

DIAGNOSIS & TREATMENT METHODOLOGIES

1. PYREXIA OF UNKNOWN ORIGIN

When a person complains of feeling unwell or complains of a headache, the first sign one should seek for is **rise in temperature**. The easiest method of doing so is to place the back of one hand on one's own forehead and the back of the other on the forehead of the patient. If the patient's forehead is warmer than one's own, one may conclude that the person is suffering from fever. Try and gauge if the person is moderately warmer or very much warmer than oneself. If a thermometer is available, measure the temperature using the thermometer.

In the case of very high temperatures it is best to seek the advice of a physician. In all other cases of temperatures which are raised try and find the cause of the fever.

Fever is a symptom of a disease. Hence it is important to find the cause of the fever. In order to do so ask the following questions.

1. How long has the person been feeling unwell.

If the answer is many days you will probably get a positive answer to one of the following questions.

If the answer is one or two days the answer may be negative to all the questions.

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|-----|------------------------|-------------------------------------|
| 2. | Does the person have:- | a severe headache |
| 3. | | earache or pus oozing from the ears |
| 4. | | a cough or cold? |
| 5. | | pain in the throat? |
| 6. | | difficulty in breathing? |
| 7. | | indigestion? |
| 8. | | pain in abdomen or constipation? |
| 9. | | pain during micturition? |
| 10. | | pain in the joints? |
| 11. | | a painful wound ? |
| 12. | | shivering? |
| 13. | | a rash all over the body? |
| 14. | | swelling in any part of the body? |

If the answer is positive to any of the above questions proceed with the treatment of that particular illness.

If the answer is negative to all these questions, the cause of the fever is unknown and it is best to proceed in the treatment of PUO. (Fever of which the cause is not known)

There are many remedies for fever:

In infants:

- 1) The flowers of pallas (*Butea monosperma*) are put into warm bath water and the infant bathed with this.
- 2) Tulsi (*Ocimum sanctum*) leaves juice 1/2 teaspoon is given thrice a day, or a tea is prepared and 1/4 cup given thrice a day.

In children:

- 1) Nagarmotha (*Cyperus rotundus*) tubers 4 or 5 are crushed and kept in a half a cup of water for 15 minutes. The water is given to the child. This is repeated thrice a day.
- 2) Jeera (*Cuminum cyminum*) 1/2 tsp seeds are roasted lightly, crushed and put into a cup of boiling water which has been taken off the fire. When it has cooled sufficiently it is given to the child once.

In adults:

- 1) Neem (*Azadirachta indica*) bark 3" x 3" or a fistful of leaves are crushed. A decoction is prepared and 1/2 cup given thrice a day.
- 2) Guduchi (*Tinospora cordifolia*) 1/2" diam. stem 2" long is cut into bits, the paper-thin bark discarded and the bits crushed. Half a cup of decoction is prepared. 1/2 cup decoction is given thrice a day with honey or sugar.

Diet: It is alright if the person with fever misses a couple of meals. However plenty of fluids are necessary in the form of barley water, vegetable or meat soup. A light diet with sago gruel in milk and sugar is also good.

Heavy foods like meat, chicken, egg, fish, wheat chapatis, fried foods etc. are to be avoided. Fruits like banana and guava are to be given.

Avoid: Bath, exercise, oil massage and cold wind.

2. SCABIES

Scabies is very common in children. Some adults also get scabies. The first sign is an itchy rash between the fingers and on the forearms, along the waist and in the groin. A lactating mother may get scabies on her breasts and transmit it to her baby who will get it on the face too.

Scabies is caused by a parasite which burrows under the skin, lays its eggs in the burrows and spreads to others through touch and bedclothes. Often when one person gets scabies it easily spreads to all the other members of the family.

Scratching causes abrasions in the skin through which germs enter and cause a bacterial infection with formation of pus.

Remedies for Scabies

Before proceeding with any one of the following remedies, give the person a bath, scrubbing the body thoroughly with a rough cloth and using soap.

- 1) Neem (*Azadirachta indica*) leaves are ground to a fine paste, the juice extracted and applied all over the body for 3 to seven days.
- 2) Neem seed oil is applied
- 3) Neem + Karanj (*Pongamia pinnata*) seeds oil is applied
- 4) Satyanashi (*Argemone mexicana*) latex is mixed with an equal amount of coconut oil and applied for 3 to 7 days.

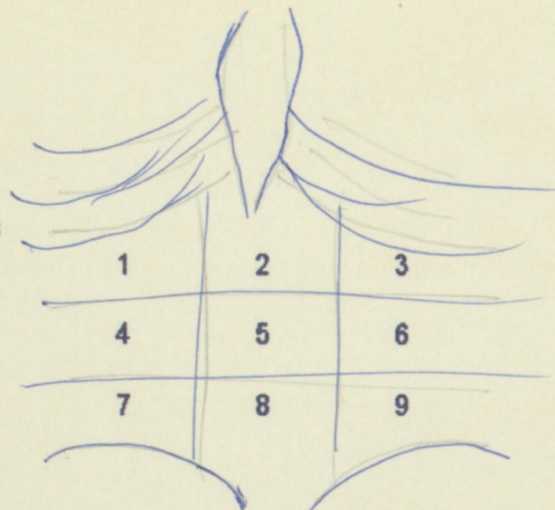
In cases of chronic scabies:

- 5) Takla (*Cassia tora*) 1 Kg seeds are rubbed with a little til oil (*Sesamum indicum*) and then roasted on a pan. After roasting they are powdered fine and mixed with 1 Kg of Triphala churna and a little water. This mixture is kneaded well and then made into pills the size of channa. 2 pills are taken thrice a day for 7 days. During these days one of the above applications is also made.

Diet: Sweet and sour foods, pickles, curds and jaggery are to be avoided.

3) PAIN IN ABDOMEN

Divide the abdomen into 9 areas



Area	Organs in that area
1	liver, large intestine
2	stomach, duodenum
3	spleen, large intestine
4	intestines, right ureter, appendix
5	small intestine
6	intestines, left ureter
7	appendix, right ovary
8	bladder, uterus
9	large intestine, left ovary

When a person complains of 'stomach-ache' it is important to know

- 1) where exactly the pain is, point with a finger. Does it spread? Where?
- 2) what kind of pain? dull, sharp, burning, like cramps?
- 3) when does the pain start, before or after meals? before or after passing urine or a stool?
- 4) how often does it come? how long does it last?
- 5) what makes it better?
- 6) what makes it worse?
- 7) does the person also have vomiting and / or diarrhoea

If a person has severe pain which is constant and is accompanied with vomiting but no diarrhoea, it is probably acute abdomen. Send the person to a doctor

If the person has pain limited to one area 1 or 2 or 3 or 4 or 6 or 7 or 8 search for disease in the liver, stomach, duodenum, spleen, ureters, appendix, ovaries, bladder, uterus respectively, and treat accordingly.

4) INJURIES

Injuries can be caused on any part of the body and may be accidental or intentional, may be due to blunt or sharp instruments, burns by fire, heat or chemicals.

Remedies

In blunt injuries, abrasions, superficial cuts and wounds to any part of the body.

First Aid should be given by washing the area with soap and water. Then apply one of the following:-

- 1) The pulp of kumari (*Aloe barbadensis*) or tie on a slit leaf of the same.
- 2) *Tridax procumbens* leaf juice.
- 3) Turmeric paste.
- 4) Neem leaf paste or neem seed oil.
- 5) Karanj (*Pongamia pinnata*) seed oil.

Wash the wound and renew the bandage every day till healed.

In the case of superficial heat burns

Kumari (*Aloe barbadensis*) pulp or slit leaf is useful.

For severe burns by fire or heat

First Aid with the pulp or slit leaf of kumari is useful until the person arrives at a medical centre.

For chemical burns

Wash immediately with water and apply the antidote, if known, and take to a physician.

In deep wounds

First Aid to be given is to stop bleeding. This is best done by applying pressure on the wound. This pressure should be continued till the bleeding stops.

If the wound is on the **chest or abdomen**, pressure will be difficult. Cover the wound with a clean cloth and take immediately to a medical centre.

If the wound is on a **limb**, keep that part as high as possible and apply a tourniquet on the side of the wound between it and the trunk. Take the person to a medical centre for further treatment which includes getting an anti-tetanus injection.

In the case of broken bones

Give support by tying on a strip of wood or bark and take to a bone-setter.

In un-treated superficial wounds which have got infected, wash with soap and water using a rough clean cloth to gently remove the pus and slough. Heat a slit leaf of kumari, keeping the peel towards the heat source, sprinkle turmeric on the pulp and when slightly warm, tie on to the wound. Wash the wound daily with soap and water and using fresh aloe each time, bandage with a clean cloth.

In an adult, if the pain is spread over many areas, is dull or griping or cramp-like, accompanied or not by nausea, diarrhoea, vomiting it is caused by **dysfunction in the intestines**.

When the cause of the pain is dysfunction of the intestines the **remedy** is as follows:-

Either a mild purgative is administered which can be one of the following:

- 1) Hirda (*Terminalia arjuna*) fruit powder 1/2 to 1 tsp in warm water at bedtime
- 2) Bhava (*Cassia fistula*) pulp removed from the pod 1 tsf mixed in 1/2 cup warm water

Or one of the following remedies is administered

- 1) Jeera (*Cuminum cyminum*) 1 tsf is roasted lightly and then put into a cup of boiling water. When it has cooled a little it is drunk.
- 2) Beheda (*Terminalia bellerica*) fruit - a bit is chewed like supari
- 3) Latakaranj (*Caesalpinia crista*) seeds are roasted on live coals or fire, and the outer shell removed. 1/2 to 1 kernel crushed with black salt is taken once or twice.

Diet: Pulses, beans and fried foods are to be avoided. The person should rest.

5) DYSENTERY

Allopathic diagnosis

A person is said to have **diarrhoea** when the stools are loose or watery and frequency is increased.

When blood and / or mucous are seen in the loose or watery stools the person is said to have **dysentery**.

Dysentery is caused either by germs or amoeba or other serious illness.

If caused by germs the person will suddenly have watery stools with blood and /or mucous and will also have fever. After some stools the person may have only bloody stools.

If caused by amoeba the person will have loose stools with blood and mucous, but no fever. The disease resists treatment and often becomes chronic.

Ayurvedic diagnosis

- 1) Passage of mucous along with loose stools accompanied with gripping pain. Loss of appetite and the person feels very weak. Loose stools alternate with constipation.
- 2) Passage of mucous with loose frothy stools, gripping pain in the stomach, indigestion, sore mouth, loss of weight and anaemia

Causes

- 1) Primarily irregularity of diet, eating indigestible food, emotional factors and secondarily an organism.
- 2) Impairment of the walls of the small intestine. Irregularity in the intake of food precipitates the attack.

Remedies for 1)

- a) Bark of *Holarrhena antidysenterica* (kuta) powdered. 1 tsp thrice daily with warm water and a little honey.
- b) When constipated or also to prevent it 2 tsps of Isabgol with milk or butter-milk at bedtime.

Diet:

- avoid fried things, spices, chillies
- eat rice mixed with curds
- 'khichidi' or gruel of rice and moong dal
- lemon, pomegranate and bananas
- no meats or vegetables to be eaten, but their soups can be had.

- 2) Best treated by an Ayurved because of toxic substances used.