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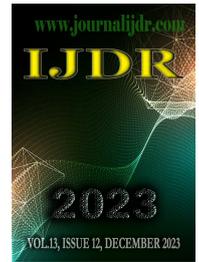
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RESEARCH ARTICLE

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## EFFECT OF CAMPHOR AND COCONUT OIL IN ITCING IN CHIKUNGUNYA

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### ABSTRACT

The chikungunya virus (CHIKV), an RNA virus of the alphavirus genus of the family Togaviridae, is the virus that causes chikungunya, an illness spread by mosquitoes. The word "to become contorted" in the Kimakonde language is the source of the name "chikungunya." In 1952, the United Republic of Tanzania became the first country to identify CHIKV, and other nations in Africa and Asia followed. The earliest reports of urban outbreaks were made in India in the 1970s and Thailand in 1967. Since 2004, there have been increasingly regular and extensive CHIKV outbreaks. This is partially because the virus has evolved to make it easier for *Aedes albopictus* mosquitoes to transmit the infection. The onset of symptoms often happens three to seven days following a mosquito bite. Fever and joint pain are the most typical symptoms. Headache, aches in the muscles, swollen joints, and rash are possible additional symptoms. A mixture of coconut oil and camphor is one of the home treatments that work well for rashes and irritation.

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## INTRODUCTION

Chikungunya is spread by the same kinds of mosquitoes that carry the dengue and Zika viruses. Rarely, during childbirth, the virus may spread from the expectant mother to her foetus. Furthermore, it may spread by blood contact with contaminated blood. There have been epidemics of the chikungunya virus throughout Africa, Asia, Europe, the Indian and Pacific Oceans, the Caribbean, Central America, and South America. Most chikungunya patients will have symptoms, some of which may be quite serious. They frequently show up three to seven days after being bitten by a mosquito. The two most common symptoms are fever and joints pain. Additional signs and symptoms could be rash, headache, joint swelling, and muscular soreness.<sup>(1)</sup>

## MATERIAL AND METHODS

These days, chikungunya disease is very widespread. Patients often experience itching and rashes as symptoms. Certain home remedies, such mixing camphor with coconut oil, can help lessen the intensity of the disease. Content is gathered and carefully examined from a range of sources:

- Government Ayurvedic medical college varanasi
- Modern and ayurvedic literatures
- Scientific journals, articles and case study

- Monograph and
- Internet etc.

## CASE REPORT

Every day, on average, around five hundred (500) outdoor patients receive treatment at the government ayurvedic medical college in Varanasi. We noticed that there was an upsurge in viral fever cases from July to November, which occasionally matched symptoms similar to dengue and occasionally chikunguniya. Through patient observation at our college, we discovered that rashes and itching are common in patients.

**Clinical Investigations:** The anti-chikungunya (IgG and IgM) antibodies in your blood are what the Chikungunya Test looks for. The body's immune system produces IgG and IgM antibodies to combat chikungunya virus (CHIKV) infection. Anti-Chikungunya antibodies may be a sign of an infection that has recently occurred or is ongoing.<sup>(2)</sup> One of the first tests suggested by the Singaporean Ministry of Health for dengue infection is ordering a dengue NS1 antigen assay during the first week of symptom onset. Testing for the NS1 antigen can be done more quickly and affordably than other techniques such viral isolation or reverse transcriptase-polymerase chain reaction.<sup>(3)</sup>

## OBSERVATION AND DISCUSSION

**Coconut Oil:** The fatty acids that make up coconut oil are as follows: stearic acid C-18:0 (2%), palmitic acid C-16:0 (8%), lauric acid C-12:0 (49%), myristic acid C-14:0 (8%), oleic acid C-18:1 (6%) and 2% of C-18:2 linoleic acid.<sup>(4)</sup> One natural moisturizer is coconut oil. Its use is supported by some research, and many eczema sufferers report that it soothes their skin and reduces symptoms like dryness and itching. The majority of eczema types result in dry, scaly, itchy patches of skin that can also break and bleed. Maintaining the skin's hydration is a major goal of treatment. When sensitive skin is irritated by some commercial moisturizers and treatments, many eczema sufferers look for safe, natural remedies like coconut oil.<sup>(5)</sup>

**Camphor:** It often known as the 2-Camphanone. It's a bicyclic monoterpene ketone, like the one in Cinnamomum Camphora. The molecular formula, or chemical formula, for camphor is C<sub>10</sub>H<sub>16</sub>O. Camphor is a colorless, crystalline powder that ranges from white to waxy. It is flammable and has a pungent, mothball-like scent. To make camphor oil, one uses the wood of the camphor Laurel plant. Along with its anti-inflammatory and analgesic properties, it is also employed as an insect repellent and in a variety of topical skin preparations and embalming fluids.<sup>(6)</sup> Using camphor helps ease the itching and pain associated with a number of skin conditions, including scrapes, minor burns, bug bites, and poison oak, poison ivy, or poison sumac rash infections. Menthol is a popular counterirritant. It works by initially making the skin feel cold and subsequently warming. These sensations on your skin lift you out of your pain or suffering. Camphor alleviates itching. Read the ingredients on the label even if you have used the product before.<sup>(7)</sup>

## CASE STUDY

According to an Indian survey, out of 93455 suspected cases, 3711 instances of chikunguniya were confirmed in India as of 17 September 2023.<sup>(8)</sup>

After evaluating the fifty (50) chikungunya patients, we discovered certain commonalities among them, including itching and sashes, which were present in the majority of the patients. Rashes and itching are symptoms that some patients with Severe and some with mild experience. For local application on the body, excluding the face, eyes, and genital areas, we have advised patients receiving therapy for chikungunya to combine coconut oil with camphor in a 3:1 ratio. The patient experienced relief by using these medicines after local application.

## CONCLUSION

Sign and symptoms of chikunguniya itching with rashes got relived by using coconut oil along with camphor in ratio of 3:1. At finally we conclude that coconut oil and camphor reduces the symptoms of itching and rashes. There is dire need for research further for effect of camphor and coconut oil, why does it act on rashes and itching.

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