

CHIKITSA SUTRA AND MANAGEMENT OF JWARA AS PER BASIC PRINCIPLES OF AYURVEDAProf. Lokesh Chandra Sharma*¹ and Prof. Vishnu Prasad Sharma²¹Professor and HOD, Samhita Siddhant, Govt. Akhandanand Ayurveda College, Ahmedabad, Gujarat, India.²Professor and HOD, Dept. Kriya Sharir, Govt. Akhandanand Ayurveda College, Ahmedabad, Gujarat, India.***Corresponding Author: Prof. Lokesh Chandra Sharma**

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ABSTRACT

Ayurveda described *Chikitsa* of various diseases amongst them *Jwara Chikitsa* is put on prime importance since *Jwara* causes many discomforts including feeling of malaise, fatigue, increases body temperature and affects normal physiological functioning of body. The vitiation of *Vata*, *Pitta* and *Kapha Doshas* leads pain and inflammations. The imbalance state of *Pitta* leads *Jwara* which alter physiology of body and produces *Amavisha* which ultimately triggers disease pathogenesis. The stagnated *Amavisha* in *Rasa dhatu* manifested as *Jwara*, the treatment of *Jwara* is important for regularizing biological activities. *Langhana*, *Sadya vamana*, *Kashaya pana* and drugs like *Guduchi*, *Amalaki*, *Vasa*, *Adraka* and *Pippali*, etc. are indicated for treating *Jwara*. Present article summarizes *Chikitsa Sutra* and management of *Jwara* as per basic principles of Ayurveda along with general descriptions on *Jwara*.

KEYWORDS: *Ayurveda, Jwara, Langhana, Chikitsa, Fever.***INTRODUCTION**

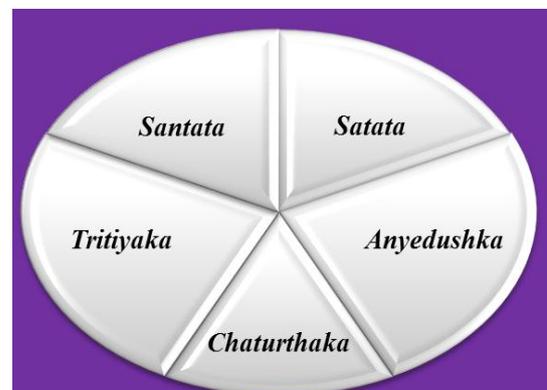
Ayurveda system provided descriptions and management of various pathological conditions, in this regards Ayurveda suggested various approaches for treating *Jwara*. Treatments like *Vamana karma*, *Virechana karma* and *Basti karma* along with *Langhana* and herbal medicines, etc. are recommended for the management of fever. Herbs like Giloy, Malabar nut, Ginger, Long pepper and Nut grass, etc. are used to treat fever. Similarly medicines like *Mrutyunjay Rasa*, *Tribhuvan Kirti Rasa*, *Sitopaladi Churna* and *Sanjivani Vati*, etc. are suggested for managing fever.^[1-4] Ayurvedic herbs, dietary and lifestyle changes and detoxification measures, etc. are mainly advised for the treatment of *Jwara*. Ayurveda give importance of various factors while prescribing therapy for *Jwara*, these factors includes;

Dosha, *Desha*, *Kala*, *Agni*, *Vaya* and *Bala*, etc. The therapeutic measures also depend upon the types of fever, in this connection *Jwara* is classified into two types on the basis of the following criteria:

- ✓ *Sharira* and *Manasa*
- ✓ *Saumya* and *Agneya*
- ✓ *Antarvega* and *Bahirvega*
- ✓ *Prakrita* and *Vaikrita*
- ✓ *Sadhya* and *Asadhya*

Jwara is also categorizes into five categories based on the strength of *Dosha* and *Kala*, as depicted in **Figure 1**. The general symptoms involves; *Jwaraprachiti*, *Ahiro* and *Anga gaurav*, *Mukhapraseka*, *Anannabhilasha*, *Nasarava* and *Alasya*, etc.^[4-7] The *Samprapti* of *Jwara* is associated with following pathological events:

- ✓ *Kapha pitta prakopa*
- ✓ *Rasa dushhi*
- ✓ *Rasa* and *Swedavaha srotasa avarodha*

**Figure 1: Various types of *Jwara*.*****Chikitsa Sutra of Jwara***

- *Langhanam*
- *Snehapana*
- *Rasayana*

- *Swasthavritta*
- *Shodhana*

Langhanam

This involves fasting or intake of easily digestible foods like; *Yavagu*, *Mudga*, non-spicy, non-sour and non-oily foods. Drinking of plenty of liquid; *Paneeyam* with *Pushkaramoolam* is advised in fever. These all indicated till to achieve *Nirama avastha* which characterizes by proper metabolism, good appetite and feeling of well being. Drug administration is not advised during initial stages; however, medicines intake in high fever suggested by *Acharya Sushrutha*. This approach of fasting or taking light diet helps to restore metabolic and digestive activities.^[7-9]

Snehapana

Medicated *ghee* advised when there is suppressive stage of *Kapha*. *Gugulu Tiktak Grtham* and *Vidharyadi Grtham*, etc. also advocated until to achieve *Samyag snigdha lakshanas*.

Rasayana

Rasayana offers rejuvenating effects in *Jeerna Jwaraavastha*, *Rasayana* improves *Dhatu*s; promotes strength and in *Jeerna Jwara* helps to pacify vitiated *Kapha dosha*. The *Snehan & Brihana* effects offer therapeutic advantages in *Jeerna Jwara*. The effects of various *Rasayana* in *Jwara* are as follows:

- *Vacha* used to improve immunity against infectious diseases.
- *Swarna Prashan* given to the children to fight against fever and common infections.
- *Triphala Rasayana* cure general fatigue associated with fever, *Triphala* cure general debility, correct symptoms of indigestion and other features associated with fever.
- *Medhya Rasayanas* improve immunity and promote intellect.
- *Guduchi* and *Shankhapushpi* cure *Bal-Roga* and treat fever in children.

Ayurveda Formulations for Disease

- *Bharangyadi Kashaya*
- *Guluchiyadi Kashaya*
- *Sudarsana choorna vati*
- *Thaleesadi Choornam*
- *Pushkaramula Choornam*

Tulsi Kadha

Tulsi kadha acts as natural immunity booster and help to relieve symptoms of fever including sore throat and cough. *Tulsi* imparts anti-inflammatory and antioxidant properties.

Turmeric

Turmeric boosts immunity and helps to heal infections; it provides anti-inflammatory properties and in fever reduces nasal congestion, cures sore throat and reduces fever.

Ginger

Ginger fight against germs and improves diet as well as metabolic activities. Relieves symptoms of fever, reduces vomiting, congestion and sinus infections, etc.

Specific drugs for fever

- ✚ *Mrutyunjay rasa* is useful in the treatment of bacterial infections.
- ✚ *Sanjivani vati* is useful in the management of typhoid fever.
- ✚ *Tribhuvan kirti rasa* is useful in treating fever and relieves pain.
- ✚ *Sitopaladi churna* is effective in the treatment of flu and migraine.

Swasthavritta

The rules of *Swasthavritta* help to attain *Arogya* and *Dhatu*s. The equilibrium of *Dhatu*s and *Dosha*s can be attained by the rules of *Swasthavritta* and this concept helps to attain conditions of happiness and *Arogya*.

- ✓ *Swasthavritta* boost immunity thus prevents disease prevalence.
- ✓ *Swasthavritta* govern normal physiology and corrects digestive ailments, etc.
- ✓ *Swasthavritta* establishes normal harmony which resist occurrence of infectious diseases.
- ✓ The concepts of *Dincharya*, *Ratricharya*, *Ritucharya* and *Sadvritta* balance *Dosha*s and *Dhatu*s thus enhance resistance against disease.

Shodhana

Shodhana therapy provides relief in digestive and respiratory fever, *Shodhana* maintains equilibrium of *Dosha*s therefore prevent pathogenesis of fever associated with *Dosha* vitiation.

- ✚ *Shodhana* therapy clears channels and detoxify body thus clears toxins or *Ama* responsible for diseases.
- ✚ *Shodhana* therapy induces proper sleep which enhances healing power of body.
- ✚ *Shodhana* therapy control hormonal functioning and stimulates glands thus boost circulatory process of body.
- ✚ *Ritu Sodhana* prevents *Jwara* by pacifying *Pitta* and *Kapha Dosha*s.
- ✚ *Nasya Karma* relief nasal congestion associated with respiratory infections.
- ✚ *Amavata* considered responsible factor for chronic fever and *Shodhana* therapy helps to cure *Amavata*.^[7-10]

CONCLUSION

The basic principles of Ayurveda help to balance *Dosha*s and prevent effects of *Hetu*s responsible for *Jwara*. The imbalance of *Pitta* leads *Jwara* which disturb physiology of body and produces *Amavisha*. *Langhana*, *Sadya vamana*, *Kashaya pana* and drugs like *Guduchi*, *Amalaki*, *Vasa*, *Adraka* and *Pippali*, etc. are indicated for treating *Jwara*.

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