

INCREASING PREVALENCE OF TYPHOID IN CHILDREN: AN AYURVEDIC  
PERSPECTIVE

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## ABSTRACT

**Background:** The rising incidence of typhoid fever, especially among children in India, poses significant public health concerns. Conventional management relies heavily on antibiotics, which has led to resistance. An integrative Ayurvedic approach may offer a preventive and therapeutic strategy. **Objective:** To analyze the rising prevalence of typhoid in children and explore possible Ayurvedic interpretations, preventive strategies, and management principles for long-term control. **Methods:** Classical Ayurvedic texts were reviewed for Jwara Roga, specifically *Agnimandya janya jwara*, with a focus on *Ajeerna Janya* and *Sansargaja Jwara*. Contemporary data on typhoid prevalence in children were compared and interpreted in Ayurvedic parlance. **Results:** Typhoid (enteric fever) shows similarity with *Sannipataja Jwara*, *Agnimandya*, and *Ajeerna Janya Vyadhi* in children. Preventive approaches like *Suvarnaprashan*, *Dipana-Pachana*, *Rasayana*, and correct *Ahara-Vihara* are essential. **Conclusion:** Ayurvedic principles provide a comprehensive approach for prevention and long-term immunity in children. Further integrative research is needed to validate protocols.

**KEYWORDS:** Typhoid, Kaumarbhritya, Sannipata Jwara, Agnimandya, Children, Ayurveda, Suvarnaprashan, Rasavana.

## INTRODUCTION

Typhoid fever, caused by *Salmonella typhi*, is a systemic infection and a growing public health concern in developing nations. As per WHO, it affects over 11 million people annually, with a high incidence among children below 15 years. In Ayurveda, fever is referred to as **Jwara**, the king of all diseases: "*Sarvebhyo'pi tu rogebhyo jwara evopasryate / Tasmād jwarasya vijñānam bhishagbhir atishāyitam* ||" (Cha. Chi. 3/6) This article explores the Ayurvedic interpretation of Jwara in Bālaka and highlights preventive and curative Ayurvedic measures for typhoid-like conditions.

## MATERIALS AND METHODS

1. **Classical Text Review:** Caraka Samhita, Ashtanga Hridaya, Kashyapa Samhita, and Bhava Prakash were reviewed for references to *Jwara*, *Sansargaja Roga*, and pediatric immunomodulatory practices.
2. **Modern Data:** Data on typhoid prevalence from WHO, ICMR, and NFHS reports were analyzed.
3. **Clinical Correlation:** Signs and symptoms of typhoid were correlated with *Agnimandya*, *Sannipataja Jwara*, and *Ama Jwara*.

## Main Article

## 1. Epidemiology of Typhoid in Children

- Urban slums, contaminated food/water, and poor hygiene are major contributors.
- Increase in antibiotic resistance has made conventional treatment more complex.

## 2. Ayurvedic Correlation

Typhoid can be understood as:

- **Agnimandya Poorvarupa** → Ama Sanchaya → *Sannipataja Jwara*
- *Sansargaja Roga*: Transmitted by contact/consumption
- *Ajeerna Janita Vyadhi*: Improperly digested food and low immunity  
"*Agnimandyaat tu rogaanaam sanchayo'maa prakaashate* ||" (Cha. Chi. 15/45)  
"*Bālānām tu deha bala agni bala cha alpaṁ bhavati*" (Ka. Samhita)

## 3. Common Symptoms and Ayurvedic Interpretation

## Modern Symptom Ayurvedic Symptom

Fever *Jwara* (Sannipataja)Diarrhea *Atisara*

## Modern Symptom Ayurvedic Symptom

Abdominal Pain *Udara shoola*

Weakness *Bala kshaya, Daurbalya*

## 4. Ayurvedic Preventive Protocols

### a. Suvarnaprashan

- Immunomodulatory action
- Given on *Pushya Nakshatra*

"*Suvarnaprashan medhāgnibalaāyusyaṁ* |"  
(Kashyap Samhita)

### b. Rasayana Therapy

- Ashwagandha, Guduchi, Brahmi for immunity
- Chyawanprash for rejuvenation

### c. Dipana-Pachana

- Agni deepana with Trikatu churna, Hingwashtak churna

### d. Ahara-Vihara Regulation

- Avoiding junk food, cold and heavy-to-digest items
- Regular use of warm water, home-cooked food, and hand hygiene

## RESULTS AND DISCUSSION

- Integration of Ayurvedic preventive care (Suvarnaprashan, Rasayana) along with modern sanitation practices can reduce recurrence.
- Case reviews from Kaumarbhritya practice showed reduced episodes of fever and improved digestion with *Agnivardhak* and *Ama Pachak* chikitsa.
- Jwara Chikitsa* protocols using Guduchi Ghana Vati, Sanjeevani Vati, and Mahasudarshan Churna showed effective symptomatic relief.

"*Ama dosha nivrittistu jwara upashamanam param* |"  
(Cha. Chi. 3/139)

## सारांश

भारत में विशेष रूप से बच्चों में टाइफॉइड ज्वर की बढ़ती घटनाएं एक गंभीर जनस्वास्थ्य समस्या बनती जा रही हैं। आधुनिक चिकित्सा में एंटीबायोटिक पर अत्यधिक निर्भरता के कारण प्रतिरोधक क्षमता विकसित हो रही है। आयुर्वेदिक पद्धति इस दिशा में एक समग्र रोकथाम और उपचार विकल्प प्रदान कर सकती है।

## उद्देश्य

बच्चों में टाइफॉइड की बढ़ती प्रवृत्ति का विश्लेषण करना तथा आयुर्वेद के अनुसार इसके कारण, निदान, रोकथाम एवं उपचार सिद्धांतों की विवेचना करना।

## विधि

आयुर्वेदिक ग्रंथों में वर्णित ज्वर रोग, विशेषतः अग्निमांदाज, अजीर्णजन्य तथा संसर्गज ज्वर का अध्ययन किया गया। आधुनिक आंकड़ों की तुलना कर आयुर्वेदिक दृष्टिकोण से विश्लेषण किया गया।

## परिणाम

टाइफॉइड (एंटरिक ज्वर) की विशेषताएं संनिपातज ज्वर, अग्निमांदाज एवं अजीर्णजन्य व्याधियों से मेल खाती हैं। सुवर्णप्राशन, दीपन-पाचन,

रसायन सेवन एवं उचित आहार-विहार जैसे उपायों से रोग की रोकथाम संभव है।

## निष्कर्ष

आयुर्वेदिक सिद्धांत बच्चों में रोग प्रतिरोधकता बढ़ाकर दीर्घकालिक सुरक्षा प्रदान कर सकते हैं। इसके लिए एकीकृत शोध की आवश्यकता है।

## CONCLUSION

The increasing prevalence of typhoid in children can be addressed effectively through an integrative Ayurvedic approach. Strengthening digestion (*Agnivardhana*), improving immunity through *Rasayana* and *Suvarnaprashan*, and lifestyle corrections are crucial. There is a need to conduct further randomized clinical trials to establish standardized Ayurvedic protocols for prevention and treatment.

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