

**Ayurveda - Vol. 16**

# **Ayurvedic Remedies on Fever**

**(Including Appropriate Diet & Regimen)**

(English)

## **Authors**

**Doctor & Vaidyacharya, Sadguru Vasant Balaji Athavale**

M.D. (Paediatrics), D.C.H., F.A.M.S.

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

**Dr Kamlesh Vasant Athavale**

M.D. (Paediatrics), D.N.B., M.N.A.M.S;

F.A.A.P. (Paediatrics & Neonatology, USA)

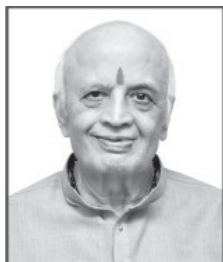


**Sanatan Sanstha**

**Sanatan's Texts on Ayurveda**

Read, put into practice and get rid of any disease from its source !

## Introduction to Authors



### **Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale**

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

#### **1. The journey from being a seeker to becoming a disciple**

**A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice :** He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

**B.** In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

## 2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

**A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality :** Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

## 3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

---

### Dr Kamlesh Vasant Athavale

M.D. (Paediatrics), D.N.B., M.N.A.M.S.

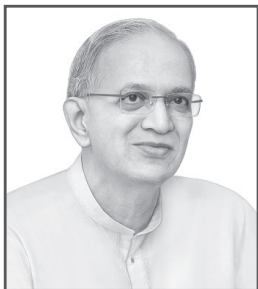
F.A.A.P. (Paediatrics and Neonatology, USA)



The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

## Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) <sup>(Note)</sup> and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 128 seekers have become Saints and 1,043 seekers are progressing towards Sainthood as of 20.09.2024.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.
11. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

**(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))**



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.

## Contents

<b>Chapter 1 : Fever</b>	<b>15</b>
1. Definition (व्याख्या)	15
2. Synonyms of Fever in Ayurveda (ज्वरपर्यायाः)	16
3. Fever in animals, plants and inanimate objects	16
4. Origin of Fever according to Mythology	17
5. Normal Body Temperature	17
6. Causes of Fever	18
7. Classification of Fever (ज्वरप्रकाराः)	23
8. Pathogenesis (ज्वरसम्प्राप्तिः)	25
9. Peculiarities of Fever in a Newborn and Premature Baby	34
10. Principles of Treatment	34
11. Do's & Don'ts in Aama and Pachyamana stages of Fever	45
<b>Chapter 2 : Doshaja Jvara</b>	<b>47</b>
1. Vataja Jvara (Fever caused by Increased Vata)	47
2. Pittaja Jvara (Fever caused by Increased Pitta)	49
3. Kaphaja Jvara (Fever caused by Increased Kapha)	51
4. Vata-Pittaja Jvara (Fever due to increased Vata & Pitta)	53
5. Pitta-Kaphaja Jvara (Fever caused by increased Pitta and Kapha)	54
6. Kapha-Vataja Jvara (Fever caused by increased Kapha and Vata)	54
7. Tridoshaja (Sannipatika Jvara)	55
<b>Chapter 3 : Dhatugata Jvara</b>	<b>60</b>
1. Rasagata Jvara (रसगतज्वरः)	60
2. Raktagata Jvara (रक्तगतज्वरः)	61

3. Mansagata Jvara (मांसगतज्वरः)	61
4. Medogata Jvara (मेदोगतज्वरः)	62
5. Asthigata Jvara (आस्थगतज्वरः)	63
6. Majjagata Jvara (मज्जागतज्वरः)	64
7. Shukragata Jvara (शुक्रगतज्वरः)	65

#### **Chapter 4 : Vishama Jvara (Irregular Fever) 66**

1. Causes and Pathogenesis (विषमज्वरहेतवः सम्प्राप्तिश्च)	66
2. Characteristics of Vishama Jvara	66
3. Causes for recurrences of Vishama Jvara	67
4. Principles of treatment in Vishama and Jeerna, i.e. Chronic Fever	67
5. Diet in Vishama Jvara	69

#### **Chapter 5 : Jeerna Jvara (Chronic Fever) 71**

1. Causes of Chronic Fever	71
2. Difference between Chronic Fever and Vishama Jvara	72
3. General Treatment (जीर्णज्वरचिकित्सा)	72

#### **Chapter 6 : Agantu Jvara (आगन्तुज्वरः) (External Fever) 75**

1. Abhighataja Agantu Jvara (Traumatic Fever)	75
2. Abhishangaja Jvara (अभिषंगज्वरः)	75
3. Abhishapaja and Abhicharaja Fever	80

#### **Chapter 7 : Symptoms and Complications in Fever 81**

1. Thirst	81
2. Excessive Perspiration	81
3. Chilly Sensation	81
4. Burning Sensation	81
5. Cold Hands and Feet	82
6. Hyperpyrexia	83

Ayurvedic remedies on Fever	13
-----------------------------	----

7. Dullness and Apathy	83
8. Stomatitis	84
9. Tastelessness in Mouth	84
10. Vomiting	84
11. Diarrhoea	85
12. Constipation	85
13. Anal Fissure	85
14. Pain in Abdomen	85
15. Feeling of Constriction in Throat	86
16. Irritation of Throat	86
17. Hiccough	86
18. Cough and Breathlessness	86
19. Haemoptysis (Blood in Sputum)	87
20. Pain in Flanks	87
21. Headache and Pain in waist	87
22. Insomnia	87
23. Drowsiness	87
24. Bhrama (Giddiness)	87
25. Bleeding in Fever	87
26. Karnaka (Mastoid Abscess)	88
27. Rugdaha (Sannipatika Fever)	89
28. Fainting (Semiconscious State)	89
29. Squint	90
30. Indriyanasha	90
31. Toxaemia	90
32. Weakness of Heart	90

## **Chapter 8 : Prognosis** **93**

1. Symptoms of damaged tissues indicating bad prognosis	93
2. Doshapaka	94
3. Symptoms indicating serious nature of disease	94

<b>Chapter 9 : Divine Therapy</b>	<b>97</b>
1. Astrology	97
2. Karmavipaka	97
3. Measures or Methods of Therapy	97
<b>Chapter 10 : Concluding remarks</b>	<b>99</b>
1. Common rules of fever treatment	99
2. Use of Antibiotics in Fever	100
3. Fever is our Friend and not an Enemy	101
<b>Chapter 11 : Ayurvedic Recipes and their Preparations</b>	<b>103</b>
1. General rules in preparing Ayurvedic Medicines	103
2. Effective period of various preparations (Expiry dates)	104
3. Purification of Medicines	104
4. Medicinal Recipes of Herbs	105
<b>Chapter 12 : Time of Administration of Medicines</b>	<b>123</b>
• The summary of this Text in spiritual terminology	128

### **Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name**

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.