

MANAGEMENT OF MUSCULOSKELETAL DISORDERS OF CHILDREN IN AYURVEDA

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ABSTRACT

‘Prevention is better than cure’ is the basic concept of Ayurveda. Curing a diseased person and redefining his healthy status, is the primary goal of a physician. It is the science which laid emphasis on the preventive aspect.^[1] In Ayurveda there is description of ‘Ashtang Ayurveda’^[2] which includes Kaya, Bala, Graha, Urdhvanga, Shalya, Danshtra, Jara & Vajikarana. Bala chikitsa is one of the important specialization in Ayurveda. In which various diseases and its management are described according to Ayurveda. Now a day’s musculoskeletal disorders are commonly found in children’s. in which Cerebral palsy, Muscular dystrophies, Delayed milestones, Viral neuritis & Erb’s paralysis are generally found in the category of

Musculoskeletal disorders. In Ayurveda there is various principles & treatment modalities are mentioned for all diseases. For musculoskeletal disorders there are various treatments are mentioned. Ex. Panchkarma, various Aushadhi kalpas, etc.

KEYWORDS: Musculoskeletal disorders, Ayurveda, Ashtanga Ayurveda.

INTRODUCTION

Musculoskeletal disorders or conditions affect people of all age groups in all regions of the world. According to the Global burden disease report, musculoskeletal disorders are an increasing healthcare issue and have become the second most common cause of disability.^[3]

Musculoskeletal conditions are characterized by pain, limitations in mobility, dexterity and functional ability which restrict a person’s ability to work and participate in society. In

Ayurveda it can be included in the concept of Vatavyadhi.^[4] Physical and mental abilities, sensory and motor responses and all activities happening in the body are conducted by Vata dosha.

In musculoskeletal disorders includes; Cerebral palsy, Muscular dystrophies, Delayed milestones, Viral neuritis & Erb's paralysis. In which cerebral palsy and delayed milestones are commonly found.

MATERIALS AND METHODS

In Ayurveda musculoskeletal disorders are considered or correlated under the concept of 'Vatavyadhi' diseases. There are 80 vatavyadhis are described. Movements occur everywhere in body and mainly in musculoskeletal system.

- a) **Cerebral palsy**^[5]: It is a form of chronic motor disability, which is non progressive, (life long & doesn't get worsen), nonfatal and yet non curable. It results from damage to the growing brain before or during birth or postnatal period. It is also known as 'Little's disease' - after the name of John Little.

Classification

1. Spastic CP	Quadriplegia, Paraplegia, Hemiplegia, Monoplegia
2. Extrapyrimal / Diakinetic CP	Choreoathetosis, Dystonia
3. Atonic / Cerebellar CP	Aconic diplegia, Cerebellar ataxia
4. Mixed CP	

Signs & Symptoms

1. Posture & balance problems
2. Loss of control or coordination
3. Abnormal tone, strength, reflexes
4. Persistent motor delay
5. Cognitive deficit
6. Associated handicaps

Muscular dystrophies^[6]

It is a group of diseases that cause progressive weakness and loss of muscle mass. In muscular dystrophy, abnormal genes interfere with the production of proteins needed to form healthy muscle.

There are many different kinds of muscular dystrophy. Symptoms of the most common variety begin in childhood, mostly in boys. There is no cure for muscular dystrophy. But medications and therapy can help symptoms & slow the course of the disease.

b) Erb's paralysis^[7]

Damage to the 5th & 6th cervical roots leads to Erb's palsy. It is characterized by 'tipping position' of the upper extremity where it lies simply adducted with extension of elbow. Along with pronation of the forearm & flexion of the wrist. It is treated by keeping arm abducted, forearm supinated & vertical to the arm either by pinning it to pillow or by splint.

In ayurveda: Group of symptoms including musculoskeletal disorders are

- Jirna Anannabhilasha
- Dourbalya
- Karshyata
- Apachana
- Mala-abaddhata
- Kshina mansata
- Dyanendriya / Karmendriya Akarmanyata

Management of musculoskeletal disorders

Ayurveda described various treatment modalities for various diseases. In which various types of Panchakarma, vishesha upakrmas and Shamana Chikitsa includes.

a. Sneha virechana^[8]

Before going to Virechana or any panchakarma; Abhyantara snehapana is necessary. In childrens the snehapana should be 'Accha snehapana'. With this Swedana also given. For virechana;

- Icchabhedi rasa^[9] : ½ tablet – for 2 to 5 years
- During virechana luke mixture of warm water + sugar + salt should be taken.

b. Basti^[10]

Basti procedure can be used very effectively in pediatric age group. But with the same time a fixed dose of sneha or niruha basti can be established. It is advisable to use sneha in increasing order starting from 10 ml. Same is applicable to niruha basti too. It has given from 50 ml upto 250 ml.

c. Nasya^[11]

Shaman/Brimahan nasya is practiced but Pratimarsha nasya is highly recommended.

Ex. Applying Ghrita in both nostrils – 3 or more times per day.

d. Vishesha upakarmas

- Shashtika shali pinda sweda
- Pinda sweda
- Shirodhara
- Udavartana

e. Use of medhya drugs**f. Rasayana therapy^[12]**

With the help of all this management we can manage Musculoskeletal disorders through the help of Ayurveda.

CONCLUSION

Ayurveda is the science of life. The main aim of Ayurveda is prevention from diseases and curing diseased person. Ayurveda has described various treatments for all diseases.

Musculoskeletal disorders are important and increasing day by day. In Ayurveda musculoskeletal diseases can be correlated or included in Vatavyadhi. Various panchakarmas, special therapies, Rasayana therapy and medhya drugs etc. are very useful in the management of Musculoskeletal disorders.

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