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ROLE OF HERBOMETALIC FORMULATION (RASAYAN) AND PANCHKARMA IN BAL-ROG

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ABSTRACT

The childhood diseases described as *Bal-Rog* in ancient Ayurveda science; this is the state of mental and physical development. Ayurveda consider *Dhatri Stanya Dushti* as causative factor of diseases in *Ksheerada Avastha*. The physiological participation of *Dosh, mala* and *Dushya* are different in children as compared to adult therefore the type and prevalence of disease are also different in children and thus pediatric care needed utilization of various approaches for the management of *Bal-Rog* such as; herbal remedies, discipline life style, *Rasayan* and *Panchkarma*. This article described role of *Rasayan* and *Panchkarma* in the management of some *Bal-Rog*. However use of *Rasayan* and *Panchkarma* in *Bal-Rog* preferably not come first but traditional texts of ayurveda advised these therapy in some especial conditions. *Panchakarma* may be done from the age of seven years and as per requirement *Rasayan* therapy may be used in early age but with great precautionary measurement.

KEYWORDS

Ayurveda, *Bal-Rog*, *Rasayana* and *Panchkarma*.

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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 researchers utilizes *Baala Panchakarma* and *Rasayana* therapy for the management of various childhood diseases, this article described various aspect of *Baala Panchakarma* and *Rasayana* therapy with special reference to the childhood diseases

(Figure No.1). The literature suggested that *Bala Panchakarma* play significant role in the management of cerebral palsy, *Pranavaha Srotastha* and *Tamaka Shwasa*. *Panchakarma* basically is a type of *Shodhana Chikitsa*. The basic principle of *Kaumarabhritya* involves *Panchakarma* in later stage of development of ayurveda science; however fixation of drug dose in and intensity of *Baala Panchakarma* is very important to prevent any side effect. It is believed that *Panchakarma* being *Shodhana Chikitsa* remove vitiated *Doshas*. The various steps of *Panchakarma* such as; *Vamana*, *Virechana*, *Basti*, *Niruha* or *Yapana Basti* and *Anuvasana Basti* recommended in early childhood for the management of different abnormal physiological conditions.

The herbo mineral formulation including such as; *Rasayana* prepared using metals and minerals along with herbs for the treatment of various disorders. The concept of size reduction involves improving potency of herbo mineral formulation. The ancient literature of ayurveda reported use of herbo-mineral formulations for the treatment of various childhood diseases. The use of *Rasayana* therapy in *Bal Rog* needs great attention towards the dosing and frequency to prevent any chances of adverse reactions¹⁻⁴.

RASAYANA IN BAL ROG

Rasayana Tantra is branch comes under the branch of *Astanga ayurveda* which overall used to enhance longevity, intelligence and immunity. The *Rasayana Shashtra* also involves use of metallic formulation along with herbs. *Guduchi*, *Shankhpushpi*, *Jyotishmati*, *Mandookparni* etc are considered *Rasayana*. *Rasayana* boost functioning of *Dhatus*, *Agni*, *Srotasas* and *Ojus* and therefore act as rejuvenator. Ayurveda described *Rasayana* also for *Bal-Rog* with great care since *Rasayana* therapy may become harmful in children if not used properly. *Rasayana* therapy also used as preventive remedy in children since it enhances immunity and thus protect from various infectious diseases. There are various herbometalic formulations which may be used in children for different therapeutic purpose such as; *Svaran Bhasm*, *Vacha*, *Madhu*, *Ghrita*, *Panchgavya*

Ghrita, *Brahmi Ghrita*, *Abhaya Ghrita*, *Samvardhana Ghrita*, *Mandura Bhasma* and *Lauha Bhasma*, etc⁴.

Swarna Prashan is formulation of *Swarna* and herbs; *Vacha* and *Brahmi* along with honey and *ghee* utilized for new born baby to improve their immunity and mental health. Raw gold after rubbing on stone along with little amount of water along with honey and *ghee* administered to the new born baby. This type of formulation possesses many therapeutic activity like; anti-oxidant property, immunomodulatory activity and also improves *Agni*. The ayurveda suggest use of *Swarna Prashan* with precautionary measurement to enhance intelligent and immunity in children⁵.

Lauha formulation such as; *Trikatrayadi Lauha* prescribed in children for *Pandu Roga*, in this disease *Pitta Prakriti* of children suffer predominantly. Ayurveda strongly recommended use of *Lauha* in children suffers from iron deficiency. *Trikatrayadi Lauha* contains *Mandura Bhasma* and *Lauha Bhasma* along with such as; *Triphala*, *Trikatu* and *Trimada*. It is believed that herbal ingredients help in iron transportation thus improve its bioavailability and also elevates blood hemoglobin level significantly in children suffered with *Pandu Roga*. The literature mentioned use of *Lauha* formulation in other physiological dysfunction such as; weakness, anorexia and fatigue⁶.

PANCHAKARMA FOR BAL-ROG

Many childhood diseases occur due to the vitiation of *Doshas* and *Panchakarma* therapy help to pacify these *Doshas* vitiation and thus relief many disorders. It is believed that purification of body through *Panchakarma* and *Yoga* pacifies *Dosha* and clear harmful toxins from the body and thus help to relive many diseases in children. *Panchakarma* utilizes various approaches of *Shodhana* such as; *Vamana*, *Virechan*, *Nasya*: *Vamana* in children help to eliminate *Kapha Dosha* and thus opens *pranavaha srotastha* which may block due to the accumulation of *Kapha* in *Kapha Vyadhi*. *Virechana* may help in *Pranavaha Sroto Vyadhi*; *Swasa Kasa* where *pitta dosha* is predominant. *Nasya Karma* is

useful for diseases associated with *Kapha* and *Vata* predominance⁷.

Cerebral palsy is common paediatric disorder in children. Seizures, hearing impairments and mental retardation are common features of disease Ayurveda emphasized various treatment options for disease including *Panchakarma* and *Yoga*. It is *Vata Vyadhi* which involves *Pakshaghat*, *Evangvata*, *Sarvagavata*, *Pangu* etc. Ayurveda believed that anti spastic, muscle relaxant and calming properties of *Panchakarma* and *Yoga* help in the management of Cerebral palsy⁸.

Another type of childhood disease is *Pakshaghata* which is a brain injury due to the decreased oxygen supply to the brain during child birth resulted motor and cognitive impairments. It is a type of *Vataja* disorder and ayurveda described that *Snehan*, *Swedan* and *Basti* may be helpful in *Vata Vyadhi* thus *Panchakarma* may be suggested for such type of disease conditions. *Vata Shamaka Panchakarma* therapy along with drugs play significant role in *Pakshaghata*. In this approach Head massage improves the blood circulation which helps to calm

and stabilizes the irritability and anxiety of the patient thus; offer nourishment to the brain and improves mental abilities. The *Annalepana* (*Snehana* and *Swedana karma*) offer relief in tonicity and spasticity. Similarly *Shiro-talam* possesses calming effect to the brain⁹.

Panchakarma and *Yoga* also emphasized role of *Pranavaha Srotastha Vyadhi* is a disease of *Kapha Dosha*. *Kapha* along with *Vata Dosha* play major role in appearance of *Pranavaha Srotho Vyadhi*, in which *Dushitha Prana Vyau* resulting *Hikka* and *Swasa* diseases, the disease condition involve aggravation of *Kapha* and *Vayu*. *Swasa*, *Kasa*, *Hikka* are the diseases of *Prana Vahasroto Dusti*, ayurveda suggested use of *Panchakarma* in *pranavaha srotastha vyadhi*, it is believed that *Panchakarma* in *pranavaha srotastha vyadhi* not only pacify *Kapha* and *Vata Dosha* but it also help in excretion of harmful toxins. *Shodhana* through *Panchakarma* clear accumulated *Kapha* and other secretion from respiratory tract and thus relief *pranavaha srotastha vyadhi*¹⁰.

<i>RASAYANA TANTRA</i>	<i>PANCHAKARMA</i>
<i>Pranakamya</i>	<i>Vamana</i>
<i>Medhakamya</i>	<i>Virechana</i>
<i>Naimittika Rasayanas</i>	<i>Nasya</i>
<i>Srikamya</i>	<i>Nirooha</i>
	<i>Rakthamoksha</i>

Figure No.1: Type of *Rasayana* and *Panchakarma*

CONCLUSION

The article emphasized management of *Bal-Rog* using various ancient approaches of ayurveda science such as; herbal remedies, *Rasayan* and *Panchkarma*. This article mentioned importances of *Rasayan* and *Panchkarma* in the management of some *Bal-Rog*; although use of *Rasayan* and

Panchkarma in *Bal-Rog* must be carried out with care. *Panchakarma* may be done from the age of seven years and as per requirement while *Rasayan* therapy may be used in early age but with great precautionary measurement. The discipline life style also play significant role in the management of *Bal-Rog*.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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