

AAHARVIDHIVIDHAN IN JWARA

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ABSTRACT

Among all the disorders, *Jwara* is regarded as being of the utmost importance. *Jwara* is a primary symptom of several disorders as well as a sickness in and of itself. According to *Charak Samhita*, *Jwara* initially appeared as a result of *Rudra's* (Lord Shiva) fierce fury. According to Ayurveda, *Jwara* involves the *Deha*, *Indriya*, and *Mana* and is not just an increase in body temperature (fever), but also a feeling of malaise, unease, and discomfort. When the *Jatharagni* is dislodged from its usual position by *Jwara doshas* (*Vata*, *Pitta*, and *Kapha*) alone or in combination, it raises the body's core temperature. Any condition can be treated holistically with *Aahar-Vihara* and *Aushadh* according to *Ayurveda*. This page discusses the significance

of diet in *Jwara Chikitsa* in terms of its stages, such as *Aamaj* and *Niraamaj*, as well as the characteristics of various food components that are provided during these stages.^[1]

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

INTRODUCTION

We learn about ways of living as well as medical knowledge via the study of *Ayurveda*. *Ayurveda* not only promotes wellness but also treats sickness. Fever is present at the time of birth and death. Fever is known as *Jwara* in *Ayurveda* and is regarded as a serious illness since it affects the body, mind, and senses. *Jwara* has been described in *Ayurveda* along with its genesis, symptoms, and management concept. There are numerous fever remedies that

have been mentioned. In *Ayurveda*, *Agni* best exemplifies the body's metabolic and digestive fire. The most crucial component for breaking down food into *Rasa* and *mala* is *Jatharagni*. Food must be digested, absorbed, and assimilated, which is unavoidable for life's survival and is performed by the *Agni*. The majority of health problems are the result of incorrect *Aahar* and *Agni* functioning, as they are vital to health. So *Aahar* and *Agni Dushti* is the primary factor in *Jwara's* manifestation. Routine and diet are also important components of the therapy of *Jwar*, in addition to medicines.

1. Pathogenesis of jwara

The contaminated *Doshas*—dual, aggregated, single, or all three—spread through the *Rasa Dhatu* and push the *Jatharaagni* out of its own position.



Supplemented by the *Dosha's* own heat and the heat of the *Jatharagni*



The heat of body spread all over the body with aggravation by blocking the channels and thus produces pyrexia



The temperature increases all over the body and this condition is said as suffering from *Jwara*.²

Components of pathogenesis

<i>Dosha</i>	–	<i>Tridosha & Pitta dominant</i>	<i>Dushya</i>	–	<i>Koshthagani & Rasa dhatu</i>
<i>Adhishthan</i>	–	<i>Aamashya & Whole body Shrotas</i>	–		<i>Rasavaha & Swedavaha</i> ^[2]

1. Aamaj jwara lakshana

Due to channel obstruction, a patient with a fever does not perspire. During the acute phase, also known as *Aamaj Jwara*. A few of the symptoms he experiences include anorexia, indigestion and heaviness in the abdomen, impurity of the heart, drowsiness, lassitude, continuous and high fever, non-elimination of *Doshas*, excessive salivation, nausea, loss of appetite, distaste in the mouth, stiffness, numbness and heaviness of the limbs, polyuria, and immature stool.^[3]

2. Niraamaj jwara lakshana

Appetite, Emaciation, Lightness in body, Mild fever elimination of *Doshas*.^[4]

Diet for *aamaj jwara*Table 1: Food in *aamaj jwara*.

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 <i>Doshas</i> . ^[7]
4.	<i>Shadangapaniya</i> [Decoction of <i>Musta</i> , <i>Parpataka</i> , <i>Usira</i> , <i>Chandana</i> , <i>Udichya</i> and <i>Nagara</i>]	Alleviates thirst and <i>Jwara</i> . ^[8]
	<i>Musta</i> (Cyperus rotundus)	Astringent, promote digestion and carmination (<i>Sangrahika</i> , Antimicrobial effect (Ethanol extract), Anti-malarial effect (crude hexane extract) ⁹ , <i>Deepniya</i> and <i>Pachaniya</i> ^[10]
	<i>Parpataka</i> (Fumaria parviflora)	Alleviates <i>Kapha</i> and <i>Pitta</i> , bitter in taste cold in potency and pungent in <i>Vipaka</i> , <i>Antiviral effect</i> (Narlumicine and Oxysanguinarine) act as dengue virus
		(DENV) inhibitors ^[11]
	<i>Usira</i> (Andropogon muricatus)	Digestant, cooling, light in action, bitter and sweet in test and antipyretic. ^[12]
	<i>Chandana</i> (Santalum album)	Cooling, drying, bitter in taste, pleasing and light in action, antimicrobial ^[13]
	<i>Udichya</i> (Pavonia odorata)	Cooling, drying, light in action, appetizer and digestant. ^[14] Antibacterial activity, Anti pyretic.
	<i>Nagara</i> (Zingiber officinale)	Pungent in taste, easy to digest, <i>Deepan</i>
5.	Decoction of <i>Shunthi</i> , <i>Devdaru</i> , <i>Rohisaka</i> , <i>Brharti</i> and <i>Kantakari</i> -	Digestion of <i>Malas</i> and reduces Fever. ¹⁵
	<i>Shunthi</i> (Zingiber officinale)	Pungent in taste, easy to digest, <i>Deepan</i> , <i>Pachan</i> , Antipyretic-Analgescics effect (6- gingerol and 6-shagol) ^[16]
	<i>Devdaru</i> (Cedrus deodra)	Bitter in taste, light in action and hot in potency, Anti-malarial activity ^[17]

	<i>Briharti</i> (<i>Solanum Indicum</i>)	Pungent and bitter in taste, hot in potency, digestant, antibacterial effects. ^[18] <i>Jwarhara</i>
	<i>Kantakari</i> (<i>Solanum xanthocarpum</i>)	Pungent and bitter in taste, appetizer, light in action, digestant, <i>Jwarhara</i> , antimalarial effect. ^[19]

Diet of *niraamaj jwara*

Table 2: Food in *niraamaj jwara*.

S. no.	Food material	Properties
1.	<i>Rakta shali</i> (Red variety of rice)	Relives thirst and alleviates all the three vitiated <i>Doshas</i> . ^[20]
2.	<i>Sastika shali</i>	Cold in potency, unctuous, light, sweet, <i>Jwarhara</i> , alleviator of the three <i>Doshas</i> and stabilizing. ^[21]
3.	<i>Mudga</i> (<i>Phaseolus mungo</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> . ^[22] <i>Jwaraghna</i> .
4.	<i>Makustha</i> (<i>Phaseolus aconitifolius</i>)	Sweet in taste and <i>Vipaka</i> , <i>Sangrahi</i> , ununctuous and Cold in potency. ^[23]
5.	Vegetables – <i>Patola</i> (<i>Trichosanthes cucumerina</i>), <i>Karavellaka</i> (<i>Momordica charantia</i>), <i>Karkotaka</i> (<i>Momordica dioica</i>), <i>Parpataka</i> (<i>Fumaria parviflora</i>), <i>Vartaka</i> (<i>Solanum melongena</i>)	Alleviators of <i>Kapha</i> and <i>Pitta</i> , bitter in taste, cold in potency and Pungent in <i>Vipaka</i> . ^[24]
6.	<i>Mrudvika</i> (<i>Vitis vinifera</i>)	Relives thirst, burning sensation, fever. it is nourishing, aphrodisiac, sweet, unctuous and cold in potency. ^[25] <i>Jwarhara</i>
7.	<i>Ardrak</i> (Ginger)	Appetiser, digestive, stimulant and aphrodisiac, ^[26] antibiotic properties (contains enzymes allinase, peroxidase, and myrosinase) ^[27]
8.	<i>Dhanyaka</i> (Coriander) and <i>Ajagandha</i> (<i>Gynandropsis gynandra</i>)	<i>Deepana</i> , fragrant, <i>Pittanashak</i> , <i>Jwaraghna</i> . ^[28]
9.	<i>Jambira</i> (<i>Citrus medica</i>)	Appetiser, digestive stimulant, sharp, fragrant, mouth cleaner. it help in digestion of food. ^[29]
10.	Tender radish	Alleviates vitiated <i>doshas</i> , <i>Rochana</i> , <i>Amanashak</i> , <i>Jwaraghna</i> . ^[30]
11.	<i>Aja dugdha</i> (Goat milk)	Astringent and sweet in taste, cold, bowel binding and light. ^[31]

12.	<i>GoGhrit</i> (Cow ghee)	Promote power of digestion. It alleviates <i>Vata</i> , <i>Pitta</i> , toxic conditions, insanity, consumption and fever. ^[32]
13.	<i>Saindhava Lavana</i> (Rock salt)	Palatable, promoter of digestion, alleviator of all the three <i>Doshas</i> , slightly sweet in taste. ^[33]
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 astrigent taste. ^[34]

DISCUSSION

JWARA is called as *Rograt* as it affects each and every living beings. *Jwara* is not only characterized by an increase in temperature (fever), but also by feelings of depression, unease, and discomfort. It is related to the body, senses and mind. The balanced state of *Vata*, *Pitta*, and *Kapha* indicates health through the proper circulation of fluids, digestive, metabolic, and nutritional processes. However, their imbalance leads to pain, an increase in body temperature, and inflammation. *Jwara*, on the other hand, is caused by an imbalance of *Pitta*, which impairs the physiology of Digestion and Metabolism. Inadequate digestion of food results in the formation of a substance known as *Amavisha*, which is a precursor to many diseases. The first sign of stagnant *Amavisha* in the *Rasa Dhatu* is *Jwara*. Different types of food materials like *Usnodaka*, *Manda*, *Yavagu*, *Shadangpaniya* and other decoctions were describe for *Aamaj Jwara*. After *Pachan* of *Aamaj Jwara* I.e. for *Niram jwara* condition different *Aahar* and *Paniya dravya* were describe in *Samhitas*. *Ushnodaka* causes *Aampachan* by increasing the digestive fire. *Manda* and *Yavagu* stimulates the digestive power clears the channels specially *Swedavaha srota* and causes sweating to lower temp. in fever. *Shadangpaniya* has six different drugs that work by inhibiting the microorganisms that cause the infection and fever. These drugs include *Musta*, *Parpatak*, *Usheera*, *Chandana*, *Udichya*, and *Nagar*. Each one has a different spectrum of antimicrobial action. Ethanol extract of *Musta* Show antimicrobial activity, crude hexane extract of *Musta* shows Anti-malarial effect. *Parpataka* possesses two phytochemicals Narlumericine and Oxysanguinarine act as dengue virus (DENV) inhibitors. *Ushira* shows Antipyretic effects. *Udichya* shows Antipyretic and antibacterial effect. *Nagara* causes *Deepan*, *Pachan* of *Aam* and mitigates fever. Decoction of *Shunthi*, *Devdaru*, *Rohisaka*, *Briharti* and *Kantakari* shows antibacterial, antipyretic, antimalarial effect. *Rakta shali-Sastik shali* were *Jwarhara*, light in nature and provide strength to the person. *Mudga* is *Kasaya-Madhura* in *Rasa*, *Pittashamak* and

Jwaraghna in nature. *Makustha* is *Madhura* in *Rasa* and *Vipaka* and *Jwaghna* in nature. Vegetables – *Patola*, *Karavellaka*, *Karkotaka*, *Parpataka*, *Vartaka* are *Katu-Tikta* in *Rasa* and *Pittashamak* in nature. *Mrudvika* is *Shita virya*, mitigates *Pitta* and provides strength to the body. Ginger, *Dhanyak*, *Jambira*, tender radish, rocksalt, meat soup of animals were *Deepan*, *Pachan*, *Jwaraghna* in nature. *Goghrit* is *Agni Deepan*, *Aam pachan* in nature and mitigates *Jwara*.

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.

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