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Panchakarma in Balaroga

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ABSTRACT

Ayurveda is a science of life which deals with preservation of health and cure of disease. Good health is best achieved when the regimens told in Ayurveda are promptly followed. In this science treatment is branched into two wings namely; *Shodhana Chikitsa* (detoxification therapy) and *Shamana Chikitsa* (curative therapy). *Shamana* therapy includes *Deepana* (appetizer), *Pachana* (digestive) etc. and *Shodhana* therapy is best for uprooting the disease from the root itself. This Principle also holds good for a child and irrespective of the age as basic constituents of the body are same in all age group as explained by *Charaka*, though the *Mātra* of the same and medicine may varies. Routinely raised question of benefits and contraindications of *Panchakarma* are needed to be answered. *Dosha Prakopa* occur in child and adult body due to same causative factor along with extra risk in the baby due to mother breast milk vitiation, immaturity etc. At times *Kaśhyapa* advice to avoid excess *Śhodhana* procedures in a child while *Chakrapani* suggest to administer the same in *Swatantra Bāla*, and to avoid in *Paratantra Bāla*. The proper knowledge of *Dravya Matra* and therapeutic *Panchakarma* procedures will help to approach in strengthening immune system and healthy body in child.

Key words: *Deepana, Panchakarma, Shamana Chikitsa, Shodhana Chikitsa.*

INTRODUCTION

Health status, growth and nutrition of the child during childhood years are the base for the future life of the child. So to remove the diseases judicious administration of medicines which are *Hridhya*, *Śīta* and *Madhura Pradhāna* along with estimated dose and slight modification of the procedure. As per *Kaśhyapa* Physicians of the *Kaumarabhritya* told always alert while treating as clinical manifestations of the child create confusion in the diagnosis (*Duśakara*) due to limitations in the presentation and manifestations of the disease in the children. Hence

proper diagnosis with high index of suspicion is required in the child before implementation of *Panchakarma Chikitsa*.

Five fold procedure comprised as *Panchakarma* are:

1. *Vamana* (Therapeutic Emesis)
2. *Virechana* (Therapeutic Purgation)
3. *Basti* (Medicated Enema)
4. *Nasya* (Nasal Insufflations)
5. *Raktamokshana* (blood cleansing and purification therapy)

To some extent the alterations in the *Panchakrama* with regards to Pediatric practice has been explained in the classics. *Bāla* is the stage with delicate body and mind with dominance of the *Kapha*, hence the *Mridhu Vamana* with full stomach milk or breast milk followed by tactile stimulation of the throat has been indicated. Indications of *Virechana* should be substituted by *Basti*, similarly *Marśa Nasya* by *Pratimarśa*.

Kashyapa further explains *Vamana* as the main stay of treatment in *Bāla Rogas* due to dominancy of *Kapha*

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Dosha by indulging in *Kapahavardhaka Āhāra* like *Ksīra Ghrita* etc. *Virechana* in a child with *Pittaja Rogas*, has been also indicated but suggested to avoid it as far as possible reserve the same only in emergency conditions. *Basti* is best indicated for the child and told that it imparts *Ārogya* to the child offspring for parents and name and the fame for the Doctor, and considered as nectar for the child.

Purva Karma (Preparatory Procedure)

Deepana and *Pachana* (Appetiser and Digestive) - Before starting *Panchakarma* procedure *Deepana* and *Pachana* should be done for obtaining *Niramavastha* of *Doshas*. Hot water boiled with piece of dry ginger or dry coriander can be used in paediatric patient, it relieves *Ama* (toxic accumulation) at the level of *Koshta* (abdomen) and *Koshtashodhi* occurs.

Snehana (Oleation)

Snehana is the process of oleation of the body by using medicated oils and ghee internally and externally. It is an important preparatory procedure for *Panchakarma*. *Chatusneha* told by *Kashyapa* four types namely *Ghrita* (ghee), *Taila* (oil), *Vasa* (fat) and *Majja* (bone marrow). Out of these *Ghrita* is considered as the best for *Snehana*.

Procedure

Snehapana is given to the patient early in morning in the prescribed dose. The dose of *Sneha Dravya* can be assessed by ascertaining *Agnibala* (digestive power) of the patient, nature of disease, condition of the body etc. *Hrasiyasi Matra* (digested within two hours) is preferred in patient with unknown *Doshas*, *Agni* etc. On first day usual dose of *Sneha Dravya* (*Taila* or *Ghrita*) is 10 to 20 ml.

Indications	Contraindications
Prior to <i>Panchakarma</i> (bio-cleansing therapy)	<i>Kshirad Avastha</i> (breastfeed babies), <i>Chardi</i> (vomiting), <i>Rukshata</i> (Roughness all over body)
<i>Jvara</i> (fever), <i>Galamaya</i>	<i>Chardi</i> (vomiting),

(throat disorder) <i>Krishna Balaka</i> (Emaciated child)	
<i>Atisara</i> (Diarrhoea), <i>Vatarogas</i> (hemiplegic, cerebral palsy)	<i>Raktapitta</i> (Bleeding disorders)
<i>Darun Pratibodhan</i> (difficulty in eye opening)	<i>Kaphaja Vikara - Sthoulya</i> (obesity)
<i>Hikka</i> (Hiccough)	<i>Dhatri</i> (wet nurse)

Swedana (Sudation)

Process of *Swedana* is where sweating (sudation) is induced artificially by which it relieves heaviness, stiffness and coldness of the body.

Types: *Kashyapa* mentioned 8 types of *swedana Karma* - *Hast, Pradeha, Nadi, Prastara, Sankar, Upnaha, Avgaha* and *Parisheka*.

Hasta Sweda - up to 4 months of age

Pata Sweda - after 6 years of age

Shashtika Shali Pinda Sweda (Sankara Sweda)

This is the common method of *Swedana* used in paediatric patients in which specific part or whole body is made to perspire by the application of *Shashtika Shali* (a variety of rice) in the form of *Pottalis* (boluses tied in a cotton cloth).

Materials and Equipments

Panchakarma Droni, gas stove, vessels, cotton pieces (1 ft x 1 ft), cotton thread, medicated oils for *Abhyanga* (*Ksheera Bala Taila*), medicated decoction (*Dashmoola Kwatha*), cow milk - 1 litre, *shastika Shali* (special variety of rice) - 500gm

Procedure

Shashtika Shali (A variety of rice) is cooked with milk and decoction of *Dashamoola*. This cooked rice is to be kept in pieces of cloth to make *Pottalis* (boluses tied in a cotton cloth). Remaining decoction and milk should be mixed and heated in low temperature to dip the boluses for warming the *Pottali*. After creating *pottalis*, patient should be massaged with suitable

warm oil and then warm pottalis gently applied. One must ensure that the heat of the boluses is bearable to the patient by touching them over the dorsum of their foot. The procedure takes about half to one hour. After all procedure, body should be wiped off with dry soft towels and patient is advised to take rest for at least half an hour and then take a bath with warm water.

One of the type of *Sankara Sweda* which is very beneficial is *Shashtika Shali Panda Sweda*.

Indications	Contraindications
After <i>Snehana</i> and prior to <i>Panchakarma</i>	<i>Dagdha</i> (burnt), Acute fever, <i>Kamala</i> (jaundice)
<i>Shwasa</i> (asthma), <i>Kasa</i> (cough),	<i>Pratishyaya Pittarogi</i> , <i>Madhumehi</i> (diabetic)
<i>Jadya</i> , <i>Kathinya</i> and <i>Ruksha Sharira</i> (heaviness, stiffness, dryness of body)	<i>Karshya</i> (emaciated)
<i>Vata Rogas</i> (hemiplegic, cerebral palsy)	<i>Chardi</i> (Vomiting), <i>Trishna</i> (dehydrated)
Rheumatic and degenerative conditions	<i>Raktapitta</i> (Bleeding disorder), Obstruction to <i>Mala</i> (stool), <i>Mutra</i> (urine) and <i>Shukra</i> (semen) <i>Hridaya Rogas</i> (Cardiac Diseases), <i>Visharta</i> (poisoned)

Vamana (therapeutic emesis)

Vamana is a bio-cleansing procedure used for the elimination of *Doshas* (mainly *Kapha*) accumulated in the upper gastro intestinal tract. *Kashyapa* mentioned that, babies who emit vitiated milk from stomach repeatedly will never suffers from diseases.

Vamana Dravya and dosage

- As per *Kashyapa Vamana* drug given in a quantity which equal to *Vidanga Phala* (fruit of *Embelia ribes*) - *Kashyapa*.
- 2-3 seeds of *Apamarga* (*Achyranthes aspera*) with honey and sugar - *Vaideha janaka*

- 2 or 3 *Pala* (60 to 120 ml) - *Vridha Kashyapa*
- Others - milk : 750ml, *Yashthimadhu Kwatha* (decoction of *Glylirrhiza glabra*): 750ml, *Lavanodaka* (salted water) : 500ml

Indications and Contraindications - As explained for adults in classics.

Virechana (Therapeutic Purgation)

It is the procedure where vitiated *Doshas* (mainly *Pitta*) are eliminated from lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in paediatric patients because their chances of severe complication like dehydration.

Material and Equipments:

Attached toilet (lavatory) is a must, Towels, Bed sheets etc.

Virecana Dravya and Dosage

Following single and compound preparation can be used in paediatric patient. *Kashyapa* mentioned that *Eranda Taila* (castor oil) and *Shankhini Taila* (euphorbia oil) superior for *Virechana Karma*. Preparation of *Jayapala* (purging croton) should be avoided in paediatric patients for purgation.

Indications and Contraindications - As explained for adults in classics.

Vasti (Medicated Enema)

It is the procedure where the medicines in suspension form are administered through rectum or genitourinary tract using *Vastiyanttra* (Specific apparatus). Among all therapeutic procedures, *Vasti* is superior because it is like *Amruta* (nectar) in child patient and the most appropriate remedial measure for *Vata Dosh*.

Equipments: *Vastiputaka* (polythene bag having 1 lt. capacity), *Vasti Netra* (nozzle), lavatory facilities, others (thread, vessels, churner, heating apparatus, table/ bench, towel, hot water for bath etc.)

Ingredients of Vasti: Medicated oils for *Vasti*, *Kwatha* (decoction) and *Kalka* (paste) made from prescribed medicines, *Madhu* (honey), *Saindhava* (rock-salt).

Types of Vasti (Classified into many ways)

1. **Asthapana / Kashaya / Niruha Vasti** - Decoction based enema
2. **Anuvasana / Sneha Vasti/ Matra Vasti** - Oil based enema
3. **Uttar Basti** - If above Bastis are given by genitourinary route then called *Uttar Basti*.

Matra (dose) of Vasti Dravyas

Age	Sneha Basti Matra	Niruha Basti Matra
1-3 yrs	3 Karsha (30ml)	9 Karsha (90ml)
4yrs	1 Pala (40ml)	3 Pala (120ml)
6yrs	1 Prasruta (80ml)	3 Prasruta (240ml)
12yrs	2 Prasruta (160ml)	6 Prasruta (480ml)
>16yrs	4 Prasruta (320ml)	12 Prasruta (960ml)

Commonly used Vasti Yogas: *Madhutailika Vasti, Bala Guduchyadi Vasti, Patolanimbadi Vasti, Vaitarana Vasti, Mustadi Yapana Basti, Tikta Kshira Basti.*

Indications and Contraindications - As explained for adults in classics.

Nasya (Nasal Insufflations)

It is the process of administration of medicines through nostrils. *Nasya* is indicated mainly in aggravated and accumulated *Doshas* (disease causing factor) of head and neck.

Medicine: *Panchendriya Vardhan Taila, Dhanvantara Taila, Anu Taila, Shadbindu Taila, Shunthi Churna* for *Pradhamana Nasya*.

Types of Nasya: *Kashyapa* mentioned two types of *Nasya*; namely *Brihana (Purana) Nasya* and *Karshana (Shodhana) Nasya*.

Indications and Contraindications - As explained for adults in classics.

Jalaukacharana (Leech Therapy)

It is one of the types of *Raktamokshan* (blood cleansing and purification therapy) which is included in *Panchakarma* (five bio- purification procedures) by *Vagbhata*. *Jalouka* (leech) commonly used for the purpose of *Raktmokshana* in child patients, old peoples, ladies and those who are rich, fearful and sophisticated.

Material: Vessel of water, leeches, powdered cow dung, mustard and turmeric paste, milk, wet cloth, powdered rice and salt powder.

Procedure: The leeches should be grasped and paste of mustard with turmeric in water should be applied all over body of leech. After that leeches kept in vessel of water for a period of *Muhurta* (48min) till they get rid their tiredness. Following that try to attach leeches to desired site of body if they don't stick then pour drop of blood/milk or scratching may be done to withdraw some blood by which leech easily stick to that site. When leech mouth gets suck and its middle portion gets elevated assuming the horse shoe shape indicates that leech sucking well and should be cover with wet cloth. Leech withdrawn from application site if patient feels pricking pain or itching which indicates leech start to suck pure blood. After leech fallen away its body should be massaged by dry rice powder, oil, salt powder for easy to carry then its hind portion held by the left hand in the between thumb and finger and gently squeezed out by right hand till the completely emptying.

Indications and Contraindications - As explained for adults in classics.

CONCLUSION

Panchakarma in pediatric has important role . All the five *Karmas* are systematically explained in classics with special interest of the child. It is disease status of the child, physical and mental strength of child and extent of independency which forms administration criteria for *Panchakarama* procedure in child rather than age. By explaining the above all *Panchakarma* procedures (five bio-cleansing therapies), one can understand that importance of *Panchakarma*

procedures as well as consider these procedure in paediatric patients. So by adopting the certain roles of consideration for *Shodhana* therapy one can give a better health to a child.

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