

## VARIOUS PANCHKARMA PROCEDURES IN PEDIATRICS PATIENTS

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### ABSTRACT

*Ayurveda* is a science in which the treatment is chiefly divided into two forms namely; *Shaman chikitsa* and *Shodhan chikitsa*. In *shaman chikitsa* we control and manage *dosha* in body itself which includes *Deepan*, *Pachan* etc. and in *Shodhan chikitsa* is mainly for cleansing the body toxins i.e. cleansing the *prakopit doshas* which mainly included *Panchkarma* therapy. *Ayurveda* considered that the purification of body is important before the commencement of any other therapy. If we think about *panchkarma* procedure in pediatric practice it is equally effective as they are in adult patient. In present situation *Panchkarma* therapy looks difficult in pediatric practice because lack of knowledge about doses, their methodology and

complication. *ACHARYA KASHYAP* explained all the *panchkarma* procedure in detail. This pioneer approaches gives utility of specific therapeutic *panchkarma* procedure and their methodology in pediatrics patient to strengthening immune system, restoring balance and well being.

### ❖ *Panchkarma* includes

*Vaman Virechan Basti Nasya*  
*Raktmokshan*

### INTRODUCTION

*Shodhana chikitsa* includes *panchkarma* which meant for detoxification of body, strengthening the immune system, restoring the balance and well-being. It is one of the best

treatment procedure in *Ayurveda*. It promotes detoxification.

### ***Panchkarma* includes**

*Vamana Virechana Basti Nasya*

*Raktmokshan*

*Panchkarma* procedure should complete in three stages viz. prior to *panchkarma*, *purvakarma* (preparatory measures) like *deepan* and *pachana*, also *snehan* (oleation) and *svedana* (sudation) are given to the patient. After the actual *panchkarma* procedure *sansarjan kram* (diet regime) is advocated to post procedure.

Childhood is very crucial period where child pick up growth and development with respect to physical, mental and social aspect. The *dosha* (*vat*, *pitta*, *kapha*), *dushya* (blood, bone marrow etc.) and *malas* (waste product) responsible for different *vyadhis* all same as in children and adult. They differ in quantity which is small in children based on body weight, age and strength of child. *Panchkarma* procedure are equally effective as in adult. Only measure should be taken in the prevention of complication. Some acharya have considered *Balavstha* as *anarha* (contraindicated) for *panchkarma* therapies upto 10 years of age but *acharya kashaypa* being pediatrician advise *panchkarma* from 1<sup>st</sup> year of life.

In present situation there is difficulty in administering *panchkarma* in children because the lack of knowledge about doses, methodology, and complication. This article is to introduce the application of specific *panchkarma* procedure in pediatric practice.

### **❖ *Purvakarma* (Preparatory procedures)**

#### **• *Deepan* and *Pachana***

To obtained *Niramavashta* of *dosha* before starting actual *panchkarma* procedure *shunti churna* with hot water can be use in pediatric patient to relieve *amavastha* at the level of *koshta* (abdomen).

#### **• *Snehan***

*Snehan* is the most important preparatory procedure include in *purvakarma*.

To move *prakopit dosha* from *shakha* (extremities) to *koshta* (abdomen) *snehan* procedure has important role. *Snehan* is the process of oleation of the body by using medicated ghee, oils internally and externally. There is no need of compulsory *snehapana* in *kshirap awashta*

of *balak* due to daily intake of milk & oily substances in diet.

*Snehan dravya* are classified into 4 types *Ghrita*, *Taila*, *Vasa* (fat), *Majja*

(Bone marrow) out of this *Ghrita* is considered as best.

**Complication of snehana:** Pediatric patient suffer of minor complication such as nausea, vomiting, anorexia, headache etc. In which *snehan* karma should be discontinued and hot water boiled with piece of dry ginger is given.

- **Svedana**

It is process in which sweating induced artificially by which it relieves heaviness, stiffness and coldness of the body.

**Types:** Acharya *kashyapa* mentioned 8 types of *svedana karma* viz.

*Hast*, *Pradeha*, *Nadi*, *Prastara*, *Sankar*, *Upnaha*, *avgaha* & *parisheka*.

***Hast sveda* – Up to 4 months of age**

***Pata sveda* – After 6 years.**

While doing *shodhana chikitsa* in children if patients complains of abdominal pain then *Hast sveda* should be given.

***Shashtika shali pinda sveda*:** This is another process of *svedana*, most commonly used in pediatric practice. In this method we *shashtika shali* (type of Rice) for application over specific part of body or entire body (*sarvang Sweda*). In this method we form *pottalis* of *shashtik shali* used them with hot medicated milk and then applied over body.

In some patient like delayed milestone and muscular dystrophy and some of like cerebral palsy have good result with proper *Snehan* and *Svedana*.

- **Vamana**

Vamana is a biochemical used for *dosha* (mostly *kapha*) accumulation in upper gastro intestinal tract. **Acharya Kashyap** mentioned that babies who emit vitiated milk from stomach repeatedly will never suffer from disease.

**Vaman dravya and dosage: (as per kashyapa)**

- Vaman drug given in a quantity which equal to *vidangaphala* (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) - *Vridhdha kashyapa*
- Others- milk: 750ml, *yashthimadhu kwatha* (decoction of *Glycyrrhiza glabra*) 750ml  
*lavanodaka* (salted water): 500ml

Administration of *Vaman dravya* in very young children will cause *kushta*, *Hrilhas*, *Aruchi*, *Nidra*, *Tandra* etc. so it should be administered after 6 years of age.

**Table 3: Assessment criteria of *vamana* procedure.**

<i>Lakshana</i>	<i>Vaegiki pariksha</i>	<i>Maniki pariksha</i>
<i>Jaghanya (mild)</i>	4 vegas	1 prastha (640ml)
<i>Madhyama (moderate)</i>	6 vegas	1½ prastha (960ml)
<i>Pravara (excellent)</i>	8 vegas	2 prastha (1280ml)

**Table 4: Indications and Contraindications of *vamana*.**

Indications	Contraindication
<i>Ajeerna</i> (indigestion)	Acute peptic ulcer
<i>Kasa</i> (Cough), <i>Shwasa</i> (bronchial Asthma)	<i>Atikrisha</i>
<i>Madumeha</i> (Diabetes)	<i>Bala</i> (young children)
<i>Unmad</i> (Schizophrenia)	<i>Shranta</i> (Exhausted)
<i>Kushta</i> (Skin disease)	<i>Pipasit</i> (Thirsty)
<i>Peenasa</i> (Sinusitis)	<i>Kshudhita</i> (Hungry)
<i>Shlipada</i> (Filariasis)	<i>Hridroga</i> (Cardiac disorder)

**Complications of *vamana* therapy**

Weakness, dryness of throat, giddiness, *vatarogas* (neuromuscular disorders), fresh bleeding.

**Virechna**

It is the procedure where vitiated *doshas* (mainly pitta) are eliminated from lower gastrointestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patients because their chances of severe complication like dehydration.

**Table 5: Single and compound preparation used for purgation.**

Single drugs	Compound preparations
<i>Trivrit (Operculina turpethum)</i>	<i>Kalyanak Guda</i>
<i>Aragvadha (Cassia fistula)</i>	<i>Trivrutta Ghrita</i>
<i>Eranda Tail (Castor oil)</i>	<i>Mishraka Sneha</i>
<i>Shankhini Taila (Euphorbia oil)</i>	<i>Avipattikara Churna</i>

**Table 7: Assessment criteria of Virechana Procedure.**

Lakshana	Vegiki pariksha	Maniki pariksha
<i>Jaghanya (mild)</i>	10 vegas	2 prastha (640ml)
<i>Madhyama (moderate)</i>	20 vegas	3 prastha (960ml)
<i>Pravara (excellent)</i>	30 vegas	4 prastha (1280ml)

**Table 8: Indications and Contraindications of virechana.**

Indications	Contraindications
Constipation, <i>Krimi</i> (Worm infestation), <i>Kamala</i> (Jaundice), chronic fever	<i>Navajwara</i> (Acute fevers)
Eczema, Allergic dermatitis etc.	<i>Krishna</i> (Emaciated patients)
<i>Pakshaghat</i> (Hemiplegic)	<i>Rajyakshma</i> (Tuberculosis)
<i>Madhumeha</i> (Diabetes), <i>Arbuda</i> (Tumour)	<i>Garbhini</i> (Pregnant women)
<i>Tamak Shwasa</i> (Bronchial Asthma)	<i>Hridroga</i> (Cardiac problems)
<i>Galganda</i> (Goitre)	

### Complications

Malena, prolapsed rectum, dehydration, giddiness, shock.

### Benefits of shodhana

*Shodhana* (vamana & virechana) procedure provides clarity to the mind, strength to the sense organs, stability to the tissues, improves digestion, slowingdown of ageing process.

### Basti (Medicated enema)

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

### Types of Basti (Classified into many ways)

1. *Astthapana/Kashaya/ Niruha Basti* - Decoction based enema
2. *Anuvasana/ Sneha Basti/ Matra basti* - Oil based enema
3. *Uttar basti* - If above *bastis* given by genitourinary route then called *uttar basti*.

Administration *Basti* in children at different age groups has been explained by various *acharyas* in ancient time, in which *Acharya Kashyap* has mentioned that the *basti* should be given in those children who are able to walk on ground and taking food (*kshirannad/annad awashta*).

**Table 8: Matra (dose) of basti dravyas.**

Age	Sneha basti matra	Niruha basti matra
1 to 3 yr	3 karsha (30 ml)	9 Karsha (90ml)
4 yr	1 pala (40ml)	3 pala (120ml)
6 yr	1 prasuta (80ml)	3 prasuta (240ml)
12 yr	2 prasuta (160ml)	6 prasuta (480ml)
> 16 yr	4 prasuta (320ml)	12 prasuta (960ml)

**Table 9: Basti netra size according to the age.**

Age	Size in angula (finger)	Increment per year	Size of opening
1-6 y	6	--	Mudgavahi (green gram)
7-12 y	8	1/3	Kalayvahi (green peas)
13-20 y	12	1/2	Kolasthivahi (jube seed)

- Karma Basti 30 in number (6 Niruha, 24 Sneha)
- Kala Basti 15 in number (3 Niruha, 12 Sneha)
- Yoga Basti 8 in number (3 Niruha, 5 Sneha)
- Cheturbhadra kalpa 12 in number (4 Sneha + 4 Niruha + 4 Sneha)

### Matra basti

It is the type of *sneha basti* in which medicated oil given in a small dose, and it can be given daily with no risk. *Matra basti* can be used irrespective of age and not much precautionary measures are required. The usual dosage is 60 ml.

**Table 11: Classification of matra basti according to dose.**

Lakshana (signs)	Matra (dose)
Uttam (excellent)	2 Prakuncha (80ml)
Madhyam (moderate)	1 1/2 Prakuncha (60ml)
Hina (mild)	1 Prakuncha (40ml)

If *shishu* (infant) who do not suck breast milk then *matra basti* given in quantity of 1/2 *prakunch/pala matra* (20 ml).

**Complications:** Local anal injury, GIT symptoms like pain in abdomen, vomiting etc.

**Table 10: Indications and contraindications of Basti.**

Indication	Contraindication
<i>Vat rog</i> (hemiplegic, muscular dystrophy)	<i>Krishha</i> (Emaciated body)
<i>Amavata</i> (Juvenile Rheumatoid Arthritis)	<i>Amatisara</i> (acute diarrhoea)
<i>Ashmari</i> (kidney stone, bladder stone)	<i>Chhardi</i> (Vomiting)
<i>Jeerna jvara</i> (Chronic Fever)	<i>Kasa</i> (Cough), <i>Shwasa</i> (Asthma)
<i>Rajonash</i> (Secondary Amenorrhea)	<i>Madhumeha</i> (Diabetes)
<i>Niram atisar</i> (chronic diarrhoea)	<i>Shoona Payu</i> (Inflamed Anus)
cerebral palsy, delayed mile stones	<i>Kritahara</i> (Immediately after taking food)

- 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.

**Types of nasya:** *Acharya Kashyapa* mentioned two types of *nasya* namely *Bhruhan nasya* (*Purana nasya*) and *Karshan nasya* (*Shodhana nasya*).

**Table 12: Dose of marsha Nasya and Pratimarsha nasya.**

Marsha Nasya	Matra (dose)
Uttama matra (maximum dose)	10 drops
Madhyam matra (medium dose)	8 drops
Hriswa matra (mild dose)	6 drops
Pratimarsha nasya	2 drops

Taila nasya has been explained for children along with Madhu and Gomutra by making the baby sit on the lap of mother.

**Table 13: Indications and Contraindications of nasya.**

Indications	Contraindications
<i>Shirahshula</i> (Headache)	<i>Nav pinasa</i> (acute rhinitis)
<i>Urdhwajatrugata- Roga</i> (E.N.T. disorders)	<i>Ajjerna</i> (indigestion)
<i>Ardita</i> (Facial paralysis)	Immediately after taking food,
<i>Pakshaghata</i> (Erbs palsy)	<i>Kas</i> (cough)
<i>Vat rog</i> (Delayed mile stone)	<i>Shwas</i> (bronchial asthma)
<i>Vyanga</i> (Hyper pigmentation)	After blood letting

- 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.



**Indication:** *Vidradhi* (abscess), *gulma* (lump), *arsha* (piles), *kushta* (skin disorders), *vatarakta* (sclerosis), *visarpa* (pemphigus), *vichrchika* (eczema), *netraroga* (eye disorders), *shiroroga* (headach),. *kantharoga* (throat disease), *ahiputana* (napkin rash)

**Complication:** Infection, Anemia, Leech migration, Allergic reaction.

**Scientific observation:** Hirudin a potent anticoagulant found leech saliva inhibits conversion of fibrinogen to fibrin thus preventing blood clotting

## CONCLUSION

By explaining the above all Panchakarma procedures (five bio-cleansing therapies) one can understand that importance of Panchakarma procedures as well as consider these procedures in pediatric patients. It is highly individualized based on the *doshic* imbalance (imbalance of bio-elements), age, digestive strength, immune status and other factors.

Panchakarma remove the toxic elements from the body, strengthens immune system and increase acceptability of body to various therapeutic regimen. In pediatric patients, Panchakarma procedure are equally effective as they in adult but must be given due consideration. It is most important when doing panchakarma procedure in pediatric patient measures should be taken in the prevention of complications.

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