

	<h1>CHAKRAPANI AYURVEDA</h1> <h2>ISO 9001 & 22000</h2> 
<p>Vol 10 Issue III</p>	<p>FEVER - Jwara or Pyrexia</p>
<p>Experience personalized Ayurvedic Healing Treatments</p>	<p>Dear Readers,</p>
<p>Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site http://qarrysun.com</p>	<p>The featured article of this issue is Fever - Jwara or Pyrexia. Fever is known as Jwara in sanskrit. the article describes that how deposition of toxins in our body leads to blockages in channels and thus causing rise in temperature of the body. Jwara is a clinical syndrome or a disease according to Ayurveda caused by several causative factors. It will be interesting for you to read about understanding of fevers from different perspective.</p> <p>We thank you all for helping in achieving great success for our newsletter. Our newsletter is a platform for easily accessible knowledge of Ayurveda which is free to all and your valuable feedback play an important role in building up the new horizon to us.</p> <p>Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda) Director, Chakrapani Ayurveda Clinic and Research Center</p>
<p>Want Free Consultation on Ayurveda? Click Here</p> <p>Want your body type analysis? Click Here</p>	<p>TESTIMONIALS</p>
<p>Wish to procure our products? Kindly contact as detailed below:</p>	<p>Hello Dear Dr. Rajesh,</p>
<p>France: S.I.E.T.P.A. http://massages-ayurvedique.com</p>	<p>What a pleasure to speak to you today. Thank you very much for taking my phone call. I am feeling so good with my herbs and panchakarma therapies that you gave. There was such tremendous healing energy in your hands and your presence, I could feel all my dhatus responding immediately! It was extraordinary and it renewed my faith in the true essence of Ayurveda. It also renewed my spirit because true divine healers are rare, but when I met you Dr. Rajesh, I knew that you were one of those through which the Divine is flowing. I could sense this when I looked into your eyes and felt your touch. I know Divine Mother answered my prayers for help in connecting me with you. I am so amazed how Divine Mother responds with so much generosity, connecting us to things that we never could have imagined and fulfilling our needs in the most extraordinary ways! Let us stay in touch Dr. Rajesh.</p>
<p>U.K. Health Trail www.healthtrail.co.uk</p>	<p>With up most Love and Respect, Namaste.</p> <p>Cary Twomey, Omaha, Nebraska, USA</p>
<p>Ireland: The Samadhi Centre http://thesamadhicentre.com</p>	<p>FEVER - An Ayurveda approach edited By Dr. Neha Dave</p>
<p>Colombia: Ms. Gisele Dupuis gdupuis@cable.net.co</p>	<p>Ayurveda, an ancient healing system refers fever as Jwara, a condition in which the body temperature goes beyond the normal temperature and is characterized by disturbance in normal functioning of the system. It believes that it is due to disruption of any one or all the Doshas or energy fields within the body system and if not attended immediately might damage other parts of the body.</p> <p>The main symptoms of fever are a raise in body temperature, chills, sore throat, body stiffness, muscle aches, headache, disturbed digestion, lack of appetite etc.</p>
<p>Curacao: Ms. Soraida http://curvedic.org</p>	<p>Improper agni (digestive fire) leads to indigestion resulting in ama (toxins) which blocks the channels in the body which further leads to the blocking of the fire in different tissues resulting in fever.</p>
<p>Germany: Dr. Ramin Mobasseri www.dr.mobasseri.de</p>	<p>CAUSES OF FEVER ACCORDING TO AYURVEDA</p>
<p>In India and all the other countries: Chakrapani Ayurveda Click here</p>	<p>Fever according to ayurveda occurs when the digestive fire (Agni) and digestive toxins (Ama) which are normally found within the gastrointestinal tract are thrown out of their place by disrupted Doshas and then they overflow into the blood and lymphatic system. Its circulation in the body causes the typical symptoms like high temperature, heaviness etc. Because of this the Three Doshas are further irritated and it spreads throughout the blood stream.</p>
<p>Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter? For all information about our newsletter and sponsorship details, click here</p>	<p>When supplemented with its own heat plus the heat of the misplaced Agni, the temperature of the body raises and causes the symptoms of fever. During a high body temperature, Ayurveda suggests to have a cold sponging, an easily digestible liquid diet and complete rest.</p>
<p>For Archives of our earlier published Newsletters, please click here</p>	<p>MANAGEMENT OF FEVER ACCORDING TO AYURVEDA</p>
<p>Subscription Information: If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.</p>	<p>Ayurveda, a holistic medical system, emphasis that fever is due to toxicity in the Rasa Dhatu (the body's basic vital tissue) and manages fever by Fasting (Langhana), Sudation (Swedana), patience (Kala - should not rush for aggressive treatments to make temperature down), Light diet (e.g. Yavagu), Bitter drugs (Tikta Bheshajam) and Detoxification (ama pachana) and Yogasanas. The treatment depends on the duration, the cause of the fever and the other symptoms that accompany it.</p>
<p>If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or click here Click here to send your feedback</p>	<ol style="list-style-type: none"> 1. Fasting - Strengthens the digestive system and eliminates Ama which in turn cleans the channels of the body. Strong person can fast whereas weak persons can take up a light diet. A lot of liquid diet like vegetable soups or just hot ginger water which alleviates the aggravated Dosha and increases the appetite should be taken. 2. Sweating - One can drink a simple spicy tea to induce sweat or he/she can be covered with a blanket so that he/she is made to sweat as this process clears toxins, raises the body temperature that kills the external organisms like viruses / bacteria and normalizes the body temperature. 3. Light Diet- After the body achieves the normal temperature one should take light diet of fresh fruits, Khichari and lightly cooked vegetables. 4. Bitter Ayurvedic drugs - The medicines which burns Ama, increases the white blood cell count and help the body to fight infections are useful. They are Jwarahara Vati, Shadangananiya, Guduchi Sattva, Mahasudarshan Vati, Sanshamani Vati and other different bitter herbs and compounds. 5. After fever the patient is advised to undergo a detoxification (mild purgative regime - Panchakarma) treatment as it expels remaining Ama and strengthens the digestive system. Then one should undergo a preventive regime which will reduce the chances of recurrence of fever. 6. It is also suggested that Yogasanas like Suryasana and Matsyasana are to be practiced to pacify the aggravated Pitta Dosha which is the root cause of fever and meditation helps to deal with fever with balancing act and clarifying the mind.

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Thus Ayurveda manages fever by restoring the Agni (fire) in the body and enhancing the proper metabolism.

Source : <http://www.content4reprint.com/health/alternative-medicine/ayurveda-herbal-treatment-for-fever.htm>

DO'S AND DON'TS FOR TREATING FEVER

1. Drink as much water as you can in order to replace fluid loss. It will also help to bring down body temperature.
2. Take adequate rest.
3. Avoid eating solid foods until the fever is gone. You can replace the foods by drinking plenty of distilled water and/or juices.
4. If the person is sleeping don't wake him up to give medicines or to take the temperature, sleeping is more important.
5. Always consult a doctor before giving any medications to the patient.
6. The patient needs full physical examination that will include a detailed evaluation of the skin, eyes, ears, throat, neck and abdomen to look for the causes of fever.

CHAKRAPANI PRODUCT OF THE ISSUE

Pachak (Digestive help) herbal tea :

- Helps in bloating and acid reflux problems.
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- Enhances memory, learning and recall levels
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RECIPE OF THE MONTH - BUTTERMILK CURRY (KADHI)

Preparation time : 30 minutes **Serves:** 6-8 **-Vata, mildly +Pitta, +Kapha**

Ingredients : 2 & 1/2 cups fresh buttermilk or yogurt, 3 & 1/2 cups water, 1/4 cup Besan - chickpea flour (available at Indian groceries and some health food stores), 3 **tsp** melted butter or ghee, 1 **tsp** mustard seeds, 3 to 4 curry leaves, 1 cinnamon stick, 2 pinch of asafetida, 1/4 **tsp** turmeric powder, 1/4 **tsp** chopped ginger, 1 inch long or 1/4 **tsp** ground cinnamon, 1 teaspoon sea salt, 1/4 green pepper chopped (optional)

Procedure : Mix buttermilk or yogurt, water and chickpea flour in large bowl with beater until completely smooth. In small skillet heat butter or ghee; add mustard seeds, curry leaves, ginger, green chilly cinnamon and **asafetida**. Heat until mustard seeds start popping. Add this mixture to the buttermilk and chickpea flour mixture. Add remaining ingredients. Heat over medium heat just to boiling point, stirring constantly to avoid overflowing. Mixture will thicken slightly. Serve warm with Rotis and Rice.

CONTACT US

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