



## RECENT ADVANCEMENT IN PANCHKARMA W.S.R. OF CHILDREN DISEASE: A REVIEW

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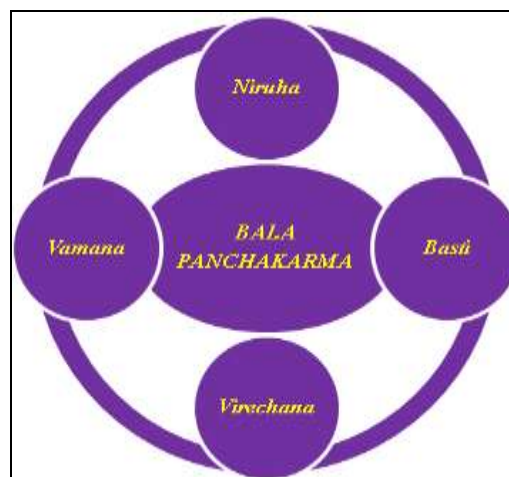
### ABSTRACT

The childhood is very crucial period where the most of mental and physical development take places. The abundant of dosh, dushya and mala are less in children body as compared to adult which make them more susceptible towards disease. As per ayurveda dhatri stanya dushti is the main cause for diseases in ksheerada avastha; thus shodana should be done both in dhatri and shishu as preventive measure. Some traditional texts consider bala as anarha for panchakararma therapies up to seven years of age while kashyapa advised panchakarma from first year of life; however ayurveda also suggest few precautions along with proper drug and dose for baala panchakarma. Literature survey revealed that bala panchakarma play significant role towards the management of various childhood diseases; this article emphasizes role of panchakarma therapy in the management of bala-roga such as; cerebral palsy, pranavaha srotastha and tamaka shwasa.

**KEY-WORDS:** Panchakarma, Cerebral Palsy, Pranavaha Srotastha and Tamaka Shwasa.

### INTRODUCTION

Ayurveda is the important systems of indigenous medicines and. The base of ayurvedic practice resulted from the continuous observations and experiments. Ayurveda not only cure disease but also suggests preventive measure and helps to remain healthy. Panchakarma is an important ayurvedic approach of shodhana chikitsa and recently has gained great attention as significant therapy for the treatment of many disorders. Initially it was believed that panchakarma in kaumarabhritya is generally contraindicated, but later on it was mentioned that panchakarma in kaumarabhritya is not an absolute contra indication but it can use in special condition with appropriate precautions. Literature proved efficacy of shodhana chikitsa (panchakarma) in various childhood disorders like; cerebral palsy, pranavaha srotastha and tamaka shwasa, etc. however drug dose fixation in baala panchakarma is an important aspect which need to be consider before utilizing shodhana chikitsa Ayurveda mentioned shodhana to remove the vitiated doshas and to normalize doshas. Kashyapa advised that panchakarma therapies such as; vamana, virechana, basti, niruha or yavana basti and anuvasana basti can be used in bala starting from infancy.<sup>[1-4]</sup>



**Figure: 1 Suggested Approaches of Bala Panchakarma**

### PANCHAKARMA FOR “CEREBRAL PALSY” IN CHILDREN

Cerebral palsy is common paediatric motor disability disorder. Children suffered with the disease may possess problems like; seizures, mental retardation and hearing impairments. Disease may result problems like; spasticity, choreoathetosis and hypotonia. Ayurveda mentioned various treatment options for cerebral palsy such as; utilization of herbal drugs, Panchakarma therapies and yoga. Study proved efficacy of

Panchakarma therapies in the management of cerebral palsy.

As per Ayurvedic texts the disease can be compared with vata vyadhi or more precisely shiromarma abhigataja vata vikara, further it may involve pakshaghata, ekangvata, sarvagavata, pangu etc. As per ayurveda etiological factors may be inappropriate ritu, kshetra, ambu, bija, dauhrida avamanana, presence of garbhopaghatakarabhava (injury to fetus) and incompatible garbhavridhikarabhava.

Ayurveda mentioned that medhya drugs and vata eliminating therapies may possess significant relief in disease; thus therapies which have anti spasticity, muscle relaxant and calming properties should be employed for disease management; hence panchakarma and yoga therapies utilized with herbal drug to improve motor deficits associated with Cerebral palsy.

#### ➤ **Panchakarma therapies Shastika shali pinda sweda**

Study proved the efficacy of Shastika shali pinda sweda in the management of cerebral palsy along with samvardhana ghrita. Shastika shali pinda sweda is the sudation performed by bolus of boiled shastika shali (a type of rice) with balamoola kwatha (decoction of *Sida cordifolia* Linn.) and milk. Shastika Shali Pinda Sweda used externally along with samvardhana ghrita which used internally. Study found improvement in motor system along with improvement in muscle power; this symptomatic relief helps significantly in the management impairment associated with cerebral palsy.<sup>[5]</sup>

#### **PANCHAKARMA FOR “PAKSHAGHATA” IN CHILDREN**

Hypoxic Ischemic Encephalopathy is a brain injury due to the decreased oxygen supply to the brain during child birth, which further may cause motor & cognitive impairments. According to the signs and symptoms it can be correlated with pakshaghata in ayurveda and is considered vataja disorder and ayurveda mentioned various treatment modalities for the management of vata vyadhi such as; snehan, swedan and basti; thus panchakarma is considered one of the important therapy for the management of pakshaghata.

#### ➤ **Vata Shamaka Panchakarma**

Study proved efficacy of vata shamaka panchakarma in the management of pakshaghata. The study involves vata shamaka panchakarma therapy along with oral drug as follow:

**Sarvang Abhyanga:** Dhanwantar oil

**Sarvang Mridu Nadi Swedana:** Dashmool Kwath

**Shiro-pichu:** Ksheerbala oil

**Annalepana:** Shastika rice, Ashwagandha churna, Bala root

**Shiro-talam:** Amalaki paste, Ksheerbala oil

**Kaal Basti:** Niruha and Anuvasana on alternate days.

**Niruh Basti:** Yaapana Ksheer Basti

**Anuvasan Basti:** Mahamaash oil.

Head massage improves the blood circulation thus soothes the mind and stabilizes the irritability and anxiety of the patient. The therapy provides nourishment to the brain and improves mental abilities. The annalepana provides the benefit of snehana and swedana karma it also helps in reducing the tonicity and spasticity. Shiro-talam helps the patient to keep calm. The therapy alleviates vata, purifies the body by removing toxins. Treatment offers decreased atrophy and hyper tonicity of the muscle with some improvement in mental functions. The therapy offers relief in disease condition due to vata shamaka and brihmana property.<sup>[6]</sup>

#### **PANCHAKARMA FOR “PRANAVAHA SROTASTHA VYADHI” IN CHILDREN**

As per ayurveda pranavaha srotas are hridaya and mahasrotas, as per susruta the main sthana of pranavaha srotas is uraha pradesha which is the sthana of kapha dosha. Avalambaka, bhodaka, kledhak kapha are mainly related to pranavaha srotas. Vata dosha along with kapha, also play significant role in manifestation of pranavaha srotho vyadhi, in which dushitha prana vyau causes hikka & swasa diseases; these diseases originates from the site of pitta and are caused by simultaneous aggravation of kapha and vayu. The diseases which come under prana vahasroto dusti mainly are swasa, kasa, hikka. As per ayurveda due to the involvement of dosha panchakarma procedure may helps in pranavaha srotastha vyadhi.

#### **Role of Panchakarma**

Panchakarma therapy eliminates vitiated exaggerated doshas which are the root cause of the disease since panchakarma utilizes when doshas get aggravated and move out of their own seat to other places like shaka etc. Panchakarma when apply appropriately then healthy state can be achieved.

The various approaches of panchakarma help in pranavaha srotastha vyadhi as follows:

#### ➤ **Vamana**

Vamana eliminate kapha dosha. It is helpful in pediatric age groups to eliminate doshas especially kapha from amasaya and urasa. Vamana eliminates secretion accumulated in the trachea due to pranavaha srotastha vyadhi and thus opens pranavaha srotastha.

#### ➤ **Virechana**

Mridu Virechan described as per ayurveda in diseases related to pranavaha srotas. Ayurveda mentioned that panchakarma should be done in children mildly by aruna trivrit mula. Pranavaha sroto vyadhi; swasa kasa which is associated with pitta dushita stanya vyadhi utilizes virechana as the choice of sodhana chikitsa; thus virechana can be considered as sodhana chikitsa in prana vaha sroto vyadhi, where pitta dosha is predominant.

### ➤ Nasya

Nasya Karma may be employed for kapha and vata dominant diseases which are the main causes of prana vaha sroto dusti. Nasya may be done by ghrita mixed with saindhava which resulted clearing the sleshma and relief from kaphaja vikaras which is the main causative factor for pranavaha sroto dustha vyadhi.<sup>[7]</sup>

### PANCHAKARMA FOR “TAMAKA-SHWASA” IN CHILDREN

Tamaka Shwasa is a disease which shows close resemblance with bronchial asthma as per ayurveda. It is classified as vata pradhana and kapha pradhana. Study proved efficacy of shodhana chikista (panchakarma), ayurvedic drugs, lifestyle management and wholesome diet in the management of Tamaka-Shwasa (Childhood bronchial asthma). Study result concluded that the Shodhana, Shaman, herbal and herbo-minerals compound drug possess significant anti asthmatic properties. Shodhana chikista such as; snehana, swedana, vamana, virechana were applied. Vamana liquefied the bronchial secretion and help in removal of sama kapha dosha, while virechana help to remove aggravating factors; sama dosha and allergens, toxins. shodhana chikista (panchakarma) was found to be very effective for the management of tamaka-shwasa vyadhi and relieve the signs and symptoms of tamaka-shwasa.<sup>[8]</sup>

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