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Perspective

Targeting Fever or Its Underlying Triggers: A Diagnostic and Therapeutic Dilemma

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DESCRIPTION

Fever is one of the least knowledgeable topics in modern science. Looking at medical journals and medical books, modern science does not even know the basic facts about fever. Modern science does not know what the purpose of fever is, what fever is, what to do to get a fever, how to diagnose it, and how to treat it because of a lack of precise definition.

What are the triggers of fever? What are they?

Fever triggers are substances and their actions that trigger the immune system to induce fever. These substances reduce heat, increase inflammation, and reduce blood flow.

Fever triggers include water below body temperature, soft drinks, ice cream, weather, medications including paracetamol that reduce body heat and increase inflammation, etc.

Decreased blood flow due to severe inflammation is the sole trigger for fever. Any substance that is cooling or reducing temperature (antipyretic) is a fever stimulant because it increases inflammation and reduces blood flow. Antipyretics are the only substances needed to induce fever in any organism. By using antipyretics in anyone, anyone can reduce the body's heat energy and cause inflammation and fever within a few hours.

The causes of fever triggers, the triggers of fever, and the substances produced by the immune system fight against the triggers of fever, their functions are not the same, and they are opposite to each other.

Fever triggers caused by external factors are always harmful to the body, but a fever that builds immunity against it is always beneficial to the body.

Fever is the body's defense mechanism against the triggers (inflammation) of fever.

The current definition of fever does not mention any fever-triggering substances. Therefore, fever triggers are not included in fever testing or treatment.

Rather than identifying and eliminating the triggers of fever, today's definition, testing, and treatment focus on identifying and eliminating the substances the immune system produces to fight against the triggers of fever. Today's fever treatment destroys the substances that create immunity against the triggers of fever and increase the triggers of fever.

CONCLUSION

In conclusion, modern medical practices often misinterpret fever as hyperthermia, leading to inappropriate treatment approaches. Fever is a natural physiological response that helps the body build immunity by reacting to internal or external stressors. Suppressing fever without addressing its underlying causes can increase the risk of complications, leading to higher morbidity and mortality. Treating fever as merely an elevated body temperature, without considering its biological purpose, contradicts foundational scientific principles. The proper approach to managing fever should focus on identifying and addressing the triggers such as infections or inflammation rather than simply eliminating the fever itself. Reducing inflammation and promoting healthy blood circulation are scientifically supported methods to resolve the underlying causes of fever. Ignoring these mechanisms not only undermines the body's natural defences but may also result in greater harm to the patient. Scientific treatment must aim to support the body's immune response, not suppress it blindly. Any treatment protocol that fails to consider the role of inflammation and circulation lacks the essential elements of evidence-based medicine. Fever management must be reoriented toward understanding and resolving its root causes. Only by addressing these causes can we ensure effective, rational, and truly scientific care.

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