

Fever

Symptoms

Following are the signs that indicate the presence of this ailment:

- High temperature
- Headache
- Muscle ache
- Burning eyes
- Loss of appetite
- Coated tongue
- Excessive production of saliva
- Feeling of heaviness and nausea

Causes

Fever is caused due to the aggravation of any one or all the doshas of the body. Fever can occur as a result of infection, because of external injury, insect bite or poisoning. It must be kept in mind that fever can also be a symptom of many conditions, like bronchitis, pleurisy, tuberculosis, jaundice, malaria, measles or influenza.

Remedies

Some general remedies that are beneficial in fever are:

Mild sweating: this helps to digest the toxins. Lie on a bed covered with a blanket, for 15 to 20 minutes. Drinking a hot liquid also helps.

Take 10 grams (one-tablespoon) raisins and 10 grams (one tablespoon) fresh ginger. Crush and put in 200-ml. water for one hour. Boil this decoction till the water reduces to 50 ml. Strain and drink while warm.

Dosage: This preparation can be taken twice a day.

Dos and don'ts

Easily digestible diet is advised for the patient

Boiled or steamed vegetables

vegetable soup

fruit and fruit juices

small quantities of cow milk can be taken two to three times a day

Khichadi is very good with spices like cumin seeds, coriander, turmeric, ginger and salt can be also be added to it.

Egg plant, bitter gourd and cooked radish and barley water is good.

Small amounts of whole grain bread or biscuits can be taken with milk. Heavy foods that are difficult to digest like fried foods, fast foods, meat, chicken, fish, and raw foods should be completely avoided.

The patient should take ample rest.

Exposure to extreme cold or heat, exertion, exercise, mental stress, sexual activity and any other type of physical activity should be avoided until the patient regains strength