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Review Article

AN AYURVEDIC APPROACH FOR BALA ROGA

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ABSTRACT

Bala Chikitsa or *Kaumar Bhritya* is a specialized branch of Ayurveda which deals with or explains in depth about the nourishment and nutrition of children, method of purifying the milk of *Dhatri*, diseases occurring in the infant due to consumption of contaminated breast milk and *Grahas* and also the treatment of diseases occurring in infants and children in called as *Kaumarbhritya*. *Kapha Dosha* is predominance in *Bala Avastha* resulted diseases originated from disturbance of *Kapha Dosha*. *Balshosha*, *Phakka Roga*, *Karshya* etc., are diseases arise due to the *Kapha & Vata Dosha* vitiation. Ayurveda formulations offer *Dhatu Vardhana* effects. *Bala Vardhana* and *Deha Pushti* effects of formulations helps in problem associated with growth and development of children. Nourishing effects improves immunity and provides physical as well as mental strength. *Rasayana* like *Shankhpushpi* and *Jyotishmati*, etc., improves *Agni* and correct digestive disorders clear *Srotasa* thus maintain circulation of body as well as detoxification process. Pediatric *Rasayana* boosts *Ojus* in children and gives disease resistance power. The aim of the study is to emphasize different preventive, diagnostic and therapeutic approached of Ayurveda for the management of pediatric disease.

Keywords: *Kaumarbhritya*, *Balaroga*, *Panchakarma*, Pediatric

1.1 INTRODUCTION:

Ashtanga Ayurveda means eight limbs or eight branches of Ayurveda. Each branch is specialized in its own way. The description of ashtanga Ayurveda shows the existence of the “knowledge of branches of a science” in the olden days. The eight elite branches of Ayurveda are: *Kaya*(*Kaya Chikitsa*), *Bala* (*Kaumarbhritya*), *Graha Chikitsa* (Demonology), *Urdhwanga Chikitsa*(*Shalaky Tantra*), *Shalya Tantra*, *Damshtra Chikitsa* (*Agad Tantra*, *Visha Chikitsa*), *Jara Chikitsa*(*Rasayana*), *Vrisha Chikitsa* (*Vajikarana*).¹

Bala Chikitsa Or *Kaumar Bhritya* is a specialized branch of Ayurveda which deals with or explains in depth about the nourishment and nutrition of children, method of purifying the milk of *Dhatri*, diseases occurring in the infant due to consumption of contaminated breast milk and *Grahas* and also the treatment of diseases occurring in infants and children in called as *Kaumarbhritya*.²

Pathophysiology of disease mainly involves disturbances of three *Doshas* (*Vata*, *Pitta*, *Kapha*) thus *Doshic* balance is very important for retaining good health. *Kapha Dosh* is predominance in *Bala Avastha* resulted diseases originated from disturbance of *Kapha Dosh*. *Balshosha*, *Phakka Roga*, *Karshya* etc., are diseases arise due to the *Kapha & Vata Dosh* vitiation.³ Ayurveda suggests diet regimen for children to maintain normal physiological functioning of body & *Doshic* balance along with suggested daily life routine. In *Bala Avastha* physical strength is less since *Dhatu*s are yet to be built up resulting more susceptibility for the infectious diseases; thus pediatric care needed different therapeutic approaches for the management of various disease as compared to diseases of adult age. Ayurveda suggested different modalities for the prevention, diagnosis and treatment of pediatric disease. This article emphasized preventive, diagnostic and therapeutic approaches of ayurveda for the management of *Bal-Roga*.

According to Acharya Charaka, the *Prayojana* or purpose of Ayurveda Science is ‘*Swasthasya Swasthya Rakshanam Aturasya Vikar Prshmana Ch*’ which means to protect health of the healthy and alleviate disorders in the diseased. It has also been indicated as the science of the protection of age (Ayu). As prevention from disease is the first *Prayojana* of Ayurveda, preventive approaches in *Bala Roga* are described first.

Preventive Approaches in management of *Bala Roga* is as follows:

- *Stanya* feeding from the birth develop immune system of *Shishu*; *Stanya* feeding is suggested by ayurveda for new born baby for *Deha Pushti*, *Dhatu Vardhana* and *Bala Vardhana*.
- Light liquid diet may be given after 6-8 months, heavy diet should be avoided which may cause constipation.
- Ayurveda also advised *Phalaprashana* and *Annaprashana Samsakara* for *Bala Avastha* for proper physical and mental development.

- Ayurveda advocates that carbohydrates, protein, fat, minerals and vitamins enriched *Ahara* boost immunity of growing children; thus food stuff must encompass all essential component of balance diet.
- Ayurveda believe that vitiate *Kapha* predominate in *Bala Avastha* thus such food must be avoided which may vitiate *Kapha Dosha*.
- As per medical science very cold or very hot food must be avoided in *Bala Avastha* to prevent any chances of *Prakriti Virudha*.
- The liquid and solid diet in *Bala Avastha* must be planned as per the *Dosha, Kala* and *Prakriti* so as to avoid *Virudha-Ahara* which may result disease conditions.
- The traditional science of Indian medical system strongly described that hygiene conditions avoid attack & prognosis of diseases.
- The rules of *Dinacharya & Ritucharya* help to retain normal health in *Bala Avastha*.
- The potency of drug should be fixed with great care for *Bala Avastha* since in this age *Dosha, Dushya* and *Mala* are less thus detoxification is not very prominent and excess amount of drug may cause harm due to the accumulation.

Diagnostic approaches in *Bala roga*

Nidana of any disease in ayurveda has given greater importance. There are different types of *Pariksha* or examination of the diseased person as well as the diseases. Few diagnostic approaches in the *Bala Roga* is as follows:

Observation of body characters and movements of suffered child along with external symptoms. Consideration of disease associated with reproductive system of mother and *Dhatri*. Diet regimen of mother during pregnancy period also play significant role towards the *Bal-Roga*. *Nadi-Pariksha* and *Sharir-Pariksha* should be involved in diagnostic approaches. *Prashna Pariksha* also suggests some aspect about history and prognosis of disease. *Graham Rogas* play significant role towards the disease pathogenesis in *Bala Avastha*. Other pathologic conditions such as; *Beeja Dushti, Beejabhaga, Beejabhagavayava* are few genital *Vyadhi* which may leads pediatric disease such as; *Khandoushtha, Kuchikarnika, Jatyandha, Suchimukhi* and *Vaarta*, etc.

Therapeutic approaches for *Balaraoga*: Few of the specific medications for management of *Bala roga* is as follows:⁴ *Panchagavya Ghrita, Smriti Sagar Ras, Yogaraj Guggulu For Murcha. Shringi Bhasma, Shwas Kuthar Ras, Talisadi Churna* for *Kasa*. *Vidangarishta, Krimikuthar Ras, Vidanga Churna* for *Antajakrimi*. *Mushka Tailam, Changeri Ghrita* for *Guda Bhramsha*. *Bhaskara Lavana Churna, Lavargodi Vati, Udarashula Lakshmililas Ras* for *Pratishyaya*. *Bhaskara Lavana Churna* and *Hingwashtak Churna* for *Udarashula*. *Rasayana* therapy as rejuvenator, to facilitate immunity, Herbs such as; *Shankhpushpi,*

Guduchi, Jyotishmati, Mandookparni etc., improve *Dhatu, Agni, Srotasas* and *Ojus*.⁵ *Panchakarma* therapy also play significant role in *Bal Roga*; since *Panchakarma* therapy pacify vitiated *Doshas*, perform detoxification and open *Srotasa*. *Virechana* control *Pranavaha Sroto Vyadhi; Swasa Kasa* when pitta dosha is vitiated. *Nasya Karma* helps in diseases which occur due to the *Kapha* and *Vata* predominance. *Vamana* eliminate *Kapha Dosha* by opening *Pranavaha Srotastha*.⁶⁷ The Ayurveda formulations such as; *Utphullikahara Rasa, Kumara Kalyana Rasa, Bala Jwarankusha Rasa, Balarogantaka Rasaa* and *Balarka Rasa*, etc. play vital role in *Balacikitsa*.

Common health benefits Ayurveda formulations in *Bala Roga*:

- Ayurveda formulations offer *Dhatu Vardhana* effects. *Bala Vardhana* and *Deha Pushti* effects of formulations helps in problem associated with growth and development of children.
- Nourishing effects improves immunity and provides physical as well as mental strength.
- *Rasayana* like *Shankhpushpi* and *Jyotishmati*, etc., improves *Agni* and correct digestive disorders.
- Clear *Srotasas* thus maintain circulation of body as well as detoxification process.
- Pediatric *Rasayana* boosts *Ojus* in children and gives disease resistance power

CONCLUSION

Age from birth to 16 years described as *Balya* as per Sushruta. Ayurveda depict different approaches for the prevention, diagnosis and management of *Bal Roga*. The traditional science explored use of different therapeutic approaches for the management of *Bal-Roga* such as; herbs, remedies, *Rasayan & Panchkarma* but it is suggested that precaution is better than cure thus rules of *Dinacharya & Ritucharya* need to be adopted in *Bala Avastha* to maintain discipline life style which help to retain normal health. Ayurveda also mentioned diagnostic approaches such as; consideration of *Graham Rogas, Nadipariksha, Sharirpariksha* and *Prashna Pariksha* as *Nidana* perspective of *Bal-Roga*. Ayurveda also mentioned diet regimen not only for children but also for pregnant women. This article emphasized different preventive, diagnostic and therapeutic approached of Ayurveda for the management of pediatric disease, this article may become helpful for the researches to explore novel aspect of pedantic care.

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