

MALARIA:TREATMENT THROUGH NATURE

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ABSTRACT

Treatment is one of the main tools to overcome any disease. There are the two main types of treatments which includes herbal and medicinal. Natural treatment is the use natural products. Important currently used anti malarial drugs are derived from plants whose medicinal values had been noted for centuries: *Artemisinin* from the plant (*Artemisia annua* L, China, 4th century) and *Quinine* from the *cinchona tree*. Constituents present in different plants acts as anti malarial agent by boosting the immune system .these agents play important role to treat malaria .These agents play important role to cure malaria

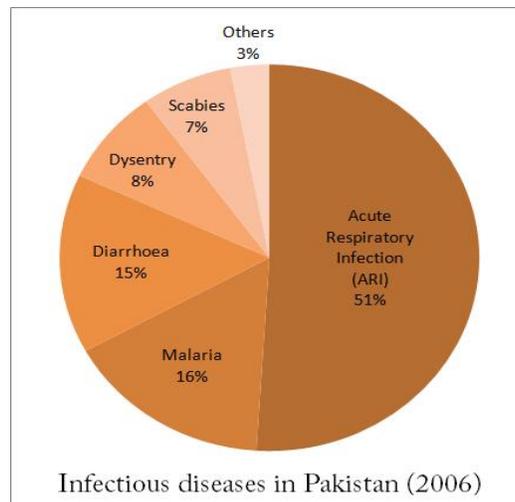
INTRODUCTION

Malaria is the most important public health dilemma with about 247 million cases happening worldwide each year as estimated by WHO and threatens the lives of 40% of the world's population – over 2 200 million people. It is one of the foremost causes of death among young children. Together with pneumonia, diarrhea, measles and malnutrition, malaria is accountable for over 70% of deaths in young children especially in developing countries.

Malaria is mostly a disease of hot climate. The Anopheles mosquito, which transmits the malaria parasite from one human being to another, thrives in warm, humid climates where a pool of water provides perfect breeding grounds. It proliferates in the environment where awareness is low and where health care systems are weak.

Globally it kills one child after every 40 seconds. Malaria is one of the major vector borne disease in Pakistan. Malaria in Pakistan is typically unstable. Epidemics in the past have occurred at six to ten year's interval. Both *Plasmodium falciparum* and *Plasmodium vivax* are widely distributed in Pakistan. Major transmission period is post monsoon i.e. from July through November, but a short spring transmission during April to May has also been observed in many areas. Small proportion of malaria cases however occur throughout the year. Malaria control has always been a priority in Pakistan. National Malaria Control Program was started in 1950. In

1961, Malaria control Programme was converted into Malaria Eradication Program under the auspices of WHO with the financial and technical support from WHO, UNICEF and USAID.



SYMPTOMS

Symptoms usually appear between 10 and 15 days after the mosquito bite. Symptoms of malaria include fever and flu-like illness, including shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting, and diarrhea may also occur. Malaria may cause anemia and jaundice (yellow coloring of the skin and eyes) because of the loss of red blood cells. If not treated, malaria can quickly become life-threatening by disrupting the blood supply to vital organs.

Treatment of malaria involves the administration of anti-malarial drugs. Many individuals also employ home remedies to treat malaria. Holy basil leaves are believed to be helpful in alleviating malaria symptoms.

MALARIA TREATMENT

Diet is of utmost importance in the treatment of malaria. The patient should fast on orange juice and water for seven to fifteen days depending on the severity of the fever. After the fever has subsided, an exclusive fresh fruit diet for further three days. In this regimen, he should take three meals a day, at five-hourly intervals, of fresh, juicy fruits, like oranges, grapes, grapefruit, apple,

pineapple, mango and papaya. Milk may be added to the fruit-diet after this period and this diet may be continued for a further few days.

Certain home remedies have been found beneficial in the treatment of malaria.

CINNAMON

Cinnamon (dalchini) is regarded as an effective cure for all types of colds, including malaria.

Home Remedy

Add a teaspoon of powdered cinnamon, a pinch of pepper and some honey to a glass of water and drink.



HOLY BASIL (Tulsa)

The leaves of the holy basil (Tulsa) are considered beneficial in the prevention of malaria. An infusion of some leaves can be taken daily for this purpose.

Home Remedy

The juice of about 11 grams of Tulsa leaves mixed with three grams of black pepper, powder, can be taken beneficially in the cold stage of the malarial fever. This will check the severity of the disease.



LIME AND LEMON

Lime and lemon are beneficial in the treatment of quarter type of malaria fever. ***Home Remedy***



About three grams of lime should be dissolved in about 60 ml. of water and juice of one lemon added to it. This water should be taken before the onset of the fever

ALUM

Alum (phitkari) is also useful in malaria.



Home Remedy

- ✓ *Mix 1 gm. of alum salt with two gms. of sugar and give it to the patient twice at an interval of two hours before the occurrence of the fever. It will check the malarial fever or reduce its severity.*
- ✓ *It should be roasted over a hot plate and powdered. It should be taken about four hours before the expected attack and every two hours after it.*

GRAPEFRUIT

Grapefruit is one of the most effective home remedies for malaria. It should be taken daily. It contains a natural quinine-like substance.



Home Remedy

Take a quarter of a grapefruit and boil it in water. Now to separate the pulp, strain the boiled mixture.



DHATURA

An Ayurvedic Indian herb with a common name, dhatra has the capability of developing resistance to malaria.

Home Remedy

Pick up a few fresh leaves of dhatra and crush them with jaggery. Rub the two ingredients together and make small balls out of them. These balls are supposed to be consumed two hours before the disease intensifies.

NEEM

Neem is a tree. The bark, leaves, and seeds are used to make medicine.



Home Remedy

Grind 60 gms. of neem leaves along with 4 corns of black pepper, mix it with 125 ml. of water, strain and drink it. It will cure malarial fever.

GARLIC

Garlic is one of the most valuable and versatile foods on the planet. Today garlic is a widely recognized health enhancing supplement. Garlic promotes the well-being of the heart and immune systems with antioxidant properties and helps maintain healthy blood circulation. One of garlic's most potent health benefits includes the ability to enhance the body's immune cell activity



Home Remedy

- ✓ *Mix a tsp. of garlic juice with a tsp. of sesame oil and put 10 drops of it on the tongue of the patient every hour before the fever. Repeating it for four days will provide relief from malaria.*
- ✓ *Apply garlic juice on the nails of fingers and toes before the occurrence of the fever*

GINGER

Ginger has a wide variety of effects on the human body and is known to be effective for the treatment of cataracts, amenorrhea, heart disease, migraines, stroke, , angina, athlete's foot, colds, bursitis, chronic fatigue, tendinitis, flu, coughs, depression, dizziness, fever, erectile difficulties, infertility, kidney stones, and viral infections.



Grind coriander seeds and dried ginger in equal quantity and take the powder thrice daily with water. It will provide relief from the fever.

Diet tips for malaria

- ✓ **Orange:** Boil the rind of two oranges in two cups of water. When it is reduced to half strain and drinks it hot.
- ✓ **Butter milk:** It provides relief from malaria with paroxysm on every fourth day.
- ✓ **Apple:** Eating apples helps in a speedy recovery from the fever. The paroxysm of malarial fever can be checked by eating all apples before it begins.
- ✓ **Guava:** It is valuable for patients of malaria. Therefore, it should be eaten by patients of malaria.