

## A CASE STUDY OF TYPHOID FEVER AND ITS AYURVEDIC MANAGEMENT

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### ABSTRACT

Although advance in public health and hygiene level led to the virtual disappearance of enteric fever (typhoid fever) for much of the developed world, the disease remains endemic in many developing countries. Typhoid fever is caused by *Salmonella enterica serovar typhi* (*s typhi*), a gram negative bacteria. A similar but often less severe is caused by *S Paratyphi A* and less commonly *S Paratyphi B* (schotmulleri) *S Paratyphi C* (hirschfeldii). The common mode of infection by ingestion of an organism, usually through contaminated food or water. Although the source of infection may vary, person to person transmission through poor hygiene and sewage contamination

of water supply are the most important.<sup>[1]</sup>

**KEYWORDS:** Typhoid fever, visham jwar, widal test.

### INTRODUCTION

Typhoid fever is also called enteric fever. It is a prospectively, multisystemic illness that has been a public health problem, especially in the developing world. Enteric fever is a cumulative term that illustrates both typhoid and paratyphoid fever. Typhoid fever is one of the major causes of mortality and morbidity in overcrowded and unhygienic areas though comprehensive research. Various ayurvedic drug have been proved useful for this manifestation. In present case we treated pt. with an ayurvedic drug and succeeded.<sup>[2]</sup>

Typhoid fever is classified along with the visham jwar. Visham jwar further divided into santat, satat, anyedushka, trutiyak and chaturthak. "muktanubandhitwa vishamatwa" it is another definition of visham jwar.<sup>[3]</sup>

## CASE STUDY

A 30 yr old male pt. no any chronic illness since last 8 days he is suffering with intermittent fever with cough consulted in out pt. department.

## CLINICAL FINDINGS

The pt is suffering from intermittent fever since last 8 days with cough, sore throat, bodyache.

Fever was around 100° F, tongue was yellowish, pt was pale and soft abdomen.

Pt has kapha pitta prakruti.

## INVESTIGATION

### WIDAL TEST SHOWS

WIDAL TEST REPORT						
Types	1:20	1:40	1:80	1:160	1:320	1:640
<i>S. Typhi</i> (O):	+	+	+	+	-	-
<i>S. Typhi</i> (H):	+	+	+	+	-	-
<i>S.P. Typhi</i> (AO):	+	+	-	-	-	-
<i>S.P. Typhi</i> (AH):	+	-	-	-	-	-
<i>S.P. Typhi</i> (BO):	+	+	+	-	-	-
<i>S.P. Typhi</i> (BH):	+	+	+	-	-	-
Test Result:	Positive					

Electronically Verified Report, No Signature(s) Required.  
Lab test values should be interpreted by a physician in the context of clinical picture.

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NOTE: All the tests are performed on the most advanced, highly sophisticated, appropriate, and state of the art instruments with highly sensitive chemicals under strict conditions and with all care and diligence. However, the above results are NOT the DIAGNOSIS and should be correlated with clinical findings, patient's history, signs and symptoms and other diagnostic tests. Lab to lab variation may occur. This document is NEVER challengeable at any PLACE/COURT and in any CONDITION.

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Widal test measures the capacity of antibodies against LPS and flagella in the serum of individuals with suspected typhoid fever to agglutinate cells of S Typhi.

## TREATMENT

The detail of treatment protocol as follows,

1. Sanshamni vati – 2 tabs – BD
2. Nishottar churna- anupan – tup or madh – BD
3. Trifala kwath- anupan- tup or madh- 10 ML BD
4. Langhan

This treatment given for 7 days.

## OBSERVATION

SYMPTOMS	BEFORE	AFTER
FEVER	+++	-
BODYACHE	+++	-
COUGH	+++	+
SORE THROAT	+++	-

## DISCUSSION

LANGHAN and above drugs help to reduced AAM in our body which eventually open the strotorodh. Rasvah strotas, swedvah strotas and ambuvah strotas get open which help to process agnisandhushan. Aamjanit heaviness suppressed and appetite increases. Cough and sore throat also reduced.<sup>[4]</sup>

## CONCLUSION

The ayurvedic diagnosis of “visham jwar” is made for “typhoid fever” in present case. Various ayurvedic internal medicines have provided promising result especially in reducing fever without causing adverse effect.

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