PROTECT YOUR CHILD FROM JAPANESE ENCEPHALITIS

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY
**JAPANESE ENCEPHALITIS**

- Japanese Encephalitis (J.E.) is a viral disease that infects animals and humans.
- It is transmitted by mosquitoes (Culex mosquito). It cannot spread directly from one person to another.
- In humans, it causes complaints ranging from mild infections with fever and headache to severe infections with encephalitis (inflammation of the membranes around the brain).
- About 1 in 4 of such cases results in death.

**PREVALENCE**

- It occurs as seasonal outbreaks in India, China, Philippines, Nepal, Indonesia and South East Asia. It is mainly prevalent in rural areas.
- It commonly occurs in areas of rice growing, flooded fields and where pig rearing is common.

**TRANSMISSION OF THE VIRUS**

Japanese Encephalitis virus can be transmitted to humans by a bite (usually in evening or night) of an infected female Culex mosquito, which has sucked infected blood of one of the following:

- Pig
- Aquatic bird
- Human

**SIGNS AND SYMPTOMS**

It takes 4-16 days after the mosquito-bite to develop disease in man. Children in the age group of 3-15 years are more susceptible and their complaints are more serious. Following types of symptoms may be shown by the patients depending upon the severity of the disease:

**MILD**
- Flu-like symptoms:
- Nausea and vomiting
- Headache
- Lethargy

**MODERATE**
- High fever
- Confusion
- Alteration of sensorium
- Behaviour changes
- Neck rigidity
- Involuntary movements like tremors

**SEVERE**
- Convulsions (common in children)
- Weight loss

**If not treated properly, following complications may arise:**
- Serious brain damage, resulting in paralysis, seizures, etc.
- Mental retardation
- Behaviour disorders
- Remove water from coolers and other small containers at least once in a week.
- If it is not possible to completely drain the water off from room cooler, water tanks etc., put about two tablespoons (30 ml.) of petrol or kerosene oil into them for each 100 litres of water. This will prevent mosquito breeding.
- Discard items that can collect rain or run-off water, especially old and discarded tyres, broken pots, etc.
- Prevent entry of mosquitoes into the house.
- Use screen on doors and windows.
- Keep unscreened doors and windows closed.
- Let the spray workers conduct the spray, whenever they come to spray your house. It is in your own interest to get the house sprayed.
- Conduct regular flying-insect sprays in and around the pig farms.
- Use mosquito nets, mosquito repellent creams, liquids, coils, mats etc., even while sleeping during day time.
DON'Ts

- Do not allow water to collect around homes to eliminate mosquito-breeding site.

- Do not wear clothes that expose arms and legs

- Do not let the garbage collect near house

- Do not allow children to play outdoors in shorts and half/without sleeves clothes

What can Homoeopathy Do?

J.E. is a condition that requires proper treatment. It is, therefore, advised that a qualified homoeopathic doctor should be consulted for its treatment. However, a few medicines that are empirically used in treatment of J.E. are:

Belladonna, Helleborus niger, Hyoscyamus, Arsenic album, Bryonia and Cuprum met.

HOMEOEPATHIC RESEARCH ON JAPANESE ENCEPHALITIS

- The Central Council for Research in Homoeopathy (CCRH) had carried out research studies for prevention and treatment of Japanese Encephalitis during its epidemics in eastern parts of U.P. in 1989, 1991 and 1993. Homoeopathic drugs, Belladonna was found useful both, for prevention and treatment, of Japanese Encephalitis. Other medicines found useful in its treatment were Cauticium, Rhus tox., Cica virosa and Helleborus.

- In 2002, the Govt. of Andhra Pradesh had undertaken a prevention programme for Japanese Encephalitis to verify the effects of homoeopathic medicines Belladonna, Calcarea carb. and Tuberculinum. The findings of this study have underlined the utility of homoeopathic medicines in preventing this condition.

General Instructions

- Medicine should be taken after cleaning the mouth and preferably in empty stomach.

- Strong smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine.

- The medicine should not be taken if the white globules turn yellow, or if the sediments appear in the liquid form of medicine.

- If improvement occurs within 2-3 days, then medicine should be stopped.

- If patient doesn't improve within 48 hours or becomes worse at any time, then a qualified homoeopathic doctor should be consulted.

- During homoeopathic treatment, no other medicines should be taken, unless suggested by a qualified homoeopathic doctor.

- Keep the medicines:
  - Away from strong smelling substances like camphor, menthol etc.
  - In a cool, dry place away from direct exposure to sunlight.
  - Away from the reach of children.

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