



LEPTOSPIROSIS: AN AYURVEDIC APPROACH

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Article Received on 16/10/2017

Article Revised on 07/11/2017

Article Accepted on 28/11/2017

ABSTRACT

Leptospirosis is a widespread and potentially fatal zoonosis that is endemic in many tropical regions and causes large epidemics after heavy rainfall and flooding. Individuals living in urban slum environments characterized by inadequate sanitation and poor housing are at high risk of leptospirosis. According to Ayurveda, it is Krumi Roga. Protection to kidney and respiratory tract are focus systems. Ayurvedic treatment as prevention and cure and drugs for a symptomatic relief are described.

KEYWORDS: Leptospirosis, a bacterial disease that occur due to spirochete leptospira interrogans and defects humans and animals.

INTRODUCTION

Leptospirosis, a bacterial disease that occur due to spirochete leptospira interrogans and defects humans and animals.

Source of Infection

Pathogenic leptospire are widespread in nature, reflecting maintenance in the kidneys of many wild and domestic reservoir hosts. They leptospiral life cycle involves shedding in the urine, persistence in the ambient environment, acquisition of a new host, and hematogenous dissemination to the kidneys through the glomerulus or peritubular capillaries. These germs are shed out through the urine of infected animals such as Rodents, dogs, cats, cattle, camels.

Transmission

Exposure may occur through contact with contaminated water or food or soil containing urine of these animals. Portals of entry include cuts and abrasions or mucus membranes such as the conjunctival, oral, or genital surfaces. The disease is not spread from person to person.

Clinical Features

Leptospirosis ranges in severity from a mild, self-limited febrile illness to a fulminant life-threatening illness.

Incubation Period

The incubation period averages from 7 to 12 days though it can be short as 3 days or as long as a month.

Presentation

Patients typically present with sudden onset of fever, chills, and headache, muscle pain and tenderness, conjunctival suffusion. If not treated, patients can suffer from kidney damage, meningitis, liver failure, respiratory distress. Death occurs in rare cases.

Diagnosis

Diagnosis of leptospirosis may be accomplished by direct detection of the organism or its components in body fluid or tissues, by isolation of leptospire in cultures, or by detection of specific antibodies.

Leptospiral DNA has been amplified from serum, urine, aqueous humor, CSF. Most cases of leptospirosis are diagnosed by serology, because capacity for culture and PCR is limited. IgM antibodies are detectable in the blood 5 – 7 days after the onset of symptoms.

Treatment

- (i) For fever + chills – Mahasudershan Kwath – 20ml with 20ml of water three times a day. Parijatak guti 2/3 times a day for 7 days.
- (ii) Severe Headache + Rash – Suvarna sootshekhar 1 tablet 3 times a day. It will also help to reduce vomiting, muscle aches.
- (iii) Kamdudya mouktikyukta tabs 2-3 times a day.
- (iv) (1) Sanjivani Gutti 2-3 times a day.
- (v) Krumimudgarras 2 tablets 3 times a day

Amrutakashayam 20ml with 40ml of water.

Role of Panchakarma

- 1) Raktamoksham / Bloodletting – it improves blood flow and increase immunity and respiratory stress become less.
- 2) If there is no fever we may use vaman (Emesis) or virechan (purgation)
- 3) For headache we may use nasya/Enrhine along with massage for marma/vital point.
- 4) For fever we may use Basti Chikitsa/medicated Enema.

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