

A REVIEW OF JWARAHARA FORMULATIONS FROM ANCIENT TEXTS OF AYURVEDA

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ABSTRACT

Introduction: *Jwara* is due to depletion of digestive fire which results in formation of *Ama*. Primary principle in the management of *Jwara* is digesting the *Ama*, preserving the *Agni*, relieving *Shrotorodha*. For this, various drugs are mentioned in our treatises. Various treatises of Ayurveda mentioned different drugs/ formulations in accordance with *jwara chikitsa*. **Materials and methods:** All major texts of Ayurveda, journals and other sources. **Discussion:** *Acharya Charaka* has mentioned *Jwarahara Dashemani Mahakashaya* which exclusively deals with *Jwara*. Most of the drugs in *Jwara Chikitsa* mentioned by both *Charaka* and *Sushruta Acharyas* are *Tikta, Katu, Madhura Rasa. Ushna* or *Sheeta Virya, Katu Vipaka, Laghu Guna*. **Conclusion:** The main aim is to find out *Doshas* involved in *Jwara* and then plan the

treatment. Drugs mentioned in *Jwarahara Dashemani* as can be used as *Ekhmoolika Prayoga* (singly) or in combination based on number of *Dosha/Dushya* involved.

KEYWORDS: *Jwara, dashemani, dosha, dushya, prayoga.*

INTRODUCTION

Acharya Charka has explained *Jwara* in the beginning because among all the bodily diseases fever invades first and considered it as the '*Pradhana Vyadhi*' amongst all *Vyadhis*.^[1] Fever is a principle disease with response to any infection, tissue damage etc. Today we have incidence of different varieties of fever of various pathological entities. Fever may manifest

as a separate disease or even may as a complication. Ayurveda treatises mention in detail explanation about *Jwara*(fever), its *samprapti*(manifestation), treatment protocol etc.

Jwara Samprapti (Pathophysiology)

Doshas aggravated due to consumption of *Nidana* and during respective time, spreads to entire body and produces *Jwara*. Aggravated *Doshas* enters the *Amashaya* and combines with *Agni*, accompanying the *Rasa*, blocks the channels of *Rasa* and *Sweda*, impairs function of *Agni*(digestive fire) and expels out the *Agni* from the site of digestion and spreads to all over the body and gives rise to *Jwara*. *Doshas* exhibit its exacerbated symptoms and signs and brings abnormality in the skin, nail, eyes, tongue etc.^[2] Increased body temperature is a cardinal feature, despite increased temperature there is not sweat as the *Doshas* along with *Ama*'s block the *Swedavah Srotas*.

Samprapti Ghataka of Jwara^[3]

<i>Dosha</i>	<i>Pitta Pradhana Tridoshaja</i>		
	<i>Vyana Vata</i>	<i>Pachaka Pitta</i>	<i>Kledaka Kapha</i>
<i>Dushya</i>	<i>Dhatu</i>	<i>Rasa</i>	
	<i>Upadhatu</i>	<i>Twak</i>	
	<i>Sharirika Mala</i>	<i>Mutra, Purisha</i>	
<i>Dhatumala</i>	<i>Kapha, Sweda, Pitta</i>		
<i>Agni</i>	<i>Jataragni, Dhatwagni, Bhutagni</i>		
<i>Agnidushti</i>	<i>Mandagni</i>		
<i>Ama</i>	<i>Agnijanya</i>		
<i>Shrotas</i>	<i>Rasavaha, Swedavaha, Udakavaha</i>		
<i>Shrotodushti</i>	<i>Sanga</i>		
<i>Adhistana</i>	<i>Sharira, Manas</i>		
<i>Sancharsthana</i>	<i>Rasavahinyah</i>		
<i>Udhbhavasthana</i>	<i>Amashayottha</i>		
<i>Vyaktasthana</i>	<i>Twachya</i>		
<i>Roga Marga</i>	<i>Bahya and Abhyantara</i>		

Types of *Jwara*

Almost in all *Ayurvedic Samhita*'s *Acharyas* have explained different types of *Jwara* such as *Ashta Vidha*, *Dvididha*, *Panchvidha* and so on. Main classification of *Jwara* according to *Acharya Charaka*^[4]:



1. Vataja 1.Abhighataja
2. Pittaja 2.Abhicharaja
3. Kapaja 3.Abhishapaja
- 4.Vatapittaja 4.Abhishangaja
5. Vatakaphaja
6. Pittakaphaja
7. Sannipataja

MATERIALS AND METHODS

Prime sources for the study of *Jwaraghna* medicines were taken from *Ayurvedic text Charka Samhita* and *Sushruta Samhita* and other article published in various journals.

RESULTS

Acharya Charaka has classified the *Dravyas* as per pharmacological actions into 50 *Mahakashaya*^[5] (50 groups of *Dravya*). Each group contains 10 *Dravyas* having particular action. Out of these 50 *Mahakashaya*, *Jwarahara Mahakashaya* is 39th number *Mahakashaya*.

Table 1: Jwarahara Dashemani Kashaya.

Sr.No	Sanskrit name	Latin name	Family	Habit	Part used	Rasa Panchaka ^[6]
1.	Sariva	<i>Hemidesmus indicus</i> R Br.	Asclepiadaceae	Shrub	Root	Rasa- Tikta, Madhura Guna- Guru, Snigdha Virya- Sheeta Vipaka- Madhura
2.	Sharkara	<i>Saccharum officinarum</i> Linn.	Poaceae	Large Tufted perennial grass	Crystallized sugar from sugarcane juice	Rasa- Madhura Guna- Guru, Snigdha Virya- Sheeta Vipaka- Madhura
3.	Patha	<i>Cissampelos pareira</i> Linn.	Menispermaceae	Climber	Root	Rasa- Tikta Guna- Laghu, Theekshna Virya- Ushna Vipaka- Katu
4.	Manjistha	<i>Rubia Cordifolia</i> Linn.	Rubiaceae	Herb	Root	Rasa- Kashya, Tikta Guna- Guru, Ruksha Virya- Ushna Vipaka- Katu
5.	Draksha	<i>Vitis vinifera</i> Linn.	Vitaceae	Climber	Fruit	Rasa- Madhura Guna- Snigdha Virya- Sheeta Vipaka- Madhura
6.	Pilu	<i>Salvadora persica</i> Linn.	Salvadoraceae	Shrub	Fruit, Seed, Leaves,	Rasa- Tikta, Madhura Guna- Laghu, Snigdha

					Root bark	Virya- Ushna Vipaka- Katu
7.	Parushaka	<i>Grewia asiatica</i> Linn.	Tiliaceae	Shrub	Fruit	Rasa- Madhura, Amla Guna- Laghu, Snigdha Virya- Sheeta Vipaka- Madhura
8.	Haritaki	<i>Terminalia chebula</i> Retz.	Combretaceae	Tree	Fruit	Rasa- Pancharasa (except Lavana Rasa) Guna- Laghu, Ruksha Virya- Ushna Vipaka- Madhura
9.	Amalaki	<i>Phyllanthus emblica</i> Gareth	Euphorbiaceae	Tree	Fruit	Rasa- Pancharasa (except Lavana Rasa) Guna- Laghu, Ruksha Virya- Sheeta Vipaka- Madhura
10.	Vibhtaki	<i>Terminalia Belerica</i> Roxb.	Combretaceae	Tree	Fruit	Rasa- Kashaya Guna- Laghu, Ruksha Virya- Ushna Vipaka- Madhura

Table 2: Few Decoctions mentioned in *Charka Samhita Jwara Chikitsa*.^[7]

Sr. No	Name Of Drugs	Types of Jwara	Type of Formulation
1.	Shadang Paniya- Musta, Parpata, Chandana, Ushira, Udhichya, Nagara	All type of Jwara	Cold Infusion
2.	Musta, Parpataka,	Pitta Pradhana Jwara	Cold infusion
3.	Nagara, Parpataka	Pitta Kapha	Decoction
4.	Kiratatikta, Musta, Guduchi, Shunti	Vata Kapha	Decoction
5.	Patha, Ushira, Udhichya	Pitta	Decoction then cool it
6.	Kalingadi Kwata- Kalingaka, Patola Leaves, Katukarohini	Santata Jwara	Decoction
7.	Patoladi Kwata- Patola, Saariva, Musta, Patha, Katukarohini	Satata Jwara	Decoction
8.	Nimbadi Kwata- Nimbi, Patola, Triphala, Mrudhika, Musta, Vatsaka	Anyedyushka Jwara	Decoction
9.	Kiratatiktadi Kwata- Kiatatikta, Amruta, Chandana, Vishvabeshaja	Tritiyaka Jwara	Decoction
10.	Guduchyadi Kwata- Guduchi, Amalak, Musta	Chaturthaka Jwara	Decoction
11.	Vatsakadi Kashaya- Vatsaka, Araavadha, Patha, Vacha, Katurohini	All types of Jwara	Decoction
12.	Vachadi Kashaya- Vacha, Musta, Ushira, Madhuka, Triphala, Bala	All types of Jwara	Decoction
13.	Madhukadi Kashaya- Murva, Ativisha, Nimba, Patola, Dhnyavasaka	All types of Jwara	Decoction
14.	Bruthatyadi Kwata- Bruhati, Vatsaka, Musta,	Sannipata	Decoction

	Devadaru, Kolavalli	Jwara	
15.	Shatyadi Kwata- Shati, Pushkaramula, Vyaghri, Shringi, Durhalabha, Guduchi, Nagara, Patha, Kiratatikta, Katurohini	Sannipata Jwara	Decoction
16.	Bruhatyadi Gana Kwata- Bruhati, Pushkara, Shati, Shrini, Duralabha, seeds of Pathola, Vatsaka, Katurohini	Sannipata Jwara	Decoction

Table 3: Formulation mentioned in Sushruta Samhita for Vataja Jwara.^[8]

Sr. No	Drug	Form
1.	Pippali, Sariva, Draksha, Shatapushpa, Harenu	Decoction with jaggery
2.	Bala, Darbha, Gokshura	Decoction with sugar and ghee
3.	Shatapushpa, Vacha, Kushta, Devadaru, Harenuka, Dhanyaka, Ushira, Musta	Decoction with honey and sugar
4.	Draksha, Guduchi, Gambhari, Trayamana, Sariva	Decoction with jaggery

Table 4: Formulation mentioned in Sushruta Samhita for Pittaja Jwara.^[9]

Sr.No	Drug	Form
1.	Gambhari, Chandana, Ushira, Parushaka, Madukha	Decoction with sugar
2.	Sarivadi Gana Dravyas	Decoction with sugar
3.	Utpaladi Gana Dravyas	Decoction with Yasthimadhu or sugar
4.	Guduchi, Kamala, Lodhra	Decoction then cooled with sugar
5.	Sariva, Uthpala	Decoction then cooled with sugar
6.	Guduchi, Padmaka, Lodhra, Sariva	Decoction then cooled with sugar
7.	Padmaka, Madhuka, Draksha, Kamala, Uthpala, Yava, Ushira, Gambhari	Cold infusion with honey

Table 5: Formulation mentioned in Sushruta Samhita for Kaphaja Jwara.^[10]

Sr.No	Drug	Form
1	Saptaparna, Guduchi, Nimba, Sphurjaka	Decoction then cooled with honey
2	Trikatu, Nagakesra, Haridra, Katuka, Indrayava	Regular use of any one
3	Haridra, Chitraka, Nimba, Ushira, Ativisha, Vacha, Kushta, Indrayava, Murva, Patola	Decoction with Maricha powder and honey
4	Musta, Indrayava, Triphala, Katuka, Parushaka	Decoction

Table 6: Formulation mentioned in Sushruta Samhita for Dvandaja Jwara (involvement of 2 Doshas).

Sr. No.	Drug	Form	Type
1	Guduchi ^[11]	Hot or Cold Infusion	Vata- Kaphaja(hot) Vata -Pittaja(cold)
2	Kiratatikta, Guduchi, Draksha, Amalaka, Shati ^[12]	Decoction with jaggery	Vata-Pittaja Jwara
3	Rasna, Vasa, Triphala, Araghvadha fruit ^[13]	Decoction	Vata-Pittaja Jwara

4	<i>Aragvadhadi Gana</i> ^[14]	Decoction with honey	<i>Kapha-Vataja Jwara</i>
5	<i>Shunti, Dhanyaka, Bhargi, Haritaki, Devadaru, Vacha, Parpata, Musta, Rohisha, Kathphala</i> ^[15]	Decoction with honey and Hingu	<i>Kapha-Vataja Jwara</i>
6	<i>Bala, Patola, Triphala, Madhuyasti, Vasa</i> ^[16]	Decoction with honey	<i>Kapha- Pittaja Jwara</i>
7	<i>Katuka, Haritaki, Draksha, Musta, Parpata</i> ^[16]	Decoction	<i>Kapha- Pittaja Jwara</i>
8	<i>Katuka, Haritaki, Draksha, Musta, Parpata</i> ^[16]	Decoction	<i>Kapha- Pittaja Jwara</i>
9	<i>Bhargi, Vacha, Parpata, Dhanyaka, Hignu, Haritaki, Musta, Ghambhari, Shunti</i> ^[16]	Decoction with honey	<i>Kapha- Pittaja Jwara</i>
10	<i>Katuka churna</i> ^[16]	Warm water with sugar	<i>Kapha- Pittaja Jwara</i>

Table 7: Formulation mentioned in Sushruta Samhita for Sannipataja Jwara (Involvement of all Dosha).^[17]

Sr.No	Drug	Form
1	<i>Shweta Punarnava, Punarnava, Bilva,</i>	<i>Ksheerapaka</i> (boiled in milk and water)
2	<i>Shimshipa Sara</i> (heartwood)	<i>Ksheerapaka</i> (boiled in milk and water)
3	<i>Nala, Vetasa, Murva, Devadaru</i> (root)	Decoction
4	<i>Haridra, Musta, Triphala, Katuka, Nimba, Patola, Devadaru, Kantakari</i>	Decoction
5	<i>Triphala</i>	Decoction with Ghee

DISCUSSION

Jwara is due to depletion of digestive fire which results in formation of *Ama*. Primary principle in the management of *Jwara* is digesting the *Ama*, preserving the *Agni*, relieving *Shrotorodha*. For this, various drugs are mentioned in our treatises. The mode of action of drugs in Ayurveda is explained on the basis of their *Rasa Panchaka*. Most of the drugs in *Jwara Chikitsa* mentioned by both *Charaka* and *Sushruta Acharyas* are *Tikta, Katu, Madhura Rasa*. *Ushna* or *Sheeta Virya*, *Katu Vipaka*, *Laghu Guna*. The *Tikta Rasa Dravyas* are best *Jwarahara Dravyas* as they are predominant of *Vayu* and *Akasha Mahabhuta* due to which they increases the *Agni*, destroy the *Ama*, and clear the *Rasavaha Srotas*. The *Tikta- Kashaya Rasa, Laghu-Ruksha Guna, Sheet Virya* of drugs used in involvement of *Kapha- Pitta Dosha*. The drugs having *Ushna Virya* induces *Swedana, Deepana, Ama Pachana* and removes *Srotorodha* whereas *Sheeta Virya Dravyas* in reducing burning sensation in *Pittaja* dominant *Jwara*. Combination of all the drugs is used in involvement of all three *Doshas*.

Though *Guduchi*(*Tinospora cordifolia*) is mentioned as best *Jwaraghna* drug, other *tikta rasa* drugs are also advised to take like *Sariva*(*Hemidesmis indicus*) in case of *pitta* involvement,

Saptaparna(*Alstonia scholaris*) in *kapha* involvement, *Bala*(*Sida cordifolia*) in *vata*. Thus understanding the dosha, dhatu, avastha, kala, desha, bala are important factors before designing a drug/formulation in Jwara chikitsa.

CONCLUSION

The main aim is to find out *Doshas* involved in *Jwara* and then plan the treatment. Drugs mentioned in *Jwarahara Dashemani* as can be used as Ekhmoolika Prayoga (singly) or in combination based on number of *Dosha/Dushya* involved. The other *Kashaya Yogas* mentioned by both the *Acharya's* for treating *Jwara* are unique in their own way due their *rasa Panchaka*. We can further classify each Jwarahara Kashaya Dravyas based on their *Rasapanchaka*.

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