

**FUNDAMENTAL PRINCIPLES OF MANAGEMENT FOR CHILDHOOD DISORDERS:
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ABSTRACT

Children, being the building blocks of the nation as well as the most vulnerable group in the community, require to be handled with utmost care and concern. *Kaumarbhritya*, the branch of medical science dealing with their health and diseases, is of special significance. This may be the reason for giving the foremost position for *Balchikitsa* among *Ashanga Vibhajana*. *Shishu*, *Bala* & *Kumara* are further classification of childhood age as described by traditional science of Indian medical system. The pathophysiology of the diseases in children is very different from that of adults. The predominance and prevalence of *Dosha*, *Dushya* and *Mala* are different in this stage. Therefore special attention is required in this age to prevent diseases as well as curative aspect. This article summarizes Ayurvedic fundamental principles for the management of disorders occurs during childhood.

KEYWORDS: *Shishu, Bala, Kumara, Dosha, Mala, Dushya, Balrog.***INTRODUCTION**

Ayurveda is a science of life benefitting society from last many centuries by adopting its principles. In the context of *Vajeekarana*, it is said that a person without progeny is like a tree without branches and fruits serving no purpose in its existence. But, if the branches are lame or the fruits are bitter, the tree would still be looked down upon by the society. So, it is not merely giving birth to a progeny that matters. Rather, more important is that the progeny should be capable- both mentally as well as physically- to be an active participant of the society. The practice of *Kaumarbhritya* starts right from conception to birth till the child becomes capable of independent existence.

It deals with the diseases under two main heads- firstly, diseases like *Ksheeralasaka*, *Phakka*, etc and secondarily, management of the common diseases like *Jwara*, *Atisaara*, etc taking into consideration the factors like age and strength.

In this article we will discuss about the basic fundamental principles of Ayurveda for management of (*Balroga*) childhood disorders.

Different approaches for management of *Balroga*

1. The diagnosis of the diseases in children is made on, *Prakriti, Dravya, Nimit, Puravroopa, Roopa,*

Upshaya, also keeping in mind all the characteristics of *Aatur, Aushadh, Desha, Kaala, Roga.*

2. According to classical texts, the child should be treated with *Madhura, Mridu, Laghu, Surbhi, Sheeta* and joyful physical actions, as these methods are satisfying to the infant.
 3. In children *Dosha, Dushya* etc are same as that in adults. Also most of the diseases are same as that in adults, but during the course of treatment dose of the drug given will be smaller quantity.
 4. *Teekshna Aushadhi* should be avoided in children because of *Saukumaryata* and *Swalpa Shareer* of children.
 5. *Virechana* in children should be avoided if there is no severity.
 6. *Vaman* is avoided in children, if required, *Mridu Vaman* can be given.
- In *Ksheerapayi* and *Ksheerannapayi* child, *vaman* should be given after proper feeding.
7. In *Virechana Sadhya* diseases *Basti* should be preferred, and in *Marsh Nasya Sadhya* diseases *Pratimarsha Nasya* should be given.
 8. Excessive *Shoshan, Raktmokshan* and *Samshodhan* should not be given in the disorders of children and the child should be treated with *Snighda, Sheetal, Madhura* and *Adaahi Annpana, Lepa* and *Parisheka.*

Drug administration Principle

Dosha, *dushya* and *mala* remain in small amount in children according to our classical texts, so the dosage of medicine administered should also be of smaller quantity. Preferably sweet and palatable drugs should be administered in children.

According to *Acharya Shushruta* in *Ksheerapa* age group child, the medicine should be given only to the mother

Aushadh Matra mentioned by different Acharyas

Acharya Sushruta			
Ksheerapa:		Ksheerannada:	
<i>Anguli parva dwaya grahana sammita</i>		<i>Kolasthimatra</i>	
Acharya Sarandhara			
1st month :		At 1 yr :	
1 <i>Ratti</i> (125 mg) Increase 1 <i>Ratti</i> in each month, until child is 1 yr.		1 <i>Masha</i> (one gram) Every year increases 1 <i>Masha</i> , till the age is 16.	
16 yrs :			
16 <i>Masha</i>			
Acharya Viswamitra			
Jathamatra:	Ksheerada:	Ksheerannada:	Annada:
Equivalent to <i>Vidanga</i>	<i>Kola Phalabeeja Pramana</i>	<i>Kolaphala Pramana</i>	<i>Udumbara Mana</i>
Acharya Kashyapa			
Jatamatra:		Above one month:	
<i>Vidangaphalamatra</i> with <i>Madhu</i> & <i>Sarpi</i>		<i>Mase Masevarddhayeth</i> Maximum dose : <i>Amalaka Matra</i>	

Doses of various formulations by Acharya Kashyapa

1. Ghrita	
<i>Jatamatra</i>	<i>Kolasthi</i>
20 th night	<i>Kolardha</i>
1 month	<i>Kola</i>
3 month	<i>Dwikola</i>
4 month	<i>Sushka Amalaka</i>
5 th and 6 th month	<i>Ardraamalaka</i>
Churna	
<i>Deepaniya</i>	<i>Agraparanguligrahya</i>
<i>Jeevaniya Samsamaniya</i>	2 pinch
<i>Vamana Virechana</i>	1/2 pinch
Kashaya	
<i>Vatapittakaphahara</i>	2 <i>Prasrita</i>
<i>Jeevaniya Samsamaniya</i>	2 <i>Prasrita</i>
<i>Vamana Virechana</i>	1 <i>Prasrita</i>
Kalka	
<i>Deepaniya</i>	1 <i>Aksha</i>
<i>Jeevaniya Samsamaniya</i>	2 <i>Aksha</i>
<i>Vamana Virechana</i>	1/2 <i>Aksha</i>

DISCUSSION

The pathophysiology of diseases mainly involves the non-equilibrium of *Tridosha* (*Vata-Pitta-Kapha*), *Dhatu* and *Mala*. The normal state of *Tridosha* is responsible in maintaining the physical and psychological health of the child.

In *Balyavastha* physical strength is comparatively less and *Dhatu*s are yet to be developed resulting in more

and in *Ksheerannpayi* child, it is given to both mother and child and in *Annada* it is only given to the child.

For Infants

Drugs mentioned or the particular medicine should be applied on the breast of mother and it should be kept for 48 minutes and then washed off.

susceptibility for diseases. Thus pediatric care requires different traditional approaches for the management of various diseases as compared to diseases of adulthood.

The dose of the drug given should be strictly in accordance with the age and strength of the child. In children it is better to use drugs of *Madhura Rasa* which are usually of *Mridu/ sheet Veerya*. The management of diseases in children should be also considering *Prakriti*,

Dushya, Nimit, Poorvaroopa, Roopa, Upshaya etc., which are the tools for diagnosis and treatment in *Ayurveda*.

According to *Ayurveda*, the health of the child can be protected by adopting principles or medical methods prescribed by our *Acharyas*. As childhood is the age having maximum growth & development, So the aim of *bheshaja* is said to be uninterrupted growth of body along with pacification of diseases. In present scenario the neonatologist advice the diet, daily routine etc to mother for proper growth and development of foetus & also for well being of future child. Therefore in *Kaumarbhritya* elaborate description of warmed up palm & emesis to children. A detailed discussion is given about *Nasya* and *Basti* which is considered as nector & used for producing brimhana in children. The diseases of adults also affect children, hence the dosage of medicine should also be low, palatable and effective in children.

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