

A CRITICAL REVIEW ON DRUG DOSAGE IN KAUMARBHRITYA

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ABSTRACT

Ayurveda is an alternative system of medicine having the historical roots in the Indian sub-continent. It is the science that deals with the promotion of Health, disease prevention and rejuvenation. *Kaumarbhritya* is one of the most important branches of ayurveda that deals with the care of child from conception to till the maturity. In the same manner drug therapy in children has special aspects. The decision regarding drug doses in paediatric patients is a very critical job because of delicacy in nature and small age of children. Successful treatment depends upon the right diagnosis, drug selection, drug dosage and the time of administration of drug. In Ayurveda various descriptions are

available in different treatises that emphasise on *matra* (dose) of drug in children. Of all these, *acharya kashyap* has well explained the *matra* of drugs in children. This article deals with the drug doses in *kaumarbhritya* from different classics.

KEYWORDS: *Ayurveda*, *kaumarbhritya*, Drug dose, *matra*.

INTRODUCTION

Ayurveda, the Science of life, on the basis of its fundamental doctrine of holistic approach has gained acceptance globally. *Aushadha* has been kept on second place in the chronology of *chikitsa chatuspada*. *Aushadh* consists of herbal (*kashta aushadha*) and herbo-mineral (*rasa-aushadha*) preparations. In ayurvedic classics the *matra* of drugs has not been defined specifically by the *acharyas*. Dosage of drugs depends on various factors like *bala*, *kala*, *Agni*, *aayu*, *prakriti* etc.

In ayurveda it has been told by *acharya charaka* that *dosha*, *dushya*, diseases and their treatment are similar in children just like adults except their quantity which is less in children

in comparison to adults^[1] So we have to be cautious while treating the child as the involvement of *dosha dhatu mala* is less and children are *sukumar* in nature. Depending upon these factors the doors of drugs should be in minimum quantity and should be decided according to the nature and age.

Kashyap samhita is the main treatise devoted to *kaumarbhritya*. It has described the Fundamental of drug therapy in detail in detail and scientific manner. *Acharya kashyap* has given specific doses for different pediatric age group for different *kalpana* like *churan kalka kwatha* etc.

The main principle of treatment in children according to acharya kashyap

“*Na tveva balasya vishoshanam hitam naivatisamshodhanarakramokshane/
Snighdhaiha sushitairmadhurairadahibhistatropacharoashanlepsecha naiha||*”
(*KashyapaSutrasthana 27/66*)

In case of children neither dessication nor excessive cleansing as well as bloodletting should be done. They should be treated with oral drugs, ointments and irrigation with shita madhura adahi and snigdha drugs.

Samanya matra of aushadha according to acharya kashyapa

In case of *navjata shishu*, the dose of drug should be given equal to *Vidangphala* along with honey and *Ghrta*. The dose of drugs should be increased gradually with the age of child but should not be more than *ardra* (wet) *amlaka phal*. He has also told that in children having less than 12 years of age the medicine should not be used solely and if done so, it can destroy the longevity and strength of children.

Dosage for different *kalpanas* according to *kashyap samhita*

1. Ghrta

Sr. no.	Age	Dose
1	Immediately after birth	Equal to <i>Kolasthi</i>
2	5-10 days	Slightly increased
3	10-20 days	Equal to <i>kolardha</i>
4	1month	Equal to <i>Kolmatra</i>
5	1-2 months	More than <i>kola</i>
6	3 month	2 <i>kola</i>
7	4 month	<i>Shushaka amlaka</i>
8	5-6 months	<i>Ardramlaka</i>
9	7-8 months	more

The dosage of herbal medicine should be given equal to one quarter of the dose of *Ghrita*, up to the age of eight months and after eight months drug should be taken after dissolving in water.^[4]

Drug dosage according to the strength of *agni*^[5]

- Due to the predominance of vata, the digestive power is irregular because of the Consumption of mixed diet, so the dose of *ghrita* is dependent upon *Agni*.
- The digestive power is much more balanced in case of *annada* as compared to *Kshirannada* so the dose should be equal to an *Amalaka*.

2. Churan

Sr. no.	Churan (powder)	Matra
1	Vamana Virechana	½ karsha
2	Deepaniya Churan	AgraParvAnguli Grahya
3	Jeevaniya Churan	2 agraparv

3. Kalka

Sr. no.	Kalka (paste)	Matra
1	VamanaVirechan	½ Aksh
2	Deepaniya	Akshmatra
3	Jeevaniya	2 aksha

4. Kashya

Sr. no.	Kashaya (decoction)	Matra
1	Vaman Virechan	1Prasrita(96ml)
2	Jeevaniya	2 Prasrita
3	Doshagn	2 Prasrita

Kashyap has mentioned that any drug should not be suddenly discontinued even after complete cure of the disease. The dose of drug should be reduced gradually and maintenance dose should be continued for some more days even after recovery.^[6]

Dosage as per *acharya sushruta*

He has classified age as *Bala*, *Madhya* and *Viridha*. He has further classified *balya avastha* into three stages:

- *Khirapa* (The child who depends on milk diet only)
- *Kshirannada* (who depends on both milk and cereals)
- *Annada* (Who depends only on cereals)

Sr. no.	Age	Matra
1	<i>Kshirada</i> (up to 1 yr)	<i>Anguliparvadvayagrahya</i>
2	<i>Kshirannada</i> (1-2 yrs)	<i>Kolasthi</i>
3	<i>Annada</i> (2-16 yrs)	<i>Kolamatra</i>

Dosage as per *acharya yogratnakar and sharangdhara*

- At one month of age - dose of drug is 1 *ratti* and is administered along with *madhu*, *ghrita*, *dugdha*, and *shakkar*.
- Dose should be increased by 1-1 *ratti* every month up to 12 months of age which will be equal to 12 *ratti* or 1 *masha* at 12 months.
- Then after one year, dose should be increased by 1- 1 *Masha* every year up to 16 years which will be equal to 16 *Masha*. This dose can be given from 16 to 70 years.
- After the age of 70 years the dose should be reduced.

The criteria mentioned above are for *churan* and *kalka* preparation. In case of *kwatha* the dose will be taken four times.

Acharya yogratnaka has described the same principle for the dosage of drugs.

Sr. no.	Age	Dose
1	1 month	1 <i>Ratti</i> (<i>churan</i> , <i>kalka</i> , <i>avleha</i> with <i>anupana ghee</i> , sugar, milk and honey)
2	2 months - 1 year	Increase by 1 <i>Ratti</i> every month upto 12 months
3	1 year - 16 years	Increase by 1 <i>masha</i> every year (equal to 16 <i>masha</i> at 16 years)
4	For <i>kwatha</i>	Should be given 4 times of above calculated dose as per age

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