



A CASE REPORT ON VISHAMAJWARA

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ABSTRACT

Jwara is the prime condition explained in *Ayurveda*, with varied aspects of *Nidana*, symptoms, and treatment, which has wide application. It is characterized by *Deha-Indriya-Manahsantap*. Involves the vitiation of *Tridosha* predominantly *Pittadosha* and *Rasadhatu*. This write-up highlights the role of *Vishahara Yoga* in the management of *Vishama Jwara* and also a case study which is diagnosed as *Vishamajwara* managed with the administration of *Bilwadigulika* and *Amrutottarakashaya*.

Keywords: *Vishama Jwara*, *Vishahara yoga*, *Bilwadigulika* and *Amrutottarakashaya*.

INTRODUCTION

Jwara is a common pathological condition seen in all age groups. *Vishama Jwara* is a type of *Jwara* explained in various classical textbooks. *Sushruta* has recognized *Vishama Jwara* as *Bhutabhisanganya* (infected by microorganisms)^[1]. It is characterized by irregular onset and inconsistent symptoms that appear irregularly and persist for a longer dura-

tion^[2]. One who indulges in unsuitable dietetics and lifestyle etc. even the mildly vitiated *doshas* gain strength from *Dushyas* and manifest *Vishamajwara*^[3].

Agadatantra is a branch of *Astanga Ayurveda* that aims to protect healthy individuals from *Visha* and manage individuals afflicted by *Visha*. Many potent

Vishaharayogas are explained by *Acharya* for the purpose of *Nirvishikarana*. Here we are focusing on the *Vishaharayogas* like *Bilwadigulika*^[4] explained in the *Astangahridayasarpavishapratisedhaadhyaya* and *Amrutottara Kashaya*^[5] explained in *Sahasra yoga Kashaya Prakarana*. Which are widely used in day-to-day practice.

CASE REPORT

Chief complaints: The patient presented with H/O raised body temperature with chills, headache, body pain, vomiting, and loss of appetite since 5days.

History of present illness: A male patient aged about 30 years, not a known case of Diabetes Mellitus / Hypertension was said to be healthy, presented with H/O raised body temperature associated with chills, headache, body pain, vomiting, and loss of appetite since 5days. Meanwhile, he tested negative for Dengue, Malaria parasite, and Typhoid but the platelet and total WBC count were dropping. He took Allopathy treatment which include antibiotics and antipyretic medications for 5days but did not get relief. On a consecutive day, he tested positive for a Malaria parasite. For the same complaint approached the clinic for further management.

Past history: No significant history

Personal History

Diet: Mixed

Sleep: sound

Bowel: clear

Appetite: Reduced

General examination

General examination

Built: Well, built

Gait: Normal

Pallor: Absent

Icterus: Absent

Clubbing: Absent

Cyanosis: Absent

Lymphadenopathy: Absent

Edema: Absent

Systemic examination

Cardiovascular System: S1 S2 Heard

Respiratory System: Air Entry Bilaterally Equal

Gastro- intestinal System: P/A Soft, No Organomegaly felt

Central Nervous System: Conscious and Oriented

Vitals

BP – 100/60mmhg

Pulse – 74/min

Temperature – 101⁰C with chills

RR – 17cpm

Investigation There were variations and decreased levels in the CBC, of which variations in Hb%, RBC, Total WBC, and Platelet count were markedly reduced.

Intervention

The principle of *Nirvishikarana* for the management of *Vishama Jwara* is adopted by correcting the *Ama* and neutralizing the action of toxins by *Vishagna yoga*. Treatment started on 17/09/22 and continued till 22/09/22. (Refer to table - 1)

Table -1: The treatment protocol is mentioned below.

S. No	Treatment	Medication	Anupana	Dosage	Time	Duration
1.	Amapachana	Amrutottarakashaya	Ushnajala	15ml BD	A/F	5days
2.	Nirvishikarana	Bilwadigulika	Ushnajala	1TID	A/F	5days

Table – 2: List of ingredients of Amrutottara Kashaya^[5]

Sl.no.	Ingredients	Botanical name	Part used	Quantity
1	Nagar	Zingiberofficinale	Rhizome	2 parts
2	Amrita	Tenosporacordifolia	Stem	6 parts
3	Haritaki	Terminalia chebula	Phala	4 parts
4	Water			16 parts

Table – 3: List of Rasapanchaka (factors determining the function of this formulation)

Sl. no.	Name of the drug	Rasa (taste)	Guna (property)	Virya (potency)	Vipaka (potency)	Karma (Mode of action)
1.	Nagar	Katu	Guru, ruksha, tikshna	Ushna	Madhura	Kaphavatashamaka, jwaragna, Ruchikarak, vatanulomana, agnidipana
2.	Amrita	Tikta	Guru, snigdha	Ushna	Madhura	Tridoshashamaka, jwaraharaKustaghna, anulomana, krimighna, rasayana
3	Haritaki	Kashaya pradhanalavanavarjithapancharasa	Laghu, ruksha	Ushna	Madhura	Tridoshahara, kustagna, jwaragna, rasayana

Table – 4: List of ingredients of BilwadiGulika^[4]

Sl. no.	Ingredients	Botanical name	Part used	Quantity
1	Bilwa	Aegle marmelos	Moola	1part
2	Surasa	Ocimum sanctum	Pushpam	1part
3	Karanja	Pongamiapinnata	Phala	1part
4	Natam	Valerianawallichhi	Moola	1part
5	Surahvam	Cedrusdeodara	Kandasara	1part
6	Haritaki	Terminalia chebula	Phala	1part
7	Vibhitaki	Terminalia belerica	Phala	1part
8	Amalaki	Embicaofficinalis	Phala	1part
9	Shunti	Zingeberofficinale	Kanda	1part
10	Maricha	Piper nigrum	Phala	1part
11	Pippali	Piper longum	Phala	1part
12	Haridra	Curcuma longa	Kanda	1part
13	Daruharidra	Berberisaristata	Kanda	1part

Table – 5: List of Rasapanchaka (factors determining the function of this formulation)

Sl. no.	Ingredient s	Rasa (taste)	Guna (property)	Virya (Potency)	Vipaka	Karma(mode of action)
1	Bilwa	Kashaya, tikta	Laghu, ruksha	Ushna	Katu	Kaphavata Shamaka, Mrudurechaka
2	Surasa	Katu, tikta	Laghu, ruksha	Ushna	Katu	Kaphavatashamaka, Vishagna, Raktashodaka, Twak doshahara
3	Karanja	Tikta, katu, kashaya	Laghu, tikshna	Ushna	Katu	Kaphavatashamaka, Kandugna, Kushtagna, Jantughna
4	Natam	Tikta, katu, kashaya	Laghu, snigdha	Ushna	Katu	Kaphavatashamaka, Vishagna
5	Surahvam	Tikta	Laghu, snigdha	Ushna	Katu	Kaphavatashamaka, Kushtagna, Jwaragna
6	Haritaki	Kashaya pradhanalavanaya rjithapancharasa	Laghu, ruksha	Ushna	Madhura	Tridosahara, Kustagna, Jwaragna, Rasayana
7	Vibhitaki	Kashaya	Ruksha, laghu	Ushna	Madhura	Tridoshara, Krimigna, Jwaragna, Raktasthambhana
8	Amalaki	Amlapradhanalav anavarjithpanchra sa	Guru, ruksha	Sheeta	Madhura	Tridosahara, Sthambhana, Dahaparashamana, Rasayana
9	Shunti	Katu	Laghu, snigdha	Ushna	Madhura	Vatakaphahara, Deepana, Bhedana
10	Maricha	Katu	Laghu, tikshna	Ushna	Katu	Vatakaphahara, Lekhana, Deepana, Pachana, Krimighna
11	Pippali	Katu	Laghu, snigdha, tikshna	Anushnash ecta	Madhura	Kaphavata Shamaka, Kushtagna, Jwaragna, Balya, Rasayana.
12	Haridra	Tikta, katu	Ruksha, laghu	Ushna	Katu	Kaphavata Shamaka, Kushtagna, Jwaragna,
13	Daruharidra	Tikta, kashaya	Laghu, ruksha	Ushna	Katu	Kaphapittahara, Katupaushtika

Fig: 1- Analysis of RASA of the ingredients

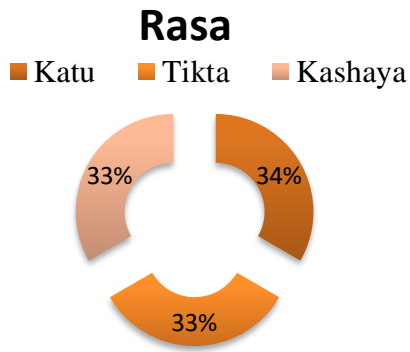


Fig: 2- Analysis of GUNA of the ingredients

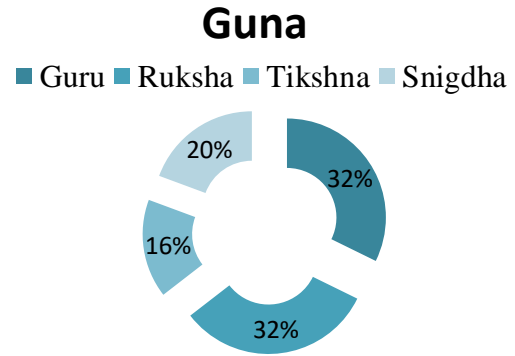


Fig: 3- Analysis of RASA of the ingredients

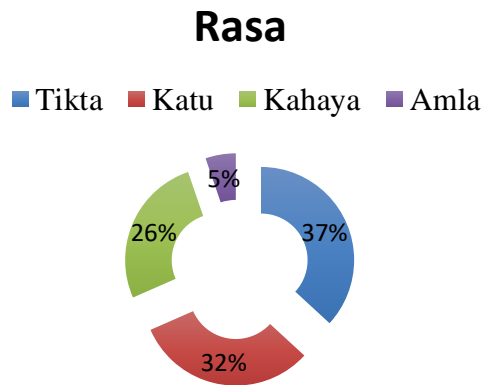
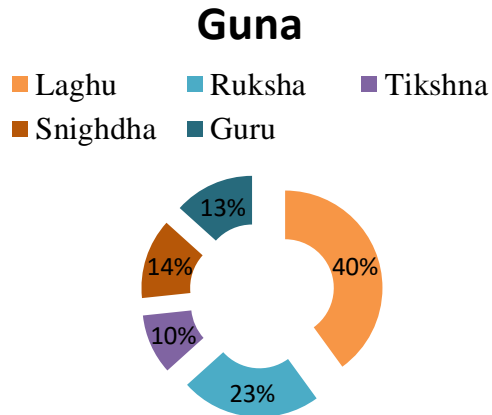


Fig: 4- Analysis of GUNA of the ingredients



Vipaka

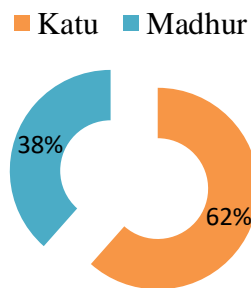


Fig: 5 - Analysis of VIPAKA of the ingredients

Table – 6: Objective assessment criteria

Parameters	14/9/22	16/9/22	17/9/22	19/9/22	22/9/22
Hb%	14.2	13.9	13.5	13.1	12.5
RBC	4.87	4.87	4.70	4.58	4.39
WBC	2760	3390	4320	3440	5070
Platelet count	92000	70000	60000	60000	147000
Impression	Bicytopenia MP -Negative	Bicytopenia MP - Positive	Thrombocytopenia	Bicytopenia	Thrombocytopenia

DISCUSSION

- The symptoms like body aches and vomiting reduced, 60% of headaches reduced and appetite improved within 1day.
- Complete symptomatic relief was observed on 3rdday, but the medicines were continued for 5 days.
- The blood parameters like WBC count and the platelet count, which were dropping, showed drastic improvement on the 5th day of the intervention.
- The *Amrutottarakashaya*(refer to table 2, 3 & fig 1, 2) is explained in *Sahasrayoga* with the indication *Sannipatajwara*.
- It acts as *Amapachana* and improves metabolism and digestion.
- It also improves the absorption and bioavailability of nutrients and other medicines due to the presence of *Zingiber officinale*.
- Mild laxative action is attributed to *Terminalia chebula*. *Tinospora cordifolia* provides immunomodulatory action in the body.
- The *Bilwadigulika*(refer to table 4,5 & fig 2,3,4) explained in *Astangahridaya* with indications like poisonous bites of snakes, spiders, mice, scorpions, etc. *Visuchika*(simultaneous vomiting and diarrhea), *Ajeerna*(indigestion), *Garavisha*(artificial poison), *Bhutavidarshi*(person suffering from possession of evil spirits).
- In this context *Bhutavidarshi*[microorganisms] and *Ama* can be considered as a toxin. All drugs are *Ush-naveerya* and the majority are *Katuvipaka* hence can act as quickly as *Visha* & show neutralizing/contracting action of toxins.

- *Agni*, *Jwara*, and *Visha* were the marker to select this *Yoga*. These not only cure the disease but also improve the quality of life by improving the *Agni*.

CONCLUSION

The treatment mentioned in this case study is *Amapachana* with *Amrutottarakashaya* and *Nirvishikarana* with *Bilwadigulika*, these medicines are selected based on the Doshic analysis of the case. *Amrutottara Kashaya* which has played a major role in *Amaharatwa* and increases the bioavailability of *Bilwadi Agada* thus helping in alleviating the signs and symptoms. The patient had a history of undergoing allopathy medicine and it is ambiguous whether antimalarial drugs were administered, hence concluding *Bilwadi agada* acting as the antimalarial drug is not possible. So, further research models may be designed for the same. Both these medicines showed a remarkable effect on subjective as well as objective parameters(refer to table 6).

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