

ROLE OF PANCHAKARMA IN KAUMARBHRITYA**Archana Patil^{1*}, Sandeep Patil² and Jyotsna Ahir³**

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ABSTRACT

Ayurveda is a science of life which deals with preservation of health and cure of disease. Good health is best achieved when the regimens told in Ayurveda are promptly followed. In this science treatment is branched into two wings namely; Shodhana Chikitsa (detoxification therapy) and Shamana Chikitsa (curative therapy). Shamana therapy includes Deepana (appetizer), Pachana (digestive) etc. and Shodhana therapy is best for uprooting the disease from the root itself. This Principle also holds good for a child and irrespective of the age as basic constituents of the body are same in all age group as explained by Charaka, though the Matra of the same and medicine may vary. Routinely raised question of benefits and contraindications of

Panchakarma are needed to be answered. DoshaPrakopa occur in child and adult body due to same causative factor along with extra risk in the baby due to mother breast milk vitiation, immaturity, development etc. At a time, Acharya Kashyap advice to avoid excess shodhana procedures in a child while Chakrapani suggest to administer the same in Swatantra Bala, and to avoid in Partantra Bala. The proper knowledge of Dravya Matra and therapeutic Panchakarma procedures will help to approach in strengthening immune system and healthy body in child.

KEYWORDS: Ayurveda, Kaumarbhritya, Panchakarma.

INTRODUCTION

Panchakarma is an integral part of Chikitsa. Its practice was on full swing at the time when other medical science not on the germination. As per our classics it is the only method to cure the disease from its Roots. Panchakarma process has efficiency to make equilibrium of dosha which leads to inefficiency to get replace again.^[1] Health status growth and nutrition of the child during childhood years are base for future life of the child. Administration of medicine which are sita, madhura, along with estimated dose and slight modification of procedure.^[2] Pathophysiology of disease mainly involves disturbance of three Dosha (vata, pitta, kapha) thus balance of them is extremely important for retaining healthiness. These Doshas are available in children but less in quantity.^[3]

Panchakarma are indicated in children although it isn't specific and some explained by Acharya Kashyapa that it's often administered in moderate or minimum level by contraindicating excess Apatarpana and Bloodletting. Panchakarma includes Vamana, Virechana, Basti, and Nasya & Raktamokshana as it's mainly for cleansing the body toxins to achieve balanced state of body.^[4]

Acharya Kashyapa told that Basti is Amritam for children.^[5] He wrote Kashyap Samhita to defining the Kaumarbhritya to ayurvedic physician because Basti is very difficult procedure in children.^[6] Acharya also advice garbhodaka Vamana in new born baby. Thus, he has given full description of disease and management along with Panchakarma in pediatrics.^[7] It proves the importance of Panchakarma in Pediatrics.

METHODOLOGY

A critical review done from the matter related to Panchakarma chikitsa in Balrog in various Ayurvedic treatises.

Difference of Panchakarma Procedure in Adult & Children

Children has great difference in body structure and physiology in compare to adult. As per Ayurveda children are delicate, irritability to tolerate heavy work, ill developed sexual character etc. Snehan is also not needed in all pediatric cases as compare to adult because they are already snigdha in nature.^[8]

Children are not co-operative as adult because their skin has under developed sweat glands and delicate soft in nature so during swedana that should be kept in mind. Also, they have

immature kidney and liver so easily chances of collapse due to large intestine in compare to body surface area to adult as of comparisons of Vamana, Basti that also kept in mind.

Panchakarma in Kaumarbhritya

The Panchakarma defined by all acharya but for pediatric age Panchkarma procedure and described as Amrita for babies told by Kashyapa.^[5]

The Five Therapies which include Panchakarma are

- 1) Vamana – Therapeutic emesis
- 2) Virechana – Therapeutic purgation
- 3) Niruha/Asthapana basti- Decotion enema
- 4) Nasya – Nasal medication
- 5) Raktamokshana – Bloodletting

Application of Panchakarma in Kaumarbhritya

Childhood is very decisive period where teen pickup growing and development with respect to physical, mental and social aspect. These therapies are similarly effective in a pediatric patient as they are done in adults only precaution should be taken and look for prevention of complication.

Panchakarma Therapy

Deepana and Pachana (Purva Karma)

For Panchakarma procedure niramavatavastha of Doshas should be there that will achieve by Deepana and Pachana. Hot water with pieces of dry ginger or dry coriander powder should be used in pediatric patients. water can be given warm and in small quantity that relives ama (toxic accumulation) at level of koshta.^[9]

Snehana (Oleation)

Oleation is nothing but using medicated oils and ghee internally and externally to do Snehana of baby. It's an essential in Panchakarma. That is of Ghrita, Talia, Vasa, Majja but more importance given to ghrita for snehana in children. Sometimes there is no need of snehana in baby because they are snigdha in nature.^[10] Snehana given early in morning of prescribed dose in patients snehapana continue up to the samyak snigdha lakshana (symptoms of desire oleation) are observed and usually it is obtained within 3 to 7 days.

Table 1: Indications and Contraindications of Snehana.^[11]

Indications	Contraindications
Hikka (Hiccough) Krisha balak (Emaciated child)	Chardi(vomitting), Atisara (Diarrhoea), Jwara(fever), Galamyata (Throat disorder)
Vatarogas (hemiplegic, cerebral palsy) Rukshata (Roughness all over body)	Kaphaja vikara- sthoulya (obesity) Raktapitta (Bleeding disorders)
Prior to panchakarma (bio-cleansing therapy)	Kshiradavastha(breastfeeding), Chardi(Vomiting)

Swedana (Sudation)

Its procedure where sweating (sudation) induced artificially by which it relieves heaviness, stiffness and coldness of body. Acharya kashyapa describe eight types of swedana like Hast, Pradeha, Nadi, Prastara, Sankar, Upanaha, Avagaha and Parisheka. According to Acharya Kashyapa, Hasta sweda and Pata sweda and very useful in neonates and infant especially in abdominal colic.^[12]

Table 2: Indications and Contraindication of Swedana.^[13]

Indications	Contraindications
After snehana and prior to panchakarma	Dagdha(burnt), Acute fever, Kamala(jaundice)
Vata rogas (hemiplegic, cerebral palsy)	Pittarogi, Madhumehi (Diabetic)
Jadya, Kathinya and ruksha sharira (heaviness, stiffness, dryness of body)	Chhardi (Vomiting), Trishna (Dehydrated) Karshya (Emaciated)
Shwas (Asthma), kasa (cough), pratishyaya	Hridaya Rogas (Cardiac Diseases)
Rheumatic and degenerative conditions	Raktapitta (Bleeding disorder)
Obstruction to mala (stool), Mutra (urine) Shukra (semen)	Vishsart (Poisoned)

Shastikashali Pindasweda

This is general method used in pediatric patients in whom specific part made to sweat by application of shastika shali (A variety of rice) In forms of pottalies (boluses tied in cotton cloth) it's cooked with milk and Decotion of Dashmoola. This Rice should kept in pieces of cloth to make Pottalies.^[14]

Vamana (Therapeutic Emesis)

Bala is the stage with delicate body and mind with dominance of kapha.^[15] Hence mridu Vamana with full stomach of breast milk followed by physical stimulation of throat has been indicated. Acharya Kashyapa mentioned that babies who emit milk after breast feed will never suffers from disease of kapha also he described Garbhodaka Vamana after delivery using saindhava ghrita.^[16]

Table 2: Indications and Contraindication of Vamana.^[17]

Indications	Contraindications
Gastric problems – Ajeerna (Indigation)	Acute peptic ulcer
Peenasa (Sinusitis)	Bala (young children)
Madhumeha (Diabetes)	Hridroga (Cardiac disorders)
Unamada (Schizophrenia)	Shranta (Exhausted)
Kushtha (Skin disease)	Pipasita (Thirsty)
Kasa (Cough), Shwasa (Bronchial Asthama)	Kshudhita (Hungry)
Shlipada (Filariasis)	Atikrisha (Emaciated body)

Vamana dravya in pediatric

Vamana indicated in child just after birth as garbhodaka vamana. vamana can be done by saindhava churna and ghee.^[7] Kashyapa has mentioned that the use of Kataphala (Myrica Esculenta), Nichula (Barringtonia) and sitisa (Albizia Lebeck) decoction. Kashyapa has also mentioned that the dose of emetics should be one vidanga which increased by one vidanga every month till maximum dose becomes one Amalaka.

Virechana (Therapeutic Purgation)

Normally virechana should not be given in children it's a last option if it's necessary. If all the other measure failing than this procedure administrate with extreme caution as children lay potent danger of dehydration. one can utilize mridu virechana aushadhi as trivitta, chaturangula can be logistically used.^[18] Vega of virechana is 2, 3, and 4 in place of 10, 20, and 30, for adult kanishtha, Madhayama, and uttama respectively.^[19] Virechana is best for Pittaj disorders and good for ensuring the growth and development of child it enhance functional capacity of child by purifying Amashaya and Pakwashaya by regularizing bowel habits.

Table 4: Indication and Contraindication of Virechana.^[20]

Indications	Contraindications
Tamak shwasa (Bronchial Asthama), Eczema, Allergic dermatitis etc.	Navajwara (Acute fever)
Pakshaghat (Hemiplegic), Madhumeha (Diabetes), Arbuda (Tumor)	Krisha (Emaciated patients) Rajyakshama (Tuberculosis)
Krimi (Worm infestation), Kamala (Jaundice)	Garbhini (Pregnant women)

Basti (Decotion Enema)

In general of all shodhana chikitsa .Basti is Supreme as Amrita.^[5] The age of administrating Basti is about one year^[21] it is very effective in development of baby. the Niruha Basti can cause the Karshana in child which leads to poor development so Acharya Kashyapa told

Anuvasana Basti in which Oil more than quantity of Kashaya should be used to prevent Karshya.^[22]

Table 5: Indications and Contraindications of Basti.

Indications	Contraindications
Amavataa (Juvenile Rheumatoid Arthritis)	Amatisara (Acute Diarrhoea)
Vata rog (hemiplegic, Muscular dystrophy)	Kasa (Cough), Shwasa (Asthma)
Rajonash (Secondary Amenorrhea)	Chhardi (Vomiting)
Jeerna jwara (Chronic fever)	Krishna (Emaciated body)
Ashmari (Kidney stone, Bladder stone)	Madhumeha (Diabetes)
Niram atisara (Chronic Diarrhoea)	Shoona payu (Inflamed Anus)
(Cerebral palsy, Delayed milestone)	Kritahara (Immediately after taking food)

Nasya (Nasal Medication)

Administration of medicine through Nasal route is known as Nasya, 'NASA hi shiarso dwara' so all the disease related to head is best treated by this procedure.^[23] Kashyapa told nasya of two types Shodhana and Purana Nasya. And also mentioned that it can be prescribed even in breast feed babies.^[24] The indication of nasya is 8 to 80 years. Pratimarsha Nasya can be used from the birth and ideal for the children on regular bases. During nasya patient should sit or lie down in comfortable posture and applied gentle massage overhead, forehead, face followed by mild swedana, Nasya is not recommended in child below 7 years.^[25]

Raktamokshana (Blood Letting)

Sushruta told that sira vedha is half of chikitsa of surgery.^[26] In our Shashtra the methods of rakta mokshana as shriga, jaloka, alabu and sira vedha mentioned. Children have aparipakva dhatu so in first step this procedure not indicated. If disease is not cured by shaman and other method then Raktamokshana will used in children as of it is indicated as in Gudakutta, Aggallika, nilika, mukhpaka, charmadala.^[27]

DISCUSSION

Panchkarma can be carefully implemented in child by considering Bala, Desha, Kaala etc. Hence Swatantra bala refers to the child who does not require assistance in its day to day activities while Partantra balaka who depends on parents. Saehan pacifies Vata improve digestion, strength and complexion, Sweden beneficial for removing stiffness, Heaviness, Pain, Constipation of body. In vatpradhana roga snigdha sweda while kapha pradhana roga ruksha sweda is indicated. Vamana is good for kaphaj Dosha as it indicated just after birth.

Virechana is best with the precaution of complication and Basti in childhood clinical practice will have very better results and act as Amrita for children.

CONCLUSION

Panchakarma practice can be safely and effectively practiced in children following the classical references and updating with the recent updates and modification .Panchakarma therapy can be beneficial in children as a comprehensive cure for many disease because it made the equilibrium of Dosha .When it is used with precaution and scientific rationale.

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