



Review Article

MANAGING FEVER THROUGH AYURVEDIC THERAPEUTIC DIET

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ABSTRACT

Fever is a common symptom in many diseases and infections. People frequently resort to antipyretics and thereby suppress their immune system resulting in chronic low-grade inflammation in the long run. Body has the power to heal itself provided we are giving adequate support through therapeutic diet and fluid. According to Ayurveda *Agni* is deranged in *Jwara* which is responsible for all the associated symptoms. We can correct this *Agni* through therapeutic diet. In Ayurvedic text various *Acharyas* described countless therapeutic dietary preparations in the context of *Jwara* which have antipyretic effect, immunomodulatory effect and act by correcting the *Agni*. Such preparations mentioned in the classical textbooks of *Ashtanga Sangraha*, *Sharngadhara Samhitha*, *Chakradutta*, *Chikitsamanjari*, *Bhavaprakasham* and articles have been identified and listed in this literature review. People are reluctant to use such Ayurvedic therapeutic diet due to complexity in the preparation of these recipes and the limited availability of certain drugs. More clinical research should be done in the field of Ayurvedic nutraceuticals to overcome these limitations.

INTRODUCTION

Fever has been defined physiologically as “a state of elevated core temperature, which is often, but not necessarily, part of the defensive response of multicellular organisms to invasion by live microorganisms or inanimate matter recognized as pathogenic or alien by the host” [1]. Fever usually subsides on its own provided the nutrient and fluid requirement are fulfilled. Unlike hyperthermia, in fever the temperature is well regulated and usually does not rise beyond 42 degree centigrade. Rise in temperature during fever also has some benefits like adversely affecting the multiplication of bacteria and viruses in the body. The immunological framework of the body including interleukin 1, T helper cells, B cells, immunoglobulins show increased activity at a higher temperature than normal body temperature.[2]

Frequent administration of antipyretics can suppress the immune system and result in chronic low-grade inflammation which will not resolve completely and also comes with various side effects.[3]

Since fever is such a common symptom instead of resorting to antipyretics frequently and suppressing our immune system, we can allow the body to heal itself by providing support through therapeutic diet and adequate fluid.

Jwara as mentioned in Ayurveda classics is a disease where high body temperature is the major symptom. Ayurvedic science have always considered *Agni* or the digestive fire and its changes taking place in the body as the causative agent of majority of diseases. *Agni* is deranged in *Jwara* due to which patients usually presents with loss of appetite, diarrhoea/constipation, vomiting etc. A person can regain his health by attaining normalcy of this *Agni* which can be achieved through therapeutic diet. There are many therapeutic dietary preparation explained in the context of *Jwara* which are appetizer and improve digestive power thereby providing an antipyretic and immunomodulatory effect.

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METHOD

A literature review was conducted using classical Ayurvedic textbooks of *Ashtanga Sangraha*, *Sharngadhara Samhitha*, *Chakradutta*, *Chikitsamanjari*, *Bhavaprakasham* and articles. Relevant references were identified using manual keyword tracing across *Jwara rogadhikara* and *Kritannavarga* sections of these

textbooks using *Jwara*, *Manda*, *Peya*, *Yusha*, *Khala*, *Panaka*, *Modaka*, *Ksheera*, *Mamsa* as the keywords for search. Dietic preparations which were repeated in the classics were mentioned only once. Data were extracted and organized in tabular form for a systematic understanding.

RESULT**Manda preparation****Table 1: Manda Preparations**

Name	Ingredients	Method of preparation	Action	Reference
<i>Ashtaguna Manda</i> [4]	Rice, green gram, <i>Trikatu</i> (pepper, long pepper, ginger), coriander seed, rock salt, asafoetida.	Rice (4 part), green gram (1 part) is taken together. It is added with 14 times water. Then it is added with rest of the ingredients. The combination is heated till rice is cooked properly. The liquid is then decanted and consumed.	<i>Deepana</i> , <i>Bastisodhana</i> , <i>Rakta vardhana</i> and <i>Jwaraghna</i> .	<i>Sharngadhara Samhita</i> (<i>Madhyama khanda</i> 2/171-173)

Peya Preparations**Method of preparation (for one serving per person)**

Prepare the medicated water with the drugs (total 24gm) in around 1.5L water and reduce to half (around 700 ml). In this water boil 50 gm of *Tandula* till it get properly cooked.

Table 2: Peya Preparations

Name	Ingredients	Indication	Reference
<i>Mridwikadi peya</i> [5]	<i>Mridwika</i> , <i>Pippalimula</i> , <i>Chavya</i> , <i>Chitraka</i> , <i>Sunthi</i> (total 24gm), <i>Tandula</i> (1 part), <i>Jala</i> (14 part).	Fever with constipation	<i>Chakradutta</i> (1/25)
<i>Baladi Peya</i> [6]	<i>Bala</i> , <i>Dhanyaka</i> , <i>Sunthi</i> , <i>Vilwa</i> , <i>Laja</i> , <i>Mudga</i>	Fever with vomiting	<i>Chikitsamanjari</i> (1/33)
<i>Prishniparnyadi Peya</i> [7]	<i>Prishniparni</i> (whole plant), <i>Bilwa</i> (fruit), <i>Bala</i> (root), <i>Shunthi</i> (rhizome), <i>Utpala</i> (flower), <i>Dhanyaka</i> (fruit), <i>Tandula</i> , <i>Jala</i> .	Fever with diarrhoea	<i>Ashtanga Sangraha</i> (<i>Chi</i> 1/33)
<i>Brhat Panchamoola Peya</i> [8]	<i>Bilwa</i> , <i>Agnimantha</i> , <i>Shyonaka</i> , <i>Patala</i> , <i>Gambhari</i> (stem bark of these), <i>Yava</i> , <i>Jala</i> .	Fever with predominance of <i>Kapha</i> .	<i>Ashtanga Sangraha</i> (<i>Chi</i> 1/34)
<i>Utpala Satka</i> [9]	<i>Prishniparni</i> , <i>Bala</i> , <i>Bilwa</i> , <i>Nagara</i> , <i>Utpala</i> and <i>Dhanyaka</i> as well added with sour substances.	Fever associated with <i>Atisara</i> .	<i>Chakradutta</i> (2/2)
<i>Suntyadi Peya</i> (taken cold) [10]	<i>Laja</i> , <i>Sunti</i> , <i>Makshika</i>	Fever associated with <i>Atisara</i> and predominance of <i>Pitta</i> .	<i>Ashtanga Sangraha</i> (<i>Chi</i> 1/32)
<i>Vyaghryadi Peya</i> [11]	<i>Laja</i> , <i>Vyaghri</i> , <i>Gokshura</i>	Fever associated with pain in head, flanks and bladder.	<i>Ashtanga Sangraha</i> (<i>Chi</i> 1/32)
<i>Hrswa panchamoola Peya</i> [12]	<i>Laja</i> , <i>Saliparni</i> , <i>Prishniparni</i> , <i>Brhati</i> , <i>Kantakari</i> , <i>Gokshura</i>	Fever associated with hiccup, dyspnea and cough.	<i>Ashtanga Sangraha</i> (<i>Chi</i> 1/34)

Yavagu Preparations

Prepare the medicated water with the drugs (total 24gm) in around 1.5L water and reduce to half (around 700ml). In this water boil 50gm of *Tandula* till it gets properly cooked. It should be cooked to a thicker consistency than *Peya*.

Table 3: Yavagu Preparations

Name	Ingredients	Indications	Reference
<i>Pipplyadi yavagu</i> ^[13]	<i>Yava</i> fried in ghee, <i>Pippali</i> , <i>Amalaki</i> .	Fever with constipation.	<i>Ashtanga sangraha</i> (Chi 1/35)
<i>Chavikadi yavagu</i> ^[14]	<i>Yava</i> fried in ghee, <i>Cavika</i> , <i>Pippalimoola</i> , <i>Draksha</i> , <i>Amalaki</i> , <i>Nagara</i> .	Fever associated with obstructed feaces causing pain in abdomen and rectum.	<i>Ashtanga Sangraha</i> (Chi 1/36)
<i>Koladi yavagu</i> ^[15]	<i>Yava</i> fried in ghee, <i>Kola</i> , <i>Vrikshamla</i> , <i>Kalasi</i> , <i>Dhavani sriphala</i> along with <i>Sita</i> , <i>Badara</i> , <i>Mridwika</i> , <i>Saariva</i> , <i>Musta</i> , <i>Chandana</i> , honey.	Fever associated with absence of perspiration, loss of sleep, thirst, burning sensation in the body.	<i>Ashtanga sangraha</i> (Chi 1/38)

Ksheerapeya**Table 4: Ksheerapeya Preparations**

Name	Ingredients	Method of preparation	Indication	Reference
<i>Amalakipatradi ksheerapeya</i> ^[16]	<i>Amalakipatra</i> , <i>Brhatimoola</i> , <i>Tulasimoola</i> , <i>Parpataka</i> , <i>Rasna</i> , <i>Salaparni</i> , <i>Musta</i> , <i>Nyagrodha</i> <i>Pushpa</i> , <i>Sunthi</i>	Milk taken 1/4 th of water. <i>Kashaya</i> prepared with these drugs till only milk remains. <i>Tandula</i> will be cooked in this <i>Kasaya</i> .	<i>Jeernajwara</i>	<i>Chikitsamanjari</i> (1/176)

Takrapeya**Table 5: Takrapeya Preparations**

Name	Ingredients	Method of preparation	Indication	Reference
<i>Salaparnyadi takrapeya</i> ^[17]	<i>Salaparni</i> , <i>Prishniparni</i> , <i>Laja</i> , <i>Vishnukranti</i> , <i>Dusparshamoola</i> , <i>Sunti</i> , mustard, cumin seeds, chilli, curry leaves, rice, buttermilk.	<i>Kasaya</i> made with these drugs. Heat ghee in a pan, to this add mustard and cumin seed. Then add chilli and curry leaves. Then add rice to it and add the <i>Kasaya</i> and cook the rice. Finally add buttermilk and stir well. Thicken to desired consistency.	<i>Jeernajwara</i>	<i>Chikitsamanjari</i> (1/184)

Yusha Preparations**Table 6: Yusha Preparations**

Name	Ingredients	Method of preparation	Indication	Reference
<i>Panchamushtika Yusha</i> ^[18]	<i>Yava</i> , <i>Kola</i> , <i>Kulatha</i> , <i>Mudga</i> , <i>Moolaka</i> - 1 <i>Musti</i> (fist) each + <i>Sunti</i>	Boil these drugs in 8 times water	<i>Jwara</i> , <i>Swasa</i> , <i>Kasa</i>	<i>Chakradutta</i> (1/165-166)

Khala Preparations ^[19]**Table 7: Khala Preparations**

Name	Ingredients	Method of preparation	Indication	Reference
<i>Kudakadi Khala</i>	<i>Mandukaparni</i> , <i>Kakamachi</i> , <i>Punarnava</i> , <i>Matulunga</i> ,		<i>Jwara</i> , <i>Aruchi</i>	<i>Navakhanda</i>

	<i>Gandeera, Saindava, Sunthi.</i>	4gm <i>Aushadha</i> taken and cooked in 192ml <i>Takra</i> and then made a paste and then again cooked in <i>Takra</i> and then reduced to ¼.		
<i>Mustadi Khala</i>	<i>Musta, Parpataka, Amalaki, Sahadevi</i>		<i>Jwara</i>	<i>Navakhanda</i>
<i>Sarshapadi Khala</i>	Mustard, curry leaves, garlic, <i>Chirivilwa, Sunti</i> , black pepper, <i>Pippali, Saindhava</i> .		<i>Jwara</i>	<i>Vaidyamanorama</i>
<i>Kulasthadi Khala</i>	<i>Kulatta, curry leaves, garlic, Sunthi, black pepper, Pippali.</i>		<i>Jwara</i>	<i>Vaidyamanorama</i>
<i>Sahadevi Rasa Khala</i>	<i>Sahadevi</i>		<i>Jwara</i>	<i>Vaidyamanorama</i>

Preparations for *Pana*

Table 8: *Pana* Preparations

Name	Ingredients	Method of preparation	Indication	Reference
<i>Sadanga Paneeya</i> [20]	<i>Musta, Parpataka, Usira, Candana, Udichya, Sunti</i>	Cold water processed with drugs in quantity of 10g boiled in 1.20L and reduced to 640ml	<i>Jwara</i>	<i>Chakradutta (1/19)</i>
<i>Dhanyakadi pana</i> [21]	<i>Dhanyaka, Sunthi, Saindhava, Pippali, Laja</i>	These drugs are boiled in water and add <i>Laja</i> to it. Drink the liquid portion.	<i>Jwara</i>	<i>Chikitsamanjari (1/30)</i>
<i>Sarkarodakam</i> [22]	Sugar, cardamom, clove, camphor and black pepper	Pure plain sugar dissolved in cool water and mixed with cardamom, clove, camphor and black pepper.	<i>Murcha, chardi, trishna, daha, jwara.</i>	<i>Bhavaprakasha (Purvakhanda 6/12/148)</i>
<i>Dhanyaka Panaka</i> [23]	Corriander seed, sugar syrup, camphor, black pepper	Corriander seed finely grounded and sieved with the help of cloth is mixed with sugar syrup, camphor, black pepper and stored in new earthen pot.	<i>Jwara</i>	<i>Bhavaprakasham (Purvakhanda 6/12/157)</i>
<i>Panchamooli Ksheeram</i> [24]	Milk, <i>Panchamoolam</i>	Milk should be taken 8 times the drug and water 4 times milk. This is boiled till milk remains.	Fever associated with <i>Kasa, Swasa, Sirasoola, Peenasa.</i>	<i>Chakradutta (1/263)</i>
<i>Vrischeeradi Ksheeram</i> [25]	Milk, <i>Swetha Punarnava, Bilwa, Rakta punarnava</i>	Milk should be taken 8 times the drug and water 4 times milk. This is boiled till milk remains.	<i>Sarvajwara</i>	<i>Chakradutta (1/266)</i>
<i>Trikantakadi Ksheeram</i> [26]	Milk, <i>Trikantaka, Bala, Kantakari, jaggery, Sunthi</i>	Milk should be taken 8 times the drug and water 4 times milk. This is boiled till milk remains.	Fever associated with oedema, obstruction in passing urine and faeces.	<i>Chakradutta (1/265)</i>
<i>Erandamoola Ksheeram</i> [27]	Milk, <i>Eranda</i> root	Milk should be taken 8 times the drug and water 4 times milk. This is boiled till milk remains.	Fever associated with cutting pain in rectum.	<i>Chakradutta (1/268)</i>

Special preparations**Table 9: Special Preparations**

Name	Ingredients	Method of preparation	Indication	Reference
<i>Mudga Parpata</i> ^[28]	Splitted <i>Mudga</i> , <i>Hingu</i> , turmeric, salt, cumin seed, <i>Swarjika</i>	Splitted mudga is soaked in water and de-husked and dried. Then it is made into flour. It is to be added with <i>Hingu</i> , turmeric, salt, cumin seed, <i>Swarjika</i> with water and thin cake are made out of it which is known as <i>Parpata</i> . They should be baked in smokeless coal.	<i>Arochaka</i> , <i>Jwara</i> , it is <i>Deepana</i> , <i>Pachana</i> . It can be given along with <i>Peya</i> .	<i>Bhavaprakasham</i> (Purvakhanda 6/12/47)
<i>Mudga modaka</i> ^[29]	Green gram flour, Sugar syrup	Fine flour of green gram is mixed with water on a deep pan filled with ghee, a sieve is placed and liquified flour is slowly poured onto the sieve. Drops like pearl fall into ghee. When fried well, they are taken out and added with sugar syrup and made into balls.	<i>Jwara</i> , <i>Arochaka</i> , loose stool	<i>Bhavaprakasham</i> (Purvakhanda 6/12/127)
<i>Vesana Modaka</i> ^[30]	Bengal gram flour	Same as <i>Mudga modaka</i>	<i>Jwara</i> , <i>Pittarakataka</i> <i>phapaha</i>	<i>Bhavaprakasham</i> (Purvakhanda 6/12/131)

DISCUSSION

This literature review highlights the various options available for using as therapeutic diet in fever which is explained in our classical textbooks. The drugs mentioned in these preparations mostly have *Tikta rasa* and *Katu/Kashaya* as *Anurasa*. *Tikta rasa* have *Jwarahara* property and has *Deepana*, *Pachana* property which helps to improve the *Agni* which is usually deranged in *Jwara*. In most of the recipes there are *Ushna Veerya* and *Seeta Veerya* drugs where *Seeta virya* drugs helps to normalize the *Pitta dosha* and *Ushna Veerya Dravyas* helps to correct the *Agni* through its *Amapachana* action and helps to remove *Srotorodha*.^[31] Since most of the dietary preparations are in solid in liquid form it helps to address both the nutritional and fluid needs of the body in addition to providing the antipyretic effect imparted by the medicinal herbs. Buttermilk is a probiotic and acts as an oxidative stress remover thereby strengthening the immune system by increasing the formation of secretory IgA.^[32] Medicated buttermilk have the additional benefit of antipyretic effect. Repeated suppression of fever through anti-inflammatory or antibiotic drugs affects the efficiency of acute inflammatory response resulting in low grade chronic inflammation which can give rise to various auto immune disorders.^[33] This suggest that in an otherwise healthy person having fever we can resort to therapeutic diet which will aid our body's natural healing ability and will help to fight the diseases.

CONCLUSION

The major drawback regarding these ayurvedic therapeutic diet is the limited availability of certain drugs and the complexity in preparation of these recipes. Such therapeutic diet recipes will be more accepted by the common public if these are available as ready to make packets in the government dispensaries and hospitals. Since on the other side, the modern medicine provides easily available and easy to use tablets and pills it will take a lot of effort to convince the people regarding the benefits and efficacy of ayurvedic therapeutic diet. There is a need of more clinical research in the field of ayurvedic nutraceuticals.

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