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## REVIEW ARTICLE

### EFFECTIVENESS OF HOMEOPATHY IN PYREXIA OF UNKNOWN ORIGIN (POU)

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#### Abstract

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**Key Word-** PUO; Pyrexia of unknown origin. Fever; FUO; fever of unknown origin, Effectiveness of Homeopathy.

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Pyrexia of unknown origin (PUO) known as a syndrome or phenomenon when a human's body temperature goes high from the normal range of 98–100° Fahrenheit or 36–37° Centigrade that caused by a cytokine-induced upward displacement of the set point of the hypothalamic thermoregulatory center. It was first defined in 1961 & also known as state of Hyperthermia. It is a syndrome that has long tested the skills of physicians to achieve a diagnosis in affected patients & patients included in this syndrome will be more difficult to diagnose as they have already resisted classification during baseline investigations. Furthermore, investigation of PUO requires knowledge of many diseases across a range of clinical specialties, as well as knowledge of less commonly used investigative tools. As both society and medicine continue to change, the aetiology and epidemiology of the diseases that cause PUO also change. For these reasons, it is important for physicians to approach PUO in a logical manner, Homeopathy is one of the most popular holistic systems of medicine. The selection of homeopathic medicine for fever is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering. In this article, we review the causes of PUO and effectiveness of homeopathy as holistic systems of medicine for those in whom the full medical diagnostic process, assessment, and treatment are not effective.

## INTRODUCTION

Pyrexia of unknown origin (PUO) is known as a phenomenon when a human's body temperature goes high 101°F (38.3°C) on and off for at least 3 weeks with no known cause from the normal range of 98–100° Fahrenheit or 36–37° Centigrade that caused by a cytokine-induced upward displacement of the set point of the hypothalamic thermoregulatory center. Research suggests that fever helps fight infection. Treating the fever without knowing the cause might reduce your body's ability to deal with the possible infection. It also known as state of Hyperthermia.

## CAUSES

In children, infection accounts for about 50% of cases of fever of unknown origin, while inflammatory and malignant disease account for 5 to 10%. In adults, infections only account for 16% of cases, followed by tumors and noninfectious inflammatory diseases, such as rheumatoid arthritis etc. It can also be caused by a number of things like as:

- An infection, such as bacterial and viral like strep throat, flu, chickenpox, or pneumonia, rheumatoid arthritis
- Heat stroke, resulting either by exposure to high temperatures or prolonged strenuous exercise,

- Prostration and dehydration overexposure of skin to sunlight, or sunburn,
- Silicosis, one type of lung disease caused by long-term exposure to silica dust,
- Some medications, amphetamine abuse & alcohol withdrawal.

## PATHOPHYSIOLOGY

Fever can be caused by various microorganisms and substances collectively called pyrogens. Many proteins, breakdown products of proteins, and certain other substances, including lipopolysaccharide toxins released from bacterial cell membranes, can cause the set point of the hypothalamic thermoregulatory center to increase. Some pyrogens can act directly and immediately on the hypothalamic thermoregulatory center. Other pyrogens act indirectly and take longer to produce their effect.

Exogenous pyrogens induce host cells, such as leukocytes and macrophages, to release fever-producing mediators called endogenous pyrogens (for example, interleukin-1). The phagocytosis of bacteria and breakdown products of bacteria present in the blood lead to the release of endogenous pyrogens into the circulation. These endogenous pyrogens are thought to increase the set point of the hypothalamic thermoregulatory center through the action of prostaglandin E2. In

response to the sudden increase in set point, the hypothalamus initiates heat production behaviors (shivering and vasoconstriction) that raise the core body temperature to the new set point, establishing fever.

### STAGES OF FEVER

Signs and symptoms of patient's depend on which stage of fever he/she is in. Although, not all patients proceed through the four stages described below:

**Prodromal Stage-** The patient will have nonspecific symptoms such as mild headache, fatigue and bodyache.

**Second stage or chill-** The patient will feel chilled and develop generalized shaking despite his rising temperature. Vasoconstriction and piloerection precede the onset of shivering. The patient's skin will be pale and covered with gooseflesh. He/she may put on more clothes or curl up in a position to conserve body heat. When the shivering has caused the body temperature raised, the shivering stops and the patient again feels warm.

**Third stage or flush-** Cutaneous vasodilation leads to the skin becoming warm and flushed. Now the patient feel too warm.

**Defervescence** - This stage is characterized by sweating. The fever breaks, and the patient's body temperature returns to normal.

### SYMPTOMS / SIGNS

When somebody suffering from fever, signs and symptoms may include:

- Raised body Temperature
- Shivering, feeling cold
- Lack of appetite, Dizziness, Heavy eyes
- Muscular weakness, Lack of energy, Vertigo
- Bodyache, Dehydration that can be preventable by drinking plenty of water
- Depressive, problems concentrating
- Sweating, Lethargy, Sleepiness
- If the body temperature is high, there may be extreme confusion, irritability and hallucinations.

### DIAGNOSIS

To diagnose the cause of a fever of unknown origin must look for every possible clue. The first step is to confirm temperature; it can be measured in the mouth, rectum (anus), under the arm, or inside the ear. Look for signs usually accompanying fever - eg, tachycardia, chills. It is very important to take a thorough history:

- Fever of more than 101°F (38.3°C), either continuous or intermittent, for at least 3 weeks.
- Fever above 101°F (38.3°C) with no known cause, even after extensive diagnostic testing.

- FBC, erythrocyte sedimentation rate (ESR), U&Es, C-reactive protein (CRP), LFTs, antinuclear antibody (ANA), Rh factor and TFTs should be taken.
- If necessary: CXR, abdominal CT scan and echocardiography (if endocarditis or atrial myxoma is suspected) should be considered.
- Culture urine, sputum, stool, CSF and morning gastric aspirates (if tuberculosis is suspected).
- CT, intravenous pyelogram (IVP), MRI and positron emission tomography (PET) scanning all have a place in diagnosis.

#### GENERAL MANAGEMENT

- An individual with a fever should take proper rest be kept comfortable and not overdressed.
- Avoid stress and try to eat properly
- Never immerse a person with a fever in ice water. This is a common misconception. Never sponge a child or an adult with alcohol; the alcohol fumes may be inhaled, causing many problems.
- Fever patient should stay hydrated. Drink plenty of water and fluids, and avoid alcohol or caffeinated beverages, which can contribute to dehydration.

#### TREATMENT

Antipyretics such as aspirin, paracetamol or ibuprofen can help bring a fever down. If the fever has been caused by a bacterial infection, the doctor may prescribe an antibiotic. If a fever has been caused by a cold, which is caused by a viral infection, NSAIDs may be used to relieve uncomfortable symptoms. Antibiotics have no effect against viruses and will not be prescribed by your doctor for a viral infection.

#### HOMOEOPATHIC TREATMENT OF PYREXIA OF UNKNOWN ORIGIN

Homeopathy is the holistic systems of medicine. The selection of homeopathic medicines for fever is based upon the symptoms similarity and theory of individualization. Aim of homeopathic treatment for fever is not only to treat fever symptoms but to address its underlying cause and individual susceptibility. In Homoeopathic therapeutic medication is concerned with several well-proved medicines are available for fever symptoms treatment that can be selected on the basis of symptoms, cause, sensation and modalities of the complaints. Some important remedies are given below for fever symptoms treatment.

1. **Aconite:** Complaints caused by exposure to dry cold air, dry north or west winds, or exposure to draughts of

cold air while in a perspiration; bad effects of checked perspiration. Great fear and anxiety of mind, with great nervous excitability; Restless, anxious, does everything in great haste; must change position often; everything startles him. Tongue coated white. Intense thirst. Thirst for cold water. Bitter taste of everything except water. Aggravation Evening and night, pains are insupportable; in a warm room; when rising from bed; lying on affected side. Amelioration In the open air Aconite should never be given simply to control the fever, never alternated with other drugs for that purpose.

2. **Camphor:** It is one of the best medicine for fever if it comes along with chillness and the patient suffers from these symptoms in the early stage of fever as sensation of fever or coryza, watery nose and aggravation of the symptoms of fever by doing a little labour, the patient should take one drop Mother Tincture of the medicine Camphor thrice a day.
3. **Glonoine:** If fever comes because of sunstrokes and the patient suffers from severe pain, he should take Glonoine.
4. **Ipecac:** Tongue clean or slightly coated. In all diseases with constant and continual nausea. It specially acts on Intermittent fever: in beginning of

irregular cases; with nausea, or from gastric disturbance; after abuse of, or suppression from quinine. Intermittent dyspepsia, every other day at same hour; fever, with persistent nausea. Oversensitive to heat and cold. Adapted to cases where the gastric symptoms predominate.

5. **Lycopodium:** For persons intellectually keen, but physically weak; upper part of body emaciated, lower part semi-dropsical; predisposed to lung and hepatic affections. Ailments from fright, anger, mortification If the woman suffers from fever in the evening from 4 to 8 'o' clock, the medicine Lyco can be given to her. Fever; Chill between 3 and 4 p.m., followed by sweat. Icy coldness. Feels as if lying on ice. One chill is followed by another. Neglected pneumonia, with great dyspnoea.
6. **Belladonna:** Fever: A high feverish state with comparative absence of toxæmia. Burning, pungent, steaming, heat. Feet icy cold. Superficial blood-vessels, distended. Perspiration dry only on head. No thirst with fever. Belladonna always is associated with hot, red skin, flushed face, glaring eyes, throbbing carotids, excited mental state, hyperaesthesia of all senses.

7. **Rhus Tox:** If a person becomes the victim of fever after wetting in water, the use of Rhus Tox 30 provides a lot of relief. The medicine Dulcamara also can be used for the treatment of fever. Adynamic; restless, trembling. Typhoid; tongue dry and brown; sordes; bowels loose; great restlessness. Intermittent; chill, with dry cough and restlessness. During heat, urticaria. Hydroa. Chilly, as if cold water were poured over him, followed by heat and inclination to stretch the limbs.
8. **Ferrum Phos:** Take this medicine until fever subsides completely. If the patient has no symptom of fever, this biochemical medicine should be given to the patient at the regular intervals of 2-3 hours.
9. **Nux Vomica:** Oversensitive: to external impressions; to noise, odors, light or music; trifling ailments are unbearable; every harmless word offends. Bad effects of: coffee, tobacco, alcoholic stimulants; highly spiced or seasoned food; over-eating; long-continued mental over-exertion; If the cause of fever is constipation, the use of Nux Vomica provides a lot of relief. This medicine is cold natured but it is used in that condition when the patient feels cold and heat alternately. Fever; Cold stage predominates. Paroxysms

anticipate in morning. Excessive rigor, with blueness of finger-nails. Aching in limbs and back, and gastric symptoms. Chilly, must be covered in every stage of fever. Perspiration sour; only one side of body. Chilliness on being uncovered, yet he does not allow being covered. Dry heat of the body.

10. **Bryonia:** Fever; Pulse full, hard, tense, and quick. Chill with external coldness, dry cough, stitches. Internal heat. Sour sweat after slight exertion. If fever comes again and again after disappearing once, the patient should take Bryonia for relief. This medicine is also useful in typhoid too. Easy, profuse perspiration. Rheumatic and typhoid marked by gastro-hepatic complications. Complaints: when warm weather sets in, after cold days; from cold drinks or ice in hot weather; after taking cold or getting hot in summer; from chilling when overheated.

For individualized remedy selection and treatment, the patient should consult a qualified Homoeopathic doctor.

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