

ROLE OF RASAYAN AND PANCHKARMA IN BALROG**Dr. Mukesh R. Nainav^{*1}, Dr. Ranjit Narang² and Dr. Sandeep Kamble³, and Dr. R. Appaji Rao**¹MD2nd year co-guide Guide, Rani Dullaiya Smriti Ayurved PG Mahavidyala Bhopal.²HOD, Rani Dullaiya Smriti Ayurved PG Mahavidyala Bhopal.***Corresponding Author: Dr. Mukesh R. Nainav**¹MD2nd year co-guide Guide, Rani Dullaiya Smriti Ayurved PG Mahavidyala Bhopal.

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ABSTRACT

The childhood diseases described as Bal-Rog in ancient Ayurveda science, this is the state of mental and physical development. Ayurveda consider Dhatri Stanya Dushti as causative factor of diseases in Ksheerada Avastha. The physiological participation of Dosh, mala and Dushysa are different in children as compared to adult therefore the type and prevalence of diseases are also different in children and thus pediatric care needed utilization of various approaches for the management of Bal-Rog such as herbal remedies, discipline life style, Rasayan and Panchkarma. This article described role of Rasayana and Panchkarma in the management of some Bal-Rog. However use of Rasayan and Panchkarma in Bal-Rog preferably not come first but traditional texts of ayurveda advised these therapy in some special conditions. Panchkarma may be done from the age of seven years and as per requirement Rasayana therapy may be used in early age but with great precautionary measurement.

KEYWORDS: Ayurveda, Bal-Rog, Rasayana and Panchkarma.**INTRODUCTION**

Ayurveda the basic science of traditional medical system in india consider Bal Rog under Kaumarbhritya and mentioned different therapeutic for the treatment of childhood diseases. Recently many researches utilizes Bala Panchakarma and Rasayana therapy for the management of various childhood diseases, this article described various aspect of Bala Panchakarma and Rasayana therapy with special reference to the childhood diseases.

The literature suggested that Bala Panchakarma play significant role in the management of cerebral palsy, Pranavaha Srotasta and Tamaka Shwasa Panchakarma basically is a type of Shodhana Chikista. The basic principle of Kaumarabhritya involves Panchakarma in late stage of development of ayurveda science; however fixation of drug dose in and intensity of Bala Panchakarma is very important to prevent any side effect. It is believed that Panchakarma being Shodhana Chikista remove vitiated Doshas. The various steps of Panchakarma such as, Vamana, Virechana Basti, Niruha or Yapana Bastis and Anuvasana Basti recommended in early childhood for the management of different abnormal physiological conditions.

The herbo mineral formulation including such as, Rasayana prepared using metals and minerals along with herbs for the treatment of various disorders. The concept of size reduction involves improving potency of herbo

mineral formulation. The ancient literature of ayurveda reported use of herbo-mineral formulations for the treatment of various childhood diseases. The use of Rasayana therapy in Bal Rog needs great attention towards the dosing and frequency to prevent any chances of adverse reactions. to enhance longevity, intelligence and immunity. The Rasayana Shashtra also involves use of metallic formulation along with herbs. Guduchi, Shankhpushpi, Jyotishmati, Mandookparni. etc are considered Rasayana. Rasayana boost functioning of Dhatus, Agni Srotasas and Ojus and therefore act as rejuvenator. Ayurveda described Rasayana also for Bal-Rog with great care since Rasayana therapy may become harmful in children if not used properly. Rasayana therapy also used as preventive remedy in children since it enhances immunity and thus protect from various infectious diseases. There are various herbometalic formulations which may be used in children for different for different therapeutic purpose such as, Svaran Bhasm, Vacha, Madhu, Ghrita, Panchgavya Ghrita, Brahmi Ghrita, Abhaya Ghrita, Abhaya Ghrita, Samvardhana Ghrita, Mandura Bhasma and Lauha Bhasma, etc.

Swama Prashan is formulatuion of Swarna and herbs, Vacha and Brahmi along with honey and ghee utilized for new born baby to improve their immunity and mental health. Raw gold after rubbing on stone along with little amount of water along with honey and ghee administered to the new born baby. This type of formulation possesses

many therapeutic activity like; anti-oxidant property, immunomodulatory activity and also improving Agni. The ayurveda suggest use of Swarna Prashan with precautionary measurement to enhance intelligent and immunity in children.

Lauha formulation such as; Trikatrayadi Lauha prescribed in children for Pandu Roga, in this diseases pitta prakriti of children suffer predominantly. Ayurveda strongly recommended use of Lauha in children suffers from iron deficiency. Trikatrayadi Lauha contains Mandura Bhasma and Lauha Bhasma along with such as; Triphala, Trikaut and Trimada. It is believed that herbal ingredients help in iron transportation thus improve its bioavailability and also elevates blood hemoglobin level significantly in children suffered with Pandu Roga. The literature mentioned use of Lauha formulation in other physiological dysfunction such as, weakness, anorexia and fatigue.

PANCHAKARMA FOR BAL-ROG

Many childhood diseases occur due to the vitiation of Doshas and Panchkarma therapy help to pacify these Doshas vitiation and thus relief many disorders. It is believed that purification of body through Panchkarma and Yoga pacifies Dosha and clear harmful toxins from the body and thus help to relieve many diseases in children. Panchkarma utilizes various approaches of Shodhana such as; Vamana, Virechan, Nasya: Vamana in children help to eliminate Kapha Dosha and thus opens pranavaha srotastha which may block due to the accumulation of Kapha in Kapha Vyadhi. Virechana may help in Pranavaha Sroto Vyadhi; Swasa Kasa where pitta dosha is predominate. Nasya Karma is useful for diseases associated with Kapha and Vata predominance.

Cerebral palsy is common paediatric disorder in children. Seizures, hearing impairments and mental retardation are common features of diseases Ayurveda emphasized various treatment options for diseases including Panchkarma and yoga. It is Vata Vyadhi which involves Pankshaghat, Ekanvata, Sarvagavata, Pangu etc. Ayurveda believed that anti spastic, muscle relaxant and calming properties of Panchkarma and Yoga help in the management of Cerebral palsy.

Panchkarma and Yoga also emphasized role of Pranavaha Srotaashta Vyadhi is a disease of Kapha Dosha. Kapha along with Vata Dosha play major role in appearance of Pranavaha Sroto Vyadhi, in which Dushitha Prana Vyau resulting Hikka and Swasa diseases, the diseases condition involves aggravation of Kapha and Vyau Swasa, Kasa, Hikka are the diseases of Prana Vahasroto Dusti, ayurveda suggested use of Panchkarma in pranavaha srotastha vyadhi not only pacify kapha and vata Dosha but it also help in excretion of harmful toxins. Shodhana through panchakarma clear accumulated Kapha and other secretion from respiratory tract and thus relief Pranavaha srotastha vyadhi.

CONCLUSION

The article emphasized management of Bal-Rog using various ancient approaches of ayurveda science such as, herbal remedies, Rasyana and Panchakarma. This article mentioned importances of Rasayana and Panchakarma in the management of some Bal-Rog; although use of Rasayan and Panchkarma in Bal-Rog must be carried out with care. Panchkarma may be done from the age of seven years and as per requirement while Rasayan therapy may be used in early age but with great precautionary measurement. The discipline life style also play significant role in the management of Bal-Rog.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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