

# PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

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# MONSOON AILMENTS



Monsoon is here, and it brings with it a pleasant atmosphere... and lots of diseases as well! In order to keep safe, we need to know the most common monsoon diseases and their remedies...

## ● Disease spread by Mosquitoes

### ● Malaria:

This is the most common disease that catches you in the rainy season. The disease is spread by female Anopheles mosquito. This is the most dangerous disease in India responsible for highest number of deaths. Fever at regular intervals, bouts of shivering, muscle pain and weakness are the symptoms that a patient shows while suffering from Malaria.[2]Chloroquine (Lariago) is the primary allopathic medicine.

### ● Chikungunya:

Caused by a virus, it is transmitted by the bite of the Aedes aegypti mosquito, which bites during the day and can cause severe, occasionally persistent, joint pain as well as fever and rash. Specific antiviral drugs or vaccine for treatment of chikungunya fever aren't available. Therefore, early diagnosis and proper treatment are important for control of infection. People with chikungunya fever are treated

symptomatically, as there is no curative allopathic medicine for it.[6]



#### 🔥 Dengue:

It is also spread by *Aedes aegypti* mosquito. There is no specific anti-viral therapy, but symptomatic treatment can be given. To relieve from pain as well as headache & muscle-ache, NSAIDs (Non-steroidal Anti-inflammatory Drugs) like Paracetamol & Acetaminophen can be used. Aspirin is avoided in Dengue as it can act as anti-platelet agent and can worsen the bleeding condition.

#### 🔥 Prevention:

Mosquito repellents and nets should be used to prevent it. Also make sure that water does not stagnate in your area as mosquitoes breed in stagnant water.[2] Fumigation of Neem leaves and bark is very effective. Application of Karanj oil on hands and feet acts as an effective mosquito repellent.

#### 🔥 Herbal Treatment:

Sudarshan Vati and Kadu-Kariyatu has beneficial anti-malarial and anti-pyretic (anti-fever) effects.

Nagod leaf paste & oil is said to have curative effects on joint pain. Papaya juice and Wheatgrass juice are specifically helpful in Dengue. However, do not ignore any symptoms and consult your doctor immediately if you feel any sign of the disease.

#### 🔥 Stomach Disorders:

Caused by contaminated food and water. Diarrhoea, dysentery, gas problems are some of the common disorders in this season.[2]

Antibiotics are available for dysentery, but none of them are OTC. Kada Chhal (Bark) mixed with curd or buttermilk is very effective in dysentery. Trifala Churna improves the entire general condition of the stomach. Simple dietary measures like consuming lemonade containing Kali Mirch, Phudina in tea, 10-15 Methi seeds taken early morning and after dinner, and increase of Hing & Garlic in diet prevents gastric disorders.

#### 🔥 Respiratory Tract Disorders:

Sore throat, Tonsillitis, Cold & Cough

This is the most common disease that catches people cutting across age lines. Constant sneezing, sore throat and fever are the common symptoms of this disease. [2]

Lemolate is a common allopathic medicine for cold. In cold & cough, one litre bottle having 3-4 tablespoons of Sunth added in warm water can be used in place of normal water at home or workplace as it has potent immunity-enhancing effect. Addition of Tulsi and Kali Mirch will potentiate the effect. Home remedies also include a glass of hot milk in which turmeric has been added. Licking Sitopaladi churna with honey gives relief in sore throat and tonsillitis/bronchitis. Chewing Baheda fruits also helps in tonsillitis/bronchitis.

## HERBAL TREATMENT FOR DENGUE



**● Skin Disorders:**

Our skin needs extra pampering because temperatures drop and the wind and rain strains your skin. Dandruff is very common in the monsoon due to the humidity and overgrowing of *Malassezia furfur* fungus. Breakouts, acne and bacterial infections are aggravated by wet clothes. Fungal infections like ringworms occur commonly in areas like armpits, groin and between toes. Anti-fungal creams are readily available in the market. Karanj oil is very good in skin diseases, including hair scalp, but excluding the face. Drinking plenty of water to keep the skin hydrated and cleansing with an AHA (Alpha - hydroxyl acid) based or Neem-based face wash will protect the skin.

**● Advisable Diet:[7]**

- Eat less
- Green leafy vegetables
- Properly washed fruits & vegetables
- Eat barley, brown rice and oats
- Add garlic to food
- Drink warm water after meals

**● Dietary precautions: [7]**

- No watermelons or muskmelons
- Avoid mangoes
- No oily food or spicy food
- Decreased intake of dairy products



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