PAKISTAN'S DENGUE UPSURGE 2019; A HEAD BACK TO STRATEGIC HERBAL TREATMENT

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PURPOSE: Pakistan being a developing country is prevalent of being hit by Dengue epidemics post monsoon season and is currently facing the worst-ever DF outbreak in the recent months and has reported 20,000 cases with 40 confirmed deaths (Relief Web, 2019) especially because of lack of medication facilities and poor sanitary conditions (Jahan, 2011). The current status of deprived water and damp conditions in urban suburbs has made the atmosphere vulnerable to host dengue epidemic (Relief Web, 2019). The purpose of the study is to refine dengue treatment despite of climate changes, circulating multiple dengue stereotypes, virus birth and socio-economic factors (Haider, Ahmad et al. 2015) providing an extremely safe and effective herbal medicine CPLE (*Carica papaya*. Leaf extract) syrup improving the survival chances by many folds providing comfort to the sufferer.

METHODS: A randomized open controlled trial carried out on 50 patients (02 to 65 years) suffering from DF and DHF (Dengue hemorrhagic fever). Initially HPLC (High Performance Liquid Chromatograph Diode Array Detector) standardized *C. papaya* leave extract (Decoction) was administered to randomly selected 32 subjects for 5 consecutive days whereas; others received a standard management treatment and served as controls. The complete blood picture was monitored for every 12 hours for 3 days and 24th hour for 2 days; an increase in mean platelet count was observed and compared in both groups. The significant increase in the mean platelet count was measured in the experimental group ($P < 0.001$) using paired t-test method and were demonstrated using bar line graphs for an easy depiction (Subenthiran, Choon et al. 2013).

RESULTS Comparative studies demonstrated that Herbion manufactured CPLE syrup successfully increased platelet count significantly higher in experimental group than the control group within 24 hour of administration ($P < 0.001$). There were no side effects reported and the mean platelet count was found to be increased at each planned interval.

CONCLUSION: In a nutshell, Herbion® (CPLE) Hi-Plat syrup was found to be remarkably increasing platelet count in patients with DF and Dengue hemorrhagic fever (DHF). The use of herbal medicine has been playing an effective role in controlling the endemics of various newly discovered diseases. Dengue is one of a kind where the gradual fall of platelets in the body w can cause life threatening condition. *C. papaya* has been used as a traditional medicine since many years as it is an effective anti-inflammatory, antioxidant and immune-modulator. That is why, based on this mechanism C. papaya leaf extract was able to enhance the platelet count in dengue fever patients to numerous folds within a short period of time with no side effects reported (Subenthiran, Choon et al. 2013). Being an herbal medicine CPLE in syrup (HI-Plat syrup) form was the safest medicine among all the treatment method such as parenteral transfusions and other invasions.

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