MALARIA

The culprit could be CLOSER than you think!

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY
Malaria is one of the world's most common life-threatening infectious diseases, characterized by recurrent attacks of chills and fever. Every year, malaria affects about 400,900 million people in the world and kills approximately 1 to 3 millions of those infected.

The majority of cases occur in children under the age of 5 years. The pregnant women are also vulnerable.

**Causes**

Malaria is caused by a parasite, *plasmodium*. It is transmitted from person to person by Female *Anopheles* mosquito.

There are four varieties of plasmodium species that cause malaria in humans. They are:

- **P. Vivax**
  
  This form of species is the most common cause of malaria in India. It produces less severe symptoms but can remain in liver and cause relapses for up to three years.

- **P. Falciparum**
  
  It is also known to cause malaria in some parts of the country. It produces the most severe symptoms and is responsible for most deaths due to malaria.

- **P. Malariae**
  
  This form of species, found in Africa, can occasionally remain in the body for years without producing symptoms.

- **P. Ovale**
  
  This is a rare form of species and can also cause relapses.

**Know about this deadly enemy!**

The female *Anopheles* mosquito has a specialised apparatus to penetrate the skin of its victim. Once through the skin, the mosquito begins probing for a tiny blood vessel. If it does not strike one on the first try, the mosquito will pull back slightly and try again at another angle through the same hole in the skin. It then injects its saliva into the microscopic wound and also withdraws blood.

**Other means of spread**

- A pregnant woman can transmit the infection to her unborn baby.
- Malaria can also be transmitted through blood transfusions or organ transplants from infected persons.

**How it spreads?**

Malarial parasite is transmitted to humans by bite of an infected female *Anopheles* mosquito, which has sucked blood of an infected human. The mosquito usually bites in the early evening and night.

**Malaria transmission cycle**

1. Second mosquito passes infection to next human
2. Parasite infected mosquito bites a human & passes on the parasite
3. Parasite infects the liver
4. Infected liver infects the blood cells

**Why does a mosquito need human blood?**

The female mosquito lays 30-150 eggs every 2-3 days. Human blood is needed to nourish these eggs and *Anopheles* shows the most regular cycles of blood feeding and egg laying.
Signs and symptoms
Malaria is generally characterized by recurrent attacks with the following signs and symptoms:
- Moderate to severe shaking chills
- High fever
- Profuse sweating as body temperature falls
- General feeling of unease and discomfort (malaria)
- Headache
- Nausea
- Vomiting
- Diarrhoea

Complications
- Mild to severe anaemia
- Swelling in the brain or brain damage
- Breathing problems
- Dehydration
- Liver failure
- Kidney failure
- Rupture of the spleen

Cerebral malaria
Caused by Plasmodium falciparum, cerebral malaria causes changes in the mental status of the patient and coma may accompany fever. If a person is not treated, cerebral malaria can lead to death in 24-72 hours. Its chief symptoms are:
- Impaired consciousness with fever.
- Seizure and delirium.
- Blackout (coma) that persists for 24-72 hours; initially patient can be roused from it, but later he cannot be roused.
**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.

Travel to a malaria risk-area during pregnancy is NOT recommended as malaria tends to take a more severe form in the pregnant females.

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**What can Homoeopathy do?**

Following are some of the commonly used homoeopathic medicines for malaria but it is advised that a qualified homoeopathic doctor should be consulted.

**SYMPTOMS**

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

**MEDICINE**

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dosage</th>
</tr>
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<tbody>
<tr>
<td>Arsenic album 30</td>
<td></td>
</tr>
<tr>
<td>Eupatorium perfoliatum 30</td>
<td></td>
</tr>
<tr>
<td>Chinimum sulphuricum 30</td>
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<tr>
<td>Cinchona officinalis 30</td>
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</table>
How to select the medicine?

To pick the right medicine, match the symptoms of the medicines given in the handout, with the problem you are suffering from. The medicine with majority of symptoms similar to yours will be the right choice for you.

DOSE

Children: 3 to 4 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.
Adults: 6 to 8 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.

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.
- Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable to restrict the use of cigarette, bidi, pan masala, alcohol, narcotics, etc. when one is under homoeopathic medication.
- 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.

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY

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