

## ADOLESCENCE CARE WITH SPECIAL REFERENCE TO BALOPACHARAM

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**ABSTRACT**

Adolescents are like 'butterflies'. They go through a transition period that is full of potential, yet they are so fragile. Adolescents refers to age group between 10-19 years which comprise approximately 1/5th of our total population and assume a dominant influence on our society. Adolescence is the age of major physical, intellectual and emotional growth. Adolescence is one of the most rapid phase of human development and transitional phase of growth and development between childhood and adulthood. This journey to adulthood contains both opportunities and dangers. Children becomes adults, leave home, and become independent. Because these changes happen so fast, this time is often difficult both for teenager and parent. The negligence in this period may give rise to the many problems. Regarding to health and fertility so the proper care is essential. *Pitta Dosha*, which has dominance in adolescent stage of life, is associated with transformation, heat and metabolism. *Manas Bhavas* of children plays important role in adolescent stage. During this phase *Ayurvedic Rasayana Chikitsa* has wonderful effects on adolescence health.

**KEYWORDS:** Adolescent, Development, *Pitta Dosha*, *Manas Bhava*, *Rasayana Chikitsa*.**INTRODUCTION**

*Balopacharam* is considered as treatment of child which is included under specific age limit. According to Ayurveda the age limit for '*Balyavastha*' varies as per various *Acharyas*. According to *Kashyapa Samhita*, the child which comes under age limit of 1 to 16 years is considered under '*Kaumara*' stage. According to *Acharya Charaka* '*Balyavastha*' is divided into two phases first was '*Aparipakwadhatu awastha*' between 1 to 16 years and second was '*Vivardhmandhatu awastha*' between 17 to 30 years. According to *Acharya Sushruta* '*Bala*' up to 1 year is considered as '*Ksheerapa*', from 1 to 2 years is called '*Ksheerannada*', and from 2 to 16 years is called '*Annada*'.

The exact term for adolescent period is not found in *Ayurvedic* classics. According to description given by various *Acharyas* on '*Balyavastha*', the period of adolescence can be considered as last stage of '*Balyavastha*'.

Adolescence is a period of transition from childhood to adulthood with many physical, physiological, and psychological changes. Adolescents constitute approximately 23% of Indian population. This journey to adulthood contains both opportunities and dangers.

Children becomes adults, leave home, and become independent. Because these changes happen so fast, this

time is often difficult both for teenager and parent. So, special care of an adolescent is most important in this stage. Proper physical and mental development of an adolescent is important. *Manas bhavas* of adolescent child plays important role in developing bright future of that child and also society. Various *Rasayana kalpas* were explained in *Ayurvedic* classic for proper physical and mental growth of children. Yoga explained in *Ayurvedic* classic plays important role in physical and mental development of child. *Aachar rasayana* and *Sadvritta palana* in day to day life improves quality of life. So, in adolescent period child has to be encouraged to follow rules of *Aachar rasayana* and *Sadvritta palana*.

**MATERIAL AND METHODS**

The information is collected from Google, Medline, various Journals, Articles, Websites, Research papers, Dissertations and Thesis from different Institutes. The Reference and textbooks on pediatrics and latest WHO guidelines, *Ayurved samhitas* and related texts.

**ADOLESCENCE****Phases of Adolescence**

Adolescents refers to individual between the ages of 10-19 years which may be arbitrarily divided into 3 phases-  
Early adolescence- 10-13 years  
Mid adolescence- 14-16 years  
Late adolescence- 17 years and beyond.

Early adolescence is a period of rapid physical and sexual growth. Mid adolescence is stage of relative slowing of growth spurt but intense emotional changes to

develop self-identity. Late adolescence is stage of completion of physical growth and psychosocial stabilization.

### Linear growth spurt in adolescence

	Male	Female
Age of onset	11 year	9 year
Age of PHV	14 year	12 year
Age of completion	18 year	15 year
Total height gain	28 cm	26 cm
Maximum PHV(per year)	10.5 cm	9 cm
*PHV- peak height velocity.		

### Common health problems in adolescence

#### 1) Developmental disorders

Delayed/precocious puberty  
Short/tall stature

#### 2) Physical disorders

Physiological Obesity  
Nutrition: Undernutrition, anemia, goiter.  
Skin: Acne, Hirsutism.  
Orthopedic: Sports injuries.  
Systemic: Asthma, Hypertension, Diabetes.  
Accidents

#### 3) Breast problems

Physiological asymmetry  
Delayed or premature thelarche  
Gynecomastia  
Breast masses or hypertrophy  
Nipple discharge  
Missed congenital anomalies

#### 4) Menstrual problems

Physiological irregularities  
Delayed/premature menarche  
Ammenorrhea/dysmenorrhea  
Abnormal or dysfunctional uterine bleeding

#### 5) Urogenital problems

Physiological variations  
Leucorrhoea  
Perineal or peri-genital infections  
Sexually transmitted diseases  
Urinary tract infections  
Missed congenital anomalies

#### 6) Psychosocial or Emotional disorders

Adaptive: Depression, suicide, delinquency  
Somatic: Anorexia nervosa, bulimia, hysteria  
Psychosexual: Masturbation  
Social: Substance abuse, teen pregnancy.

### AYURVEDIC REVIEW IN ADOLESCENCE CARE

The period of adolescence can be considered as last stage of 'balyavastha' as per Ayurvedic classics. In early stage of balyavastha there is predominance of *Kapha dosha* and in last stage there is less *Kapha* and more *Pitta* predominance. *Pitta dosha* governs this stage of life and

it is associated with transformation, heat and metabolism. *Pitta dosha* has transforming power. To utilize transforming power and balance *pitta*, teenagers should eat cooling and nutritious foods. As children are backbone of our society, they have to be healthy enough and mentally stable for bright future of society. Adolescence stage is first step of child from childhood to adulthood. This is time to start building the foundation for healthy tissues. If teens eat healthy nutritious food, it will quickly turn into healthy cells and tissues.

In *Ayurveda* classics, importance of *Rasayana* is given in the way that it helps in boosting memory, increases life time and helps a person to look younger, beautiful, and healthy. In some *Ayurvedic* texts there are some *Rasayana Kalpas* which helps in development of cells and tissues. In *Ayurveda* classics, importance of *Rasayana* is given in the way that it helps in boosting memory, increases life time and helps a person to look younger, beautiful, and healthy. Such as *Chyavanprasha kalpa*. *Chyavanprasha rasayana* is so useful in this stage of life. In text of importance of *Chyavanprasha rasayana* it is given that it helps in *Angawardhana* of *Bala*. *Chyavanprasha* is a strong rejuvenative, which supports the physiology of childhood and also boosters the immune system. Stir *Chyavanprasha* in a warm milk or warm water to drink. It can be taken 1 teaspoonful one to three times per day. This can be beneficial during *Kapha* season (winter and early spring), times of transition and whenever a child is experiencing an acute *Kapha* imbalance. In *Rasayana Adhyaya* of *Charaka Samhita* 4 *Medhya Rasayanas* were explained. They are as per below-

- 1) *Mandukparni swarasa*
- 2) *Yashtimadhu churna*
- 3) *Guduchi swarasa*
- 4) *Shankhapushpi kalka*

Uses of these 4 *Rasayanas* are such that, it increases *Bala*, increases *Agni*, increases *swara*, improves *Varna*, increases *Ayu*.

In *Unmad Chikitsa Adhyaya* of *Charaka Samhita* '*Mahapaishachik Ghruta*' was explained. It helps in boosting memory, and helps in *Angawardhan* of *Bala*. In *Ayurveda* classics *Achar rasayana* and *Sadvritta palan* was explained. They are so important as per mental and

physical health of child. *Ayurveda* also recommends moderate exercise. In addition to boosting circulation and metabolism, exercise enhances immunity and endurance. *Yoga asanas* are ideal, because they not only tone the muscles but stimulate the functioning of internal organs. It also helps in mental development of child.

In adolescence age various hormonal changes takes place that influence both body and mind. After those sudden changes of temperament of child takes place. Proper care and counseling needed otherwise they may suffer from many psychological problems (*manas roga*) like depression, anxiety etc. According to *Ayurvedic* philosophy, *Manas roga* are born out of disturbance in *Satva*, one of the *Trigunas*. *Satva* if covered by *Rajas* or *Tamas*, losses its predominance and manifestations are evident from depression, anxiety neurosis, stress and schizophrenia etc. Meditation is ideal method for maintenance of *Satva guna* and also help in preventing it from get covered by *Rajas* and *Tamas*.

### DISCUSSION

In adolescence stage so many physical and mental changes occur in children. Because of this changes a child can be become unstable. SO, stability in his life is so important. *Ayurveda* has most of the remedies for this in the form of various *Rasayana kalpas*, *Yoga asanas*, meditation, *Sadvritta palan* etc. By encouraging child to follow these things in day to day life, we can get a physically and mentally healthy future citizen of our society.

### CONCLUSION

We can conclude that adolescent stage is a stage in various physical and mental changes occurs in a child. It's a very huge task of parents as well as pediatrician to counsel the child in this phase and describe them that those changes which occurring in them are normal. Otherwise they may suffer from many psychological problems like depression, anxiety, loss of concentration, lack of confidence etc.

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