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AN AYURVEDIC MANAGEMENT OF TYPHOID FEVER WITH SPECIAL REFERENCE TO ANTRIKA JWARA – A CASE REPORT

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ABSTRACT

Typhoid fever is a systemic infection caused by *Salmonella typhi*, often presenting with high-grade fever, abdominal discomfort, and malaise. In Ayurveda, such conditions closely resemble **Antrika Jwara**, one of the Sannipataja Jwara described in classical texts. This article presents a review of typhoid fever in both biomedical and Ayurvedic perspectives and illustrates the successful management of a clinically diagnosed case using Ayurvedic treatment modalities.

KEYWORDS: Typhoid, Antrika Jwara, Sannipataja Jwara, Ayurveda, *Salmonella typhi*, case study, Jwarachikitsa.

INTRODUCTION

Typhoid fever continues to be a public health concern, especially in developing countries like India. It is caused by the bacterium *Salmonella typhi* and is transmitted via the fecal-oral route. Classical signs include persistent fever, gastrointestinal symptoms, and sometimes neurological complications.

In Ayurveda, the concept of **Jwara (fever)** holds a central place and is considered a primary disease. Among the various types of Jwara, **Antrika Jwara** is caused by the aggravation of all three doshas, particularly with *Agnimandya* (digestive fire suppression), and has symptoms similar to enteric fever. This paper aims to correlate modern understanding of typhoid with **Antrika Jwara** and present a successful Ayurvedic intervention in a diagnosed case.

Review of Disease – Typhoid Fever

Etiology

- Causative organism: *Salmonella enterica* serotype typhi
- Transmission: Contaminated water, food (fecal-oral route)
- Incubation period: 7–14 days

Clinical Features

- Prolonged fever (step-ladder pattern)
- Abdominal discomfort, diarrhea or constipation
- Headache
- Malaise
- Coated tongue
- Splenomegaly, hepatomegaly
- Rose spots in some cases

Complications

- Intestinal perforation
- Septicemia
- Encephalopathy

Antrika Jwara – Ayurvedic Perspective

Definition

Antrika Jwara is a type of **Sannipataja Jwara** caused by simultaneous vitiation of Vata, Pitta, and Kapha, with symptoms suggesting *Agni-dourbalya*, *ama* formation, and systemic infection.

Lakshanas (Symptoms)

- **Jwara** (persistent fever)

- **Shoola** (abdominal pain)
- **Atisara/Vishtambha** (loose motion or constipation)
- **Trishna, Tandra, Agnimandya** (thirst, lethargy, indigestion)
- **Mental confusion** or Moha in severe stages

Samprapti (Pathogenesis)

Agnimandya → Ama formation → Sannipata dosha vitiation → Rasavaha, Annavaha srotodushti → Fever with GI symptoms

Case Study

Patient Details

- **Name:** XYZ
- **Age/Sex:** 21-year-old male
- **Date of consultation:** 25th March 2025
- **Occupation:** Student
- **Residence:** Urban area with poor sanitation

Chief Complaints

- Continuous high-grade fever for 6 days
- **Step Ladder Fever**
- Abdominal discomfort, loss of appetite
- Constipation
- Coated tongue, fatigue

History

- No major illness previously
- Drinking unfiltered water in hostel

Clinical Examination

- Temperature: 103°F
- Pulse: 94 bpm
- BP: 110/70 mmHg
- Abdominal tenderness +
- Liver mildly enlarged
- Tongue coated

- Rose spots



Diagram 1: ROSE SPOTS.

Investigations

- **Widal Test:** Positive (O - 1:320, H - 1:160)
- **CBC:** Mild leukopenia
- **LFT:** Slightly raised SGPT

1. Complete Blood Count (CBC)

Parameter	Result	Normal Range
Hemoglobin	12.4 g/dL	13.0–17.0 g/dL
Total WBC Count	3,400 /cu mm	4,000–11,000 /cu mm
Neutrophils	65%	40–75%
Lymphocytes	28%	20–45%
Platelets	1.75 lakh/cu mm	1.5–4.5 lakh/cu mm

Interpretation: Mild leukopenia suggestive of enteric fever pattern

2. Widal Test (Slide Agglutination Method)

Antigen	Titre Value	Interpretation
TO	1:320	Positive
TH	1:160	Positive

Conclusion: Significant titre indicating typhoid infection

3. Liver Function Test (LFT)

Parameter	Result	Normal Range
SGPT (ALT)	48 IU/L	10–40 IU/L
SGOT (AST)	52 IU/L	10–40 IU/L
Total Bilirubin	0.8 mg/dL	0.3–1.2 mg/dL

Interpretation: Mild hepatic involvement common in enteric infections

4. Blood Culture

- **Result:** No growth after 48 hours incubation
- **Note:** Prior use of antibiotics or low bacterial load may result in negative culture

5. Urine and Stool Routine/Microscopy

- **Urine:** Normal
- **Stool:** Slight mucus, no parasites or ova

Diagnosis

- **Modern:** Typhoid fever
- **Ayurvedic:** Antrika Jwara (Sannipataja)

Ayurvedic Management

Line of Treatment

Langhana – Pachana – Jwara Chikitsa

Medications Used

Medicine	Dose	Duration	Reference	Indications
Sanjeevani Vati	250 mg BD	10 days	Bhaishajya Ratnavali	Ama pachana, Jwara
Tribhuvan Kirti Ras	125 mg BD	7 days	Rasatantra Sar	Jwara, Agnimandya
Arjunarishta	15 ml BD	14 days	Bhaishajya Ratnavali	Supportive, cardiac health
Giloy Ghana Vati	500 mg BD	14 days	Rasayan Ratnakar	Rasayana, Jwara, immunity
Mustak + Bilva + Ativisha Kwath	40 ml BD	7 days	Charaka Samhita	Atisara, fever

Diet and Lifestyle

- **Pathya:** Light, warm, easily digestible food like Yavagu, rice gruel

- **Apathya:** Cold, heavy, spicy, and oily food avoided
- **Rest** and adequate hydration ensured

Outcome and Follow-up

- Fever subsided by day 5
- Appetite improved by day 7
- No Rashes
- No relapse during 1-month follow-up
- Blood tests repeated on day 14 showed normalized parameters
- Patient regained full energy by 3rd week

DISCUSSION

This case highlights the **successful Ayurvedic management** of a clinically diagnosed typhoid case using **Antrika Jwara chikitsa** principles. Ayurvedic medicines not only addressed the fever and gastrointestinal symptoms but also improved the immune response and digestion. Classical herbs like **Guduchi**, **Ativisha**, **Musta**, and **Bilva** are potent anti-pyretic and digestive agents.

Medicine	Key Ingredients	Main Actions	Targeted Doshas	Therapeutic Role
Sanjeevani Vati	Vatsanabha, Triphala, Trikatu, Bhallataka	Amapachana, Deepana, Jwaraghna	Tridosha, Ama	Digests toxins, restores digestive fire, reduces fever
Tribhuvan Kirti Ras	Vatsanabha, Maricha, Sunthi, Tankana	Antipyretic, Swedana, Kapha-Vata pacifying	Vata, Kapha	Reduces fever, clears channels, enhances drug absorption
Arjunarishta	Arjuna, Madhuka, Dhataki, Jaggery (fermented)	Hridya, Rasayana, Hepatoprotective	Pitta, Rakta	Supports heart-liver function, reduces post-fever fatigue
Giloy Ghana Vati	Guduchi (Tinospora cordifolia)	Rasayana, Jwaraghna, Immunomodulator	Tridosha	Boosts immunity, manages chronic and recurrent fevers
Musta-Bilva-Ativisha Kwatha	Musta, Bilva, Ativisha	Grahi, Deepana, Shoolahara	Vata, Kapha	Controls gut symptoms, supports digestion and recovery

CONCLUSION

The correlation of **Typhoid Fever** with **Antrika Jwara** provides a promising integrative approach to manage this condition. Proper identification of doshic involvement and ama status plays a key role. The presented case shows that timely Ayurvedic intervention can manage uncomplicated typhoid effectively, with good clinical outcomes and minimal risk of drug resistance or side effects.

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