

“A Conceptual Overview of Winter Viral Infections (Influenza, RSV and Adenovirus) From Homoeopathy, Ayurveda and Unani Perspectives

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ABSTRACT

Due to low temperatures, decreased immunity, and increased indoor activity, the winter months have been related to a major increase in viral respiratory diseases. The most common viral infections are influenza (flu), respiratory syncytial virus (RSV), and adenovirus, which frequently cause common clinical symptoms such as fever, cough, cold, and difficulty breathing. For effective treatment and the prevention of problems, early and clear division is necessary due to differences in appearance.

Ayurveda, Unani, and homoeopathy are examples of traditional medical systems that promote a holistic and individualized treatment of disease by applying their own theoretical frameworks to describe these diseases. Influenza, RSV, and adenovirus as they are defined in these traditional systems are theoretically and scientifically described in this article. The methods covered are not meant to be used as evidence-based therapeutic treatment recommendations; rather, they are founded on traditional interpretations and classical ideas. The goal of the study is to highlight conventional viewpoints while recognizing the significance of conventional medical care in the treatment of viral diseases.

Keywords- Winter viral infections, Influenza, Respiratory syncytial virus, Adenovirus, Homoeopathy, Ayurveda, Unani medicine.

INTRODUCTION

The number of cases and spreading of viral diseases is greatly affected by changes in the seasons. Viral respiratory infections are made more likely by the winter's low humidity, cold temperatures, and reduced exposure to sunlight. During this time, the human body's immune response is usually decreased, making it prone to infections.

During the winter, various acute respiratory diseases arise from influenza, respiratory syncytial virus (RSV), and adenovirus. Clinical differentiation among these infections is challenging because they often present with similar symptoms, including fever, cough, nasal congestion, and sore throat. However, each virus has its own distinct pattern in terms of appearance, duration, and effects.

Influenza (Flu) (1, 2, 3, 4, 5)

ETIOLOGY AND CLINICAL FEATURES

The influenza A and B viruses are the cause of influenza, an acute viral infection. Through respiratory droplets, it spreads quickly. High-grade fever, chills, severe body aches, headaches, dry coughs, sore throats, and significant weakness are the symptoms of the sudden start. Patients usually feel tired, and they want complete rest.

Complications

Pneumonia, sinusitis, bronchitis, and post-viral weakness are among the most frequent complications, especially in elderly and immunocompromised individuals.

Homoeopathic Management

- **Gelsemium Sempervirens**- Profound weakness, dullness, heaviness of eyelids
- **Bryonia Alba**- Dry cough aggravated by movement, intense thirst
- **Eupatorium Perfoliatum**- Severe bone pain and body aches
- **Arsenic Album**- Restlessness, burning sensation and anxiety

Ayurvedic Management

Influenza can be correlated with Vata-Kapha, Jwara

- **Principles**- Jwaraghna and Rasayana therapy
- **Medicines**- Sudarshan churna, Tribhuvan, Kirti Rasa, Guduchi
- **Pathya**- Warm fluids, light diet

Unani Management

Described under Nazia-e-Wabaiya and Humma-e- Nazia

- **Principles**- Correction of cold temperament
- **Medicines**- Sharbat Khaksi, Lauq Sapistan, Khamira Marwareed

RESPIRATORY SYNCYTIAL VIRUS (RSV)

One of the main causes of lower respiratory tract infections in infants and young children is RSV. Wheezing, rapid breathing, nasal congestion, chest tightness, mild or absent fever, and feeding difficulty in babies are signs of infection.

Complications

Bronchiolitis, respiratory distress, apnea and dehydration

Homoeopathic Management

- **Antimonium tartaricum**- Rattling cough with inability to expectorate
- **Ipecac** – Wheezing with persistent nausea
- **Sambucus nigra**- Sudden nocturnal dyspnea in infant
- **Spongia tosta**- Dry barking cough

Ayurvedic Management

Comparable to Tamaka Shwasa aggravated by Kapha

- **Principles**- Kapha-shamana, Vata-anulomana
- **Medicines**- Sitopaladi churna, Talisadi churna, Vasavaleha

Unani Management

Corresponds to Zeeq- un- Nafas and Nazia Ratba

- **Medicines**- Lauq Sapistan, Sharbat Toot Siyah, Roghan Badam

Adenovirus

Children are commonly affected by adenovirus, which can present as tonsillitis, conjunctivitis, lymphadenopathy, sore throat, moderate fever, and occasionally diarrhea. A key indicator is conjunctivitis accompanied by fever.

Complications

Severe conjunctivitis, Keratitis, Chronic tonsillitis

Homoeopathic Management

- **Belladonna**- Sudden fever, red congested throat
- **Ferrum phosphoricum**- Early stage of infection
- **Hepar Sulph** - Suppurative Tonsillitis
- **Euphrasia officinalis** – Profuse watering of eyes

Ayurvedic Management

Correlates with Pitta-Kapha Jwara and Abhishyanda

- **Medicines**- Guduchi, Yashtimadhu, Triphala

Unani Management

Described under Ramade-chashm and warm-e-halaq

- **Medicines-** Arq Gulab, Sharbat Unnab, Qurs Kafoor

Preventive Measures

- Protection from cold exposure
- Adequate rest and nutrition
- Warm fluids and steam inhalation

CONCLUSION

Adenovirus, respiratory syncytial virus (RSV), and influenza are examples of viral infections commonly seen in winter. While they share some clinical features, they also exhibit distinct differences. Accurate differentiation is essential for effective treatment and prevention of these illnesses. The integrative approach that includes homeopathy, Ayurveda, and Unani enhances the immune system and alleviates symptoms, offering safe, holistic, and supportive care. Early diagnosis and personalized treatment can significantly diminish the impact of illnesses during the winter season.

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