

**A REVIEW ARTICLE ON PHAKKA ROGA IN CHILDREN****Rahul Gaikwad<sup>1\*</sup> and Shilpa Madan<sup>2</sup>**

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(M.H.).**INTRODUCTION**

Kaumarabhritya has been placed in first position by Kashyapa after understanding the clinical importance of this branch on maintaining the health of the child and society. Kashyapa Samhita is the only authoritative Samhita related to Kaumarabhritya which is unfortunately not available in the full form. As per definition, main aim of Kaumabhritya is to maintain optimum growth and development as well as nutrition (Bharana, Poshana) of child. Phakka is a disease characteristically involves walking inability in growing children. Malnourishment leads improper formation of Rasa, Mamsa, Meda and Asthidhatu which may results Phakka. Phakka is a disease classified under Kuposhanajanya Vyadhi. The Nidana factors are; malnutrition, lack of care, Grahani Dosha, Agni Dosha & Bahubhojana.

**Classification**

Phakka Roga is mainly classified into three groups on the basis of their causes:

- ❖ Kshiraja Phakka
- ❖ Garbhaja Phakka
- ❖ Vyadhija Phakka

**Kshiraja phakka**

**Dhatrishlaishmikdugdhatu Pakkadugdhetisadnyeta A tatkhirpobahuvyadhi: karshyat Pakkatvamapnuyat** AA Kashyapa.Sa. chi.17/4

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

**Garbhaja Phakka**

**Garbhinimatruka: kshriprastanyasyavinivartanat | Kshiyatemriyateva-apisa Pakkogarbhapidit: ||** Kashyapa.Sa. chi.17/4

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 Garbhaja Phakka.

**Vyadhija phakka**

**Nijragantubhischev.....Jwaradhibhi: |**

**Itetaiya: karanaervidyat Vyadhija Pakkatashisho: ||**

Kashyapa.Sa. chi.17/4

In some diseases if proper care and treatment is not provided it leads to emaciation with improper formation of Dhatus (Rasa, Mamsa, Medaand, Asthidhatu). 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.

**Principles of management**

Etiological factors should be avoided because this Nidana Parivarjana has two fold benefits. Being a prophylactic measure, further progression of disease can be halted. The other aspect is in future relapse of the same disease can be prevented. Proper application of Samshodhana (Purification therapy), Samshamana (Conservative therapy), Diet and lifestyle are helpful in preventing, controlling as well as eradicating the condition.

**Management of ksheeraj phakka**

The condition may occur due to Kaphaja Stanya Sevana which leads Krusha and finally Phakka. The milk medicated with Deepaneeya Dravya help in disease management. Rasna, Madhuka, Punarnava, Ekaparni, Eranda and Shatapushpa also offer relief in disease symptoms.

**Management of garbhaj phakka**

The condition involve Balshosha in which Shosha leads Kshiraj Phakka, Parigarbhik then Garbhaj Phakka, this condition require use of Agnidipan Chikitsa which help to control Parigarbhik. Dipan and Pachan Dravya Siddha with Vidari, Yava, Godhum & Pippali in

Ghrita may be recommended. Anupana rich in milk with honey and sugar help to manage Phakka associated with vitamin deficiency.

### Management of vyadhija phakka

Dosh Dushya Samprapti mainly involve in Vyadhij Phakka associated with Nija Roga and Agantuj Roga. The nourishment of tissue decreases due to the Mandagni and Dushta Grahani which further leads to Sarva Sanhanan deterioration. The treatment approaches involve consideration of Hetu & its management. Consumption of nutritious food, Kshirapeya, Lehya Dravya and Kalpas should be recommended. Samvardhan Ghrita also possesses relief in disease symptoms.

### Pathya

Daily diet should include all components of diet; protein, fat, carbohydrates and minerals. Vihara includes various preventive as well as rehabilitative measures. Efficient for both mind and body like Music therapy, Peace of mind, playful activities, active and passive physical exercise.

### CONCLUSION

We can say that Phakka Roga is growth and developmental deficiency. It can be correlated 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.

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