



A REVIEW ARTICLE ON PHAKKA ROGA IN CHILDREN

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ABSTRACT

Kashyap Samhita described Kaumarbhritya as one of the important branches of Ayurveda. Kaumarbhritya deals with the children diseases. Kaumarbhritya elaborated various principles related to the physical and mental well being of children. Phakka Roga is one of the common diseases occurs in childhood period. Phakka defined as inability of a child to walk even after growing age. The Phakka resembles slothful movement associated with poor physical development & impaired psychomotor changes. Phakka roga are three types; Kshiraja Phakka, Garbhaja Phakka and Vyadhija Phakka. The obstruction in rasa vaha strotasa & nutritional deficiency resulted Phakka Roga. Ayurveda described various lines of treatments for the management of Phakka. This article presented various Ayurveda perspective of Phakka.

KEYWORDS: Ayurveda, Kaumarbhritya, Malnourished, Phakka Roga, Nutritional Deficiency.

INTRODUCTION

Kaumarbhritya has been placed in first position by Kashyapa after understanding the clinical importance of this branch on maintaining the health of the child and society. Kashyapa Samhita is the only authoritative Samhita related to Kaumarbhritya which is unfortunately not available in the fullform. As per definition, main aim of Kaumarbhritya is to maintain optimum growth and development as well as nutrition (Bharana, Poshana) of child. Phakka is a disease characteristically involves walking inability in growing children. Malnourishment leads improper formation of Rasa, Mamsa, Meda and Asthidhatu which may results Phakka. Phakka is a disease classified under Kuposhanajanya Vyadhi. The Nidana factors are; malnutrition, lack of care, Grahani Dosha, Agni Dosha & Bahubhojana.

CLASSIFICATION

Phakka Roga is mainly classified into three groups on the basis of their causes:

- 1) Kshiraja Phakka
- 2) Garbhaja Phakka
- 3) Vyadhija Phakka

KSHIRAJA PHAKKA

**DhatrishlaishmikdugdhatuPakkadugdhetisadnyetaA
tatkhirpobahuvyadhi: karshyatPakkatvamapnuyat
AA** Kashyapa.Sa. chi.17/4

Stanya vitiated with kaphadosha is called Phakka-Dugdha. This Phakka-Dugdha causes obstruction in rasa Vahastrotasa and cause nutritional deficiency in a child resulting in to Kshiraja Phakkaroga.

GARBHAJA PHAKKA

**Garbhinimatruka: kshirprastanyasyavinivartanat |
Kshiyatemriyateva-apisaPakkogarbhapidit:|**
Kashyapa.Sa. chi.17/4

When a nourishing Dhatri/mother becomes pregnant during breast feeding period, milk secretion becomes deficient. So, child becomes lean and weak due to malnourishment gradually after that child gets diseased. This condition is called a Garbhaja Phakka.

VYADHIJA PHAKKA

**Njragantubhishev.....Jwaradhibhi: |
Itetaiya: karanaervidyat Vyadhija Pakkatashisho:|**
Kashyapa.Sa. chi.17/4

In some diseases if proper care and treatment is not provided it leads to emaciation with improper formation of Dhatus (Rasa, Mamsa, Medaand, Asthidhatu). Which leads to severe malnourishment and associated with weak limbs as well as wasting of subcutaneous fat from gluteal region, chest and extremities with increase in frequency of stool and urine, irritability, untrimmed nails and uncleanness of skin. This condition of child is known as Vyadhija Phakka.

PRINCIPLES OF MANAGEMENT

Etiological factors should be avoided because this Nidana Parivarjana has two fold benefits. Being a prophylactic measure, further progression of disease can be halted. The other aspect is in future relapse of the same disease can be prevented. Proper application of Samshodhana (Purification therapy), Samshamana (Conservative therapy), Diet and lifestyle are helpful in preventing, controlling as well as eradicating the condition.

MANAGEMENT OF KSHEERAJ PHAKKA

The condition may occur due to Kaphaja Stanya Sevana which leads Krusha and finally Phakka. The milk medicated with Deepaneeya Dravya help in disease management. Rasna, Madhuka, Punarnava, Ekaparni, Eranda and Shatapushpa also offer relief in disease symptoms.

MANAGEMENT OF GARBHAJ PHAKKA

The condition involve Balshosha in which Shosha leads Kshiraj Phakka, Parigarbhik then Garbhaj Phakka, this condition require use of Agnidipan Chikitsa which help to control Parigarbhik. Dipan and Pachan Dravya Siddha with Vidari, Yava, Godhum & Pippali in Ghrita may be recommended. Anupana rich in milk with honey and sugar help to manage Phakka associated with vitamin deficiency.

MANAGEMENT OF VYADHIJA PHAKKA

Dosh Dushya Samprapti mainly involve in Vyadhij Phakka associated with Nija Roga and Agantuj Roga. The nourishment of tissue decreases due to the Mandagni and Dushta Grahani which further leads Sara Sanhanan deterioration. The treatment approaches involve consideration of Hetu & its management. Consumption of nutritious food, Kshirapeya, Lehya Dravya and Kalpas should be recommended. Samvardhan Ghrita also possesses relief in disease symptoms.

PATHYA

Daily diet should include all components of diet; protein, fat, carbohydrates and minerals. Vihara includes various preventive as well as rehabilitative measures. Effective for both mind and body like Music therapy, Peace of mind, playful activities, active and passive physical exercise.

CONCLUSION

We can say that Phakka Roga is growth and developmental deficiency. It can be co-related with protein energy malnutrition, marasmus, rickets, or chronic malabsorption conditions. Most of the characters are correlating with marasmic child. Kshiraja and Garbhaja Phakka can be classified as acute malnutrition, while Vyadhija Phakka is a state chronic malnutrition with general debility and reversible motor disability owing to malnourish state.

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