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Case Report

Unusual Treatment with a Juice of *Carica papaya* and Orange to cure Dengue

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Dengue (break-bone fever) is a viral infection that spreads from arthropods [1] (mosquitoes) to people. It is more common in tropical and subtropical climates [2]. Most people who are patients of dengue may be asymptomatic. However, some suffer from the dengue hemorrhagic fever [3], headache, body aches, nausea and rash. Most people also get better in 1–2 weeks. Some people develop severe dengue who need hospital attention. In severe cases, dengue can be fatal. Risk of dengue can be lowered by avoiding mosquito bites especially during the day. Dengue is treated with pain relief medicine as there is no specific treatment currently.

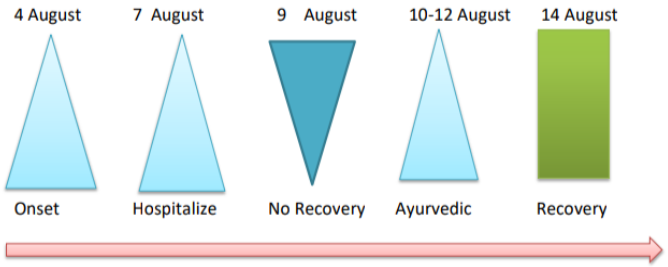

Figure 1:Journey of a 19 years old patient through dengue fever and its recovery

The presented case is about the unusual treatment done on 19 years old female patient to cure the dengue (figure 1). The patient suffered from the disease under study for several weeks. The patient suffered from body pain, joint pain, red eyes and rashes on the body with a high fever. She also experienced body weakness. She immediately consulted the doctor. The doctor suggested her to get a blood test to know more about the cause of symptoms. As a result, she was diagnosed with dengue. The doctor prescribed Acetaminophen (Paracetamol) (figure 2) as a medicine.

Further, after taking the prescribed treatment of medicines, she experienced no relief even after 5-6 days. She immediately consulted another doctor regarding her treatment to dengue. The doctor asked for a recent blood test report. She was again diagnosed with a dengue when the blood test was carried out the second time.

The report also stated that her blood platelets and Red Blood Cells were low (exact concentration is not known). In turn, she was immediately admitted in the hospital for 3-4 days again (date not available). The patient experienced relief only for a short duration (exact duration not known) but the disease was not cured at all. The patient's family was worried because the regular treatment system was failed. Consequently, the patient's mother decided some home remedies to cure the disease.

Figure 2: Acetaminophen

She made the juice of *Carica papaya* leaves (figure 3) and orange juice (figure 4) for the patient. The patient continued drinking the juice for about 2-3 days and it was observed that her health was improved and she felt much relief than before. After 15 days the patient was totally free of dengue.

Figure 3: Juice of *Carica papaya*

Figure 4: Juice of orange

In conclusion, the homemade juices help to increase the immunity to fight against the dengue infection.

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RS, MP: Developed an idea, AM, PD wrote the manuscript,
RS: Verified the data.

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Authors declare that no competing interest exists.

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