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## Various *Ayurvedic* Modalities for the Management of *Bal-Jwara* in Children with Special Reference to Febrile Convulsions: A Review



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**<sup>1</sup>Kadambari Solankure, <sup>2</sup>Sandeep Sagare**

*1 PhD Scholar & Assistant Professor, Dept. of Kriya Shareer KAHER'S Shri B M Kankanawadi Ayurveda Mahavidhyalaya Shahapur, Belagavi, Karnataka, India.*

*2 Associate Professor, Department of Swasthavrittha KAHER'S Shri B M Kankanawadi Ayurveda Mahavidhyalaya Shahapur, Belagavi, Karnataka, India.*

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### ABSTRACT

Ayurveda is an ancient science dealing with mostly prevention of diseases and cures if needed. In Febrile convulsions child commonly suffers trouble in purposeful movements, staring, stiffening of all extremities, and falling down without cause. Altered behavior, anatomical defects in extremities and EEG help for diagnosis. Jwara is such a paradoxical condition in which Agni functions decrease resulting in Ama and Pitta getting aggravated. Various herbs, herbo- mineral preparations are used to manage Bala-Jwara by Ayurvedic Acharyas. A variety of herbs, Herbomineral preparations, kalpas, and formulation are described in samhita. Some are proven to be very effective in day-to-day practices. The febrile convulsions are of immense importance as far as the behavioral and mental changes are concerned. So it would be very necessary to have trials and assess the effectiveness of ayurvedic medicines in pediatric patients of febrile convulsions. The present article is an attempt to highlight the details of Bal-jwara with co-relating to Febrile Convulsions.



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## INTRODUCTION

*Ayurveda* classics have described many diseases amongst which *Jvara* stands first, because of its uniqueness to make everyone suffer, from birth to death. *Jvara* being a commonest symptom that accompanies almost all constitutional diseases has been termed as *Rogadhipati* (king of diseases) by *Aacharyas*. *When child becomes febrile body gets heated up causing disorientation of sense organs and mind. This makes the child Irritable. If we don't treat fever in the early stage, chances of hyperpyrexia are higher which may cause febrile convulsions, which leads to brain tissue damage. Hence it is necessary to control fever. Jwara induces shrama, klama, moha and anannabhilasha hence jwara is said to be sarvarogaj.*In Modern Medicine many potent antipyretic formulations are available but, they are not devoid of complications like hepatotoxicity, renal impairment, etc.

*Ayurveda* has many formulations which may be potent and safer.

In Febrile convulsions child commonly suffers -

- Trouble in purposeful movements
- Staring
- Stiffening of all extremities
- Falling down without cause
- Altered behavior
- Anatomical defects in extremities and
- EEG helps with diagnosis.

*Jwara* is such a paradoxical condition in which *Agni* functions decrease resulting in *Ama* and *Pitta* getting aggravated. Various herbs, herbo- herbo-mineral preparations are used to manage Bala-Jwara by Ayurvedic Acharyas.No structured regimen or protocol is present to manage the febrile convulsions of *bala-jwara*.Moreover, the treatment in *Ayurveda* is still not in use in day-to-day practice to manage febrile convulsions. Ayurvedic literature are full of *kalpas* and formulations described in *bala-jwara*. So there is a need to study the ayurvedic modalities with respect to literature of ayurveda and make them trialed for febrile

convulsions for their efficacies and effectiveness. Here literature study has been done for the above need to be fulfilled.

### Materials and Methods

*Samhitas*, national and international journals. Indexed peer-reviewed articles from popular publications. Various critics and available treatises of *Ayurveda* Literature will be thoroughly searched for the concepts under study.

All available literature has been studied and *kalpas* have been extracted from all the texts.

*Kashyapa* has given prodromal features of seizure with *Sannipata jwara*. In this, fever is due to vitiation of all the three *doshas*.

The sudden appearance of *Indriya*

Sudden discharge of *mutual*

Sudden abnormal behavior

These are the prodromal features of *sannipata jwara* compared with the seizure and vitiation of all three *doshas*.

*Kashyapa* has also given the classification of *sannipata jwara* depending upon the involvement.

- In this, features involving brain and mind:
- **Excitement-**
- (a) *Chitta vibhrama-* euphoric talk with dancing and playing
- (b) *Pralapa-* shivering with incoherent speech
- **Depression-**
- (a) *Tandra-* Semiconscious and thirsty
- (b) *Antaka-* Nodding of head and fainting
- (c) *Abhinyasa-* Coma with apnea

These features of *Sannipata Jwara* may resemble febrile convulsions.

*Kashyapa has also explained the formulation for sannipata jwara-*

1. As decoction made with aragvadha, vacha, nimba, patola, ushira, vatsaka, ativisha, murva, triphala duralabha, bhadramusta, bala, patha, madhuka and bhadrarohini pacifies the fever immediately caused due to combination of Tridoshas.

*It also removes the stiffness, heaviness, rigidity of sterno-cleidomastoid joint.*

2. In *Sannipata Jwara* the drugs sinduvara, arkraja and gorochana are powdered together is administered along with breast milk cures the *sannipata jwara*.

3. The powdered drugs aparajita and sahadevi is added with gorochana and indu mixed with breast milk is given internally cure the *sannipataja jwara*.

4. In *jwara chikitsa* the kashaya made with the drugs vasa, dhanyka, tikta, ambu, pathya, vishva, kalinga, dashmula and gajahtwa added with the powder of the drug jiraka cures the *sannipata jwara*.

## RESULTS

It has been observed that there are a variety of *kalpa* and herbo-mineral preparations proposed by *Acharyas* of *Ayurveda* for the treatment of febrile convulsions.

It also can be observed that these preparations can be modified as per the pediatric requirements.

These are to be studied in comparison with the modern regimens and the results with respect to their effectiveness and efficacy should be confirmed.

The study can be forwarded for the other diseases and symptoms of the *Bala-jwara*.

## DISCUSSION-

A variety of herbs, Herbomineral preparations, kalpas, and formulation are described in *samhita*. Some are proven to be very effective in day-to-day practices. The febrile convulsions are of immense importance as far as the behavioral and mental changes are concerned. So it would be very necessary to have trials and assess the effectiveness of the ayurvedic medicines in the pediatric patients of febrile convulsions.

## CONCLUSION-

It can be concluded that the usage of different combinations of drugs explained in *Kashyapa Samhita* can be used and studied in the treatment of Febrile convulsions.

**Acknowledgment - NIL**

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