakya

¹M.S. (Ayu.), ²M.D. (Hom.) ³M.D. (Hom.)

¹DISTRICT AYUSH OFFICER – Harda

²AYUSH CHO – Govt. Homoeopathic Dispensary Charkheda, HARDA, M.P.

³AYUSH CHO – Govt. Homoeopathic Dispensary Semra, RAISEN, M.P.

Abstract : Malaria is an acute febrile illness caused by Plasmodium parasites, which are spread to people through the bites of infected female Anopheles mosquitoes. It is preventable and curable. Malaria is a life-threatening disease primarily found in tropical countries. It is both preventable and curable. However, without prompt diagnosis and effective treatment, a case of uncomplicated malaria can progress to a severe form of the disease, which is often fatal without treatment. In present study we tried to explain the effectiveness of AYUSH treatment as a preventive and curative method for MALARIA.

Keywords : Malaria, AYUSH, Homoeopathy, Plasmodium , Malaria officinalis,

Introduction : Globally, the World Health Organization estimates that in 2020, 241 million clinical cases of malaria occurred, and 627,000 people died of malaria, most of them children in Africa. Because malaria causes so much illness and death, the disease is a great drain on many national economies. Since many countries with malaria are already among the poorer nations, the disease maintains a vicious cycle of disease and poverty

Uncomplicated malaria - Uncomplicated malaria refers to when a person has symptoms but no sign of severe infection or dysfunction of the vital organs. However, without treatment, or if a person has low immunity, it can progress to severe malaria. Symptoms can resemble those of flu and can typically last 6–10 hours and recur every second day. However, some strains of the parasite can have a longer cycle or cause mixed symptoms. Overall symptoms include: fever and chills, sweating, headaches, nausea and vomiting, body aches, weakness and enlarged liver mild jaundice, which can cause the eyes to appear yellow a higher breathing rate a general feeling of being unwell.

Complicated malaria (Severe malaria) - In some cases, malaria can progress and affect vital body organs. At this point, malaria parasites have affected over 5% of the red blood cells. Symptoms include severe anemia, blood in the urine, changes in blood clotting, impaired consciousness, changes in behavior, high acidity in the blood and body fluids, seizures, coma, Severe malaria is a life threatening medical emergency.

AYUSH : AYUSH is the acronym for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy and includes therapies documented and used in these Systems for the prevention and cure of various disorders and diseases. India has a large infrastructure for teaching and clinical care under these Systems. The scientific validation of these therapies, however, still remains to be done on a wider scale. The Department of AYUSH has introduced a Scheme for Extra-Mural Research in addition to the intra-mural research undertaken by the Research Councils for Ayurveda and Siddha, Unani, Homoeopathy and Yoga and Naturopathy set up by the Ministry of Health and Family Welfare three decades ago. The offtake and output from this scheme has so far been limited and has yet to meet the standards for scientific enquiry and outcome effectively. The Department has taken up a series of programs/interventions wherein evidence based support for the efficacy claims is needed. Safety, quality control and consistency of products are also very much required.

DIFFERENT STUDIES OF AYUSH IN MALARIA : Homeopathy is a therapeutic method based on the application of similia principle, utilizing ultra-low doses of medicinal substances made from natural products. The present study has been designed to evaluate the efficacy of *Cinchona officinalis* (Chin.) 30C and *Chelidonium majus* (Chel.) 30C in combination therapy against lethal murine malaria. Five groups having twelve BALB/c mice each were administered orally with 0.2 ml/mouse/day of different drugs, and their antimalarial potential was evaluated by Peter's 4-day test. The combination of Chin. 30 and Chel. 30 exhibited complete parasite clearance by the 28th day post-inoculation which was similar to the positive control [artesunate (4 mg/kg)+sulphadoxine-primethamine (1.2 mg/kg)] group. Both the groups exhibited enhanced mean survival time (MST) 28±0 days, whereas, the mice of infected control group survived up to 7.6±0.4 days only.

antimalarial efficacy of combination of two homeopathic drugs *Chelidonium 30* and *nosode 30* has been evaluated in vivo against *Plasmodium berghei* (*P. berghei*) infection using Peters 4-day test. Biochemical assays have been performed to assess the levels of hepatic and renal function biomarkers upon drug treatment using diagnostic kits.

The therapeutic effects of the plant species used in homeopathy have never been subjected to systematic analysis. A survey of the various *Materiae Medicae* shows that over 800 plant species are the source of medicines in homeopathy. As these medicines are considered related to one another with respect to their therapeutic effects for treating similar symptoms, the aim is to classify and map them using the concept of homology. This involves placing the discipline of homeopathy into a comparative framework using these plant medicines as taxa, therapeutic effects as characters, and contemporary cladistic techniques to analyse these relationships.

Government bodies and authoritative literatures suggest the below medicines for malaria with indications. Please note that it is only for information and you must consult a physician.

Arsenicum album 30: Fever at regular intervals, coming either at mid-day or midnight. Extreme weakness. Marked anxiety, restlessness and fear of death. Burning pains. Unquenchable thirst, drinks small quantity at frequent intervals. Worse in wet weather and from cold exposure; better from warmth.

Eupatorium perfoliatum 30: Fever with great soreness and severe aching of bones. Chill between 7a.m. and 9 a.m. Chill preceded by unquenchable thirst. Sweating relieves all symptoms except headache.

Chininum sulphuricum 30: Fever comes at regular intervals, at the same hour every day. Chill begins at 3:00 p.m. daily. Shivering even in a warm room.

Cinchona officinalis 30: Marked chill followed by fever and sweat. Fever paroxysm mostly begins at night. No thirst during chill and heat. Body extremely sensitive to touch, but hard pressure relieves. Flatulence, whole abdomen distended due to gas. Loose stool.

MALARIA OFFICINALIS - Malaria officinalis is a nosode and it is prescribed when well selected remedies fail. It completes the cure. Symptoms like aching pain which continues when the fever has subsided, will be cured by this remedy.

Hahnemann had an extensive experience in Malarial Fevers in the valleys of the Danube and the fevers of the Pontine marshes on the Tiber are historical. Dr. Bowen lived on the Wabash River at that time, a noted malarial region, and for many years he was called upon to treat hundreds of patients suffering from all forms of malarial affections. Malarial affections have been attributed to marsh exhalation in summer and autumn when the water has been evaporated by heat. These poison vapors of decaying vegetation Dr. Bowen had to contend with, Malarial fevers and their resultant diseases, intermittent, remittent, continued, typhoid, etc., for years, not only in their acute, but in their suppressed forms, in which he found all forms of chronic diseases, very frequently, could be traced to maltreatment of the acute manifestation. He conceived the practicability of testing the effects of artificial toxin prepared from peat, or decayed vegetable matter, taken from a marsh during the dry season, when the malaria toxin was most active. This vegetable matter was placed in glass jars, filled with water and allowed to decompose, which were numbered I, II, and III, according to the time, one, two or three weeks of decomposition

“AYUSH Malaria Niyantaran karyakram” - Madhya Pradesh Govt. Using Malaria Officinalis as a preventive remedy for malaria in all districts.: following are the results of preventive effectiveness –

| Year | Malaria Pv | Malria Pf | Total malaria Positive |
|------|------------|-----------|------------------------|
| 2018 | 35 | 52 | 87 |
| 2019 | 13 | 2 | 15 |
| 2020 | 3 | 0 | 3 |
| 2021 | 0 | 0 | 0 |
| 2022 | 1 | 0 | 1 |

Conclusion :- By various studies and observations it is proved that some Homoeopathic remedies like Malaria off, China, Chelidonium, Ars alb etc. and other various medicines of AYUSH treatment are very effective as a preventive and curative measure for malaria.

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