

Stage	Clinical Hallmark	Goal	Key Measures
4. Sthāna-saṃśraya	Localisation - H/O sinusitis, bronchitis	Virecana / Vamana	Vamana (Madana-phala) if URTI; mild Virecana (Trivṛt-lehya) in Pittānubandha.
5. Vyakti (Saama / Nirāma)	Full blown, objective fever	Stage-wise plan (see §§4,5)	-
6. Bheda (Dhatugata, Vishama, Punarāvartaka)	Complicated patterns	Specific protocols (see §§6-8)	-

4. Sāma-Avasthā (Taruṇa / Nava Jvara)

“Āme jvare laghu langhanaṃ śreṣṭham” (A.Hr.U.1.12)

A. TREATMENT GRID

Step	Procedure / Yoga	Matra	Sevanakāla	Phalaśruti
1. Langhana	Complete fast OR rice-gruel <i>saṭ-vaṭaka</i> -	-	First 12-24 h	Lowers temp., clears tongue
2. Deepana-Pācana	<i>Śuṅṭhī-Pippalī-Marica cūrṇa</i> + Honey	2 g	q4h	Kindles Agni
3. Sveda	Rūkṣa dry fomentation / Bāṣpa	10 min × 3	With chills	Opens Srotas
4. Vamana (if Kapha-prādhānya)	Madana-phala-yaṣṭi decoction	600 ml	Dawn	Expels āma-kapha
5. Saṃsārjana Krama	Yava-māṇḍa → Peṣī → Mṛdu yūṣa	-	After appetite returns	Restores Agni

B. IMPORTANT ĀMA-PACANA YOGAS

Yoga	Contents	Dose	Anupāna
<i>Mṛtyuñjaya Rasa</i>	<i>Hingu, Vatsanābha, Kṛṣṇa</i>	65 mg bd	Honey
<i>Trikatu-Sidha Takra</i>	-	100 ml tid	-

5. Nirāma-Avasthā (Purāṇa / Jirṇa Jvara)

“Nirāme tu baliyasthe bṛṃhaṇam rasāyanam ca” (C.S. Ci.3.149)

A. **Therapeutic Objectives** • Restore depleted Ojas & Dhātus. • Pacify residual Doṣa gently. • Prevent recurrence.

B. PLAN

- Ghṛta - Snehapāna : *Kalyāṇaka Ghṛta / Mahā-Tikta Ghṛta* 20 ml h.s.
- Bṛṃhaṇa Basti : *Daśamūla-Bala Ghṛta Anuvāsana* alt-day × 8.
- Rasāyana : *Catuṣkulī Rasa, Brahma-Rasāyana* 10 g OD × 1 m.
- Pathya Ahāra : Kṣīra-Odana, Mamsa-Rasa (goat), Drakṣā-Manda.

6. Management of Nija & Sannipāta Jvara

Type	Key Pathology	Core Line of Management
Nija (Dvandva / Sannipāta avoided)	Single doṣa dominance	Choose <i>Rasa-dravyas</i> with opposite <i>Guṇa</i> . • Vāta - <i>Kṣīra-Ghṛta, Śirīṣādi Quath, Mustādi Ghṛta</i> . • Pitta - <i>Tikta-kaṭu-kaṣāya, Prāvaka-Patra Swarasa, Amṛtottara Kaṣāya</i> . • Kapha - <i>Trikatu-Pañcakola Phanta, Vamana</i> .



Type	Key Pathology	Core Line of Management
Sannipāta (Samnipātika)	Tri-doṣa with Āma, Agnimandya	1. Sequential <i>Vamana</i> → <i>Virecana</i> → <i>Basti</i> (if strength). 2. <i>Sudarśana Cūrṇa</i> 3 g q6h. 3. <i>Mahāsudarśan Ghana</i> 2 tab t.i.d.

7. Management of Āgantuka (Exogenous) Jvara

- Etiology wise combo** • **Bhūtābhiśaṅga** - *Daivavyapāśraya* (mantra, maulī, homa). • **Viṣa-janya** - *Viṣa-ghna Kaṣāya* (*Añkola*, *Vatsanābha-antidotes*), *Virecana*. • **Abhigāta** - Ice burn → local *Śītala Upanāha*, systemic *Godhūma-Śrta Kṣīra*.
- Common Sheet-anchor • *Lakṣmanā Rasa* 125 mg q8h with honey. • *Sudarśana Ghana* + *Arjuna Swarasa* where trauma & fever coexist.

8. Dhātugata Jvara - Stage-wise

Dhātu Invaded	Cardinal Signs	Cikitsā Highlights
Rasa	Persistent low-grade temp, thirst	<i>Sīta-phalādi kaṣāya</i> , <i>Drākṣā-Manda</i>
Rakta	High fever, bleeding, red eyes	<i>Tiktaka Ghṛta</i> , <i>Virecana</i> , <i>Nīrūha</i> with <i>Tikta-kaṣāya</i>
Māmsa	Suppuration, myalgia	<i>Pañcatikta-kaṣāya Sechan</i> , <i>Upanāha</i>
Medas	Greasy sweat, lassitude	<i>Lepa</i> with <i>Triphalā chūrṇa</i> + <i>Takra</i> , <i>Śilājatu</i> 500 mg bd
Asthi	Deep bone ache	<i>Asthi-shrīṅga bhasma</i> , <i>Dashamūla-Eranda</i> 50 ml hs
Majjā	Delirium, chills	<i>Brahmi-Ghṛta</i> , <i>Śiro-vasti</i>
Śukra	Infertility, chronic pyrexia	<i>Putrajīvaka bija leha</i> , <i>Bṛmhaṇa Basti</i>

9. Vishama, Punarāvartaka & Ojas-Status

A. **Vishama Jvara** (intermittent/quotidian) • *Ārtavadaśī*, *Katphalādi Kvātha* AM; *Sudarśana Ghana* tab. • *Śodhana* - *Laghu Nirūha Basti* on afebrile day. • Adjunct - *Nimba Pāṭola Kaṣāya* 40 ml t.i.d.

B. Punarāvartaka (Relapsing) Jvara

Ojas Status	Management
Adequate	Focus on Doṣa-Śamana & <i>Deepana</i> only.
Depleted (Ojokṣaya)	• <i>Jīvanīya Ghṛta</i> 25 ml h.s. • <i>Ārogya Vardhinī</i> + <i>Abhraka Bhasma</i> 250 mg bd. • <i>Rasāyana</i> diet - <i>Kṣīra-Vṛkṣa Phala</i> , <i>Mudga-yūṣa</i> with <i>Ghee</i> .

10. Śodhana vs Śamana - Decision Matrix

Parameter	Śodhana Indicated	Only Śamana
Strength	Good bala, age 16-60	Children, elderly, pregnancy
Āma	Marked (coated tongue)	Nil / minimal
Doṣa Lodged	<i>Koṣthagata</i> / <i>Urdhva</i>	<i>Dhātugata</i> / <i>Avyapadesya</i>
Season	Spring-early summer	<i>Varṣā</i> / <i>Śīsira</i>
Contra-indications	None	Many (heart disease, cachexia)



11. Bahirparimarjana & Daivavyapāśraya

• **Bahir-parimarjana** - *Prapauṇḍarikādi Dhūpana, Nimba-Haridrā-Taila Abhyanga, Lepa of Sandhana-Chūrṇa*. • **Daivavyapāśraya** - Recitation of *Śrī Mṛtyuñjaya mantra*, wearing *Gomeda gem* (antipyretic), *Homa with Tulasī + Guggulu*.

12. Pathya-Apathya

• Pathya - Warm water, Green gram soup, Rice-gruel, Kodo millet, Cow's milk, Ghee, Pomegranate juice. • Apathya - Curd, Fish, Black gram, Cold drinks, Day-sleep in kapha jvara, Night-vigil in pitta jvara, Sex in vāta-pitta stage.

13. Role of Kṣīra & Ghṛta

"*Kṣīraṃ ghṛtaṃ ca sarvajvareṣu balyaṃ buddhivardhanam*" (A.Hr.) • Provides **Madhura-Rasa, Snigdha-Guṇa** - replenishes Ojas. • Vehicle for *Tikta & Kaṭu* dravya in Pitta / Saama stages (e.g., *Tikta-kṣīra, Pañcatikta-ghṛta*).

14. Importance of Langhana

• Directly burns *Āma*, lightens *Rasa-Dhātu*, kindles Agni. • Sets stage for any *Śodhana*, prevents complications.

15. Rasāyana Support

1. *Amṛtā Sattva* 500 mg bd
2. *Chyavanaprāśa* 1 tsf h.s. (only in Nirāma)
3. *Suvarṇa-Mālinī-Vasant* 60 mg with honey (immunity)

16. Academic Case Demonstration

OPD Ticket • Name - Ramesh, 28 yrs, painter. • H/O - High-grade intermittent fever × 4 days, chills, heaviness, coated tongue, nausea, mild cough. • PE - Temp 102 °F, pulse 96, BP 110/70, moist skin. • Saama Lakṣaṇa - yes; Kapha-pitta signs. • Bala - moderate.

Provisional Diagnosis

• Sāma Kapha-Pittaja Jvara (Taruṇa).

Cikitsā-Yojanā

Day	Intervention	Dose & Timing
1	Langhana - warm water + <i>Drākṣā-Hima</i> only	full day
1	Āmapācana - <i>Sudarśana Cūrṇa</i>	3 g with honey
1	Rūkṣa Sveda (nāḍi)	10 min × 3
2	Virecana - <i>Trivṛt-Iehya</i>	25 g at 6 am
2-4	Saṃsārjana - Peṣī → Yūṣa → Odana	-



Day	Intervention	Dose & Timing
4-10	Śamana - <i>Mahāsudarśana Ghana</i> tab 2 tid	warm water
5-15	Rasāyana - <i>Gudūcī Satva</i> 500 mg bd	Honey

Follow-up parameters – Afebrile from Day 3, tongue clean, appetite restored.

17. Quick Reference - Frequently Prescribed *Aushadha* in *Jvara*

Yoga	Form	Average Matra	Sevanakāla	Anupāna
Sudarśana Ghana	Tablet	500 mg	tid, before food	Warm water
Mahāsudarśana Cūrṇa	Powder	3 g	q4h	Honey
Ayush-64	Tab.	2	tid	Water
Amṛtottara Kaṣāya	Decoction	40 ml	bd	-
Tiktaka Ghṛta	Medicated ghee	20 ml	h.s.	Warm milk

Conclusion

Jvara management is **stage-specific, doṣa-specific & bala-specific**. The clinician must:

1. Identify *Āma* vs *Nirāma*, Doṣa interplay & Ojas status.
2. Sequence therapy as **Langhana** → **Āmapācana** → **Śodhana (if strong)** → **Śamana** → **Bṛmhaṇa/Rasāyana**.
3. Integrate *Bahirparimarjana* & *Daivavyapāśraya* for holistic Ayurveda care.

“*Jvarāt uttaraṃ na kaścid rogaḥ*” – Fever, if tackled correctly, prevents all later diseases; if mishandled, leads to myriad complications. (C.S.)