

Ayurveda - Vol. 16

# Ayurvedic remedies on Fever

(Including appropriate diet & regimen)

(English)

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,  
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'  
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

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**Sanatan Sanstha**

卐 Sanatan's Texts on Ayurveda 卐

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## Preface

Ayurveda has described fever as the king of diseases. In modern medicine fever is considered as a symptom of many diseases. Though fever is a symptom of cancer, rheumatic diseases, connective tissue disorders etc., in 95% cases germs are responsible for fever. Modern medicine prescribes antibiotics to kill the germs and antipyretics like paracetamol, aspirin and nimesulide to bring down fever temporarily. However in 50% of fevers caused by viral infections antibiotics available at present have no role. In addition in some cases germs gradually become resistant to antibiotics, making antibiotics ineffective. In such cases modern medicine does not have guidelines for treatment and the treatment becomes irrational.

Ayurveda has studied jvara (fever) in detail. In modern medicine the incubation period is described as a period between entry of germs or causative toxins and manifestation of fever. Modern medicine does not offer any treatment in incubation period.

Ayurveda has described 4 stages in the incubation period. They are :

1. Chaya stage : Accumulation of causative factors, i.e. increase in the number of germs or toxins at the site of first landing of germs in the body.
2. Prakopa stage : Further increase in the number of germs and their toxins till the site of first landing of germs is fully saturated with germs.
3. Prasara stage : Spread of germs through lymphatics or the blood stream.



4. Sthanasamashraya : Localisation of germs in a particular organ, e.g. localisation of jaundice virus in liver.

Ayurveda has described the symptoms in each stage and suggested how to treat the patient in each stage so that the disease does not manifest.

Ayurveda considers the causes, symptoms and site of the disease and classifies fever into Vataja, Pittaja and Kaphaja jvara, and outlines the diet and medicines to subdue the increased dosha.

In addition Ayurveda gives tonics, i.e. rasayana to maintain the strength of the organ affected.

If the fever is suppressed in the initial stages, it is likely to become chronic and affect an organ.

Ayurveda has described three stages in fever as follows :

1. Amavastha : Accumulation of toxins in affected organ with rising fever. Ayurveda advises fasting in this stage.

2. Pachyamanavastha : Stage of digestion of toxins. The patient is toxic in this stage and fever is at its peak. Medicines which promote digestion and neutralisation of toxins are indicated in this stage.

3. Pakvavastha : Gradual reduction of detoxicated toxins. Ayurveda suggests use of emetics, purgatives or enemas to eliminate the toxins from the body so that fever does not become chronic.

Ayurveda has also described psychological causes of fever, e.g. anger, fear, burning sex desire and their treatment.





Antibiotics are lifesaving drugs and must be used in diseases like pneumonia, tuberculosis, meningitis and even in those moderate infections where they are effective. However, every physician must consider the increased dosha, tissue or organ affected, strength and digestive power of the patient, constitution, age, psychological state, season, diet and stage of the disease while prescribing the diet and medicines for the patient. Thus, if the patient is treated in the initial stage with the appropriate medicines, the disease is likely to take a milder course and the patient can be cured without any complications.

This book will be useful to medical students, doctors, nurses, and every individual because every individual is likely to suffer from fever not once but several times.

We pray to Deity Shiva, God of fever, that by understanding the nature of fever and implementing the preventive measures at an early stage, let humanity be free from fever. - **Authors**



### Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhitā is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

- Charaksanhitā, Sutrasthān, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.



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- ❧ Causes of cancer
- ❧ Ayurvedic medicines having anti-cancer action
- ❧ Diet during cancer
- ❧ Prevention of cancer

Ayurvedic treatment of cancer has been provided in this Text.