



PREVENTING CHIKUNGUNYA

Chikungunya (literally means - that which bends up) is a viral disease transmitted to humans by the bite of infected *Aedes Aegypti* mosquitoes.

Chikungunya virus (CHIKV) was first isolated from the blood of a febrile patient in Tanzania in 1953, and has since been identified repeatedly in west, central and southern Africa and many parts of Asia, and has been cited as the cause of numerous human epidemics in those regions since then.

Sighs & Symptoms

1. Sever pain mainly in joint
2. Swelling & Stiffness of joints
3. Muscular pain
4. Headache
5. Fatigue (weakness)
6. Nausea
7. Vomiting
8. Rashes and high fever



Prevention & Control

1. Avoid stagnant water in artificial or natural habitat to stop breeding of the mosquitoes.
2. Use mosquito net while sleeping.
3. Spray insecticides in house.
4. Proper clothing, which minimizes skin exposure to the day-biting of mosquitoes.

Management & Recovery

1. Papaya leaf juice is an excellent way to reduce the Chikungunya symptoms.
2. Papaya leaf decoction, by boiling the leaf in a glass of water. Later filter the water and drink daily twice. This may help to reduce this painful condition.



3. Tulsi (Basil) Leaf 4-6, a small piece of ginger, one black pepper seed when mixed together and taken daily twice with warm water and honey helps to overcome fever symptoms and improves immunity.
4. A pinch of Turmeric powder in a glass of warm milk daily helps to reduce swelling, stiffness & joint pains.
5. Clove juice 5-7 drops along with half teaspoon of Ghee (clarified butter) two to three times in a day is useful in fever and joint pain.

INDIAN CULTURAL CENTRE

Paramaribo

Dr. Dinesh Kumar Sharma
Yoga Teacher, ICC
indianculture@sr.net