

Panchakarma in Balroga : Ayurvedic Overview

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Abstract

Kumara or bala Avastha means childhood age described by traditional science of Indian medical system. Ayurveda is the science of life in this treatment is branched into two types namely; shodhana chikitsa and shaman chikitsa. Shaman therapy includes deepan, pachana etc. and in shodhana therapy includes panchakarma. The childhood diseases described as Bal-Rog in ancient Ayurveda science, this is the state of mental and physical development. StanyaDushti as causative factor of diseases in Ksheerada Avastha consider in Ayurveda. Panchakarma included five therapies delineate mainly for cleansing the body toxins to achieve balanced state of body. Ayurveda considers that the purification of the body is important before the commencement of any other therapy. This article described role of Panchkarma in the management of some Bal-Rog. However use of Panchkarma in Bal-Rog preferably not come first but traditional texts of ayurveda advised these therapy in some special conditions.

Keywords: Panchakarma , shodhana chikitsa, Ayurveda, Bal-Rog

Introduction

Ayurveda the basic science of traditional medical system in india consider Bal Rog under Kaumarbhritya and mentioned different therapeutic for the treatment of childhood diseases. Recently many researches utilize Bala Panchakarma for the management of various childhood diseases. panchakarma which is the ultimate mind body healing experience for detoxifying the body, strengthening the immune system, restoring balance and wellbeing. The basic principle of Kaumarabhritya involves Panchakarma in late stage of development of ayurveda science; however fixation of drug dose in and intensity of Bala Panchakarma is very important to prevent any side effect. It is believed that Panchakarma being Shodhana Chikista remove vitiated Doshas. Hence classics especially the Kashypa Samhita explains the Panchakarma in a child with detail explanation of Snehana, Swedana, Vamana and Virechana with detail explanation of the Basti and Nasya. Bala, Kala, Desh Agni, tolerance capacity, etc sould be checked before employing the treatment in any age group.

Panchakarma :-

Ayurveda metion panchakarma as purification method which detoxify the whole body and panchakarma name denote due to fact that it is a purification therapy of five sub therapies. Fivefold procedure comprised as Panchakarma:

- Vamana - (therapeutic emesis)
- Virechana - (therapeutic purgation)
- Basti - (medicated enema)
- Nasya -(nasal insufflations)
- Raktamokshana- (blood cleansing and purification therapy)

✚ Purva Karma:

Deepana and Pachana: (Appetiser and Digestive)
Prior to panchakarma procedure deepana and pachana should be done for obtaining in niramavastha of doshas. Hence proper diagnosis with high index of suspicion is required in the child before implementation of Pancha Karma Chikista.

➤ Snehana:

Ghritha, Taila, Vasā, Majja was explained major Snehana substances and more importance has been given to Pravicharana Sneha with same materials. Snehana is the process to oleation of the body by using medicated oils and ghee internally as well as externally. It is an important preparatory procedure for Panchakarma.

➤ **Swedan:**

Kashyapa mentioned 8 types of swedana karma - hast, pradeha, nadi, prastara, sankar, upnaha, avgaha and parisheka. Acharya Kashyapa explain Swedana of which Nadi Sweda, Prasthara, Sankara, Pradeha, Upanaha, Avagaha, Parisheka are other types which are practically applicable in children with certain modifications and Hastha Sweda, and Pata Sweda are very useful in neonates and infants especially in Pain abdomen.

✚ **Vamana (Therapeutic Emesis)**

Acharya Kashyapa explains Vamana as the main stay of treatment in Bala Rogas due to dominance of Kapha Dosa by indulging in Kapahavardhaka ahara like Kshira, Ghrita etc. the Vamana has been done to clear the stomach from liquor the meconium like substances.

Vamana is the process by which Doshas are eliminated through mouth by the act of Vomiting. It is the best treatment for Kapha disorders. In human life, the first act of emesis is performed immediately after birth, for elimination of Garbhodaka, the mixture of Ghrita and Saindhava for this purpose. Kashyapa has prescribed to use few recipes to induce emesis, applicable especially in children. Decoction of Gaurasarshapa, Kritavedha, seed of Madanaphala etc. are used for the Vamana. The decoction should be neither too hot nor too cold. The emetics should be administered to children, in morning, after cleaning the mouth. Now a days Vamana is done only in three conditions –Chronic Skin diseases, Bronchial Asthma, Psychological disorders.

The whole childhood is of Kapha dominant period and children are suffering from more Kaphaja disorders. Hence, Vamana is the best Shodhana therapy in all the disorders of the children. By observing the dependency in childhood period the therapy should be milder one which should not give rise to any complications. According to Sushruta, milk, curd or butter milk or any Yavagu (rice –gruel) should be administered satiated up to the throat for induction of emesis.

According to Kashyapa, Vamana therapy can be started to the children from the age of 6 years. He told that it is better to use the mild potency of the drugs in smaller quantity.

Ksheerada- Apply Vamana drugs over the breast of the mother and after it dries up it should be washed

and baby is made to breastfed which lead to easy Vamana.

Ksheerannada - administer of Vamana drugs along with breast milk.

Annada- the decoction of Madanaphala, Vacha and Saindhava or Katphala and Sarsapa etc.

✚ **Virechana:-**

Virechana (Purgation) is the process by which, vitiated Doshas are eliminated from Adhomarga (rectum). It is the best treatment for PiCa disorders.

- Ksheerada – Virechana Aushadha to mother
- Ksheerannada and Annada - Anulomana drugs like
- Hareetaki, Triphala, Trivrit,
- Aragwadha Phala Majja
- Eranda taila with Ksheera are preferred

As far as possible Virechana therapy should not be advised to children. Vagbhata has told that the disease curable by Virechana therapy can be controlled by Basti in case of children. If strong indication of Virechana is there then mild dose can be administered by noting the severity especially in Pittaja disorders. Drug like Caster oil, Aragwadha, Draksha, Triphala etc. mild purgatives can be used. Kampillaka is good for the expulsion and eradication of Krimis from intestinal tract. In case of Phakkaroga, Kashyapa has indicated Virechana therapy by Thivrit Ksheera. Sukha Virechana from the age of 4 years up to the 12 years - Vagbhata.

✚ **BASTI:-**

Basti (therapeutic enema) is the process in which the medicine (oil, decoction and other adjuvant) is introduced through the anus or urethra or vagina.

- Most important among the Panchakarma
- Has multi-dimensional action
- Conquers Vata in its vital seat
- Treatment of choice for Vata
- Basti mitigates Vata, thus considered as half of the whole treatment.

Basti can be indicated in all children and especially those who are contraindicated for **Virechana** can be given **Asthapana basti** and that brings about quickly the similar effects of **Virechana** including strength, complexion, softness and

unctuousness in the body. *Basti* therapy is considered as nectar for both children and grown-ups. According to Kashyapa at the age of 1 year i.e. when the child starts to take the solid foods.

✚ **Nasya:-**

Nasya- the use of drugs or medicated Sneha through nostrils.

The treatment of choice in disorders above Greeva (clavicle).

Types:

Brimhana - Vata diseases

Shamana - Pitta diseases

Virechana - Kapha diseases

Marsha Nasya is contraindicated in a young child.

✚ **Raktamokshana:-**

Raktamokshana (blood letting)- the process of taking out blood from the body is known as Raktamokshana. It is performed to manage the diseases caused by Rakta and Pitta. Regarding Raktamokshana Siravyadha (vein puncture) is contraindicated till the age of 16 years.

• **Jalaukavacharana** (leech application) is the best method adopted for blood letting in children in case of Pittaja and Raktaja disorder like Kukulika (conjunctivitis), Ahipootana (napkin rashes). It may be adopted in diseases like Ajagallika, Charmadala, Visarpa, and such other skin diseases.

Paschat karma

Peyadi krama (Dietary regime)

Rasayana drugs (Rejuvenation therapy)

Shamana drugs (Palliative therapy)

Conclusion

Balrog Panchakarma has been prime and leading modality of treatment and classics clearly mentions about its indications and contraindications. one can understand that importance of Panchakarma procedures as well as consider these procedures in pediatrics patients. Panchakarma remove the toxic elements from the body, strengthens immune system and increase acceptability of body to various therapeutic regimen. All the five Karmas are systematically explained in classics with special interest of the child. . It is most important when doing panchakarma procedure in pediatrics patient measures should be taken in the prevention of complications.

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