

## **PYREXIA IN INFANTS AND CHILDREN**

A Healthy- child is a favour gift to the parents. If a child has fall in sick, the entire family will be disturbed from their normal life activities.

Pyrexia or fever is a outward reflection of the internal derangements. How will you control the High temperature? Is it possible with homoeo medicines? These are the unsolvable questions arising in the public & even among many homoeopath.

I want to say if you select a right remedy for the right situation with maximum similarity, definitely the medicines will bring the temperature to normal in short period, even faster than a action of antibiotics.

While treating the child especially in fever, parents are very much tensed and anxious until the temperature reduced to normal. They may clarify many things with the physician, like

- a) Is it the fever will be cured with homoeopathy?
- b) Is the fever is controlled in short period?
- c) Can I give allopathic medicines while taking homoeo medicines for this fever conditions?
- d) If I switchover to allopathic system of medicine from homoeopathy treatment, any complication or reaction will develop?

Like this various queries will be asked by the parents. We are in the position to explain all the queries and counseling the parents while treating the pyrexia in infants & children.

### **How to approach the case?**

In case of adults the internal sufferings, intensity of the sufferings are expressed by the individuals, but in the infants & many children are lacking in subjective symptoms. Here

- Observation of the case
- Understanding of the case and
- Application of medicines

are to be followed in keen manner. When the fever child is brought to your consultation room what are the things should be observed ?

### General Observations:

- a) The child is obese or thin.
- b)     "     sweating or not sweating
- c)     "     toxic or nontoxic.
- d)     "     calm or restless.
- e)     "     sluggish or active.
- f)     "     Intellectual or idiotic.
- g)

### Particular Observation:

We should observe the

- 1) Tongue of every child, which reveals the internal derangements- coated or clean, dry or moist, thirst or thirst less, like all the symptoms we need to cure the pyrexia.
- 2) Throat- Don't fail to examine the throat and observe for sore throat, septic or follicular tonsillitis, ulcers in throat and deposition of white, creamy in tonsils.
- 3) Skin – To be observed for any rashes urticaria, eruptive disease like chickenpox, measles, boils, abscess, etc.,
- 4) To observe the tip of penis in all male child, because of many children are affected by phimosis or narrow opening of urethra, this may lead recurrent fever.

### Observation with stethoscopes:

We should thoroughly auscultate the child to find out any respiratory disorders like acute bronchitis with wheezing, rattling or crepitations in case of pneumonia.

### Observation with Investigations:

Many times the laboratory findings give the guidelines to approach the case. For example:

- a) Presence of albumin, pus cells with turbid urine indicate the child with UTI- it is helpful in inexpressive conditions of child.
- b) Presence of bile salt & bile pigments in urine, and elevation of bilirubin level indicates jaundice.

## Understanding about the case:

We should understand the suffering of children about the

- Cause of the fever
- Onset of the fever
- Modalities of fever
- Concomitant symptoms and
- Peculiar and strange symptoms

Generally children are easily getting fever while exposure to chill air, riding against the wind, attending any functions with crowd of people, exposure to sea shore, eating of ice-creams, sweets, drinking of cold drinks, like the common cases should be noted.

Then the onset of fever, with time modalities are very important to select the appropriate remedy. For example, once a boy studying 2<sup>nd</sup> std told me, I have fever and headache unbearable from my second period onwards. In that case I prescribed Nat.mur, on the basis of the 2<sup>nd</sup> period time 10:30 A.M. The boy was cured in the same day itself.

Another child was brought to me, he was ok, no problems while sending to school in the morning, but while returning from the school he had fever, told by mother. On the basis of time modality i.e. 3:45 to 4:00 P.M. I had prescribed Lyco.200 few doses, the child was free from fever in the next 2 hours.

In acute fever searching of many symptoms are difficult, in that condition, we should select the medicines on the basis of causation and modalities.

Peculiar symptoms like thirst less during fever, difficulty of swallowing liquid than solids, one sided sweat during fever, or the characteristics of sweat, heat in the upper part of the body, but cold in lower extremities, moaning during fever should be noted to select the rapid and successful prescription.

And also the associated symptoms are carrying more importance for remedy selection, for example

- Fever with sore throat
- Fever with Catarrh
- Fever with urinary tract infection
- Fever with gastric derangement

These are the guiding associated symptoms to guide the physician to select the leading remedies to be identified from the group of therapeutics and we should select the appropriate remedy in quick manner.

#### Applications on the case:

After the keen observation & understanding the case we are going to apply the appropriate remedy in suitable potency, with reasonable repetitions of the dosage.

- For Highly sensitive children water doses (10 pills + 1 cup water + ½ tsp + ½ hourly) until the recovery.
- Children who have drug resistance and lack of vitality reaction to be administered medicines with 200 potency should be repeated 4 pills every 2 hourly until the recovery.
- For mind symptoms predominant, like delirium, dreams, etc., during fever in that cases high potencies like 1m, 10m (few doses) are sufficient to give recovery from fever.

#### In Typhoid fever:

For enteric fever homoeopathic remedies are giving unbelievable solutions. In case of typhoid after 4<sup>th</sup> or 5<sup>th</sup> day the blood test are recommending to estimate the widal titre. After getting the result on the basis of diagnosis only we are able to select the remedies for typhoid fever. But it is delaying the case to cure.

If any case of fever not responding for first 2 days means, we should ask the case to review third day to examine the tongue for characteristic coating. On the basis coating of tongue, we should prescribe the remedies to cut short the period of treatment to improve and cure the case.

#### Some important remedies for the following type of fever:

##### Fever with common cold:

Aconite, All.cep, Ars.alb, Bell, Bry, Eup.perf, Gels, Nux.vom.

##### Fever with sore throat:

Ars.alb, Bary.carb, Bell, Lachesis, Lyco, Merc.i.r, Merc.sol, Streptococcinum.

Fever with urinary tract infection:

Acid.nit, Apis.mel, Ars.arb, Cantharis, Lyco, Mer.cor, Merc.sol, Nat.mur, Pyrogenium, Sarasaparilla, Sulphur.

Fever with Gastric complaints:

Ant.crud, Baptisia, Bry, Carb.veg, Ipecac, Lyco, Nux.vom, Puls.

Fever with bronchitis:

Aconite, Ant.tart, Ars.alb, Bry, Fer.phos, Ipecac, Lyco, Phosphorus, Thuja.

Fever in Flu:

Ars.iod, Bellisper, Bry, Eup.perf, Gels, Influenzinum, Puls, Rhus.tox.

Fever with Measles:

Ant.crud, Ars.alb, Bry, Gels, Kali.mur, Morbilinum, Puls.

Fever with chickenpox:

Ant.crud, Ant.tart, Bry, Merc.sol, Rhustox, Sulphur, Variolinum.

Fever with typhoid:

Acid.mur, Arnica, Ars.alb, Baptisia, Bry, Hyocyamus, Lachesis.

Fever with Malaria:

Ars.alb, Chin.sulph, China, Nat.mur, Nux.vom, Rhus.tox.

### General Managements:

- If temperature is very high 102.2° F or 104° F, it is necessary to adopt accessory
- Measures such as applying a cold compress or cold sponging, or even cold immersion to bring down the temperature.
- Clothing should be loose and absorbent.
- The child's environment should be cool and airy.
- Cold sponging cools the body and brings down the temperature. It tones, cleanses, and massages the skin care should be taken to see that the temperature of the water is not less than 18° C to 64.1° F.
- During fever, a child loses his appetite on the first or second day solid food should be avoided, but fluids like milk and kanji can be given at a short intervals.
- Advise to eat idly with honey.
- Sago kanji, horlicks are good especially during typhoid fever (Avoid milks & biscuits during typhoid fever).
- Avoid spicy food for 15days, after the fever.

### Some important rubrics and remedies:

SL.NO	RUBRICS	REMEDIES
1.	Anger after	Cham, Nux.vom, Sepia, Staphysagaria
2.	Anticipating	Nux.vom
3.	Appetite increased during fever	Phosporus, China, Cina
4.	Amelioration	Anacardium, China
5.	Burning heat outside, cold inside	Ars.Alb
6.	Burning- Internal blood seems to burn in the vein	Ars, Bry, Medorrinum, Rhustox
7.	Continued fever, foul breath	Arnica
8.	Corpulence, nervous pricking of bed cloths, during fever	Ars.alb, Bell, Hyocyamus, Lyco, Mur.acid
9.	Diarrhea intermittent during	Cina, Rhustox, Ars.alb
10.	Diarrhea - typhoid	Apis, Ars, Baptisia, Hyos, Phos, Lachesis, Mur.acid, Rhustox
11.	Dysenteric	Baptisia, Ferr.Phos, Nux.vom
12.	Enlarged spleen, with	Carbolic acid
13.	Eating aggravation	Phos, Tuberculinum
14.	Erratic rise of temperature	Puls

15.	Fever with whooping cough	Drosera
16.	Fanned desire to be	
17.	High temperature in evening, below normal in morning	Vert.alb
18.	Home sickness from corpulence, nervous pricking of bed clothes, during fever	Capsicum, Ars, Bell, Hyocynamus, Lyco, Mur.acid
19.	Intense heat convulsions, with	Bell, Cicuta, Hyocyamus, Stramonium
20.	Intermittent with enlarged liver	Lyco, Nitric.acid
21.	Internal heat while body feels cold to touch	Carbo.veg, Ferr.met
22.	In heat of sun	Anti.crud, Bell, Glonine
23.	Moaning during fever	Puls, Arina
24.	Putsid, fould, cadaverous smell to stool with extreme prostration	Ars.alb
25.	Respiratory difficult with fever	Apis, Lachesis, Tuberculinum, Kali. carb
26.	Riding in a carriage, while	Psorium, Graphites, Nitric.acid
27.	Remittent- infantile	Ipecac
28.	Sleep aggravation	Sambucus, Caladium, Opium
29.	Stupid form	Baptisia, Carbo.veg, Helleborus, Hyocygamus, Acid.mur, Opium, Acid.phos
30.	Summer, hot season	Ars, Bell, Bry, Gels, Lachesis, Ipeccac
31.	Urging to urinate during fever	Anti.tart, Apis, Bell, Cantharis, Puls
32.	Urticaria during fever	Apis, Cop, Ignatia, Rhustox, Sulphur
33.	Vomiting sour during fever	Lyco
34.	Vomiting bile during fever	Eup.perf, China, Chamomilla, Nux.vom, Puls
35.	Vomiting during fever	Anti.tart, Eup.perf, Nat.mur
36.	Vomiting after fever	Eup.perf
37.	Vomiting ice-cream after	Ars.alb, Ipeccac, Calc.phos
38.	Vomiting in intermittent	Anti.crud, Anti.tart, Cina, Lyco, Ferr.met
39.	Washing aggravation	Sulphur, Rhustox, Sepia
40.	Without thirst	Chamomilla, Cina, Ignatia, Puls

