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Effect of *Chandana Bala Lakshadi Taila Abhyanga* with *Poshaka Laddu* & *Nutri Recharge Powder* in *Bala Shosha (Kuposhana Janya Vyadhi)*

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ABSTRACT

Introduction: In Ayurveda *Bala Shosha* is known as *Kuposhana Janya Vyadhi* and it is viewed under Malnutritional or PEM disorder. Malnutrition is a common health problem in preschool children of developing countries including in India. As per WHO poor feeding of infant and young children resulting in under nutrition is the single and most important factor for diseases. The malnourished child needs proper *Ahara* and *Aaushadh* for normal growth and protecting disease. So, we have made suitable plan to a child. **Aim:** To evaluate the effect of *Candana Bala Lakshadi Taila Abhyanga*, *Poshaka Laddu*, *Nurticharge Powder* internally in *Bala Shosha (Kuposhana Janya Vyadhi)*. **Material & Method:** The clinical study was conducted in 30 Malnourished Children pre and post evaluation without control. The Study setting Department of *Koumarbhritya (Bal-Roga)*, *Shubhdeep Ayurved Medical College*, Indore M.P. This study is come under the project of Govt. of M.P. in supervision of Indore collector and funded by Govt. of M.P. **Result:** The effect of *Nuticharge powder*, *Poshak Laddu* & *Abhyanga* on child weight and M.U.A.C is statistically significant (P= 0.01). It showed that the treatment significantly increases the weight and mid under arm circumference of malnourished children. **Conclusion:** Here in this study a small group was taken for the study which is equated with the PEM & *Kuposhana Janya Vyadhi*.

Key words: *Kuposhana Janya Vyadhi*, *Bala Shosha*, *Malnutrition*, *Chandana Bala Lakshadi Taila*.

INTRODUCTION

Acharya Kashyapa explains about *Kuposhana Janya Vyadhi*,^[1] which is divided into 4 stages *Krushata*, *Phakka*, *Parigarbhika*, *Bal-Shosha* in children. *Kuposhana*

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or Protein Energy Malnutrition (PEM) is one of the highest rankings in developing countries of the world are more vulnerable to PEM due to relatively higher caloric & protein requirement for growth & physical activity. Malnutrition is a result of complex interplay between inadequate dietary & increased nutritional requirements. Nutritional disorders can be particularly in children, as it hampers the growth and development which may be predisposing factor to many health problems such as infection and chronic diseases. *Kuposhana janya Vyadhi (Bal-Shosha)* is also described by *Acharya Vagabhata* shows similar symptoms as *Aruchi*, *Pratishyaya*, *Jwara*, *Kasa* later there is *Mukha Netra Shweta*.^[2]

The prevalence of Protein Energy Malnutrition (PEM) under 3 years in Indian Children is 40%, while wasting

& stunting is present in 23%, 45% respectively.^[3] The etiological factors of PEM include- Child related factors like low birth weight, early cessation of breast feeding incorrect dietary habits, persistent infections. Maternal Factors includes lactation failure, maternal illnesses, and ignorance. Low Socio-economic Status, Cultural factors like wrong customs & belief.

Emaciation is caused by intake of diet devoid of any fat, intake of food in inadequate quantity, excess fasting, suppression of natural urges including urge for sleep, repeated baths, hereditary factors, chronic illness and stress.^[4] *Charaka* has explains about 18 *Nidana* (Etiological Factor) for *Kshaya* which are *Annashana, Atiruksha Bhojana, Alpa Bhojana, Kala (Bala, Yuva and Vruddha)* all the above have more effect on children.^[5]

In Ayurveda the *Chikitsa* for *Bala-Shosha* has been advised for *Brumhana, Nidana Parivarjana*. *Acharya Charaka* has mentioned *Laghu Santarpana Ahara* for *Karshya*^[6] here basic line of treatment is primarily *Srotosuddhi* by *Ushantikshana Dravya* which clears *Kapha* and increases the appetite *Ahara* like *Nutricharge powder, Poshak Laddu* and *Abhyang* also help to maintain *Doshas* in *Samyavastha*. *Laghu* and *Santarpana* (light and nourishing diet) is prescribed for the nourishment of the *Karshya* patients. *Chandana Bala Lakshadi Taila*^[7] *Abhyanga* gives strength to bones & muscles hence its used in emaciated patients. *Poshka Laddu* & *Nutricharge Powder* has ingredients which are *Deepana* & *Pachana, Balya, Kriminashaka, Brumhaniya*.

AIM

To evaluate the effect of *Candana Bala Lakshadi Taila Abhyanga, Poshaka Laddu, Nutricharge Powder* internally in *Bala Shosha (Kuposhana Janya Vyadhi)*.

MATERIALS AND METHODS

Study design clinical study pre and post evaluation without control. Study setting Department of *Koumarbhritya (Bal-Roga)*, *Shubhdeep Ayurved Medical College, Indore M.P.*

Study Design

A randomized open labeled non comparative prospective trial was conducted in *Aganwadi* of Mhow

Tehasil. This trail is come under the project of Govt. of M.P. in supervision of Indore collector and funded by Govt. of M.P.

Place of project: Village Tilore Mhow *Gramin Kshetra Aganwadi*. District - Indore, (M.P.)

Project sanctioned by: Indore Collector, P. Narhari in 2016-17.

Inclusion Criteria

1. Children aged 1-5years with classical signs & symptoms of *Balashosha* (Protein Energy Malnutrition) irrespective of sex.
2. Children having weight 5-7 kg and MUAC < 13 cm (Mid under Arm Circumference).

Exclusion Criteria

1. Children with systemic disorders and congenital anomalies.
2. *Parigarbhika, Phakka, Krushata* are not considered.

Drugs details

All the drugs prepared by Classical Method in department of *Rasa-Shastra* and *Bhaishjya Kalpna Pharmacy, Shubhdeep Ayurved College and Hospital Indore*.

1. **Nuticharge powder** - *Ashwagandha, Bala, Chandrashoora, Ragi, Trikatu Churna*.

It contains some *Balaya Dhatu Poshak* herbs it enhances the working capacity of different organs in our body. So, this helps to improve children growth, weight and height.

Dose: 2.5 gm twice a day for 30 days

Anupan: with Milk

2. **Poshak Laddu** - *Bala, Pipli, Mulethi, Satawari, Ativisha, Ela, Alsi, Marich, Vidang, Mash and Shranghatak flour, Coconut, Jaggary*.

Dose: 16 gm once a day for 30 days

Anupana: Luke warm water

3. **Abhyanga:** *Chandana Bala Lakshadi Tail (Yogratnakara)*. It is help to *Sapta-Dhatu-*

Wardhana, Sarwa-Jwarnasaka, Kanti-Wardhana & use full in Panduroga, Vaatroga, Shotharoga, Kshaya, Visphota,^[7] it also increases BMR hence inspire immune system. Through this way children get protected from diseases.

Statistical Analysis

The study was conducted on 30 subject completed study.

Table 1: Effect of Candana Bala Lakshadi Taila Abhyanga, Poshaka Laddu and Nurticharge Powder on Child Weight

	N	BT Mean	AT Mean	Mean	Std. Dev	Df	T-value	p-value
Weight	30	9.17	9.50	0.32	0.375	29	4.7	0.000

Table 2: Effect of Candana Bala Lakshadi Taila Abhyanga, Poshaka Laddu and Nurticharge Powder on Child MUAC

	N	BT Mean	AT Mean	Mean	Std. Dev	Df	T-value	p-value
MUAC	30	12.76	13.25	0.49	0.914	29	2.9	0.006

RESULT

In this study the basic objective criteria for the assessment of children development on the basis of two criteria were weight and M.U.A.C (Mid under Arm Circumference). The effect of Nuticharge powder *Poshak Laddu* & *Abhyanga* on child weight and M.U.A.C is significant on significance level of 0.01. It showed that the treatment significantly increases the weight and mid under arm circumference of malnourished children.

DISCUSSION

The basic cause of malnutrition is lack of nutritious diet, so treatment should be based on nutrition and *Dhatu Poshak Ahara*. In case of an emaciated person, *Laghu* and nourishing diet (like old *Shali* rice) should

be given so as to bring about proper nourishment in them which serves as stimulants of digestive power and bring about nourishment due to their nutritive property and regular oil massage. The *Kapha* causes obstruction in *Rasavaha Srotas* which are the channels for nutrition thus, causing *Shoshana*. The undernourished child suffers from lack of appetite, recurrent respiratory infections, cough, fever, emaciation of muscles and paleness of face and eyes. *Bal-Shosha* is a caloric malnutrition. *Karshya* is a state of wasting (low weight for height) and stunting (low height for age) due to chronic malnutrition. Among three types of *Phakka*, *Ksheeraj Phakka* and *Garbhaj Phakka* have etiology and manifestations similar to *Bal-Shosha*. To combat *Bal-Shosha*, *Snehapana*, use of anabolic herbs and preparations along with appetizers were undertaken in the study. It was found that *abhyanga* removes obstructions caused by *Kapha Dosh* and increases digestion, *nutricharge powder*, and *Poshak Laddu* improves the (*Agni*) digestive capacity, helps in *Deepana* & *Pachana*, in turn increases the health of child with *Dhatuposhana*.

CONCLUSION

Deficiency in nutrition inflicts long term damage to both individual and society. Malnourished children are more prone to infectious diseases such as pneumonia and tuberculosis, which leads to higher mortality rate. Hence this study proves that combined therapy of NR powder, *Poshak Laddu* and *Abhyanga* are significantly improves the *Bal-Shosha* (Protein Energy Malnutrition)

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