

# Chikungunya Fever

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## INTRODUCTION

Chikungunya now-a-days is one of the major health problems in India and other neighbouring countries.

## DEFINITION

CHIKUNGUNYA FEVER is a vector borne viral disease transmitted to humans by the bite of Infected Aedes, Culex mosquitoes including the day biting Aedes Aegypti and Aedes albopictus species.

## MODE OF TRANSMISSION

Through infected mosquito bite.

## INCUBATION PERIOD

2-3 days with a range of 1-12 days.

## CLINICAL MANIFESTATIONS

- ◆ Fever
- ◆ Severe arthralgia with chills
- ◆ Headache
- ◆ Photophobia
- ◆ Anorexia
- ◆ Nausea, Vomiting
- ◆ Abdominal pain
- ◆ Migratory polyarthritis mainly affects small joints of hands, wrist, ankle and feet, lesser involvement in larger joints.

*The author works at CARE Hospitals, Hyderabad.*

- ◆ Maculopapular rashes usually seen in trunk and limbs.
- ◆ Petechiae are occasionally seen.

## DIAGNOSTIC EVALUATION

- ◆ Increased AST (Aspartate aminotransferase)
- ◆ Increased C- reactive protein
- ◆ Mild thrombocytopenia
- ◆ IGM capture ELISA

## TREATMENT

There is no specific treatment for Chikungunya Fever

- ◆ Bed rest
- ◆ Fluids IV and oral
- ◆ Non Steroidal anti inflammatory drugs.

## PREVENTIVE MEASURES

- ◆ There is no vaccine for Chikungunya fever
- ◆ According to 'WHO' the main preventive measure is to stop proliferation of mosquitoes by reducing their breeding grounds.
- ◆ Wearing long sleeved shirts and long pants that cover most of the skin.
- ◆ Using mosquito nets.
- ◆ Staying in screened indoors.
- ◆ Insect repellent containing upto 50% DEET (N,N; diethyl-m-tolamide) can be used.

- ◆ Pircardin repellent can be used and is available only in U.S. in low concentration of 7%
- ◆ As there is a risk of mother to child transmission pregnant woman should take special precaution.
- ◆ Spraying the cloth with permethrin repellent for greater protection.
- ◆ Pots, containers, drums used for storing water should be covered properly.
- ◆ Over head tanks should be cleaned regularly to prevent breeding of mosquitoes.
- ◆ Use boiled water for drinking.
- ◆ Spraying of DDT to control mosquitoes
- ◆ Fogging.

## REFERENCES

- (1) Text book of Principle of Internal Medicine; Harrisons, Vol. I; 16th Edition; Page No. 1168.

## INTERNET RESOURCES

- (1) [www.mauritius.maurisun.com](http://www.mauritius.maurisun.com)
- (2) [www.japi.org](http://www.japi.org)
- (3) [www.google.com](http://www.google.com)
- (4) [www.thehindu.com](http://www.thehindu.com)
- (5) [www.pub.med.com](http://www.pub.med.com)
- (6) [www.cdc.gov](http://www.cdc.gov)
- (7) [www.hpa.org.uk](http://www.hpa.org.uk)
- (8) [news.webindia123.com](http://news.webindia123.com)
- (9) [india.eNews.com](http://india.eNews.com)

## Admission to Nursing Schools/ Colleges

Candidates seeking admission to any Nursing School/College for obtaining the training through regular / distance mode should verify the recognition status from the State Nursing Council and the Indian Nursing Council before applying for admission.

Mrs. Sheila Seda  
Secretary General, TNAI

## Kind Attention: Members of Executive Committee/Council TNAI

In view of the postponement of Pre-Conference meetings and SNA Biennial Conference to be held at Surat, Gujarat, kindly note that a meeting of the Executive Committee/Council Meeting, will now be held at TNAI Headquarters, New Delhi on November 14-15, 2006.

You are requested to attend the meeting.

(Mrs.) Sheila Seda  
Secretary-General