

AAHARVIDHIVIDHAN IN JWARA

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ABSTRACT

Jwara is considered as prime importance among all the diseases. *Jwara* itself is not only a disease but it is also a main symptom present in various diseases. *Jwara* is considered as first originated from ferocious wrath of *Rudra* (Lord Shiva) as described in *Charak Samhita*. *Ayurveda* holds that *Jwara* is not nearly the increase in body temperature (Fever) but also a feeling of Malaise, Unease and Discomfort and involves the *Deha*, *Indriya* and *Mana*. In *Jwara dosas* (*Vata*, *Pitta* and *Kapha*) alone or in combination with each other spreads through *Rasa dhatu* dislodge the *Jatharagni* from its normal place and it results in increase of whole body temperature. *Ayurveda* belongs to apply a Holistic approach to treat any disease with *Aahar-Vihara* and *Ausdh*. In this article importance of *Diet* in *Jwara Chikitsa* according to its stages like *Aamaj* and *Niraamaj* is described along with properties of various food materials which are given during these stages.^[1]

KEYWORDS: *Aahar* (Diet), *Jwara* and *Ayurveda*.

INTRODUCTION

1. Pathogenesis of *Jwara*

The vitiated dosas, duals, aggregated or single, spread through the *Rasu Dhatu* and dislodge the *Jatharaagni* form its own place.



Adding to the body-heat with their own heat and heat of (displaced) Agni



Also blocking the channels spread all over the body with aggravation and thus produces pyrexia



The patient gets his entire body heated and thus is said as suffering from *Jwara*.^[2]

Components of pathogenesis

Dosha – *Tridosha* & *Pitta* dominant.

Dushya – *Koshthagni* & *Rasa dhatu*

Adhishthan – *Aamashya* & *Whole body*

Shrotas – *Rasavaha* & *Swedavaha*^[2]

2. *AamajJwaraLakshana*

The patient having fever does not get perspiration due to blockage of channels. During the stage of acute or *Aama Jwara*(Immature Fever). He suffers from symptoms such as anorexia, indigestion and heaviness in abdomen, impurity of heart, drowsiness, lassitude, continuous and high fever, non-elimination of *dosas*, excessive

salivation, nausea, loss of appetite, distaste in mouth, stiffness numbness and heaviness of limbs, polyuria, and immature stool.^[3]

3. *Niraamaj Jwara Lakshana*

Appetite, emaciation, lightness in body, mild fever elimination of *dosas*.^[4]

4. Diet for AamajJwara

Table 1- Food in Aamajjwara.

S.no.	Food Material	Properties
1.	<i>Ushnodaka</i> (Boiled water)	Digestive, stimulant, carminative, alleviator of <i>Jwara</i> , cleansing of the channels of circulation, promote strength, appetite, sweating and auspiciousness. ^[5]
2.	<i>Manda</i> (Gruel water)	Stimulates the power of digestion and facilitates the downward movement of flatus, It softens the channels of circulation, produces sweating. ^[6]
3.	<i>Yavagu</i> (Gruel)	Stimulate <i>Jatharaagni</i> , light for digestion, helps in the <i>anulomana</i> [elimination through downward track] of urine, flatus, feces and dosas. ^[7]
4.	<i>Shadangapaniya</i> [Decoction of Musta, Parpataka, Usira, Chandana, Udichya and Nagara]	Alleviates thirst and <i>Jwara</i> . ^[8]
	Musta (<i>Cyperusrotundus</i>)	Astringent, promote digestion and carmination (<i>Sangrahika</i> , <i>Deepniya</i> and <i>Pachaniya</i>) ^[9]
	Parpataka (<i>Fumariaparviflora</i>)	Alleviates <i>Kapha</i> and <i>Pitta</i> , bitter in taste cold in potency and pungent in <i>Vipaka</i> .
	Usira (<i>Andropogonmuricatus</i>)	Digestant, cooling, light in action, bitter and sweet in test and antipyretic. ^[9]
	Chandana (<i>Santalum album</i>)	Cooling, drying, bitter in taste, pleasing and light in action. ^[9]
	Udichya (<i>Pavoniaodorata</i>)	Cooling, drying, light in action, appetizer and digestant. ^[9]
	Nagara (<i>Zingiberofficinale</i>)	Pungent in taste, easy to digest, heat generating.
5.	Decoction of Sunthi, Devdaru, Rohisaka, Brharti and Kantakari-	Digestion of <i>Malas</i> and reduces Fever. ^[10]
	Sunthi (<i>Zingiberofficinale</i>)	Pungent in taste, easy to digest and heat generating.
	Devdaru (<i>Cedrusdeodra</i>)	Bitter in taste, light in action and hot in potency.
	Brharti (<i>Solanumindicum</i>)	Pungent and bitter in taste, hot in potency and digestant.
	Kantakari (<i>Solanumxanthocarpum</i>)	Pungent and bitter in taste, appetizer, light in action and digestant.

5. Diet of Niraamaj Jwara

Table 2 - Food in Niraamajjwara.

S.no.	Food material	Properties
1.	<i>Raktasali</i> (Red variety of rice)	Relives thirst and alleviates all the three vitiated <i>dosas</i> . ^[11]
2.	<i>Sastika</i> rice	Cold in potency, unctuous, light, sweet, alleviator of the three <i>dosas</i> and stabilizing. ^[12]
3.	<i>Mudga</i> (<i>Phaseolusmungo</i>)	Astringent and sweet in taste, pungent in <i>Vipaka</i> , ununctuous, cold in potency, light and non-slime. it allevates the vitiated <i>Kapha</i> and <i>Pitta</i> . ^[13]
4.	<i>Mukustha</i> (<i>Phaseolusaconitifolius</i>)	Sweet in taste and <i>Vipaka</i> , <i>Sangrahi</i> , ununctuous and Cold in potency. ^[14]
5.	Vegetables – <i>Patola</i> (<i>Trichosanthes cucumerina</i>), <i>Karavellaka</i> (<i>Momordicacharantia</i>), <i>Karkotaka</i> (<i>Momordicadioica</i>), <i>Prapataka</i> (<i>Fumariaparviflora</i>), <i>Vartaka</i> (<i>Solanummeldingen</i>)	Alleviators of <i>Kapha</i> and <i>Pitta</i> , bitter in taste, cold in potency and Pungent in <i>Vipaka</i> . ^[15]
6.	<i>Mrdvika</i> (<i>Vitisvinifera</i>)	Relives thirst, burning sensation, fever. it is nourishing, aaphrodisiac, sweet, unctuous and cold in potency. ^[16]
7.	Ginger	Appetiser, digestive, stimulant and aaphrodisiac. ^[17]
8.	<i>Dhanyaka</i> (<i>Coriander</i>) and <i>Ajagandha</i>	Appetiser and fragrant. ^[18]

	(Gynandropsisgynandra)	
9.	<i>Jambira</i> (Citursmedica)	Appetiser, digestive stimulant, sharp, fragrant, mouth cleaner. it help in digestion of food. ^[19]
10.	Tender radish	Alleviates vitiated <i>dosas</i> . ^[20]
11.	Goat milk	Astringent and sweet in taste, cold, bowel binding and light. ^[21]
12.	Cow ghee	Promote power of digestion. It alleviates <i>vata</i> , <i>pitta</i> , toxic conditions, insanity, consumption and fever. ^[22]
13.	Rock salt	Palatable, promoter of digestion, alleviator of all the three <i>dosas</i> , slightly sweet in taste. ^[23]
14.	Meat soup of animals- <i>Jangala</i> (living in dry land forest), <i>viskira</i> (Gallinaceous birds), <i>pratuda</i> (pucker birds)	Light, cold in potency, sweet and astringent taste. ^[24]

CONCLUSION

In treatment of any disease *Diet* plays an important role. While treating *Jwara*, the knowledge of various stages of *Jwara* like *Aama* and *Niraama* are important. *Diet* plan according to them is very necessary to treat it along with Medication. Identification of stages of *Jwara* and *Diet* plans according to them should be done. Diets help to alleviate the *Aama* stage of *Jwara* and it also maintain the *Agni* and *Bala* of the patient. In *Niraama* stage also it has key role along with Medication. So that it show the important of *Diet* which is not only important for healthy people to maintain their health but also play a significant role in treatment of diseased conditions.^[2]

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