

# Rubella

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# What is Rubella??

Rubella also known as German Measles, it is an infection caused by Rubella Virus.

This disease is often mild with half of people not knowing that they are infected.

It is also known as '***Three Days Disease***'.



# Cause and Diagnosis

- It is caused by Rubella virus, that is enveloped and has a single-stranded RNA genome.
- It is usually spread through air via cough and sneez of people who are affected.
- Only humans get infected, insect do not spread this disease.
- Finding the virus in blood, throat or urine anti-bodies.

# Symptoms

Rash may start around two weeks after exposure  
and after exposure and may last for '**three days**'.

It usually starts on face and spreads to other parts  
of the body.

Rashes are some time itchy and not as bright as  
Measles.

Swollen lymph nodes are common and may last for  
several weeks

Fever, sore throat & fatigue may also occur.





# Other Complications

- Testicular swelling
- Inflammation of nerves
- Miscarriage in pregnancy
- Congenital Rubella Syndrome
  - ✓ Eye related problems, like cataract
  - ✓ Deafness
  - ✓ Heart and Brain problems may also occur.

# Rubella during Pregnancy

- It's dangerous for pregnant women and her developing fetus specially in first 12 weeks.
- Anyone who is not vaccinated against rubella is at risk of getting the disease.
- Although specific treatment can be given, there is no cure for Congenital Rubella Syndrome (CRS).
- It's very important for women to get vaccinated before getting pregnant.

# Protocol for Rubella

- Si4, Li4, St42 → Tone (WBM)
- Si6, Li7, St34 → Sedate (YBM)
- K9 → Tone (WBM)
- Spleen Qi Deficiency
- Both thumb All LVM 0  9 

Thank You!