



## Alternative Medicines For Scrub Typhus

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In case of typhus fever (sannipat jwar), Ayurveda recommends to take cow's milk lightly boiled, or the wine called 'Mrita-sanjibani' mixed with broth of meat or of *Phaseolus roxburghii*. It is harmful to take rice before the fever completely subsides. Food that is difficult to digest or that which increases or excites kafa. Anointing the body with oil, physical exercise, sleep during the day, indulgence in excessive anger and exposure to chilly blast are also injurious and thus should be avoided (1).

The prophylactic treatment consist of disinfection, immediate isolation and a persistent effort at cleanliness. There should be plenty of pure, fresh air in the sickroom. In the treatment of this disease there are three conditions to overcome i.e. sepsis, high temperature and complications of the respiratory & nervous system.

The room, where possible, should be large, well ventilated, and the temperature, if in winter, not allowed over 68° (2). Garlic acts as an excellent antibiotic. It heals many diseases and a universal remedy. In world war I, Dr Albert Schweitzer used garlic to treat typhus, dysentery, enteritis and gangrene in battle wounds soldiers (3).

Echinacea alone or with combination of other antiseptic herbs such as garlic is used to treat typhus infection while others prefer formulation including Ling Zhi (Reishi) mushroom (4). Veratrum is recommended when there is a full, bounding pulse and throbbing of the carotids. In connection with this, the wet-sheet pack may be used, if temperature is very high, 104° or 105°. Where the poison is intense, the extremities are cold, the patient is dull and drowsy and the pulse feeble and oppressed, blankets wrung out of hot mustard-water and placed on the patient, with a stimulating emetic of capsicum and lobelia, will give good results (4). Belladonna can be used for dullness and coma. Gelsemium is the better remedy where there is great irritation and active delirium. Hyoscyamus can be used when the patient is restless and unable to sleep (4).

The fruit of *Capsicum Frutescens* L. (Red pepper) is taken internally in cholera, for sore throat, phthisis, given with cinchona for malaria, prescribed in ague, cholera, dropsy, dyspepsia, gout, malaria, snakebite, and typhus (5). *Dorstenia contrayerba* L. is used as a stimulant, diaphoretic, febrifuge, for skin diseases and typhus fevers. *Melissa officinalis* is used for old colds, as febrifuge for typhus fevers & chills (6).

The roots and leaves of *Andrographis paniculata* as a decoction can be used against stomachache, dysentery, typhus and help in such conditions because of its anti-inflammatory and as immunosuppressive actions (7).

Herbal Content within Medicine Cap Bunga SIANTAN Demam T consists of *Ramulus cinnamomi* (100 mg), *Spica prunellae* (200 mg), *Puerariae radix* (250mg), *Plantaginis semen* (100 mg), *Coicis semen* (150 mg), *Pogostemi herba* (200 mg) helps to overcome migraine (as health supplement), to strengthen kidneys (as health supplement), to reduce fever, to improve injured digestion tract due to typhus infection and to improve body liquid circulation (8). Some herbalists used worm as a very powerful drug for those who suffer from typhus or influenza and also very good for stomach health care taken with warm water or as capsules worms along with turmeric, honey for the size of the capsule and taken without boiling (9).

Many plant extracts have potential in eradicating typhus due to their natural antibiotic effect. However, further studies should be carried out for the quality and safety assurance and these alternative medicines should only be used as an adjuvant along with antibiotic treatment of Scrub Typhus.

### References

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