

Ayurvedic remedies on Fever

(Including appropriate diet & regimen)

Preface

Ayurveda has described fever as the king of diseases. In modern medicine fever is considered as a symptom of many diseases. Though fever is a symptom of cancer, rheumatic diseases, connective tissue disorders etc., in 95% cases germs are responsible for fever. Modern medicine prescribes antibiotics to kill the germs and antipyretics like paracetamol, aspirin and nimesulide to bring down fever temporarily.

However in 50% of fevers caused by viral infections antibiotics available at present have no role. In addition in some cases germs gradually become resistant to antibiotics, making antibiotics ineffective. In such cases modern medicine does not have guidelines for treatment and the treatment becomes irrational.

Ayurveda has studied jvara (fever) in detail. In modern medicine the incubation period is described as a period between entry of germs or causative toxins and manifestation of fever. Modern medicine does not offer any treatment in incubation period.

Ayurveda has described 4 stages in the incubation period.

They are :

1. Chaya stage : Accumulation of causative factors, i.e. increase in the number of germs or toxins at the site of first landing of germs in the body.
2. Prakopa stage : Further increase in the number of germs and their toxins till the site of first landing of germs is fully saturated with germs.
3. Prasara stage : Spread of germs through lymphatics or the blood stream.
4. Sthanasamashraya : Localisation of germs in a particular organ, e.g. localisation of jaundice virus in liver.

Ayurveda has described the symptoms in each stage and suggested how to treat the patient in each stage so that the disease does not manifest.

Ayurveda considers the causes, symptoms and site of the disease and classifies fever into Vataja, Pittaja and Kaphaja jvara, and outlines the diet and medicines to subdue the increased dosha.

In addition Ayurveda gives tonics, i.e. rasayana to maintain the strength of the organ affected.

If the fever is suppressed in the initial stages, it is likely to become chronic and affect an organ.

Ayurveda has described three stages in fever as follows :

1. Amavastha : Accumulation of toxins in affected organs with rising fever. Ayurveda advises fasting in this stage.

2. Pachyamanavastha : Stage of digestion of toxins. The patient is toxic in this stage and fever is at its peak. Medicines which promote digestion and neutralisation of toxins are indicated in this stage.

3. Pakvavastha : Gradual reduction of detoxicated toxins. Ayurveda suggests use of emetics, purgatives or enemas to eliminate the toxins from the body so that fever does not become chronic.

Ayurveda has also described psychological causes of fever, e.g. anger, fear, burning sex desire and their treatment.

Antibiotics are lifesaving drugs and must be used in diseases like pneumonia, tuberculosis, meningitis and even in those moderate infections where they are effective. However, every physician must consider the increased dosha, tissue or organ affected, strength and digestive power of the patient, constitution, age, psychological state, season, diet and stage of the disease while prescribing the diet and medicines for the patient. Thus, if the patient is treated in the initial stage with the appropriate medicines, the disease is likely to take a milder course and the patient can be cured without any complications.

This book will be useful to medical students, doctors, nurses, and every individual because every individual is likely to suffer from fever not once but several times.

We pray to Deity Shiva, God of fever, that by understanding the nature of fever and implementing the preventive measures at an early stage, let humanity be free from fever. - **Authors**

Index

Chapter 1 : Fever	18
1. Definition	18
2. Synonyms of Fever in Ayurveda	19
3. Fever in animals, plants and inanimate objects	19
4. Origin of Fever according to Mythology	20
5. Normal Body Temperature	20
6. Causes of Fever	21
7. Classification of Fever	26
8. Pathogenesis	28
9. Peculiarities of Fever in a Newborn and Premature Baby	37

10. Principles of Treatment	37
11. Do's & Don'ts in Aama and Pachyamana stages of Fever	48
Chapter 2 : Doshaja Jvara	50
1. Vataja Jvara (Fever caused by Increased Vata)	50
2. Pittaja Jvara (Fever caused by Increased Pitta)	52
3. Kaphaja Jvara (Fever caused by Increased Kapha)	54
4. Vata-Pittaja Jvara (Fever due to increased Vata & Pitta)	56
5. Pitta-Kaphaja Jvara (Fever caused by increased Pitta and Kapha)	57
6. Kapha-Vataja Jvara (Fever caused by increased Kapha and Vata)	57
7. Tridoshaja (Sannipatika Jvara)	58
Chapter 3 : Dhatugata Jvara	63
1. Rasagata Jvara	63
2. Raktagata Jvara	64
3. Mansagata Jvara	64
4. Medogata Jvara	65
5. Asthigata Jvara	66
6. Majjagata Jvara	67
7. Shukragata Jvara	68
Chapter 4 : Vishama Jvara (Irregular Fever)	69
1. Causes and Pathogenesis	69
2. Characteristics of Vishama Jvara	69
3. Causes for recurrences of Vishama Jvara	70
4. Principles of treatment in Vishama and Jeerna, i.e. Chronic Fever	70
5. Diet in Vishama Jvara	72
Chapter 5 : Jeerna Jvara (Chronic Fever)	74

1. Causes of Chronic Fever	74
2. Difference between Chronic Fever and Vishama Jvara	75
3. General Treatment	75
Chapter 6 : Agantu Jvara (External Fever)	78
1. Abhighataja Agantu Jvara (Traumatic Fever)	78
2. Abhishangaja Jvara	79
3. Abhishapaja and Abhicharaja Fever	83
Chapter 7 : Symptoms and Complications in Fever	84
1. Thirst	84
2. Excessive Perspiration	84
3. Chilly Sensation	84
4. Burning Sensation	84
5. Cold Hands and Feet	85
6. Hyperpyrexia	86
7. Dullness and Apathy	86
8. Stomatitis	87
9. Tastelessness in Mouth	87
10. Vomiting	87
11. Diarrhoea	88
12. Constipation	88
13. Anal Fissure	88
14. Pain in Abdomen	88
15. Feeling of Constriction in Throat	89
16. Irritation of Throat	89
17. Hiccough	89

18. Cough and Breathlessness	89
19. Haemoptysis (Blood in Sputum)	90
20. Pain in Flanks	90
21. Headache and Pain in waist	90
22. Insomnia	90
23. Drowsiness	90
24. Bhrama (Giddiness)	90
25. Bleeding in Fever	90
26. Karnaka (Mastoid Abscess)	91
27. Rugdaha (Sannipatika Fever)	92
28. Fainting (Semiconscious State)	92
29. Squint	93
30. Indriyanasha	93
31. Toxaemia	93
32. Weakness of Heart	93
Chapter 8 : Prognosis	96
1. Symptoms of damaged tissues indicating bad prognosis	96
2. Doshapaka	97
3. Symptoms indicating serious nature of disease	97
Chapter 9 : Divine Therapy	100
1. Astrology	100
2. Karmavipaka	100
3. Measures or Methods of Therapy	100
Chapter 10 : Concluding remarks	102
1. Common rules of fever treatment	102

2. Use of Antibiotics in Fever	103
3. Fever is our Friend and not an Enemy	104
Chapter 11 : Ayurvedic Recipes and their Preparations	106
1. General rules in preparing Ayurvedic Medicines	106
2. Effective period of various preparations (Expiry dates)	107
3. Purification of Medicines	107
4. Medicinal Recipes of Herbs	108
Chapter 12 : Time of Administration of Medicines	126