



PREVENTIVE AND CURATIVE APPROACH OF RECURRENT RESPIRATORY INFECTION IN CHILDREN

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ABSTRACT

The aim of *Ayurveda* is prevention of disease and maintenance of health. According to *Ayurveda* all kinds of diseases are treated by *Nidanaparivarjana*. It is one of the best protective feature of *Ayurveda*, Which aids in prevention of disease in pediatric age. The recurrent respiratory tract infection is common problem in pediatric practice. parental concern around recurrent respiratory infections contribute significant towards doctor visit. The prevalence of respiratory tract infections in children accounts for around 30% Which itself shows the need for work in this system of body. The important cause of death of children below 5 years of age is pneumonia causing 18% of deaths below 5 years of age, also the morbidity of respiratory illnesses is grossly 70%. *Ayurvedic* management proved to be beneficial in recurrent respiratory illness.

KEYWORDS: Recurrent respiratory tract illness, *Nidanaparivarjana*, Pneumonia, *Ayurvedic regimen*.

INTRODUCTION

The aim of *Ayurveda* is to provide better health to every human being. It emphasis the importance of preventive medicine along with curative procedure to give a holistic approach towards healthy living. Children usually suffer a lot when it comes to respiratory ailments, around 1/3rd children die in our country due to respiratory illnesses, so their management needs a different approach together. According to WHO data, any child under 5 years of age could present with 4 to 8 episodes of respiratory infections per year affecting mainly lower respiratory system. Respiratory infections are considered as recurrent from three episodes of acute infections during a six month period. Respiratory illness like common cold, difficulty in breathing, cough, wheezing is most commonly present in children. It occurs because of airway inflammation & child airway are small and narrow, making it easy for them to fill & get blocked with mucus. Respiratory system considered as the prime victim of hypersensitization in most of circumstances. Thus, respiratory tract illness accounts to about more than 50% of patients attending paediatric OPD. available treatment like mucolytic, expectorant, bronchodilators and now the use of inhaler cannot completely cure can cause many health hazards. Therefore, the study was planned to make available an effective *Ayurvedic regimen* with more targets and less side effects.

AIMS

Preventive and Curative approach of recurrent respiratory tract infection in children.

OBJECTIVES

1. To study the efficacy of *Ayurvedic regimen* in the prevention of recurrent respiratory illness in children.
2. To study the course of illness of recurrent respiratory illness in children.
3. To prepare an *Ayurvedic* lines of treatment according to *samprapti of disease*.

CONCEPTUAL STUDY

Recurrence of respiratory infections during first year of life has an impact on Broncho- alveolar as well as the vascular development of the lungs. This could lead to average and long term after effects. Sometimes the type or severity of infections, family history or physical examination provides a clue that the immunity system not functioning properly in the children. Some factors such as atopy or asthma. gastroesophageal reflux and structural anatomic factors contribute to the risk for infection during childhood.

Airway obstruction is caused by mainly-

1. Oedema and inflammation of membrane lining the airways.

- Excessive secretion of mucus, inflammatory cells and cellular debris.
- Spasm of smooth muscle of bronchi.

Assessment criteria and observation- Cough gradation

G0	No cough
G1	Occasional
G2	Frequent
G3	Cough disturbing daily activities.

Wheezes

Lobes	Monophonic	Polyphonic
Rt.		
Lt.		

Cpreitation

1) fine

2) Coarse

#SELF DEVELOPED DIAGNOSTIC CRITERIA

- Seasonal aggravation ..++
- Aggravation by specific food ..++++ TOTAL SCORE= /24 (Dalda, cold, sour, fried articals) MILD<8
- H/o parental allergy (H1, H2)..++++ MODERATE 8-16
- H/o Asthama or allergy in Grand parents: ++ SEVERE >16
- Inadequate wt. gain or/and prematurity ..++
- Repeated medications..++
- H/o nebulization / Inhalation..++++
- Proved investigations (Ig, IgE, Allergic tests.)..++++

#Ayurvedic protocol used- DOSE

Dose should be calculated by Young's Formula- Young's Formula = (Age in year/ Age + 12) X Adult dose

AGE	SITOPLADI OR TALISADI CHURN	ABHRAK BHASM	SWASKASCHINTAMANI OR SWASKUTHAR RAS	DURATION	ANUPAN
2-4 YR	9-15.7gm	1.5-2.6 gm	3-5 vati	All 21 Days 1 Cycle	Madhu,
5-7 YR	18.5-23gm	3-4 gm	6-8 vati	2 nd After 7 Days gap	Luke warm water
8-10 YR	25-29 gm	4.2 -5 gm	9-10 vati		
11-14YR	31-35 gm	5.3-6 gm	11-14 vati		
14-17 YR	37-41 gm	6.4-7 gm	14-17 vati		

RESULTS AND DISCUSSION

Ayurvedic regimen is combination of drug which contain *Sitopladi churn*, *Abhrak bhasm*, *Laxmivilas ras*, *Shwaskuthar ras*, *Shwaskaschintamani rasa*.

Sitopladi churn is one of the most widely used Ayurvedic herbal medicine for respiratory diseases. The medicinal properties which are helpful in RRI are Antitussive, Immunomodulatory, Anti-inflammatory, Antimicrobial, Bronchodilatorsetc. Antihistaminic and Anti-inflammatory activity has been proved which is helpful in treatment of recurrent respiratory illness.

Abhrak bhasm has following medicinal properties which are helpful in RRI, for example Antinflammtoy, cardiotoxic, powerful cellular regenerator, energy booster, immunomodulator, etc.

Shwaskaschintamani Rasa is *suvarnkalp* with *kaphaghna*, *shwasghna* and *rasyan* action especially beneficial in *shwasa* and *kasa*. Being *pranavaha strotas balya* it gives strength to respiratory tract and increase immunity as well. Its effect on *tridosha* is that, it balances *Vata* and *Kapha*.

CONCLUSION

Ayurvedic vichar in recurrent respiratory illnesses, *Kapha dushti* and *Dhatu kshaya* in recurrent respiratory

illness is the prime thought which should be considered while treating the patient and proper *Ayurvedic* interventions should be administered. Patient had significant relief recurrent episodes of respiratory illness by given *Ayurvedic regimen*. Thus *Ayurvedic Regimen* is beneficial in prevention and management of recurrent respiratory illness.

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