

SURGICAL AND NON SURGICAL MANAGEMENT OF DISEASES RELATED TO CHILDREN; AN AYURVED REVIEW

**Dr. Vinay Kumar Singh^{1*}, Dr. Vidhya D Sarode², Dr. Anant Kumar Shekokar³, Dr. Kanchan Borkar⁴,
Dr. Dhanashri Madhukar Chaudhari⁵**

¹Associated Professor, Department of Kaumarbhritya/Balrog, M. A. D, Ayurved Medical College, Yeola, India.

²Professor, Dept of Prasuti Tantra and Stree Rog, A. R. A. College, Manchi Hill, India.

³Professor and HOD of Shalya Tantra Dept, S. V. N. H. T Ayurved College, Rahuri, India.

⁴Asso. Professor and HOD of Shalya Tantra Dept, S. V. N. H. T Ayurved College, Rahuri, India.

⁵Assistant Professor, Prasuti Tantra and Stree Rog Dept, Shree Saptashruti Ayurved Mahavidyalaya and Hospital, Nashik, India.

***Corresponding Author: Dr. Vinay Kumar Singh**

Associated Professor, Department of Kaumarbhritya/Balrog, M. A. D, Ayurved Medical College, Yeola, India.

Article Received on 13/02/2020

Article Revised on 02/02/2020

Article Accepted on 23/02/2020

ABSTRACT

Ayurveda described childhood age as *Bala* or *Kumara Avastha* and *Kumara Shrir* is main characteristic of this age group. *Kaumarabhritya* is stream of ayurveda that deals with healthcare management of growing children. The pediatric diseases (*Bala Roga*) are need to be cure with different perspective as compared to diseases related to adult person since physiological responses of children differs from adult one. The vitiation of *Dosha*, *Mala* and *Agni* causes disease prevalence which mainly require non-invasive management while some diseases requires minor surgical intervention in childhood age. Considering this present article summarizes general considerations related to the management of *Bala Roga*.

KEYWORDS: *Ayurveda, Kaumarabhritya, Bala Roga, Shalya Tantra.*

INTRODUCTION

The Ayurveda science presented several concepts related to the management of optimum health and it mainly emphasizes concept of prevention over treatment. Ayurveda separately deals with diseases of children that come under heading of *Balaroga* and this branch of ayurveda termed as *Kaumarabhritya*. *Aushadham*, *Prashamanam*, *Vyadhiharam*, *Prakritisthapanam* and *Pathyam*, etc. are some general concepts of ayurveda that helps in *Balaroga*. **Figure 1** depicted some beneficial effects of Ayurveda therapies in *Balaroga*.

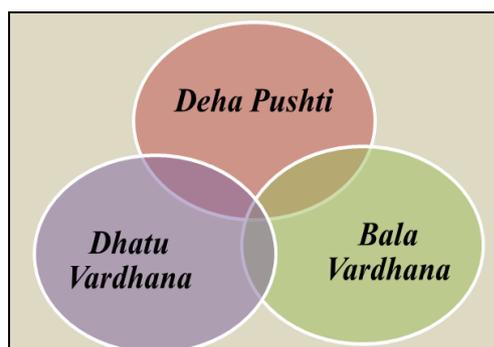


Figure 1: Beneficial effects of Ayurveda therapies in *Balaroga*.

Nadi-Pariksha, *Prashna Pariksha* and *Sharir-Pariksha* are some common approaches can be used to diagnose disease related to children. Sometimes previous history from parents also helps to identify prognosis of disease. Ayurveda also suggested some preventive approaches for the management of childhood diseases which are as follows.

- ✚ *Stanya* feeding never be avoided since it helps to develop natural immunity.
- ✚ Light diet recommended for growing children since they possess weak digestion capacity.
- ✚ *Phalaprashana* and *Annaprashana Samsakara* offer good effects in *Bala Avastha*.
- ✚ Food rich in protein & vitamins helps growing children.
- ✚ The food that vitiates *Kapha* should be avoided.
- ✚ Very cold or hot food stuffs not to be consumed in *Bala Avastha*.
- ✚ *Prakriti Virudha-Ahara* should be avoided.
- ✚ Personal hygiene helps to prevent prevalence of common infectious diseases.
- ✚ Good conduction of *Ritucharya* in *Bala Avastha* helps to restore normal health status.

Ayurveda drugs commonly used for Bal-Roga

Drugs which improve *Agni*, *Dhatu*s and *Ojus* are mainly recommended in *Bala Avastha* as depicted in **Table 1**.

Table 1: Common ayurveda drugs for Bala Avastha.

S. No.	Diseases of Bala Avastha	Drugs
1	<i>Vidangarishta</i>	<i>Antajakrimi</i>
2	<i>Kasa</i>	<i>Talisadi Churna</i>
3	<i>Murcha</i>	<i>Yogaraj Guggulu</i>
4	<i>Pratishyaya</i>	<i>Lavargodi Vati</i>
5	Common infections	<i>Guduchi</i>
6	<i>Udarashula</i>	<i>Hingwashtak Churna</i>

Shodhan Karma for Bala Avastha

Shodhan Karma (*Panchakarma*) helps to remove vitiated *Doshas* & *Ama*, *Shodhan Karma* open *Shrotas* and boost circulatory process of body thus helps in many health ailments of *Bala Avastha*. However smooth conduction of such therapy require for children. *Mrudu Virechana* helps in *Swasa Kasa*, *Nasya Karma* pacifies diseases related to *Kapha* and *Vata* vitiation. Similarly *Vamana* cure intestinal ailments and removes *Kapha Dosh*a.

SURGICAL OR PARA-SURGICAL APPROACHES FOR BALA AVASTHA

Surgical or para-surgical approaches of ayurveda help to cure surgical, orthopaedics and musculoskeletal systems (*Marmachikitsa*) related problems. Ayurveda surgery helps in following problems related to *Bala Avastha*.

- Fistula & Fissure
- Ulcer and wound
- Abscess & warts
- Fractures and dislocations
- Calcaneal spur

Major procedures of Ayurveda can be recommended in children for surgical or para-surgical management of health ailments are as follows.

- *Kshara Sutra*
- *Agnikarma* with less intensity, under supervision
- Bandage & *Seevana*, etc.
- Surgical debridement & dressing with natural substances
- *Marmachikitsa*, etc.

Specific conditions and their management➤ ***Sadhya Vrana* in Bala Avastha**

Bandhana & *Seevana* etc. use of dressing materials and medicated cotton pad helps to heal such conditions.

➤ ***Asthi- Sandhi Bhagna* in Bala Avastha**

Tight bandage, appositions and stabilization through plaster, etc. can be used for orthopedics purpose in *Bala Avastha*.

➤ **Fistula-in-ano**

Kshara Sutra, *Bandhana* & *Seevana* can be used for *Fistula-in-ano* occurs in growing children.

➤ ***Dagdha Vranas* in Bala Avastha**

Siraa-Vyadhanam with care, *Kshara sutra*, cosmetic surgery, surgical debridement and dressing, etc. provides great relief in case of minor burn.

CONCLUSION

Ayurveda described *Kaumarabhritya* as branch that deals with health care management of *Bala Avastha*. The ayurveda therapies help to pacify vitiated *Dosha*, *Mala* and *Agni* thus cures diseases of growing age children. Ayurveda drugs boosts *Agni*, *Dhatu*s and *Ojus* thus restore health status of *Bala Avastha*. Some preventive approaches also recommended for *Bala Avastha* to remain away from disease conditions. *Shodhan Karma* removes vitiated *Doshas* & toxins thus improve normal physiological functioning of body, however potent *Shodhan Karma* not recommended for children, only *Mrudu Karma* suggested for *Bala Avastha*. Surgical or para-surgical approaches of ayurveda also help to cure fistula & fissure, ulcer, wound, abscess & warts. The invasive or non-invasive therapies of ayurveda help significantly in the management of *Bala Roga*.

REFERENCES

1. Agnivesha, Charaka, Dridhabala, Charaka Samhita with Ayurvedadipika Commentary of Chakrapani Datta, Sutrasthana Adhyaya 9/3, edited by Vaidya Yadavaji Trikamji, Reprint ed. Chaukhamba Sanskrit Sansthana Prakashan, Varanasi, 2011;61.
2. Vagabhata, Ashtanga Hridaya, Sarvanga Sundara commentary by Arundatta and Ayurveda Rasayan commentary by Hemadri, Paradkar H.S.S., Varanasi, Uttaratantra, 2/1, Chaukhamba Surbharati Prakashan, Reprint ed.2011;12.
3. Sushruta, Sushruta Samhita with Nibandha Sangraha teeka of Dalhana, Sutrasthana Adhyaya 1/3, edited by Vaidya Yadavaji Trikamaji, Reprint Ed. Choukhamba Surbharati Prakashana, 2008; 3.
4. Hemraj Sharma, Kashyapa Samhita, Phakka Rogadhikara Reprint, Varanasi: Chaukhamba Sanskrit Sansthana, 2009.
5. K.R. Srikanta Murthy. Illustrated Sushruta Samhita. Published by Chaukhamba Orientalia, Varanasi 2016, (Preface) P-9.
6. Sushruta Samhita, Nibandha Sangraha and Nyaya Chandrika commentary by Dalhana, jadavji T, editor, Sutrasthan, Varanasi: Chaukhamba Sanskrit Sansthan, P-328.
7. Sushruta Samhita, Nibandha Sangraha and Nyaya Chandrika commentary by Dalhana, jadavji T, editor, Sutrasthan, Varanasi: Chaukhamba Sanskrit Sansthan, P-416.