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Aahar Vidhividhan 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 *Charaka Samhita*. *Ayurveda* holds that *Jwara* is not nearly the increase in body temperature 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 an holistic approach to treat any disease with *Aahara-Vihara* and *Ausdha*. 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.

Key Words *Aahara* (Diet), *Jwara* and *Ayurveda*

INTRODUCTION

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. *Ayurveda* belongs to apply a holistic approach to treat any disease with *Aahar-Vihara* and *Ausadha*. Importance of diet in *Jwara Chikitsa* during its stages like *Aamaj* and *Niraamaj* is described along with properties of various food materials which are given during these stages¹.

Pathogenesis of *Jwara*

Three aggravated doshas (*Vayu*, *Pitta* & *Kapha*) either individually or jointly in the combination of two or three spread through the *Rasu Dhatu* and dislodge the *Jatharaagni* from its own place.



Being supplement with their own heat and heat of the *Jatharagni*, the heat of the body gets accentuated.



Channels of the circulation get obstructed by them and they being further aggravated pervade the entire body to produce excessive heat.



Temperature increase all over the body and this condition is called *Jwara*²

Components of pathogenesis –

Dosha – *Tridosha* & *Pitta*
dominant Dushya – *Jatharaagni* & *Rasa*

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dhatu Adhishthan – *Aamashya & Whole body*

Shrotas – *Rasavaha & Swedavaha*

Aamaj Jwara Lakshana

The patient of fever does not get perspiration due to blocking of channels, he suffers from anorexia, indigestion and heaviness in abdomen, drowsiness, lassitude, continuous and high fever, non-elimination of *doshas*, excessive salivation, nausea, loss of appetite, distaste in mouth, limbs

as stiffened, numbed and heavy, polyuria, stool immature and absence of emaciation- these are the Symptoms of *Aamaj Jwara*³.

Niraamaj Jwara Lakshana

Appetite, emaciation, lightness in body, mild fever elimination of *doshas*, passing of eight days there are features of *Niraamaj Jwara*⁴.

Diet for 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>Shadanga paniya</i> [Decoction of <i>Alleviates thirst and Jwara</i> ⁸ . <i>Musta, Parpataka, Usira, Chandana, Udichya and Nagara</i>]	
	<i>Musta</i> (<i>Cyperus rotundus</i>)	Astringent, promote digestion and carmination (<i>Sangrahika, Deepniya and Pachaniya</i>)
	<i>Parpataka</i> (<i>Fumaria parviflora</i>)	Alleviates <i>Kapha</i> and <i>Pitta</i> , bitter in taste cold in potency and pungent in <i>Vipaka</i> .
	<i>Usira</i> (<i>Andropogon muricatus</i>)	Digestant, cooling, light in action, bitter and sweet in test and antipyretic.
	<i>Chandana</i> (<i>Santalum album</i>)	Cooling, drying, bitter in taste, pleasing and light in action.
	<i>Udichya</i> (<i>Pavonia odorata</i>)	Cooling, drying, light in action, appetizer and digestant.
	<i>Nagara</i> (<i>Zingiber officinale</i>)	Pungent in taste, easy to digest, heat generating.
5.	Decoction of <i>Sunthi, Devdaru, Rohisaka, Brharti and Kantakari</i>	Digestion of <i>Malas</i> and reduces Fever ⁹ .
	<i>Sunthi</i> (<i>Zingiber officinale</i>)	Pungent in taste, easy to digest and heat generating.
	<i>Devdaru</i> (<i>Cedrus deodra</i>)	Bitter in taste, light in action and hot in potency.
	<i>Brharti</i> (<i>Solanum indicum</i>)	Pungent and bitter in taste, hot in potency and digestant.
	<i>Kantakari</i> (<i>Solanum xanthocarpum</i>)	Pungent and bitter in taste, appetizer, light in action and digestant.

Diet of Niraamaj Jwara -

Table 2 Food in *niraamaj jwara*

S.no.	Food material	Properties
1.	<i>Raktasali</i>	Relives thirst and alleviates all the three vitiated <i>dosas</i> ¹⁰ .
2.	<i>Sastika</i>	Cold in potency, unctuous, light, sweet, alleviator of the three <i>dosas</i> and stabilizing ¹¹ .
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 alleviates the vitiated <i>Kapha</i> and <i>Pitta</i> ¹² .
4.	<i>Mukustha</i> (<i>Phaseolus aconitifolius</i>)	Sweet in taste and <i>Vipaka</i> , <i>Sangrahi</i> , ununctuous and Cold in potency ¹³ .
5.	Vegetables – <i>Patola</i> (<i>Trichosanthes cucumerina</i>),	Alleviators of <i>Kapha</i> and <i>Pitta</i> , bitter in taste, cold in potency and Pungent in <i>Vipaka</i> ¹⁴ .

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	<i>Karavellaka</i> (<i>Momordica charantia</i>), Karkotaka (<i>Momordica dioica</i>), Prapataka (<i>Fumaria parviflora</i>), Vartaka (<i>Solanum mendingen</i>)	
6.	Mrdvika (<i>Vitis vinifera</i>)	Relives thirst, burning sensation, fever. it is nourishing, aphrodisiac, sweet, unctuous and cold in potency ¹⁵ .
7.	Ginger	Appetiser, digestive, stimulant and aphrodisiac ¹⁶ .
8.	Dhanyaka (Coriander) and Ajagandha (<i>Gynandropsis gynandra</i>)	Appetiser and fragrant ¹⁷ .
9.	Jambira (<i>Citrus medica</i>)	Appetiser, digestive stimulant, sharp, fragrant, mouth cleaner. it helps in digestion of food ¹⁸ .
10.	Tender radish	Alleviates vitiated doshas ¹⁹ .
11.	Goat milk	Astringent and sweet in taste, cold, bowel binding and light ²⁰ .
12.	Cow ghee	Promote power of digestion. It alleviates vata, pitta, toxic conditions, insanity, consumption and fever ²¹ .
13.	Rock salt	Palatable, promoter of digestion, alleviator of all the three dosas, slightly sweet in taste ²² .
14.	Meat soup of animals- Jangala (living in dry land forest), viskira (Gallinaceous birds), pratuda (packer birds)	Light, cold in potency, sweet and astringent in taste ²³ .

DISCUSSION

In treatment of a disease first understanding its pathogenesis & stages and plan Aahara-Vihara and Ausdha accordingly play an important role. In Ayurveda each disease is classified in many ways depending on factors affecting the disease like in *Jwara* on basis of presence of *Aama* stages are classified.

On the basis of symptoms one can understand this stages of *Jwara* and according to the stage line of treatment should be plan, like in *aamaj jwara* stage *langhan* should be first line of treatment so *ushnodaka* & *shadanga paniya* can be given it will do *aama pachana*. After *aamaj* stage according to *agnibala* of patient light digestible food like *mudga*, *mrdivika* can be given in *Niraamaj* stage, likewise various food material can be used according to stages as listed in above table.

CONCLUSION

Diet plays an important role in healthy as well as in disease condition. 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 it has also a key role along with Medication. *Diet* is not only important for healthy people to maintain their healthbut also play a significant role in treatment of diseases.

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