



Taichung

**Dengue Fever New Cases
Increasing Effectiveness Seen
in the Treatment of Combining
Chinese and Western Medicine**

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A Dengue fever outbreak happened in Taichung and the number of the new cases is soaring. Chen Jian-Jung, director of the Traditional Chinese Medicine Department of Taichung Tzu Chi Hospital, pointed out that according to the previous experiences he found out some of the patients have effectively shortened their treatment time by using Chinese and Western medicine together. This shows Chinese medicine has its effectiveness on Dengue fever treatment.

In the past, Dengue fever was rarely found in the middle and northern parts of Taiwan. People there have not much knowledge about it, with false information on the internet, all sorts of rumors are widely spreading. Wang Jui-Hsing, director of Infectious Disease of Taichung Tzu Chi Hospital pointed out that most people when they experienced the syndromes of fever and headache, they thought it was just a cold. When syndromes like pain behind the eyes, joint pain and skin rash, one should not take them lightly and must go to see a doctor as soon as possible,



Taichung Tzu Chi Hospital Traditional Chinese Medicine Dept. Director Chen Jian-Jung found out that combining Chinese and western medicine has a certain effectiveness on preventing Dengue fever.

because it could be Dengue fever. One must provide travel history, contact history or abnormal bleeding warning syndrome to the doctor for a diagnosis.

Dr. Wang Jui-Hsing pointed out that there are three thousand types of mosquitoes in the world, about one hundred and thirty in Taiwan alone. Dengue fever is spreading mainly by

Aedes aegypti and *Aedes albopictus* (two species). After contracting the disease, most patients in three days will experience fever and skin rash. If a patient is recovering in five to seven days, then there is no concern. According to the World Health Organization, the chance of Dengue fever and associated complication that results in death is 1%. If complications include warning signs, such as nasal and gastrointestinal bleeding, then one should pay extra attention and don't take it lightly.

The western medicine mainly treats Dengue fever by easing the syndromes, so far there is no specific medicine for it. From the experience of using Chinese and Western medicine together on the treatment, Taichung Tzu Chi Hospital found out Chinese medicine has a certain effectiveness on the treatment. Dr. Chen Jian-Jung stated that a 22-years-old Dengue fever patient, a graduate student in southern Taiwan, has been treated by western medicine for a few days but no alleviation on his fever. After supplementing with Chinese medicine, his fever was reduced the next day. His rash and tongue coating symptoms were improved by the combination treatment of Chinese and Western medicine in Taichung Tzu Chi Hospital. But so far Chinese medicine treatment is still not covered by National Health Insurance, fully at patients' expense.

Chen said that Chinese medicine has no complete description of Dengue fever syndromes. According to Chinese medicine, it is an epidemic caused by moisture and heat. In Traditional Chinese medicine, the epidemic belongs to temperature related disease. The treatment is different from normal temperature related disease due to its fast speed of transmission. Chinese medicine treats temperature related disease by identifying "Wei (Sanitation), Qi (Channel), Ying (Nutrition), and Blood systems" four categories of the syndrome, and provide the most appropriate treatment, in order to prevent deadly Dengue hemorrhagic fever.

Chen reminded everyone that 2018 is the first year that Dengue fever outbreak happened in Taichung, so the only way to prevent contracting the disease is to reduce breed environment. In addition, a mosquito repellent scent bag that has ingredients of mugwort, *Acorus gramineus*, patchouli, *schizonepeta*, shiso, *angelica dahurica*, mint, and clove can prevent people from mosquitos' bites. The oil (*Kuanxin* oil) that composes balm mint, borneol, rosemary, eucalyptus, lemongrass, clove, and methyl salicylate can refresh and clear the mind, alleviating dizziness from heatstroke, and treat insect's bites. (written by Tseng Hsiu-Ying)