

**TO STUDY THE EFFECT OF RASAPACHAK KWATH WITH  
PATHYA AAHARA IN VISHAMA-JWARA****Vd. Santosh B. Atmelwar\*<sup>1</sup>, Dr. Yeshwant R. Patil<sup>2</sup> and Dr. Bhaskar M. Perke<sup>3</sup>**

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**ABSTRACT**

Acharya Charak introduces Jwara as a disease entity causing Deha-Indriya- Manas- Santapa (increased temperature of body, impairment of sensory functions and mind) and Sarvarogaagraja (supreme of all diseases). The Prabhava (characteristic features) of Jwara has been stated as Santapa (elevated body temperature), Aruchi (loss of appetite), Agnimandya, Pipasa/Thrisna (excessive thirst). The Visham Jwara often correlated to Typhoid fever by various authors of present era. Visham jwara (Typhoid fever) is an acute illness associated with fever that is most often caused by the salmonella typhi bacteria. Once the bacteria is ingested it quickly multiplies within the stomach liver or gall bladder and finally enters the blood stream causing symptoms like

fever, headache etc. A clinical study comprising of 10 patients of either sex attending OPD clinic of GAC Nanded and presenting with clinical manifestation of typhoid confirmed by Widal test were selected for Rasapachak kwath and Pathya Ahar only 10 patients completed the prescribed.

**KEYWORDS:** Jwara, Typhoid Fever, Rasapachak Kwath.

**INTRODUCTION**

**Jwara** afflicts the body, the senses and mind. It is exceedingly powerful. This enemy of human beings is invariably associated with dissolutions birth and death; it is told that one gets

fever during birth and death. Today even for little elevation of body temperature we take Antipyretic medicaments or Non steroidal anti inflammatory drugs so as to overcome the fever and associated body symptoms. But, true medicine needed in common fever is a digestive and carminative formulation so as to reverse the pathophysiology which begins from the indigestion or mal functioning of digestive fire. This Rasapachak Kwath is one such formulation explained in most of the Ayurvedic Samhitas.

### **AIM**

Efficacy of Rasapachak Kwath with Pathya Ahar in management of Jwar.

### **OBJECTIVES**

1. To study Jwara in modern and Ayurvedic perspective.
2. To understand the effect of Rasapachak Kwath and Pathya ahar in Jwar.

### **Criteria for Inclusion**

1. Subjects of age between 20 years to 50 years of age of either sex.
2. Subjects having history of fever
3. Subjects having Widal test positive.

### **Criteria for Exclusion**

1. Subjects below 20 years and more than 50 years.
2. Fever due to secondary infection.

### **Discontinuation & Withdrawal**

- 1) Patient following the treatment very irregularly.
- 2) Patient willing to discontinue the trial.
- 3) Among these 15 patients 10 patients gave regular follow up hence those 10 patients are included for proposed study.

### **ASSESSMENT CRITERIA**

#### **1. Subjective parameter**

- 1) Jwara
- 2) Pipasa
- 3) Aruchi

## 2. Objective Parameter

1) Blood test - Widal test

## MATERIALS AND METHODS

### Selection of patients

The study was Randomly selected clinical trial in which Total 10 diagnosed Typhoid positives were screened for symptoms of Jwara mentioned in Charaka Chikitsasthana, in Jwara chikistaadhyaya.

### DRUG REVIEW

In Charak Samhita Chikitsa above Kwath is mentioned for Visham Jwara which includes following ingredients.

Sr No.	Ingredients	Botanical Name	Parts used	Quantity	Rasa	Virya	Vipak	Guna	Rogaghanata
1	Indrajav	Holarrhena antidysenterica	Seeds	12 grams	तिक्त, कषाय	तिक्त,	तिक्त,	लघु, रुक्ष	दीपन, कृमिघ्न, आम-शोषक, रक्तशोधक, कुष्ठघ्न
2	Patol patra	Trichosanthes diotica	Leaves	12 grams	शीत	उष्ण	शीत	लघु, रुक्ष	रोचन, दीपन, पाचन, पित्तसारक, कृमिघ्न, कुष्ठघ्न
3	Kutaki	Picrorhiza kurroa	Root	12 grams	कटु	कटु	कटु	लघु, रुक्ष	कृमिघ्न, पित्तसारक, रक्तशोधक, कुष्ठघ्न
4	Water(Jala)			576 ml					

### Method of preparation

General method of preparation of decoction is adopted. Here each ingredient is taken in equal quantity and 16 times of the total ingredient water is taken and boiled till the amount reduces to 1/8 proportion. Then it is filtered and consumed when it is lukewarm.

**Dose:** As per the general dose of Kashaya (96ml) it is administered. Usually it is administered in the dose of 40-60 ml. 4 times a day (6hrly).

**Method of storage:** prepare fresh daily and store in flask, for better result consume lukewarm Kwath.

**Mode of action:** The Rasapachak Kwath given as three ingredients are included in this recipe which are having three typical characteristic action-pachana (digestive), pittasaraka

(colagogue) mutral(diuretic), sheetala(coolant), trishna prashamana (thirst) and deepana (carminative) respectively which are essential in the treatment of fever.

**Pathya Ahara (Do's).** Langhan or Laghu Bhojan

**Ahara**

**Cereals**

Old shali rice, gruel (yavagu), barley, parridge (daliya)

**Pulses**

Green gram (mudga), masura.

**Fruits & Vegetables**

Tanduliyaka, patola, bitter gourd (karavellaka), Shigru, Guduchi, Jivanti, Grapes, Dalima, Kapitha, Pomegranate.

**Duration:** 15 days.

**Follow Up:** 0 day, 15th day.

### Criteria of assessment

**Jwara**

Sr.No.	Jwara Gradation	Grade
1	No	1
2	Occasional	2
3	Daily once	3
4	Constant	4

**Pipasa (Thirst)**

Sr.No.	Pipasa Gradation	Grade
1	No excessive thirst	1
2	Upto 1.5 times the normal	2
3	Upto 2 times the normal	3
4	Upto 2.5 times the normal	4

**Aruchi Gradation**

Sr.No.	Aruchi Gradation	Grade
1	Normal taste in food feeling to eat food in times	1
2	Feeling to take food but not having taste	2
3	Not feeling to taste food even if hunger	3
4	Aversion to food.	4

**WIDAL TEST**

Sr.No.	Widal test Gradation	Grade
1	+ve	1
2	-ve	2

**STATICAL ANALYSIS****Table 1: Jwara (fever) before and after study by Wilcoxon Singed Rank Test.**

	Mean	S.D.	S.E	W	P
<b>BT</b>	3.375	0.6191	0.1548	55.00	0.0046
<b>AT</b>	2.375	0.5000	0.1250		

P&lt;0.05 significant

**Table 2: Pipasa before and after study by Wilcoxon Singed Rank Test.**

	Mean	S.D.	S.E	W	P
<b>BT</b>	2.750	0.6831	0.1708	55.00	0.0035
<b>AT</b>	2.000	0.8452	0.2182		

P&lt;0.05 significant

**Table 3: Aruchi before and after study by Wilcoxon Singed Rank Test.**

	Mean	S.D.	S.E	W	P
<b>BT</b>	3.375	0.6191	0.1548	55.00	0.0035
<b>AT</b>	2.600	0.8281	0.2138		

P&lt;0.05 significant

**Table 4: Widal test before and after study by Wilcoxon Singed Rank Test.**

	Mean	S.D.	S.E	W	P
<b>BT</b>	1.000	0.0000	0.0000	-10.00	0.0719
<b>AT</b>	1.250	0.4472	0.1118		

P&lt;0.05 significant

**OBSERVATION AND DISCUSSION****Probable mode of action of Musatadi kashay**

The mode of action of the drug can be understood on the basis of inherent of the drug. The Rasapachak Kwath is given as three ingredients are included in this recipe which are having six typical characteristic action-pachana(digestive), pittasaraka (cologogue), mutral(diuretic), Sheetala (coolant), trishnaprashamana(thirst)and deepana(carminative) respectively which are essential in the treatment of fever. The treatment of ordinary fever, Langhana, Yavagu, Tikta rasa are indicated Another important property of this kwath is its Jwaraghna property. In the samprapti of Jwara Roga; the aggravated Doshas accumulate in Amashaya viciate Rasa Dhatu, propagate in whole body along with Rasa. The shunthi used in this kashay is among one of the best Ama pachan drugs. The symptoms like Jwara, Aruchi, Pipasa treated properly to using above Kwath.

**CONCLUSION**

Conclusion of symptoms as per scoring system in patients of jwara- Rasapachak Kwath significantly reduces symptoms of Jwar, Aruchi, Pipasa.

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