



E-ISSN: 2278-4136

P-ISSN: 2349-8234

www.phytojournal.com

JPP 2024; 13(5): 559-561

Received: 10-09-2024

Accepted: 13-10-2024

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Conceptual study of Jwara Aam, Pachayamana, Nirama Avastha with reference to CRP Levels

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DOI: <https://doi.org/10.22271/phyto.2024.v13.i5h.15126>

Abstract

Jwara is an important disease. The term 'Jwara' implies the ability of a disease to cause anguish to body and mind. This suggests suffering or illness. Based on the similarity in clinical features, Jwara is often considered as fever or pyrexia in medical terminologies. However, according to Ayurveda, the classical description of jwara includes variety of other clinical conditions with or without rise in body temperature. Therefore, fever or hyperpyrexia is considered as only one among the many features of jwara.

Ama is the abnormal or impaired process of digestion and metabolism that leads to build up of toxic by-products, which cannot be neutralized or eliminated by the body.

Fever is the temporary increase in the body's temperature in response to a disease or illness. CRP A protein that is made by the liver when there is inflammation or tissue damage in the body. CRP levels are usually low or no detectable in the blood of healthy people.

Keywords: Jwar, Jwra Samaavastha, Pachymanvastha Niram Avastha, Fever, CRP

Introduction

Ayurved Mainly revolves round the "Swastgyarakshana" & then "Vikara Prashamana" i.e disease cure [1].

Ayurveda deals with all topics which include the generating of awareness regarding beneficial and harmful things to the ways for acquiring a happy and healthy life [2].

Jwara is lord among the disease because of its power to afflict the body, senses and mind [3]. Jwara happens since the birth of individuals and at time of their death.

Body temperatures vary slightly from person to person and at different times of day. The average temperature has traditionally been defined as 98.6 F (37 C). A temperature taken using a mouth thermometer (oral temperature) that's 100 F (37.8 C) or higher is generally considered to be a fever [5].

CRP is a protein made by the liver and sent into the bloodstream. Blood levels may be higher when you have inflammation or an infection. Because CRP levels often go up before you have symptoms of pain or fever and drop down as you recover, the CRP test is especially useful for tracking infections [6].

Concept of Jwara

Nirukti

- Jwara is derived from the root 'Jwara' which refers to heat.
- The Word jwara originated from "JYA"
- It means loss of life.

Definition

The one which gives increased body temperature and also give agony to the mind
The one which flames up to give temperature in the body is called as Jwara.

Definition: Is considered as a king of the disease characterized by the raised body temperature. Jwara is considered as king of all diseases because it is associated with many diseases. Cardinal feature of Jwara is Santapa, to the Shareera and Indriya [8].

Jwara Nidaanm

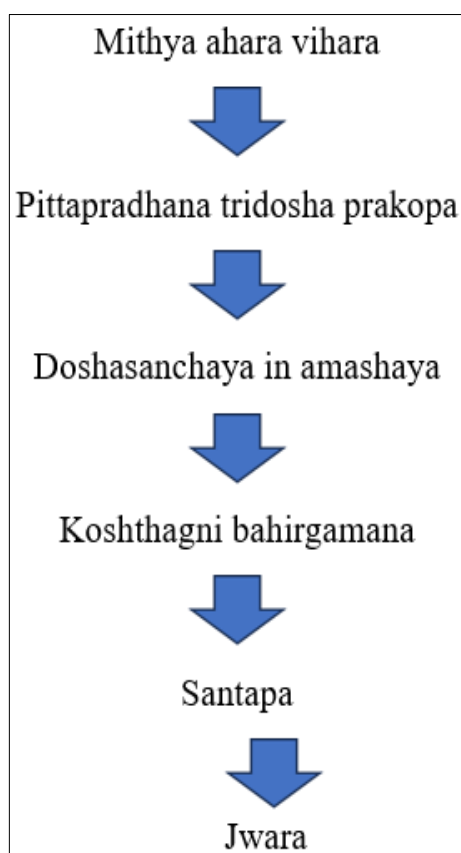
Mithya aharavihara and Nija agantuja Karana

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Hetu

- Injudicious use of Panchakarma therapy
- Trauma
- Inflammation
- Tiredness
- Consumption
- Indigestion
- Poisoning
- Seasonal influence
- Allergy to drugs and pollens
- Psychic Factor
- Unholy deeds- Incontations
- Curse
- Para Psychological factors
- Curse from Gods, teachers and elderly people
- Puerperal fever
- Onset of Lactation

Samprapti**Purva roop**

lasyam (Lethargy), Excessive lacrimation, Jrambhana, Gauravam, Klama (Mental Fatigue), Jwalana, Aatapa, vayu and Ambu Bhakti Dwesha

Roopa: Deha Santapa and Mana Santapa [7]

Concept of Jwar Samniramadi avstha as a Part of Samprapti

Sama Avastha (Kupita Dosha + Ama)

Amavastha (immature fever), Which shows symptoms as anorexia, indigestion, heaviness in abdomen, Lassitude, high fever, distaste in mouth, polyurea, loss of appetite [8].

Pachyamana avstha – Pachyamana Jwara (Maturing fever)

Which shows symptoms as high fever, thirst, delirium, giddiness elimination of excrements and nausea [9].

Nirama (Kupita Dosha)

Nirama Jwara (Mature Fever) the features are increased appetite, emaciation, lightness in body, mild fever, elimination of Doshas [10].

Concept of Fever**Definition**

A fever is a body temperature that is higher than normal. It usually means there is an abnormal process occurring in the body. Exercise, hot weather, and common childhood immunizations can also make body temperature rise [11].

Mechanism of Fever

Occurs when either endogenous or exogenous pyrogens cause an elevation in the body's thermoregulatory set-point. In hyperthermia, the set-point is unaltered, and the body temperature becomes elevated in an uncontrolled fashion due to exogenous heat exposure or endogenous heat production [12].

Clinical features of fever

- Sweating
- Chills and shivering
- Headache
- Muscle aches
- Loss of appetite
- Irritability
- Dehydration
- General weakness

Concept of CRP

C-reactive protein test measures the level of C-reactive protein (CRP) in a sample of your blood. CRP is a protein that your liver makes. Normally, you have low levels of Creative protein in your blood. Your liver releases more CRP into your bloodstream if you have inflammation in your body. High levels of CRP may mean you have a serious health condition that causes inflammation.

A CRP test may be used to help find or monitor inflammation in acute or chronic conditions, including

- Infections from bacteria or viruses.
- Inflammatory bowel disease, disorders of the intestines that include Crohn's disease and ulcerative colitis.
- Autoimmune disorders, such as lupus, rheumatoid arthritis, and vasculitis lung diseases, such as asthma.
- Your health care provider may use a CRP test to see if treatments for chronic inflammation are working or to make treatment decisions if you have sepsis. Sepsis is your body's extreme response to an infection that spreads to your blood. It's a life-threatening medical emergency [13].

CRP & Fever corelation

Significantly elevated CRP levels tend to occur with severe infections, such as bacterial or fungal infections. Bacterial infection is responsible for about 90% Trusted Source of the cases involving CRP levels higher than 50 mg/l [14].

Discussion

Jwara is a first disease explained by all Acharya's. It is present at time of birth and at the time of death also. Hence

Explaining Jwara different Vyadhi Awasthas are explained. Among these Aam, Pachyaman, and Pachyavstha are seen in all types of fever. These Awasthas are the stages of Samprapti. As the samprapti progress towards its extreme we see the Amavastha lakshanas – Anorexia, indigestion, heaviness in abdomen, lassitude, high fever, distaste in mouth, poly urea, loss of appetite. Here the CRP (C-reactive protein) Levels are at its peak.

As the disease comes to its lapsing stage or towards recovery phase the next Pachyamanavastha is seen in all types of fever with High fever, thirst, delirium, giddiness elimination of excrements and nausea lakshanas. Here CRP levels are seen to be dropping down.

When jwar vyadhi recovers with adarun moksha i.e. lysis and then there is complete recovery from the disease i.e. jwar moksha with Lakshans-shwas, Pralap, Murhschya, Vayvarnya, Chardi lakshanas i.e lysis and then there is complete recovery from the disease i.e. jwar moksha with lakshnas – Loss of heat, shivering.

Here we see the Pakkavastha of the Vyadhi samprapti of fever with lakshanas-Increased appetite, emaciation, lightness in body, mild fever, and elimination of Doshas. Here the CRP Levels Touches to the normal.

Conclusion

Hence from This Conceptual Literacy Study we can conclude That CRP Levels Can be used as a Diagnostic Tool For different levels of jwar samprapti i.e. Aamavstha, Pachyamavstha & Pakvastha.

Hence we can say that in Amavastha CRP Levels are raised to its peak.

In Pachyamanavastha CRP Levels are drooping down.

In Pakvyastha CRP Levels Can Touch to normal.

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