

AN AYURVEDIC REVIEW OF PHAKKA ROGA WITH SPECIAL REFERENCE TO DELAYED MILESTONES

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ABSTARCT

Kashyap Samhita is one of the most ancient compilation of *Acharya Kashyapa* related to care of the children. *Phakka Roga* is one of the most important contribution of *Acharya Kashyapa* related to delayed milestones in gross motor aspects of growing child. Growth and development of child always depend upon the prenatal, natal, postnatal, socioeconomic and environmental factors. Depending upon the etiology *Phakka Roga* is divided in 3 types viz. *Ksheeraj Phakka*, *Garbhaj Phakka*, *Vyadhij Phakka*. Deficiency of adequate micro and macro nutrients and *samskar* (optimal development) in prenatal, natal and poastnatal period will alter the growth of child's physical, mental, emotional, spiritual phenomenon. The milk and well developed thoughts fed by mother is the primary source of nourishment and satiety to baby in early period of his development. So mother's health, socioeconomic status, environmental factors and abnormal secondary factors contribute to play a vital role as these factors affects the optimal growth and development of children.

KEYWORDS: *Kashyapa Samhita*, *Phakka Roga*, Growth and development, Delayed milestones.

INTRODUCTION

The word *phakka* is derived from '*phaka*' *dhatu* which means run down the condition of the body. After detailed studies, it is found that *Phakka* can be considered as symptom found in many diseases rather than a disease.

'*Balah samvatsara (pannah) padabhyam yo na gachchhati / Sa phakka iti vigeayah...*'^[1]

If a child does not walk on feet after attaining one year then this can be known as '*Phakka Roga*'. According to modern science, the child bears almost all of his weight after six months of age. The child begins to stand with support of furniture and pulls himself at nine months of age. The child can stand independently at the age of one year. The child can walk independently in between thirteen to fifteen months of age.^[2] Matured gross motor milestones helps in proper locomotion and body control which ultimately depends upon integrity of muscular, skeletal and central nervous system.^[3] There is delayed milestone of gross motor in *Phakka Roga*. *Phakka Roga* mainly classified into three groups on the basis of their causes as follows.

1. *Ksheeraj Phakka*
2. *Garbhaj Phakka*
3. *Vyadhij Phakka*.

Ksheeraj Phakka

'*Dhatri shlaishmikdugdha tu phakkadugdheti sadnyeta/*

Tatskheerapo bahuvyadhihi karshyat phakkatvamapnuyat ||^[4]

Stanya vitiated with *kaphadosha* is called *PhakkaDugdha*. This *phakka dugdha* causes obstruction in *rasavaha strotas* and cause nutritional deficiency in a child resulting into *Ksheeraj Phakka*.

Garbhaj Phakka

'*Garbhinimatrukaha kshipram stanyasya vinivartanat / Ksheeyate mriyate va-api sa phakko garbhapiditah ||*^[5]

When nourishing *Dhatri* conceives during breast feeding period, deficient milk secretion results. The maternal hormones secreted during this period is harmful to infant. This affects the *jatharagni* of infant leads to G.I. intolerance. There by the child gets emaciated due to malnourishment and even he/she may dies. This condition is known as *Garbhaj Phakka*.

Vyadhij Phakka

Nijairagantubhischev.....ro jwaradhibhihi / Ityetaiha karanairvidyadyadhijam phakkatam shishoha ||^[6]

In diseased condition if management and proper care as well as subsequent follow up is not provided it leads to emaciation with improper formation of *dhatu*s (*Rasa, mamsa, meda, and asthidhatu*), which may ultimately leads to severe malnourishment associated with weak

limbs and decrease in subcutaneous fat from gluteal, chest, extremities and buccal region with increase in frequency to stool and urine. Also associated with irritability, psychomotor retardation, untrimmed nails, lack of hygiene due to poor socioeconomic status is known as *Vyadhij Phakka*. It refers to growth and developmental deficiency. This can be correlated with protein energy malnutrition, marasmus, rickets, chronic malabsorption etc. *Ksheeraj* and *Garbhaj Phakka* comes in acute phase of malnutrition.

Management of Phakka Roga

Acharya Kashyapa has told some principles of management of *Phakka Roga*. There is more vitiated condition of *kaphadosha* in *balyavastha*. So child is more prone to *kaphaj vikara*. Following are some treatment perspectives told by *Acharya Kashyapa*.

Bastayah snehapanani swedaachhauwartanani cha /
Vaatrogeshu balanam sansrushteshu visheshatah ^[17]

Kalyanakam pibet phakkaha shatpalam va yatha
amrutam /
Saptaratrat param chainam trivrutaksheeren
shodhayet||

Shuddhakoshtastataha phakkaha.....||
Na tu brahmighritam.....||^[8]

Ksheeraj Phakka

The whole treatment can be broadly classified into 2 parts.

1. For *Dhatri*
2. For Child

For Dhatri

In *Dhatristanya* vitiated with *kaphadosha*, *Acharya Kashyapa* explains the severity of vitiation of *stanya* and stated that *samprapti* due to *sannipataja dushti*, results in child with the symptoms of *jadatva*, *mukatva* and *pangutva* which is synonymous with the growth and motor retardation.

In the etiopathogenesis of *phakka*, *agnimandya* due to *dushtastanya*, *stanyaabhav* as well as *vyadhi* leads to inappropriate *dhatunirmitti* especially *rasa*, *mamsa*, *meda*, and *asthidhatu*, so treatment should be aimed at *prakruta rasa nirman* with the augmentation of *agni* by *mridushodhan* followed by *deepen*, *pachan*, *balya* and *bruhan* therapy.

This etiopathogenesis can be controlled by two upakrama. In *Ksheerajphakka*, *shodhanupkram* done to the *dhatri* having *kaphajstanya*. According to *Vagbhatacharya tikshna shodhan* with *vamandravya* like *vacha*, *sarshapa*, *pippali*. After *vaman*, *samsarjana karma* should be followed. For shaman internally *deepana* and *pachana dravya* like *vacha*, *ativisha*, *panchmula*, *ganakwath* should be given. Then *nasya*, *dhum*, *gandush*, *pradeha*, *parisheka* and *kaphashamakahara* indicated.

2. For child

As per *Acharya Kashyapa*, in child *bahya snehan* can be done with *Raj taila* and *abhyantar snehan* with *amruta ghrita*, *kalyanak ghrita*, *shatpal ghrita*, *brahmi ghrita* for seven days internally. This is followed by *virechana* carried out with *trivrutta ksheeram basti*.

In *shaman chikitsa* we can give *deepana dravyas* like *raasna*, *madhuka*, *sidhha ghrita* and then *pachanchikitsa*. For *strotoshodhan* milk mixed with *gomutra* for *paan* is given. Then *bruhan dravyas* including *mamsa rasa* and *kshira siddha* with *raasnamadhu*, *shatpushpa*, *ekparni* are indicated.

Garbhaj phakka

In this type it closely resembles with *balshosha*, *Parigarbhik* described by *Acharya Vagbhat*. This relationship can be explained on the basis of stages. In initial stages *shosha* leads to *ksheerajphakka*, *Parigarbhik* then *garbhajphakka*. For *Garbhajphakka* we should treat *parigarbhik*. The ideal treatment for *Parigarbhik* is *agnideeepan*. We can use *dipan* and *pachan dravya* which includes nutritious food *siddha* with *vidari*, *yava*, *godhum*, *pippali* with sufficient *ghrita*. Then *anupan* rich in milk mixed with honey and sugar should be given. This all nutritious food covers the proximate principles of food.

Vyadhij Phakka

In *Vyadhij phakka* a main cause is *dosh dushya samprapti* due to *nij* and *aagantuja roga*. Due to *mandagni* and *dushtagrahani*, the nutritive material is deficient enough to nourish the tissue. Because of this, disordered *grahani*, *sarasamhanan* of body get deteriorated. These all symptoms seen in accordance with related disease. For *Vyadhij phakka* the treatment should be classified on *hetu's*. The treatment should include *swalpaahara* i.e proper quantity of nutritious food including *ksheerpeya*. For the strength of *agni*, various *lehyadravya* and *kalpas* of highly nutritious value of both animal and vegetable origin should be internally given to child as described by *Acharya Kashyapa*.

Bahya Chikitsa

Abhyanga (oil for massage) with *raj taila* made up of *eranda*, *shaliparni*, *bilva*. This *taila* can be given internally too. Oil *siddha* with *mansa*, *yusha* are also helpful. As per the experience of *vaidyas*, *sudhavarga aushadhi dravyas* are also useful for the nourishment of *asthivaha strotas*. *Samvardhana ghrita* described in *lehanaadhyaya* is successfully practiced in developmental disorders is of high therapeutic value.

Physiotherapy

For disabled child, *phakkaratha* has been advocated which is specifically made by skilled and technical person should be manufactured in order to support disabled child keeping resemblance with modern physiotherapy.

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