



TITLE: MONSOON AILMENTS AND HOMOEOPATHY MANAGEMENT

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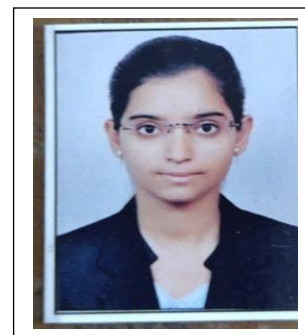
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ABSTRACT: This comprehensive article reviews the unique health challenges presented by the monsoon season in India. According to the article review, the risk of a number of illness, such as skin infection, respiratory tract infection and water borne diseases caused by the increased humidity and waterlogging. An investigation on the epidemiology of diseases associated with the monsoon in India demonstrates a surge instance of cholera, typhoid, dengue, malaria and other illness at this time. The article described how homeopathy might help preserve health during this time.

KEY WORDS: Monsoon, common Infectious diseases, homeopathy Remedies



INTRODUCTION:

In tropical regions, the monsoon is a time of intense rain that usually lasts from June to September. An important area of public health concern in India is the epidemiology of diseases associated to the monsoon.^[1] During and immediately following the monsoon season, there is a significant frequency of common vector-borne diseases like dengue, chikungunya, and malaria.^[2] India account for 4% of global malaria cases, with the majority of these case reported during monsoon .^[1] Similarly, because of the rise in mosquito breeding grounds brought on by water stagnation, dengue and chikungunya incidences also sharply increase during the monsoon. Seasonal fluctuations are also seen in waterborne diseases including cholera, typhoid, and hepatitis, where a spike in cases usually occurs during the monsoon months. In India, diarrheal illnesses account for a large portion of morbidity and mortality cases, particularly in children under five. These illnesses are frequently brought on by flooding contaminating drinking water sources. Because of the high humidity during the monsoon, respiratory infections also become more common. This can aggravate pre-existing illnesses like asthma and bronchitis and increase the risk of pneumonia and other respiratory tract infections.^[3] According to research in the Indian Journal of Dermatology, the monsoon season is associated with a higher risk of bacterial and fungal skin diseases.^[4]

Cold, cough and Flu:

- In the monsoon season common cold is one of the most occurring health problem. It is a very infectious disease due to the spread of the virus in the air which cause the upper respiratory tract infection. It also affects the nose and the throat, runny or stuffy nose, body ache, throat irritation and soreness as well as fever.



1. Aconite

Aconite is one of homeopathy medicine for cold, scanty watery coryza, coryza with frequent sneezing in the rainy season. Aconite prescribed when the sudden onset of cold due to prolonged exposure to dry and cold weather. It is usually given to those patients which have high fever and restlessness in the first 24 hours with increased thirst for water and experience intolerable body aches. ^{[5][6]}

2. Allium Cepa

Allium Cepa is one of the best homoeopathy medicines for coryza with acrid nasal discharge and laryngeal symptoms in cold and damp weather. It effectively treats cold and coryza with burning discharge from eye. ^[7]

3. Arsenicum Album

If the patient frequently sneezes accompanied by thin, watery excoriating nasal discharge, irritating and tickling in nose. Frequent sneezing without relief. hay fever with great restlessness. Arsenicum Album will be the best-prescribed homeopathic medicine. It also relieves symptoms such as throbbing frontal headache, burning type of pain in chest, anxiety, and restlessness. ^[5]

4. Belladonna

Belladonna is another predominant homeopathy medicine for cold, coryza and remittent fever in rainy seasons to treat sore throat, barking cough, fluent coryza of one nostril alternating with stoppage of the nose and throbbing headaches. The medicine is especially prescribed for individuals who experience a sudden onset of cold accompanied by high temperature, hot, and dry sensation with paleness on face. ^[6]



5.Eupatorium

Eupatorium is one of the best homeopathy medicines for influenza with great soreness of muscles and bones. coryza with sneezing in chest. Hoarseness voice and cough with sore throat .^[7]

Skin infections:

- Skin infections are a common occurrence during the monsoons because of constant dampness. The wetness present in the environment does help the fungi to develop and thrive, the most common site is skin folds such as the groins or between the toes e.g. tinea infection, ringworm etc.

1. **Graphites:** This Common homeopathic medicine which is useful to treat a number of skin conditions like rough, dry and scaly skin, rawness in bends of limbs, groin, neck behind the ear. Itchy eczema on face and scalp.^[7]
2. **Calendula:** It one of the best medicines for skin infection in damp, heavy and cloudy weather it promotes favorable cicatrisation with least amount of suppuration. Useful for open wounds, parts that will not heal, ulcers etc. ^[5]
3. **Sulphur:** Any skin condition that seems to feel aggravated or burns after washing can be treated with great hahnemanian anti psoric medicine sulphur. It is useful in dry skin around the nostril and around the corner of mouth, eruption with yellowish crust, itchy and dryness of scalp, brittle nails, coarse skin with a tendency to have pustular eruption ^{[5][7]}
4. **Mezereum:** Skin conditions that can accompanied by intense itching can be treated with mezerum, Crustiness and itchiness, scabs with thick pus, neuralgic pain, itchiness that get worse at night can be treat by mezerium,^[5]



Gastrointestinal tract infection:

- Infection of GI tract due to bacteria or virus does bring on vomiting, stomach ache, diarrhea or dysentery. Monsoon also does bring diseases such as conjunctivitis, tonsillitis, earache, pneumonia, diarrhea, dysentery, vomiting. ^[7]
- 1 **Nux Vomica:** Nux vomica is one of the leading remedy for gastritis, gastralgia and dyspepsia. flatulence and pyrosis, tightness, sour or bitter eructation, nausea and vomiting with spasmodic colic. Constrictive cramp like pain in stomach. ^[7]
- 2 **Arsenicum Album:** Gastroenteritis with burning pain in the stomach and dry mouth. Nausea and vomiting of entire food and water as soon as it touch to stomach due to inflammation and irritation of the mucous membrane. Vomiting and diarrhoea cause great prostration. ^[5]
- 3 **Pulsatilla:** Pulsatilla is also good remedy for gastric derangement Eating Rich fatty food, fruits, ice cream cause nausea vomiting epigastric pain, abdominal colic and diarrhea. Colicky and pain obliges the patient to bend forward. ^[5]

Mosquito born disease:

- **Cinchona Officinalis (China):** Useful in cases of malaria-like symptoms such as periodic fevers, weakness, and sweating. ^[5]
- **Eupatorium Perfoliatum:** Effective for dengue fever with severe muscle and joint pain, fever, and chills. ^[5]
- **Ledum Palustre:** Often used for insect bites and stings, it helps reduce swelling, pain, and itching. ^[5]



General tips and prevention measure during monsoon:

- **Maintain Hygiene:** keep your living environment clean, and avoid street food regular wash of hands
- **Stay dry:** Wear waterproof footwear to avoid prolonged exposure to rainwater.
- **Use mosquito repellents:** Use mosquito nets and make ensure there is no stagnant water around your home.
- **Boos immunity:** Consume a balanced diet and use probiotics to strengthen your immune system.
- **Stay hydrated:** Drink boiled or filtered clean water to prevent waterborne diseases.

CONCLUSION:

Homoeopathy provides a natural and holistic approach to managing common monsoon related diseases. By selecting the appropriate remedies based on individual symptoms, homoeopathy can effective to manage the common monsoon ailments like cold and flu, skin infection, gastrointestinal tract infection and mosquito borne diseases.

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