

RAJANYADI CHURNA: A HOLISTIC APPROACH TO MANAGING BALATISAR (PEDIATRIC DIARRHEA) IN AYURVEDIC PRACTICE- CRITICAL REVIEW

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ABSTRACT

Among Ayurvedic pediatricians, Rajanyadi Churna is a highly recommended medicine. In the treatment of Dantodbhedajanya Vyadhi, Vagbhata has characterized this medication under the name Balaroga. It helps youngsters with a variety of issues that arise throughout their first dentition. Additionally, because of Rajanyadi Churna's Agni Deepana qualities, it is claimed that it can be utilized to treat any kind of pediatric illness. A prevalent condition in the modern day, atisara may result from irregular and unhealthy behaviors related to hara and vihara. The Ayurvedic term "Atisar," which means "excess" and "Saranam," can be translated to "diarrhea," a condition marked by excessively watery stools passed quickly. The intestinal disruption disease atisara is characterized by malnourishment and abnormalities in water and electrolyte levels. In addition to having an impact on children's health, atisara is also thought to be the cause of newborn mortality, particularly in tropical and subtropical regions. Atisar is divided into seven categories according to ayurveda: Vataja,

Pittaja, Kaphaja, Bhayaja, Tridoshaja, Shokaja, and Rakatisara. Many people around the world are impacted by the balatisara, and the incidence of diarrhea these days is negatively affecting many children's academic performance. This review aims to elucidate the characteristics of Rajanyadi Churna, as well as its potential applications in the treatment of balatisara from an Ayurvedic perspective.

KEYWORDS: Ayurveda, Rajanyadi Churna, Balaroga, Dantodbhedajanya Vyadhi, balatisara.

INTRODUCTION

Because of its numerous pharmacological properties, Rajanyadi Churna is a polyherbal formulation that is frequently utilized in the treatment of numerous juvenile illnesses. In pediatrics, it is one of the often utilized Ayurvedic medicines. The original descriptions of it can be found in the Ashtang Sangraha and Ashtang Hridaya Ayurvedic classics. Rajani, Daru, Sarala, Sreyasi, Brihati, Prishniparni, Kantakari, and others are included. It is covered within the heading of disorders that Dantodbhedajanya treats. Rajanyadi churna is Grahani Deepana, which means that it strengthens and promotes healthy skin tone. It also enhances digestion and nutrition absorption. It is also carminative and controls the direction of Vata dosha. Atisara, Jwara, Shwas, Kamla, Paandu, and Kaasa are among the conditions it can cure. It is applicable to any pediatric medical problem. It is administered after being combined with cow ghee and honey.^[1]

When it affects children, diarrhea is one of the most common diseases seen in pediatric practice. Parents are concerned because their child may appear very sick and frail, have sunken eyes, and have flabby skin, even if the diarrhea only lasts for a few days. The parents would want the doctor to stop it right away because it could cause serious complications in children if left untreated. In some tribal areas of India, parents are unaware of the Atisara disease and how to treat it; as a result, their negligence causes severe dehydration, which ultimately results in the child's death. In India, there are currently a great number of deaths linked to Atisara. Reviewing Rajanyadi Churn's contribution to Bal-Atisara management has been attempted here.

MATERIAL AND METHODS

Ayurvedic literature, as well as modern medical textbooks, websites, and periodicals that have been reviewed and documented for the planned study.

Understanding Balatisar

S. N.	Samanya Nidana	Su.	A.H.	B.P.	M.N.
1.	Atiguru Matra Guru, Svabhava Guru, Samskara Guru Ahara	+	-	+	+
2.	Atisnigdha Ahara	+	-	+	+
3.	Atiruksha Ahara	+	+	-	+

4.	Atiushna Ahara	-	-	-	+
5.	Atidrava Ahara	+	-	-	+
6.	Dooshita Jalapana	+	-	+	+
7.	Dooshita Madyapana	+	-	-	+
8.	Atyambu Pana	+	-	-	+
9.	Atimadyapana	+	+	-	-
10.	Atisheethala (Jala Kreeda etc.)	-	-	-	-
11.	Viruddhashana	+	-	-	+
12.	Adhyashana	+	-	+	-
13.	Aparipakvashana	+	-	-	-
14.	Vishama Bhojana	+	-	-	+
15.	Ayoga - Vamana, Sneha, Sweda, Virechana, Asthapana and Anuvasana Ayoga	+	+	-	+
17.	Atiyoga - Vamana, Sneha, Sweda, Virechana, Asthapana and Anuvasana Atiyoga	-	+	-	+
18.	Viparyaya Satmya and Ritu Viparyaya	+	-	+	+
19.	Bhaya	+	-	+	-
20.	Shoka	+	-	+	+
21.	Mutradi Vega Vidharana	+	-	-	+
22.	Krishna Pashu Mamsa Bhakshana	-	+	-	-
23.	Tila Sevana	-	+	-	-
24.	Upadrava Roopa	+	+	+	-
25.	Ajeerna	-	-	-	+

AUTHOR	VATA	PITTA	KAPHA	SANNIPATA	BHAYAJ	SHOKAJ	AMAJ	PAKWAJ	RAKTAJ	JWARAJ
CARAK ^[2]	+	+	+	+	+	+	-	-	+	-
SUSRUT ^[3]	+	+	+	+	-	+	+	-	-	-
VAGBHATA ^[4]	+	+	+	+	+	+	-	-	-	-
MADHAVA ^[5]	+	+	+	+	-	+	+	-	-	-
SARANGADAR ^[6]	+	+	+	+	+	+	+	-	-	-
BHAVPRAKASH ^[7]	+	+	+	+	-	+	+	-	-	-
KASYAP ^[8]	+	+	+	-	-	-	-	-	+	-
HAREETA ^[9]	-	-	-	-	-	-	+	+	+	+

Table 1: Properties of ingredients of Rajanyadi Churna.^[10]

S. No.	Ingredients of formulation with part used	Ayurvedic Properties	Indications
1	Rajani (Haridra) rhizome	Tikta Katu, Laghu, Katu vipak, Ushna, Kapha & pitta dosha shamak, Varnya, Lekhaniya,	Vishaghna, Pramehaghna, Kushthaghna, Paandughna, Vranropak, Krimighna
2	Devdaru heartwood	Tikta, Laghu, Katu vipak, Ushna, Kapha & Vaat dosha	Vibandha and aadhman nashak, Shothahar,

		<i>shamak</i>	<i>Aampachak, jwarhar, Pramehaghna, Peenasa nashan, Kaasahar, kandughna</i>
3	<i>Sarala heartwood</i>	<i>Madhur-Tikta Katu, Katu Vipak, Ushna, Laghu, Snigdha, Kapha & Vaat Dosha nashak, Rakshoghna</i>	<i>Karnaroghar, Kantharog nashak, Akshi rog nashak, Swedahar, daahashamak, kaasaghna, Murchhahar, vranropak</i>
4	<i>Sreyasi (Gajapippali) Fruit</i>	<i>Katu, Katu vipak, Ushna, Vaat & Kapha dosha nashak, Hridya, agnivardhak</i>	<i>Atisaarnashan, Shvasahar, Kantharog nashak, Krimighna</i>
5	<i>Brihati whole plant</i>	<i>Katu-Tikta, Katu Vipak, Ushna, Kapha & Vaat Dosha naashak, Graahi, Hrudy, Pachak</i>	<i>Aruchinashak, Kushthagha, jwarahar, shwaashar, Shoolprashaman, Kaasaghna</i>
6	<i>Kantakari Whole plant</i>	<i>Katu-Tikta, Katu Vipak, Ushna, Kapha & Vaat Dosha shamak, Sara, Deepan, Laghu, Ruksha, Paachak</i>	<i>Kaasahar, Shwaashar, Jwarahar, Peenasahar, Paarshvashoolaghna, Krimighna, Hrudroghar</i>
7	<i>Prishniparni root or whole plant</i>	<i>Madhur-Tikta, Madhur Vipak, Ushna, Tridoshaghna, Vrushya</i>	<i>Atisarahar, Daahashamak, Jwaraghna, Shvaashar, Rakta- atisaar nashak, Tushnashamak, Chhardighna</i>
8	<i>Shatavha fruit</i>	<i>Katu, Katu Vipak, Ushna, Laghu, Tikshna, Vaat kapha Dosha shamak, Pitta dosh Vardhak, Deepak</i>	<i>Jwarahar, Vranropak, Shool prashaman, Akshiroghar</i>

Powders of above ingredients are mixed well in equal quantities to prepare the Rajanyadi Churna. It is administered after mixing with honey and cow ghee.

Balatisar Management According to Avastha

According to Charak^[11] and Sushrut Samhita^[12], the Chikitsa for Amaatisar in Amaavastha is explained as Stambhan medicines / Treatment should not be administered as it creates sickness such adhmaan, grahini, Arsha (Pita), Udak, and jwara. Langhan should be completed in this manner, followed by pachan chikitsa.

Virechan can be used to extricate the sanchit ama from the body. In this case, Haritaki + Pippali kalpa or Vidanga + Triphalakwatha can be utilized. Deepan, Pachan, and Grahi aushadhi (such as Shankhabhasma, Shunti, and Balbilwa Parpati Kalpa) should be employed after Ama Avastha.

In the Pakwaavastha

In pakwaavastha, acharya susruta^[13] states that stambhan aushadhi should be employed in conjunction with deepan, patan, and grahi.

- You can use buttermilk along with Kutaj avaleh shankhodar, jatiphal, and mocharasa.

Role of Rajanyadi Churna in the management of balatisar

The anti-diarrheal properties of Rajanyadi Churna are ascribed to its component constituents in the treatment of Balatisar. By balancing the aggravated doshas, especially Kapha and Pitta, the herbs Rajani (Haridra), Devdaru, Sarala, Sreyasi (Gajapippali), Brihati, Kantakari, Prishniparni, and Shatavha act together to reduce the symptoms of diarrhea. Their characteristics, such as Tikta (bitter), Katu (pungent), and Ushna (hot), which aid in controlling bowel motions, lowering inflammation, and enhancing digestion, are what allow for this relief.

DISCUSSION

Children's diarrhea and dental problems like Dantodbhedajanya Vyadhi and Balatisar have long been treated with Rajanyadi Churna, a polyherbal preparation with a variety of pharmacological qualities. Ayurvedic classics such as Ashtang Sangraha and Ashtang Hridaya attest to its efficacy in treating pediatric ailments. Untreated diarrhea, especially in children, can result in severe dehydration and even death, making it a major worldwide health concern. In tropical and subtropical areas such as India, where fatality rates from diarrhea are elevated, the significance of efficacious treatments like Rajanyadi Churna cannot be emphasized enough.

Based on the primary dosha involved, Ayurvedic books classify diarrhea (Atisara) into many forms, such as Vataja, Pittaja, Kaphaja, Bhayaja, Tridoshaja, Shokaja, and Rakta-atisara. The components of Rajanyadi Churna have qualities that aid in balancing the exacerbated doshas that cause diarrhea, relieving symptoms including dehydration and watery stools. Ayurvedic medicine states that treating Balatisar entails determining the disease's stage (Avastha) and giving the right medication. Stambhan (constipating) drugs should not be used when the patient is in the Ama Avastha (stage of indigestion) since they may exacerbate symptoms. Rather, it is advised to first receive Pachan (digestive therapy) and then Langan (lightening therapy). Stambhan medications are recommended in conjunction with Deepan (digestive), Patan (carminative), and Grahi (absorbent) therapies in the Pakwa Avastha (stage of digestion).

CONCLUSION

From an Ayurvedic standpoint, Rajanyadi Churna has encouraging possibilities in the treatment of Balatisar, or pediatric diarrhea. Due to its diverse action, which includes digestive, carminative, and anti-diarrheal qualities, it is a useful therapeutic choice for symptom relief and the advancement of pediatric patient recovery. Nevertheless, additional clinical research is necessary to confirm its effectiveness and safety in modern pediatric practice. For pediatric gastrointestinal diseases like diarrhea, combining ancient Ayurvedic therapies like Rajanyadi Churna with contemporary medical techniques may provide comprehensive and all-encompassing care.

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