



**AUPASARGIKA VYADHI (INFECTIOUS DISEASES) IN CHILDREN AND THEIR
AYURVEDAMANAGEMENT: A REVIEW**

Dr. Sandesh Bhiwaji Lade*¹ and Dr. Amarsinh Prakash Khokle²

¹Assistant Professor, Kaumaryabhritya Department, Jupiter Ayurved College, Shankarpur, Nagpur, India.

²Assistant Professor, Shalyatantra Department, Vijayashree Ayurved College, Jabalpur, MadhyaPradesh, India.

***Corresponding Author: Dr. Sandesh Bhiwaji Lade**

Assistant Professor, Kaumaryabhritya Department, Jupiter Ayurved College, Shankarpur, Nagpur, India.

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ABSTRACT

The childhood age of children in Ayurveda described as *Shishu*, *Bala* or *Kumara Avastha*, this stage characterizes by lack of immunity and high provenances of infectious disease. *Kumara Avastha* is stage of mental and physical development thus special attention require during this phase. The Ayurveda stream of *Kaumarabhrityaka* provides information regarding the pediatric diseases (*Bala Roga*) and their management. The Ayurveda *Kaumarabhritya* described various aspects related to the children health and their nutritional requirements. The *Ksheerada Avastha* also witnesses many pathological conditions due to the vitiation of *Dhatris* and *Stanya*, etc. The vitiation of *Dosh*, *Mala* and *Agni* leads pathological manifestation in *Kumara Avastha*. This stage of age mainly witnessed prevalence of *Aupasargika Vyadhi* (Infectious Diseases). Diminish state of *Vyaadhikshamatva* increases chances of *Aupasargika Vyadhi* in children. Ayurveda advocated many preventive and therapeutic approaches for curing infectious diseases in *Kumara Avastha*.

KEYWORDS: *Ayurveda*, *Vyaadhikshamatva*, *Kumara Avastha*, *Infection*, *Bala Roga*.

INTRODUCTION

Ayurveda as holistic and logical science of traditional medical system described several theories related to the prevalence of diseases and their management. The communicable and non communicable diseases described in Ayurveda on the basis of their mode of transmission.

Communicable diseases described as *Aupasargika Roga* in Ayurveda, such types of disease associated with interactions amongst the agent, host and environment. The immunity of host play vital role in the emergence of infectious diseases. The immunity of children is not strong enough thus they remain susceptible for infections. Ayurveda advocates that contacts with infectious object or infected person; *Prasanga* and *Gatrasansparsha*, etc. spread infections from one to another.^[1-5]

Ayurveda suggested uses of *Rasayana* therapy, *Panchakarma* and avoidance of causative factors, etc. to promote immunity and treating *Aupasargika Roga* in children. Communicable disease affects large number of children world widely and affects growth & development process of children. Vaccination as preventive measure helps to prevent infectious disease in children.

Panchakarma i.e. *Vamana*, *Virechana*, *Vasti* and *Nasya*, etc. along with *Rasayana* therapy helps to improves symptoms of *Jwara* associated with *Aupasargikaroga*. Ayurveda advocates *Langhana*, *Doshawasechana* and natural herbs, etc. for treating *Aupasargikaroga* in children.

The *Janapadodhwansa* affects health of children belonging of specific area depending upon contamination of *Vayu*, *Jala*, *Desha* and *Kala*. *Aupasargikaroga* spread from one to other children via different means. *Kushtha*, *Jwara*, *Shosha* and *Netrabhishyanda* are common examples of *Aupasargikaroga*. The various mode of transmission of *Aupasargikaroga* is depicted in **Figure 1**. The modes of transmission of infection from one to another children includes mutual contact, skin touch, exhaled air, food sharing, sleeping closely together and using things of infected children.^[5-7]



Figure 1: Mode of Transmission of Infections in Children.

These modes of transmission are responsible for diseases like *Kasa*, *Shwasa*, *Pratishyaya*, *Shirahashoola* and *Jwara*, etc. The common infectious disease of children belongs from respiratory category which possesses symptoms of discharge, fever, burning sensation and inflammatory pain, etc.

Ashtanga Hridaya suggests term *Sanchariroga* for diseases which communicate from one to another. Diseases of eye, skin and respiratory infections; cough & cold spread as infectious disease. Low level of immunity in children makes them most susceptible for *Aupasargikaroga*. Thus boosting up immunity is considered as main preventive factor to resist pathogenesis of infections in children.

Role of Vyaadhikshamatva (Immunity)

Vyaadhikshamatva means immunity play important role towards the prevalence of infectious disease. *Vyaadhikshamatva* may be *Sahaja*, *Kalaja* and *Yuktikruta* which can be described as natural immunity, time depended immunity and acquired immunity. Children are not blessed with strong immune power in their early stage, moreover time depended and acquired immunity comes in later stage of life therefore they remain susceptible for common infections.

The strength of *Agni* also contributed towards the *Vyaadhikshamatva* and it is well known that the digestive power in children is not so strong therefore their immunity remains low and develops with the time as they grow. Thus diminish state of *Vyaadhikshamatva* affects susceptibility of children towards the *Aupasargikaroga*. *Kapha* is responsible for *Vyaadhikshamatva* and *Agni* influences *Prakrita Kapha*, the *Mandaagni* (low digestive fire) in children leads

vitiation of *Kapha* followed by lack of *Vyaadhikshamatva* which ultimately increases prevalence of infections in early childhood age.^[6-8]

Ayurveda Management

- ✚ *Shwas kuthar ras*, *Shringi bhasma* and *Talisadi Churna* for *Kasa*.
- ✚ *Krimikuthar rasa* and *Vidanga Churna* for *Antajakrimi*.
- ✚ *Lakshmililas ras* for *Pratishyaya*.
- ✚ *Rasayana* therapy to improve immunity and disease resistance power.
- ✚ Herbs like *Guduchi*, *Shankhpushpi*, *Mandookparni* and *Jyotishmati*, etc. improves immunity and helps to combat against infections since these drugs strengthen *Dhatu*s and *Agni*.
- ✚ *Panchakarma* like *Vamana* therapy eliminate vitiated *Dosha* associated with *Aupasargikaroga* and helps to cure diseases of respiratory infections. *Nasya Karma* relieves congestion of nasal infection, also helps in *Swasa* and *Kasa*.

Role of Specific Herbs in Aupasargikaroga

Haldi contains antioxidants and antimicrobial components therefore impart strong immunomodulatory activity. It boosts immunity in children whenever used with milk and resist chances of flu and cold.

Amla is rich in vitamin C and dietary fibers, it support digestive and metabolic activity therefore strengthen immune power and acts as antioxidant thus prevent oxidative damage in children.

Ginger possesses antiviral and antibacterial properties, it contributed towards the resistance power against the common cold and flu, it strengthens immunity in early growing age.

Tulsi offers several medicinal properties and boost children's immunity especially against the respiratory infection which is very common in growing children. *Tulsi* helps to combat against both bacterial as well as viral infections.

Guduchi is potent immunomodulatory herbs which act against many types of microbes and imparts antipyretic action thus prevent fever associated with microbial infection. *Guduchi* possess antimicrobial action and decoction of *Guduchi* enhances immunity against *Aupasargikaroga*.

Role of Ayurveda Formulations in Aupasargikaroga

Balakaalpam is tonic used for children; it promotes digestive strength and maintain good health status of child. *Balakaalpam* improves digestion thus boost immunity and prevent illnesses associated with microbial infections. It cure intestinal infections and stomach discomfort, etc.

Amrutharishtam provide strength to combat against

seasonal cold & cough, which is very common in *Kumara Avastha*. *Amrutharishitam* helps to control high temperature in children and relieves weakness associated with fever and infections. This drug control runny noses and respiratory infections mainly associated with seasonal variation.

Chyavanprash is traditional Ayurvedic formula which used to maintain health of children. *Chyavanprash* is nutrient-rich acts as strong rejuvenative agent and bolstering the immune system of child. It helps to improve resistance power against the common infections of children especially respiratory problems.^[8-10]

CONCLUSION

The childhood age is very prone to infectious disease due to the lack of strong immune power and low level of digestive fire (*Agni*). *Kumara Avastha* is stage of development thus special nutritional requirement is prerequisite during this phase, the lack of nutritional diet and awful daily regimen leads high prevalence of *Aupasargikaroga* in children. The vitiation of *Dhatri*, *Stanya*, *Dosha*, *Mala* and *Agni* leads pathological manifestation in *Kumara Avastha*. The *Aupasargika Vyadhi* (infectious diseases) are very common in children due to the diminish state of *Vyaadhikshamatva*. The common symptoms of infectious diseases in children are fever, cough, headache, pain and anorexia, etc. Ayurveda advocated many preventive and therapeutic approaches for curing infectious diseases in *Kumara Avastha*. *Rasayana* as rejuvenation technique acts as immunity-boosting therapy and improves strength against the infections in children. The Ayurveda herbs, formulations and *Panchakarma* therapy, etc. offers good immunity, strength and longevity thus can be used effectively to prevent and treat infectious diseases of children.

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