

**EVALUATE THE EFFICACY OF MUSTADI KASHAY AND PATHYA AHAR IN THE
MANAGEMENT OF JWAR W.S.R TYPHOID FEVER**Dr. Yeshwant Rajpal Patil and Vd. Priyanka Ramesh Passalwad^{2*}¹Guide and HOD, Dept. of Swasthavritta and Yoga, Govt. Ayurved College, Nanded, Maharashtra, India.²(PG Scholar) Dept. of Swasthavritta and Yoga Govt. Ayurved College Nanded, Maharashtra, India.***Corresponding Author: Dr. Priyanka Ramesh Passalwad**

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ABSTRACT

Acharya Charak introduces *Jwar* (Fever) as a disease entity causing *Deha- Indriya- Manas- Santapa* (increased temperature of body, impairment of sensory functions and mind) and *Sarvarogaagraja* (supreme of all diseases). The *Prabhava* (characteristic features) of *Jwar* has been stated as *Santapa* (elevated body temperature), *Aruchi* (loss of appetite), *Agnimandya*, *Pipasa/Thrisna* (excessive thirst). The *Jwar* often correlated to Typhoid fever by various authors of present era. Typhoid fever is an acute illness associated with fever that is most often caused by the salmonella typhi bacteria. Once the bacteria is ingested it quickly multiplies within the stomach liver or gall bladder and finally enters the blood stream causing symptoms like fever, headache etc. A clinical study comprising of 10 patients of either sex attending OPD clinic of GAC Nanded and presenting with clinical manifestation of typhoid confirmed by Widal test were selected for *Muastadi kashay* and *Pathya Ahar* only 10 patients completed the prescribed 15 days.

KEYWORDS: Jwar, Typhoid Fever, Musatadi Kashay (Shadang paniya /Shadang Kashaya).**INTRODUCTION**

Jwar is the most painful among the disease. It afflicts the body, the senses and mind. It is exceedingly powerful. This enemy of human beings is invariably associated with dissolutions birth and death; it is told that one gets fever during birth and death. Today even for little elevation of body temperature we take Antipyretic medicaments or Non steroidal anti inflammatory drugs so as to overcome the fever and associated body symptoms. But, true medicine needed in common fever is a digestive and carminative formulation so as to reverse the pathophysiology which begins from the indigestion or mal functioning of digestive fire. This *Kashay* is one such formulation explained in most of the *Ayurvedic Samhitas*.

AIMEfficacy of *Mustadikashay* with *Pathya Ahar* in management of *Jwar*.**OBJECTIVES**

1. To study *Jwar* in modern and Ayurvedic perspective.
2. To understand the effect of *Mustadikashay* and *Pathya ahar* in *Jwar*.

Criteria for Inclusion

1. Subjects of age between 20 years to 50 years of age of either sex.
2. Subjects having history of fever.

3. Subjects having Widal test positive.

Criteria for Exclusion

1. Subjects below 20 years and more than 50 years.
2. Fever due to secondary infection.

Discontinuation & Withdrawal

- 1) Patient following the treatment very irregularly.
- 2) Patient willing to discontinue the trial.
- 3) Among these 15 patients 10 patients gave regular follow up hence those 10 patients are included for proposed study.

ASSESSMENT CRITERIA**1. Subjective parameter**

- 1) *Jwar*
- 2) *Agnimandya*
- 3) *Pipasa*
- 4) *Aruchi*

2. Objective Parameter

- 1) Blood test - Widal test

MATERIALS AND METHODS**Selection of patients**

The study was Randomly selected clinical trial in which Total 10 diagnosed Typhoid positives were screened for symptoms of *Jwar* mentioned in *Charaka Chikitsa*.

DRUG REVIEW

मुस्तपर्पटकोशीरचन्दनोदीच्यनागरेः!

शृतशीत जल दध्यात् पिपासाज्वरशान्तयेःE :!!

(च.चि.३/१४५)

In *Charak Samhita Chikitsa* above *Shitkashay* is mentioned for *Jwar* above *Kashay* includes following ingredients.

Table No. 1: Drug Review.

Sr. No.	Ingredients	Botanical name	Part used	Quantity
1	<i>Musta</i>	<i>Cyperus rotundus</i>	<i>Kanda</i>	1 Karsha(12g)
2	<i>Chandana</i>	<i>Santalum alba</i>	<i>Kanda sara</i>	1 Karsha(12g)
3	<i>Shunthi</i>	<i>Zingiber officinale</i>	<i>Kanda</i>	1 Karsha(12g)
4	<i>Udichya</i>	<i>Pavonia odorata</i>	<i>Mool</i>	1 Karsha(12g)
5	<i>Parpataka</i>	<i>Fumaria vaillantii</i>	<i>Samoola</i>	1 Karsha(12g)
6	<i>Usheera</i>	<i>Vetieria zizanioides</i>	<i>Mool</i>	1 Karsha(12g)
7	<i>Jala(water)</i>			96 Karsha (1152ml)

Method of preparation

General method of preparation of decoction is adopted. Here each ingredient is taken in equal quantity and 16th times of the total ingredient water is taken and boiled till the amount reduces to 1/8 proportion. Then it is filtered and consumed when it is lukewarm.

Dose: As per the general dose of *Kashaya* (96ml) it is administered. Usually it is administered in the dose of 40-60 ml. 4 times a day (6hrly).

Method of storage: prepare fresh daily and store in flask, for better result consume lukewarm *Kashay*.

Mode of action: The *shadanga* is given as six ingredients are included in this recipe which are having six typical characteristic action-*pachana* (digestive), *pittasaraka* (cologogue) *mutral*(diuretic), *sheetala*(coolant), *trishna prashamana* (thirst) and *deepana* (carminative) respectively which are essential in the treatment of fever.

Pathya Ahara (Do's).

Ahara	<i>Langhan or Laghu Bhojan</i>
Cereals	Old <i>shali</i> rice, gruel (yavagu), barley, parridge (daliya)
Pulses	Green gram (<i>mudga</i>), <i>masura</i> .
Fruits & Vegetables	<i>Tanduliyaka</i> , <i>patola</i> , bitter gourd (<i>karavellaka</i>), <i>Shigru</i> , <i>Guduchi</i> , <i>Jivanti</i> , <i>Grapes</i> , <i>Dalima</i> , <i>Kapittha</i> , Pomegranate.

Duration: 15 days.

Follow Up: 0 day, 15th day.

Criteria of assessment

1) *Jwar* (Fever)

<i>Jwar</i> Gradation	Grade
No	1
Occasional	2
Daily Once	3
Constant	4

2) *Agnimandya*

<i>Agnimandya</i> Gradation	Grade
Feels good hunger & proper digestion regularly	1
Feels good hunger but irregular digestion	2
Feels less hunger & irregular digestion	3
Feels very less hunger & the very less digestion	4

3) *Pipasa* (Thirst)

<i>Pipasa</i> Gradation	Grade
No excessive thirst	1
Upto 1.5 times the normal	2
Upto 2 times the normal	3
Upto 2.5 times the normal	4

4) *Aruchi*

<i>Aruchi</i> Gradation	Grade
Normal taste in food feeling to eat food in times	1
Feeling to take food but not having taste	2
Not feeling to taste food even if hunger	3
Aversion to food.	4

5) WIDAL TEST

Widal test Gradation	Grade
+ve	1
-ve	2

STATICAL ANALYSIS

Table 1: *Jwar* (fever) before and after study by Wilcoxon Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	3.375	0.6191	0.1548	55.00	0.0046
A.T	2.375	0.5000	0.1250		

P<0.05 significant.

Table 2: Agnimandya befor and after study by Wilcoxon Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	2.938	0.6801	0.1700	28.00	0.0177
A.T	2.333	0.9759	0.2520		

P<0.05 significant

Table 3: Pipasa befor and after study by Wilcoxon Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	2.750	0.6831	0.1708	55.00	0.0035
A.T	2.000	0.8452	0.2182		

P<0.05 significant

Table 4: Aruchi befor and after study by Wilcoxon Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	3.375	0.6191	0.1548	55.00	0.0035
A.T	2.600	0.8281	0.2138		

P<0.05 significant

Table 5: Widal test befor and after study by Wilcoxon Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	1.000	0.0000	0.0000	-10.00	0.0719
A.T	1.250	0.4472	0.1118		

P<0.05 Not significant

OBSERVATION AND DISCUSSION

Probable mode of action of *Musatadi kashay*

The mode of action of the drug can be understood on the basis of inherent of the drug. The *Shadanga* is given as six ingredients are included in this recipe which are having six typical characteristic action-*pachana*(digestive), *pittasaraka* (clolegogue), *mutral*(diuretic),*sheetala*(coolant),*trishnaprashamana*(thirst)and *deepana*(carminative) respectively which are essential in the treatment of fever. The treatment of ordinary fever, *Langhana*, *Yavagu*, *Tikta rasa* are indicated Another important property of this *kashay* is its *Jwaraghna* property. In the *samprapti* of *Jwar Roga*; the aggravated *Doshas* accumulate in *Amashaya* viciate *Rasa Dhatu*, propagate in whole body along with *Rasa*. The *shunthi* used in this *kashay* is among one of the best *Ama pachan* drugs. The symptoms likes *Jwara*, *Agnimandya*, *Aruchi*, *Pipasa* treated properly to using above *Kashay*.

CONCLUSION

Conclusion of symptoms as per scoring system in patients of *jwar- Mustadi Kashay* significantly reduces symptoms of *Jwar*, *Agnimandya*, *Aruchi*, *Pipasa*.

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