



ORIGINAL RESEARCH PAPER

Ayurveda

AYURVEDIC MANAGEMENT OF VISHAM JWARA (TYPHOID) IN SUTIKA.

KEY WORDS: *Jwara, Visham Jwara, Sutika, Typhoid.*

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ABSTRACT

Jwara is the most powerful ailment because it affects the whole body, senses and the mind due to *Vikriti of Rasavahasrotas* and *Manavahasrotas*. *Visham Jwara* is irregular in onset, dissimilar symptoms and last for a longer period. It is a type of *Jwara* with characteristic feature in the terms of *Muktanubandhitva* and *Vishamatva* in terms of *Arambh, Kriya* and *Kala*. *Visham Jwara* can be correlated with Typhoid, Dengue according to Modern depending upon its symptoms and signs. So in this case, it's a *Visham Jwara* (typhoid) hence follows, A female patient aged 28yrs came to *Kayachikitsa* dept. presented with c/o low to high grade fever, bodyache, malaise, generalized fatigue, loss of appetite, myalgia, intermitted constipation with Typhoid report Positive. Though the patient was post-natal in phase (*Sutika*), hence described as *Visham Jwara* in *Sutika*, which not commonly seen. Treatment modalities applied in this case were, *Aam Pachan, Strotoratrivarahan, Swedajanan, Dhatupushitkar*. It was successfully treated by *Ayurvedic* medicine as per line of management explained in *Samhita's*.

INTRODUCTION :-

Typhoid, also known as enteric fever which is a life threatening disease i.e. cause due to an infection by the bacterium *Salmonella typhi*.

Humans are the only natural source for *Salmonella typhi* and is transmitted through contaminated water and food.¹ People with this infection carry the bacterium in their intestines and bloodstream and those who have recovered from the diseases or in chronic carriers especially older one's, could still have the bacterium in their system, they are known as carriers of the disease. Both ill people and carriers shed *Salmonella typhi* in their stool. Typhoid fever is spread mainly through ingestion of contaminated food or water and much less by direct contact (is handled by a person who is shedding the bacterium) or if sewage water leaks into drinking water, contaminated food that is then consumed.²

Though concentrations of *Salmonella typhi* in water and food may be low to cause infection, but the organisms may proliferate effectively when there will be favorable environmental conditions are available.

Its incubation period is usually 10-14 days, but this depends on the infective dose and can vary from 5 days to 21 days.³

Once the bacterium is ingested it quickly multiplies within the stomach, liver or gall bladder and finally enters the blood stream causing symptoms like **fever, rashes (flat, rose colored spots) vomiting, loss of appetite, headache, general fatigue, malaise, constipation or diarrhea**. One of the characteristic symptoms of typhoid is a "Step ladder fever".⁴

The above said typhoid symptomatology resembles to many of the explained in the Ayurveda such as *Pittolavanasannipatajwara, Vishamjwara, etc. as many symptoms like Sarvangshoola, Antardaha and Bahirdaha, Gaurava, Sweda, Nabhiparshwapeeda, Vitsanga, Atisara, Anragatraktrava* are similar to that of typhoid fever.⁵

Due to *Vishamjwara* in *Sutika*,⁶ her health was deteriorated. In *Jwara* mainly *Rasa datu*⁷ is affected due to which its *Upadhatustanaya*⁸ is also get affected, because of this the bacteria can be transmitted through lactation to baby from mother. So, in active stage of fever the breast feeding was stopped and hygiene maintenance is suggested to mother as well as baby. In this case patient had 5 months old baby girl.

AIM AND OBJECTIVE:-

To Study the efficacy of *Shamanayushadhi* in *Visham Jwara*. To explore the Literature of *Visham Jwara* and Typhoid Fever.

Patient description and historical examination findings:-

Case:-
A Study and management of *Vishamjwara* (Typhoid) in *Sutika*.

A female patient aged 28yrs came to the *Kayachikitsa* dept., presented with c/o low to high grade fever, bodyache, malaise, generalized fatigue, loss of appetite, myalgia and intermitted constipation. After 4 days on admission she developed rashes (flat rose spots) over B/L upper extremities and abdomen.

On this basis, the *Ayurvedic* assessment was also done, which as follows:-

Asthavidh Parkisha:-

- Nadi:-** 100/min
- Mutra:-** *Samyak Pravrtan*
- Mala:-** Intermitted constipation
- Jiwa:-** *Saam*
- Shabda:-** *Shina*
- Sparsha:-** *Ushana Dehaushama:-101 degree*
- Drukh:-** *Prakrut*
- Aakruti:-** *Krusha*

Srotas Parikashan:-

1. *Annavaha Srotas:- Jivha-sama, Anannabhilasha, Kshudhamandya.*
2. *Rasavaha Srotas:- Jwara, Angamardh, Aruchi, Dhorbalya.*
3. *Raktavaha Srotas:- Kandu, Pittika Uhpathi.*
4. *Asthivaha Srotas:- Sarvang Sandhishool.*
5. *Majjavaha Srotas:- Bhramprachiti, Tamhapravesh.*
6. *Manovaha Srotas:- Manasantapa, Alpa Nicra.*⁹

Nidan Panchaka:-

- Dosha:-** *Pitta*
- Dushya:-** *Rasa, Rakta, Asthi, Majja*
- Srotas:-**
Annavaha, Rasavaha, Raktavaha, Asthivaha, Majjavaha, Manovaha.
- Udbhavsthana:-** *Amashaya*
- Adhishthana:-** *Sarvsharir*
- Vyaktishthan:-** *Sarvsharir*
- Sadhyasadhya:-** *Kruchhasadhya.*

Vyadhi vyavachcheda:-
Vishamjwara, Dhatugat Jwara, Jirna Jwara
Vyadhivnishya:- *Visham Jwara (typhoid).*

Investigations:-

CBC (7/11/17)	Widal (8/11/17)	CBC (11/11/17)
Hb-12.7gm/dl	S.Typhi 'O'-1:80	Hb-12.8gm/dl
WBC-7300/uL	S.Typhi 'H'-1:160	WBC-4100/uL
PLT-3.96*10 ³ /uL	MP-Negative	PLT-2.26*10 ³ /uL
BSL(R)-107mg/dl	Urine(R)-WNL.	

MATERIALS & METHODS:-

METHODS:-

Method of Sampling & Study Design:-
 Simple Randomized Single Case Study.

MATERIALS:-

THERAPY INTERVENTION:-

Patient was admitted and Rx was given as per management of *Visham Jwara*. This intervention included:- (explained in Table No. 1)

Table no. 1

Sr. No.	Duration of intervention	Chikitsa	Dose	Kala	Anupana	Outcome
1.	1 st to 2 nd day	Langhana				Jatharagni Deepana, Aampachana
2.	1 st to 9 th day	Mahasudharshana Choorna	1gm	Vyana Udhana	Koshana Jala	Agnideepana, Aampachana, Srotomukhvisodhana
3.	1 st to 4 th day	Suvaranasutashekar Ras	125mg	Thrice a day	Aadhark Swaras	Reduced Aam and Aamjanaya shoola ¹⁰
4.	3 rd to 11 th day	Amruta Arishta	10ml	Vyana Udhana	Koshana Jala	Balya, prevent to convert in Jinarjwara
5.	3 rd to 11 th day	Shadangoda	1 liter in a day	Muhurmuhur	-	Pipasa, Jwara Shanti
6.	5 th to 11 th day	Shanshamani Vati	250mg	Thrice a day	Koshana Jala	Visham Jwara Nashak
7.	5 th to 11 th day	Mooktiyukta Kaamdudha	125mg	Prakbhakta	Ghee	Reduced itching and rashes
8.	5 th to 11 th day	Avipattikar Choorna	1gm	Prakbhakta	Shit Jala	Sukhpurvaka Mala Pravratana

1. *Langhana*:- for 2days.

2. *Aampachan*:-*Mahasudharshanchuran* 2gm with luke warm water after meal twice a day.

3. *Deepana-Pachana*:- *Shadangodhak Muhurmuhur* in a day.

4. *Shamanaaushadhi*:-

a) Tb. *Suvarnasutashekhar Ras* 250mg with *Adharkswaras* 4drops after meal three times a day.

b) *Amrutarishta* 20ml with ½ cup luke warm water after meal three times a day.

c) *Mauktikyukt Kamdudha Vati* with ghee after meal twice a day.

d) *Samshani Vati* with luke warm after meal twice a day.

5. *Vatanuloman*:-*Avipattikar Churan* 2gm with luke warm water in night.

Panchkarma:-

Snehana:- *Sarvang Abhyanga* with *Chandanbalalakshadhi Taila* twice a day.¹¹

Outcome:-

Jwara(high grade) reduced in 4days with rashes had occurred after *Jwara* settle down also got disappeared within 4days, and *Jatharagni deepana* had occurred. The results are shown below;



***Fig.1 Flat Rose Spot on 4th day**



***Fig.2 No Flat Rose Spot on 7th day**

DISCUSSION:-

The drugs were given due to their *Deepana, Pachana, Vatanuloman* and *Swedajanana* property, which increases the *Jatharagni* and helped to reduce the *Aama* which is the main cause of fever. It facilitates the *Malappravratana* and *Swedajanana* that leads to *Strotoshodhana*, which reduces the temperature of the body.

Langana:- due to *langana Agnideepan* occurs which result into *Aampachan* and *Srotorodh Nivarana*.

Aampachan:- due to *Aampachana* which leads to increase in *Jatharagni, Swedajanana*.

Vatanuloman:- *Sukhpurvaka Mala Pravratana* occurs.

Sarvang snehan:- to decrease skin dryness, itching and to increase the power built

CONCLUSION:-

- Typhoid, a commonly seen condition cause due to unhygienic spread by oro-faecal route had explained in under various headings.
- Majority patients shows headache, low to high grade fever, colic pain, diarrhea or constipation as a common complaints.
- It can be said with full confidence that Typhoid can efficiently and effectively be managed with classical *Shamanaushandhi*, along with lifestyle modification, food habits in accordance with the principles told in *Ayurveda* and the complications be prevented.

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