



Review Article

UNDERSTANDING THE MODE OF ACTION OF JAYA VATI: A COMPREHENSIVE REVIEW

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ABSTRACT

Navjwara develops due to compromised digestive efficiency and the accumulation of metabolic by products. *Jaya Vati*, a classical polyherbal formulation, has been traditionally prescribed for initial fever manifestations. This review delineates its therapeutic significance by integrating Ayurvedic concepts with contemporary pharmacological insights. **Materials and Methods:** Authoritative Ayurvedic texts and contemporary scientific databases like PubMed, Elsevier, and Google Scholar were carefully searched for relevant information. **Results and Discussion:** *Jaya Vati* acts on *Rasavaha Srotas*, pacifies *Vata* and *Kapha dosha*, digests *Ama* and restores *Agni*, leading to subsidence of fever and symptoms. *Jaya Vati* improves digestion, removes toxins, clears body channels, promotes sweating, and helps in reducing fever due to its pungent and bitter properties. Potent bioactive molecules including curcumin, gingerols, piperine, embelin, nimbidin, and β -sitosterol exert significant antipyretic and analgesic effects through mechanisms such as prostaglandin inhibition, suppression of inflammatory mediators, and antioxidative modulation. **Conclusion:** *Jaya Vati* is a classical Ayurvedic medicine that helps treat *Navjwara* by working on the actual cause of the disease. Supported by modern scientific findings, *Jaya Vati* is a safe, effective, and practical option for holistic fever management.

INTRODUCTION

Herbal medicines are widely used worldwide because of their natural origin, therapeutic benefits, and relatively fewer side effects. Ayurveda utilizes a wide range of herbal, mineral, and herbo-mineral formulations for the maintenance of health and treatment of diseases. Among these, polyherbal formulations, prepared by combining multiple medicinal plants with complementary therapeutic properties, have been used for centuries in healthcare. The synergistic action of these herbs enhances therapeutic efficacy, reduces unwanted effects, and

provides a balanced approach to disease management. Growing awareness of the adverse effects associated with synthetic drugs has further increased the preference for such safe, holistic, and effective herbal therapies.^[1]

To achieve enhanced therapeutic efficacy, polyherbal formulations are increasingly employed in the management of various disorders. Among them, *Jaya Vati* a classical Ayurvedic formulation first described in the text *Rasa Tarangini*, is traditionally recommended for the management of *Navjwara*².

Acharya Vagbhatta says that *Mandagni* (subdued digestive power)³, or weak digestive fire, is the root cause of all diseases.⁴ According to *Ayurvedic Literature/Samhithas Chikista Sthanas* among disease *Jwara* (fever disorder)⁵ is considered most powerful sickness/main illness because it is definitely/ certainly occurring at the beginning and end of birth.⁶ It is both an individual illness and a symptom of all diseases. In

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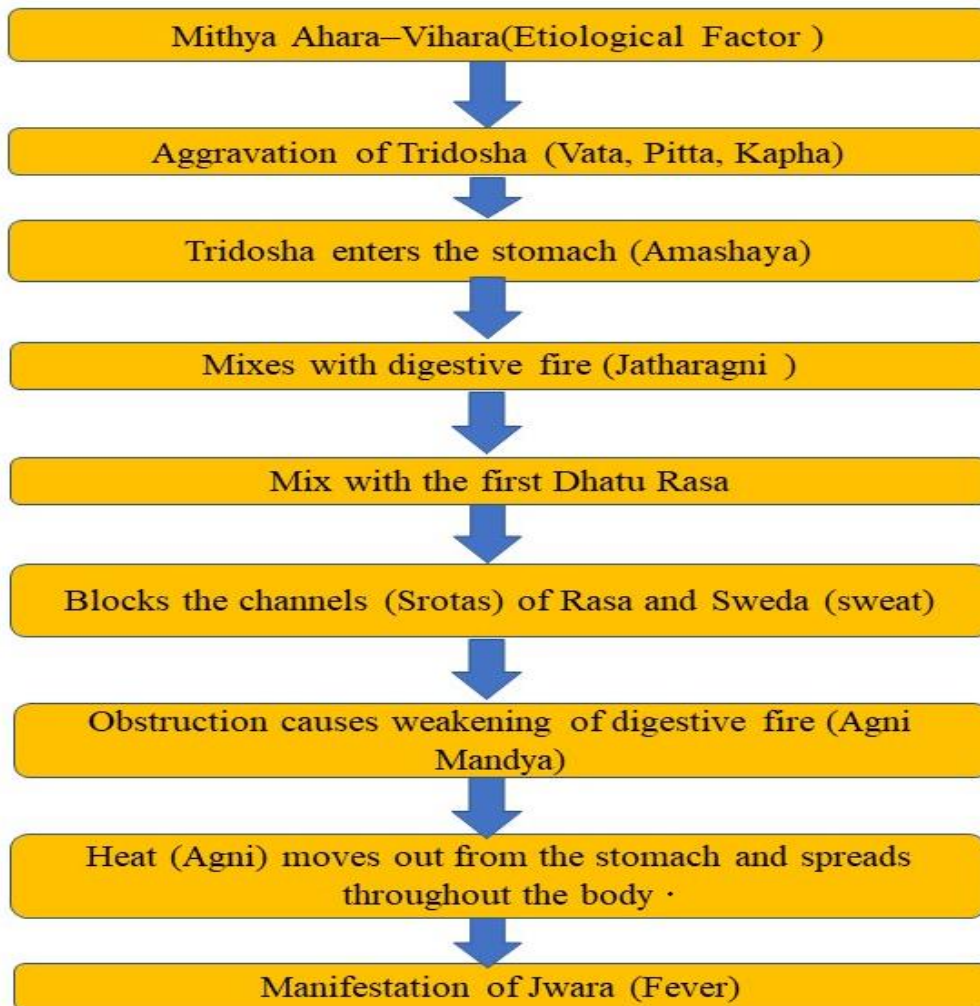
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Ayurveda the distress of mind and body is called fever.⁷

Santapa (burning sensation)⁸, *Aruchi* (anorexia)⁹, *Trushna* (polydipsia disorder)¹⁰, *Angamarda* (generalized body ache disorder)¹⁰, and *Hrudi Vyatha* are the effects of *Jwara*¹¹.

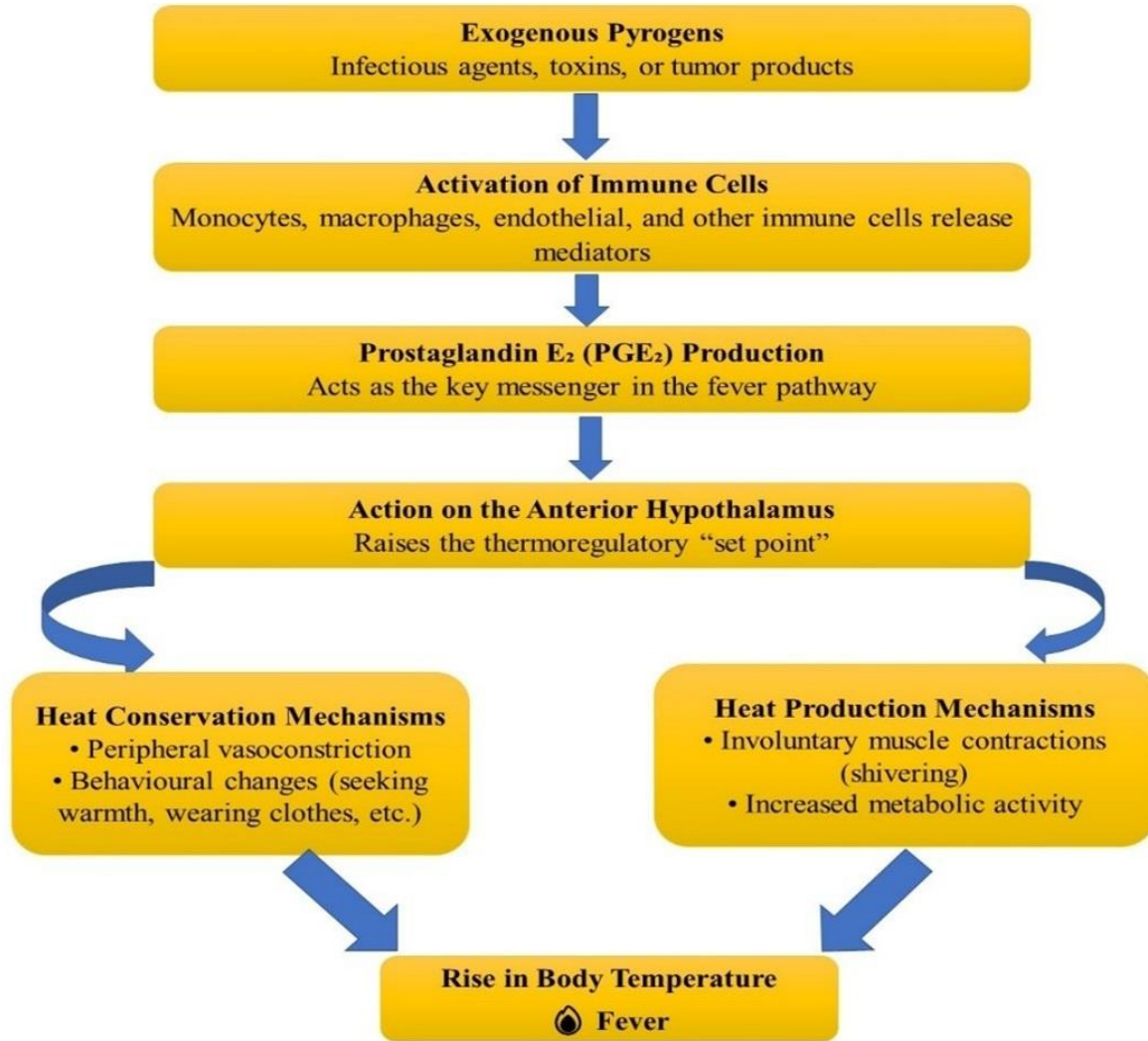
Here, we are trying to compose a hypothetical evaluation on *Jaya Vati*, which is used to treat *Navjwara*. It is referred to as *Navjwara* from the beginning of *Jwara* for seven days.¹² Also considered as *Tarun Jwara* and *Ama Jwara*.¹³ Premonitory features of *Aam Jwara-Aruchi* (anorexia), *Avipaka*, *Guru Udarasya*, ***Samprapti of Jwara***²³

Hrdaya Avisuddhi, *Tandra* (drowsiness disorder)¹⁴, *Alasya* (laziness disorder)¹⁵, *Jwara Avisargi Balavan Doshanam Apravarthanam*, *Lala Praseka* (salivation/ptyalism/sialorrhea (due only to *kaphadosha*))¹⁶, *Hrllasa*, *Kshudh Nasha*, *Virasam Mukham*, *Sthabda*, *Supta*, *Guru Gatra* (body heaviness)¹⁷, *Bahu Mootra*, *Na Vid Jeerna*, *Na Cha Glani*. *Lakshanas of Pachyamana avastha Jwara* are -*Vego Adhika*, *Trsna*, *Pralapa* (delirium (due only to *vatadosa*))¹⁸, *Swasana* (Dyspnoea disorder)¹⁹, *Bhrama* (giddiness (due only to *vatadosa*))²⁰, *Mala Pravrutti*, *Uthklesha* (Nausea disorder)^{21 22}.



. **Figure 1 Samprapti of Jwara**

As illustrated in Figure 1, this series of events is repeatedly triggered up, ending with the creation of *Ama*, which further upsets the equilibrium between *Ras dhatu* and *Jwarotapatti* is reached by *Sthansanshraya* in *Jwara's samprapti*. *Ama* builds up in *Aamashaya* as a result of vitiated *Agni* and inadequate digestive power, which causes *Srotorodha*, which builds up heat (*Ushma*) in the body. Therefore, Ayurvedic management of *Jwara* primarily focuses on the elimination of *Ama* during the initial *Ama Avastha* stage. The first thing to be excluded in *Jwara's chikitsa* is *Ama Avastha*.

Pathology of Fever²⁴**Figure 2 Pathology of Fever****MATERIALS AND METHOD**

An extensive review of the literature was carried out using both classical Ayurvedic texts, including *Charaka Samhita*, *Rasa Tarangini*, and *Dravyaguna Vigyana*, as well as contemporary medical publications. Relevant information was collected from reliable scientific databases such as PubMed, Elsevier, and Google Scholar and critically analysed for the study.

RESULT AND DISCUSSION

Jaya Vati is one such Herbal formulation, contains *Shuddha Vatsanabha*, *Haridra*, *Shunthi*, *Maricha*, *Pippali*, *Vidanga*, *Nimba*, *Musta*, *Jayanti mool* in equal parts. First *Shodhana* of *Vatsanabha* was done. All remaining drugs will be powdered subsequently. *Bhawana* will be given Water (As per requirement) Formation of *Jaya Vati*.

Table 1: Rasa panchaka of Jaya Vati

S.No.	Drug Name	English/ Latin Name	Part Used	Rasa	Guna	Virya	Vipaka	Active Chemical Constituents
1	<i>Vatsanabha</i> ²⁵	<i>Aconitum ferox</i>	Root	<i>Madhura</i>	<i>Ruksha, Tikshn, Laghu, Vikasi, Vyavayi</i>	<i>Ushna</i>	<i>Madhura</i>	aconitine, pseudoaconitine, Picroaconine, Benzoylaconine, homonepalin

2	<i>Haridra</i> ²⁶	<i>Curcuma longa</i>	Rhizome	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	Curcumin, Curcuminoids (Curcumin-1, demethoxycurcumin, bismethoxycurcumin)
3	<i>Shunthi</i> ²⁷	<i>Zingiber officinale</i>	Rhizome	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Gingerols, Shogaols, Zingiberene, Zingiberol</i>
4	<i>Maricha</i> ²⁸	<i>Piper nigrin</i>	Seed	<i>Katu</i>	<i>Laghu, Tiksha</i>	<i>Ushna</i>	<i>Katu</i>	Piperine, Piperidine, Piperettine
5	<i>Pippali</i> ²⁹	<i>Piper longum</i> Linn.	Fruit	<i>Katu</i>	<i>Laghu, Snigdha, Tiksha</i>	<i>Anushna -sheeta</i>	<i>Madhura</i>	Piperine, Piplartine, Seasmin, pipasterol, piper loguminin
6.	<i>Vidanga</i> ³⁰	<i>Embelia ribes</i>	Fruit	<i>Katu, Kashaya</i>	<i>Laghu, Ruksha, Tiksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Embelin, Tannin, Raal, Christembine, Quercetin</i>
7.	<i>Nimba</i> ³¹	<i>Azadiachta indica</i>	Leaf	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	Nimbidin, Flavonoids, Triterpenoids, Glycosides, Beta-pinene limonene
8.	<i>Musta</i> ³²	<i>Cypers rotunds</i>	Root	<i>Tikta, Katu, Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	Quercetin Sequesturpenoids, β -Sitosterol
9.	<i>Jayanti</i> ³³	<i>Sesbana sesban</i>	Root	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	triterpenoids, carbohydrates, di-saccharide kaempferol, fatty acids, α -ketoglutaric, vitamin, cellulose

Table 2: Karma of Jaya Vati ingredients

S.No.	Drug Name	Dosha Prabhava
1	<i>Vatsanabha</i>	<i>Kapha-Vatta-Pitta Shamak, Speical Vatta-Kapha Shamak, Svedajanana, Vedana- Sthapan, Shothahar, Ruchivardhaka, Deepan, Pachana, Shoolaprashaman, Mutrjanan, Jwarahghna</i>
2	<i>Haridra</i>	<i>Kapha-vatta- Pittashamak, VedanaSthapan, Shothahar, Ruchivardhaka, Anuloman, Aampachaka, Jwarahghna, Vishaghna, Mutrsangrahanee</i>
3	<i>Shunthi</i>	<i>Kapha-Vatta shamak, Aampachaka, Deepan, Pachana, Rochana, Triptighna, Vatanuloman, Shoolaprashaman Sita prashaman, Shothahar, Vedana-Sthapan, Jwarahghna</i>
4	<i>Maricha</i>	<i>Kapha-Vatta shamak, Pachana, Deepana, Vatanuloman, Mutrjanan, Svedajanana, Jwarahghna</i>
5	<i>Pippali</i>	<i>Vatta-Kapha Vardhak, Pitta Shamak, Deepana, Triptighna, Vatanuloman, Shoolaprashaman, Mutral, Jwaraghna</i>
6.	<i>Vidanga.</i>	<i>Kapha-Vatta shamak, Deepana, Pachana, Anuloman, Mutrajanan, Krimighna,</i>
7.	<i>Nimba</i>	<i>Kapha-Pitta Shamak, Aampachak, Rochan, Grahai, Daahprashaman, Jwaraghna</i>
8.	<i>Musta</i>	<i>Kapha-Pitta Shamak, Shothahara, Dipana, Pachana, Grahai, Trushnahara, Mutral, Vishaghna, Jwaraghna</i>
9.	<i>Jayanti</i>	<i>Kapha-Pitta Shamak, Vedanasthapan, Shothahar, Deepana, Grahai, Svedajanana, Jwaraghna, Vishaghna</i>

Probable Pharmacodynamics of *JayaVati***Table 3: Analysis of *Rasa* Composition of *Jaya Vati***

<i>Rasa</i>	No. of Drugs	Percentage
<i>Madhura</i>	1/9	11.11
<i>Katu</i>	7/9	77.77
<i>Tikta</i>	4/9	44.44
<i>Kasaya</i>	3/9	33.33

Table 4: Analysis of *Guna* Composition of *Jaya Vati*

<i>Guna</i>	No. of Drugs	Percentage
<i>Laghu</i>	9/9	100
<i>Ruksha</i>	4/9	44.44
<i>Snigdha</i>	2/9	22.22
<i>Tikshna</i>	4/9	44.44
<i>Vyavyi</i>	1/9	11.11
<i>Vikasi</i>	1/9	11.11

Table 5: Analysis of *Virya* Composition of *Jaya Vati*

<i>Virya</i>	No. of Drugs	Percentage
<i>Usna</i>	6/9	66.66
<i>Sita</i>	2/9	22.22
<i>Anusna-sita</i>	1/9	11.11

Table 6: Analysis of *Vipaka* Composition of *Jaya Vati*

<i>Vipaka</i>	No. of Drugs	Percentage
<i>Madhura</i>	3/9	33.33
<i>Katu</i>	6/9	66.66

Table 7: Analysis of *Karma* Distribution of *Jaya Vati*

<i>Karma</i>	No. of Drugs	Percentage
<i>Deepan</i>	7/9	77.77
<i>Pachana</i>	7/9	77.77
<i>Ruchivardhak</i>	4/9	44.44
<i>Anulomana</i>	5/9	55.55
<i>Grahi</i>	3/9	33.33
<i>Shulprasaman</i>	3/9	33.33
<i>Shothhar</i>	5/9	55.55
<i>Krimighna</i>	1/9	11.11
<i>Swedjanan</i>	3/9	33.33
<i>Dahaprashman</i>	1/9	11.11
<i>Jwaraghna</i>	6/9	66.66
<i>Mutrajanan</i>	5/9	55.55
<i>Triptighna</i>	3/9	33.33
<i>Vishagna</i>	3/9	33.33
<i>Mutrsangrahanee</i>	1/9	11.11

<i>Sita prashaman</i>	1/9	11.11
<i>VedanaSthapan</i>	4/9	44.44

Table 8: Dosha-Specific Action of Jaya Vati

Doshagnata	No. of Drugs	Percentage
<i>Kapha-vatta-Pitta shamak</i>	1/9	11.11
<i>Vatta-Kapha shamak</i>	1/9	11.11
<i>Vatta-Kapha Vardhak</i>	1/9	11.11
<i>Kapha-vata shamak</i>	3/9	33.33
<i>Kapha-Pitta shamak</i>	3/9	33.33
<i>Pitta shamak</i>	1/9	11.11

Probable mode of the action of Jaya Vati at different levels

According to *Acharya Charaka*, some medications function through *Rasa*, while others act through *Virya*, *Gunas*, *Vipaka*, and *Prabhava*.³⁴

Samprapti Ghataka of Jwara³⁵

Dosha: *Pitta Pradhana Tridoshaja* (*Vyana Vata*, *Pachaka Pitta*, *Kledaka Kapha*)

Dushya: *Dhatu-Rasa*, *Upadhatu-Twak*, *Sharirika Mala-Mutra*, *Purisha*

Dhatumala: *Kapha*, *Sweda*, *Pitta*

Agni: *Jataragni*, *Dhatwagni*, *Bhutagni*

Agnidushti: *Mandagni*

Ama: *Agnijanya*

Shrotas: *Rasavaha*, *Swedavaha*, *Udakavaha*

Shrotodushti: *Sanga*, *Vimarga gamana*

Adhistana: *Sharira*, *Manas*

Sancharsthana: *Rasavahinyah*

Udhbhavasthana: *Amashayottha*

Vyaktasthana: *Twachya*

Roga Marga: *Bahya* and *Abhyantara*

Action at the Level of Dosha:³⁶

The chief factors responsible are *Jwara*, along with *Pachaka Pitta*, *Kledaka Kapha*, and the *Vyana Vayu*. *Pachaka Pitta*, possessing *Tikta* (44.44%), *Kashaya* (33.33%), and *Madhura* (11.11%) *Rasa*, dominated by the *Agni*, *Vayu*, *Akasha*, *Prithvi*, and *Jala Mahabhutas*, along with *Snigdha Guna* (22.22%), *Sita Virya* (22.22%), and *Anushna-Sita* (11.11%) nature, helps to pacify the aggravated *Pitta Dosha*. Similarly, through its *Laghu* (100%), *Tikshna* (44.44%), and *Ruksha* (44.44%) *Gunas*, combined with *Katu* (77.77%), *Tikta* (44.44%), and *Kashaya* (33.33%) *Rasa*, which are dominated by *Agni*, *Vayu*, *Akasha*, and *Prithvi Mahabhutas*, it effectively mitigates the vitiated *Kapha Dosha*. Furthermore, owing to its *Ushna Virya* (66.66%), *Snigdha Guna* (22.22%), and *Madhura Rasa* (11.11%), it helps in balancing and alleviating the aggravated *Vata Dosha*.

Action at the level of Dushya

It is clear from the *Samprapti* of *Jwara* that the *Rasa Dhatu* is the main *Dushya* involved. In *Jaya Vati*, approximately 77.77% of the ingredients possess *Katu Rasa* (pungent taste), while 44.44% exhibit *Tikta Rasa* (bitter taste). These *Tikta* and *Katu Rasa* as enhance digestive function and promote the proper formation of *Rasa Dhatu*, indicating that the formulation primarily acts on the *Rasa Dhatu*.

Action at the level of Srotas

In *Jwara*, two principal types of *Srotas Dusti* (vitiation of bodily channels) are described *Sanga* (obstruction) and *Vimarga gamana* (misdirection of flow). The *Sanga* type of *Dusti* is alleviated by substances possessing *Deepana* (77.77%), *Pachana* (77.77%), and *Anulomana* (55.55%) properties, along with *Laghu* (100%), *Snigdha* (22.22%), *Tikshna* (44.44%), *Vyavayi* (11.11%), and *Vikasi* (11.11%) *Gunas*. Additionally, *Katu* (77.77%), *Tikta* (44.44%), and *Kashaya* (33.33%) *Rasa*, coupled with *Ushna Virya* (66.66%), assist in eliminating the obstruction within the channels. Furthermore, the *Deepana* (77.77%), *Pachana* (77.77%), and *Grahi* (33.33%) properties, along with *Ruksha Guna* (44.44%), help in the digestion and elimination of *Ama* (toxic metabolites) accumulated in the *Srotas*, thereby restoring normal channel function and promoting recovery from *Jwara*.

Action at the level of Agni level

Due to its *Deepana* (77.77%), *Pachana* (77.77%), *Rochana* (44.44%) property, *Katu* (77.77%), *Tikta* (44.44%) *Rasa*, *Laghu* (100%), *Tikshna* (44.44%), *Ruksha* (44.44%) *Guna*, and *Usna virya* (66.66%). It triggers *Jatharagni*, which in turn activates every other *Agnis*.

Action at the level of Ama level

The unprocessed and undigested *Annarasa* is known as *Ama*, which requires proper digestion (*Paka*) for elimination. Due to its strong *Deepana* (77.77%), *Pachana* (77.77%), and *Rochana* (44.44%) properties,

along with *Katu* (77.77%) and *Tikta* (44.44%) *Rasa*, *Laghu* (100%), *Tikshna* (44.44%), *Ruksha* (44.44%) *Guna*, and *Ushna Virya* (66.66%), the formulation helps to prevent the formation of new *Ama* and assists in eliminating the root cause of the disease.

Probable Mode of action

These drugs collectively act on *Navjwara* by correcting *Agnimandya*, digesting *Ama*, and clearing *Srotorodha* caused by vitiated *Kapha*, *Pitta* in the *Amashaya*. Their *Katu/Tikta Rasa* and *Laghu*, *Tikshna Guna* stimulates *Agni*, promote *Ama pachana*, open blocked *Rasa* and *Sweda Srotas* and *Vyavayi* and *Vikasi guna* of *Shuddha Vatsanabha* increase the absorption and easy transportation of *Jaya Vati* into cell membrane. *Ushna Virya dravyas* like *Vatsanabha*, *Haridra*, *Shunthi*, *Maricha*, *Vidanga* and *Jayanti* induce *Svedana*, break *Kapha* obstruction and help the body reduce fever naturally. *Katu Vipaka* further dries *Kapha* and restores channel potency. Drugs with *Snigdha* elements support *Vatanulomana*, reducing *Jwara*-associated body ache and discomfort. *Sheeta Virya dravyas* such as *Nimba* and *Musta* pacify *Pitta* and relieve burning and thirst. *Krimighna*, *Vishaghna* and *Shothahara* properties (*Vidanga*, *Haridra*, *Jayanti*, *Musta*) address underlying infections, inflammation and toxin accumulation. Overall, through *Agni-deepana*, *Amapachana*, *Srotoshodhana*, *Swedajanana*, *Dosha-shamana*, *Vedana-Sthapak* and *Shothahara* actions, these herbs reverse the fever pathology and exhibit a coordinated *Jwaraghna* effect.

The alkaloids present in *Shuddha Vatsanabha* exhibit significant antipyretic and analgesic activities, as evidenced by the study^{37,38}. Some research studies have scientifically proven that *Haridra* (*Curcuma longa*) possesses significant antipyretic activity. Curcumin significantly inhibits the overproduction of prostaglandin E₂ (PGE₂) in the hypothalamus, along with glutamate and hydroxyl radicals, during inflammatory fever. By blocking the glutamate-hydroxyl radical-PGE₂ pathway, Curcumin effectively reduces the hypothalamic set point and exhibits a potent antipyretic (fever-reducing) effect.^{39,40} *Shunthi* may function similarly to NSAIDs, which block the production of prostaglandins. It has been discovered that 6-gingerol and 6-shagol have antipyretic and analgesic qualities.^{41,42} In *Maricha* and *Pippali* Piperine, an active constituent of *Piper nigrum*, is a potent analgesic, antipyretic and hepatoprotective agent with additional ulcerogenic effects.^{43,44,45} *Vidanga* has been shown to have high antipyretic action in animal models, especially through its hydroalcoholic extract, which has powerful fever-reducing effects, supporting its conventional use as an antipyretic drug⁴⁶ and *Vidanga* also shows analgesic activity.^{47,48} *Nimba* It can be used to treat fever and related burning disorders

since it is a febrifuge and refrigerant. *Nimbidin*, which is derived from *Azadirachta indica* leaves, has been shown in some studies to have potent antipyretic, analgesic, and anti-inflammatory properties.^{49,50,51} *Musta* Some studies have shown that β -Sitosterol, isolated from *Cyperus rotundus*, exhibits significant antipyretic activity comparable to acetylsalicylic acid.^{52,53} some article evaluates the anti-inflammatory activity of *Jayanti* bark extract using different animal models.⁵⁴

CONCLUSION

Jaya Vati is a well-designed classical polyherbal formulation that effectively addresses *Navjwara* by targeting its fundamental *Ayurvedic* pathology. The formulation primarily corrects *Agnimandya* and eliminates *Ama*, which are considered the root causes of fever, while simultaneously relieving *Srotorodha* and restoring normal physiological functions. The dominance of *Katu* and *Tikta Rasa*, *Laghu* and *Tikshna Guna*, and *Ushna Virya* enables *deepana-pachana* action, promotes *Swedana*, and facilitates rapid resolution of *Kapha-Pitta* induced obstruction in the *Rasavaha* and *Swedavaha Srotas*. Through these actions, *Jaya Vati* not only reduces body temperature but also alleviates associated symptoms such as anorexia, heaviness, body ache, burning sensation, and thirst.

Jaya Vati demonstrated significant therapeutic potential in the management of *Navjwara* through the synergistic action of its herbal ingredients, producing a holistic *Jwaraghna* effect through *Dosha-shamana*, *Agni-deepana*, *Ama-pachana*, and *Shothahara* mechanisms, thereby providing symptomatic relief and addressing the underlying disease process. The presence of bioactive constituents such as curcumin, gingerols, piperine, embelin, nimbidin, and β -sitosterol further substantiates its antipyretic, analgesic, anti-inflammatory, and antioxidant potential from a modern pharmacological perspective. The findings of the present study suggest that *Jaya Vati* is an effective and safe *Ayurvedic* intervention for *Navjwara* and support its use as a rational formulation based on both classical *Ayurvedic* principles and contemporary pharmacological evidence

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