

A SCIENTIFIC REVIEW ON THE PHAKKA ROGA W.S.R. TO RICKETS IN CHILDREN

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ABSTRACT

Childhood is a period of growth and development and therefore any deviation in the normal growth of child gives rise to multiple diseases of growth and development. Malnutrition is one of such condition and rickets is one among them in which there is deficiency of either calcium and vitamin D hampered the bone mineralization and gives rise to multiple symptoms due to brittle bones in child especially below two years of life. *Ayurveda* consider this disease entity as *PhakkaRoga* and explained in detailed about the pathogenesis, symptomology and treatment of the *PhakkaRoga*. *Ayurveda* treatment is emphasized on the correction of digestion and metabolism in order to maintain the growth and development of child and aid to accelerate the mineralization of bone to reduce the signs and symptoms of the *PhakkaRoga*. In addition *Ayurveda* also added the role of

physiotherapy in the form of use of *Trichakra* or *PhakkaRatha* to help the alignment and posture of the limbs of the affected child. Therefore mainstreaming the *Ayurveda* management of *PhakkaRoga* with the conventional supplemental management of modern system to enhance the success rate is the requirement of time.

KEYWORDS: *Ayurveda*, *Phakka Roga*, *Phakka Ratha*, Rickets.

INTRODUCTION

Ayurveda the indigenous system of Indian medicine describes the diagnosis and treatment of the childhood diseases and the branch of *Ayurveda* which dealing with childhood diseases is

called as *Kaumarbhritya*. *Kashyapa Samhita* is one of the oldest classical books of *Ayurveda*, especially on *Kaumarbhritya* branch. Practically area of *Kaumarbhritya* branch includes from the birth of child to maturity. During this time period physical and mental developments takes place. *Ayurveda* described about the multiple diseases occur due to derangement in the multiple developing system of child under the heading of *Kuposhanajanya Vyadhi*. *PhakkaRoga* is one of the *Kuposhanajanya Vyadhi* in which the child even by the age of one year is not able to catch the growth and not able to achieve the standing and walking milestone by this appropriate time of one year. *Acharya Kashyapa* described the *Phakka Roga* as very first time and in detailed. Many a times *Phakka* is not a disease but it's a symptom which is present in many diseases. Classical management of the *PhakkaRoga* has been thoroughly explained in *Kashyapa Samhita* as *Virechana*, *Basti*, *Abhyanga* and with the usage off *Trichakra Ratha*. One of the conventional approach of *Kashyapa* towards the *Phakka Roiga* is the management with *Panchakarma* and management of mother or wet nurse with the drugs, which differs completely from today's modern approach. In allopath system of medicine the disease rickets resembles with that of *Phakka Roga* explained in *Ayurveda*. Management of rickets includes the use of supplements off vitamin D and calcium in recommended dose and time duration. This review article highlights the classical and diversity approach of *Ayurveda* towards the *PhakkaRoga* and to mainstreaming these treatment protocols with modern classical management of Rickets to accretes the results.

AIMS AND OBJECTIVE

The main aim of this present article is to study the detail knowledge regarding

1. *Phakka Roga*
2. Classification of *PhakkaRoga*
3. Treatment of various types regarding the *PhakkaRoga*

MATERIALS AND METHODS

This review was done by compiling the classical *Ayurveda* literature, *Ayurveda* Pediatric books, modern pediatric books, magazines, research journals, thesis and dissertations Pub med, different databases, WHO guidelines, AIIMS guidelines, CCRAS database, CCIM norms for diseases etc.

LITERARY REVIEW

Phakka has been defined as inability of a child to walk even after the age of one year.^[1] The word *Phakka* denotes sluggish movement due to poor physical development associated with psychomotor changes.

Bala: samvatsara (panna:) padaabhyam: yonaGacchati /
SaPakkaitiVidneya: // - Kashypa.Sa.Chi 17/3

CLASSIFICATION

Phakkaroga is mainly classified into three groups on the basis of their causes.

- 1) *Kshiraja Phakka*
- 2) *Garbhaja Phakka*
- 3) *Vyadhija Phakka*

KshirajaPhakka^[2]

DhatrishlaishmikdugdhatuPakkadugdhetisadnyeta /
tatkhirpobahuvyadhi: karshyatPakkatvamapnuyat // - Kashyapa.Sa. chi 17/4

Stanya vitiated with *kaphadosha* is called *Phakka-dugdha*. This *Phakka-dugdha* causes obstruction in *rasa vahastratasa* and cause nutritional deficiency in a child resulting in to *Kshiraja Phakkaroga*.

Garbhaja Phakka^[3]

Garbhinimatruka: kshriprastanyasyavinivartanat /
Kshiyatemriyateva-apisaPakkogarbhapidit: // - Kashyapa.Sa. chi17/4

When a nourishing *Dhatri*/mother becomes pregnant during breast feeding period, milk secretion becomes deficient. So, child becomes lean and weak due to malnourishment gradually after that child gets diseased. This condition is called a *GarbhajaPhakka*.

VyadhijaPhakka^[4]

Nijragantubhischev.....Jwaradhibhi:

Itetaiya: karanaervidyatVyadhijaPakkatashisho: // - Kashyapa.Sa. chi17/4

In some diseases if proper care and treatment is not provided it leads to emaciation with improper formation of *Dhatus* (*Rasa, mamsa, medaandasthidhatu*). Which leads to severe malnourishment and associated with weak limbs as well as wasting of subcutaneous fat from gluteal region, chest and extremities with increase in frequency of stool and urine, irritability,

untrimmed nails and uncleanness of skin. This condition of child is known as *vyadhija Phakka*.

TREATMENT^[5]

Balyavastha is the more prone period for the occurrence of *Vyadhi* due to *Kaphadosha*. Due to this reason children are more prone to *kaphajvikara*. There are references for the treatment of *Phakkaroga* available in *Phakkachikitsaadhyaaya* in *Kashyap Samhita*.

*Klyanakpibet Pakka: Khatpal Wayathaamrtam /
saptrarat par chaina Trivrutkshirensodhayet ||
shudrakoshtata: Pakka: / - Kashyapa. Sa. chi 17/4*

Treatment categorized as *Shodhana* and *Shamana Chikitsa* among which *Shodhana* should be carried out in systematic manner and therefore use of particular medicines has been explained in *Kashyapa Samhita* for the treatment of child with the *Phakka Roga*.

For *shodhana* or body purification child should start with *Snehan* treatment with specific medicated *ghee* followed by *Shodhana* treatment after 7 days with *TrivrutKshir* (milk prepared with the decoction of *Trivrit*). Then after *Balya* treatment should be administered, and diet should be given with *laghu* and *balya* properties for easy digestion and improves the strength.

Acharya Kashyap also described the role of *Gaumutra* (urine of cow) in condition of increased *Kapha* level.

The whole treatment can be broadly classified into two parts.

1. For *Dhatri*,
2. For *Balaka*

For *Dhatri*

In the condition of *Dhatristanya* vitiation with *kaphadosha*, *Acharya Kashyapa* explains the severity of vitiation of *stanya* and stated that *samprapti* due to *sannipatajadushti*, results in *Balaka* with the symptoms *jadatva*, *mukatva* and *pangutva*.

For *Balaka*: According to *Acharya Kashyapa*, *Balakasnehana* can be accomplished with *Raja taila* and *Abhyantarsnehana* with *Amrutaghrita*, *Kalyanakaghrita*, *Shatpalaghrita*, *Bramhighrita* for seven days given internally after followed by *virechana* carried out with

Trivrutksheerambasti. *Basti* best during this period with the predominance of *vatadosha* and *mamsa* as well as *vataharakadravyas*.

In *Shamanachikitsa* internally we should give *dipanadravya* like *Raasna*, *Madhuka* *Siddhaghrita* then *pachana* for *strotoshodhana* (*udavartanam*) milk mixed with *gomutra* for *pana* then *bruhadravya* includes *mamsa-rasa* and *kshirasiddha* with *Rasna*, *Madhu*, *Shatpushpa*, *Ekparnni* indicated.

In this type it closely resembles with *Balshosha*, *Parigarbhika* described by *Vagbhata*. This relationship should be explained on the basis of stages. In initial stages *shosha* leads to *Kshiraja Phakka*, *Parigarbhika* then *Garbhaja Phakka*. For *Garbhaja Phakka* we should treat *Parigarbhika* in which *Agni Dipanachikitsa* is ideal. In which we use *dipana* and *pachanadravya* includes. Nutritious food *siddha* with *Vidari*, *Yava*, *Godhum*, *Pippali* with sufficient *ghrita* should be given in such cases then *anupana* rich in milk mixed with honey and sugar, this all nutritious food covers vitamin deficiency disorders.

DISCUSSION

We can say that *Phakka* *rogais* growth and developmental deficiency. It can be co-related with Protein energy malnutrition, Marasmus, Rickets, or Chronic malabsorption conditions. Most of the characters are correlating with marasmic child. *Kshiraja* and *Garbhaja Phakka* can be classified as acute malnutrition, while *Vyadhija Phakka* is a state chronic malnutrition with general debility and reversible motor disability owing to malnourish state. In the Etiopathogenesis of *Phakka*, *Agnimandya* due to *Dushta Stanya*, *Stanyabhava* as well as *Vyadhi* leads to improper *dhatu-Nirman* especially *Rasa*, *Mamsa*, *meda* and *asthidhatu*, so treatment should be aimed at *Prakrita rasa nirmana* with the augmentation of *agni* by *mrudushodhan* followed by *deepana*, *pachana*, *balya* and *bruhana* therapy.

This etiopathogenesis can be controlled by two *upakrama*. Also there is vitiation of *rasadhatu* and weakness of digestion or *Agni* in patients of *Phakkaroga*. So the way of treatment should be *Deepan* and *Pachana* to improve the digestion and metabolism to strengthen the *Rasa Dhatu* and other *Dhatu*.

In *Kshiraja Phakka*, *Shodhana Upakrama* administered to the *dhatu* having *kaphajstanya*. According to *Vagbhatacharyatikshna Shodhanvamanadravya* we use *Vacha*, *Sarshapa*, *Pippalidravya*. After *vamanasansarjanakarma* should be followed and for *shaman* internally

dipana and *pachanadravya* like *Vacha*, *Ativisha*, *Panchmulaghanakwath* should be given. Then *nasya*, *dhum*, *gandush*, *pradeha*, *parisheka*, and *kaphashamakaahara* indicated. In *vyadhijPhakka* a main cause is *doshdushyasamprapti* due to the *nijaroga* and *agantujroga*. Due to *mandagni* and *dushtagrahani* the nutrition of food cannot nourish the tissue. Due to this disordered *Grahani*, *sarasanhanan* of body get deteriorated. These all symptoms seen in accordance with related disease. For *vyadhijaPhakka* the treatment should be classified on *hetu's* in treatment *swalp-aahara* proper quantity of nutritious food including *kshirapeya* indicated. For the strength of *agni* various *lehyadravya* and *kalpas* described by *acharyakashyapa* of highly nutritious value of both animal and vegetable origin should be internally given to the *balaka*.

Bahyachikitsa: oil for massage (*abhyanga*) *raj-taila* made of *Earanda*, *Shaliparnni*, *Bilva* this may be given internally too. Oil *siddha* with *mamsa*, *yusa* are also useful.

Physiotherapy: For disabled child, *Phakkaratha* has been advocated which is specifically made by skilled and technical person should be manufactured in order to support disabled *balaka* keeps resemblance with modern physiotherapy.

In modern system of medicine the cases of rickets are handled with supplements of vitamin D and calcium which ultimately corrects the metabolism at tissue level with the help of vitamin as an enzyme for bone mineralization.

Ayurveda system of medicine has also emphasized on the metabolic correction of the child to improve the *DhatuPoshana* and strength to improve in the clinical signs and symptoms of the diseases.

As per the experience of *vaidyas*, *Sudhavargaausadhidravys* like *Sudhasatak* is very much helpful for nourishment of *Asthidhatu*, *Samvardhan Ghrita* described in *Lehadhyaya* is successfully practised in developmental disorders is of high therapeutic value.

From above discussion it is very clear that *Ayurveda* management of *Phakka Roga* is effective and should be added with the conventional supplementation of vitamin D and calcium oral solution.

CONCLUSION

Ayurveda consider malnutrition as the *KuposhanajanyaVyadhi* and *PhakkaRoga* is one among them. *PhakkaRoga* resembles with the Rickets as modern vitamin D and calcium deficiency disease. *Ayurveda* management of *PhakkaRoga* includes *Shodhana*, *Shamana* and *Trichakra Ratha* which helps to improves bone metabolism and aids the physiotherapy to disabled child to attain the developmental milestone. Therefore mainstreaming *Ayurveda* with modern rickets management is fruitful to the child suffering from *PhakkaRoga*.

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