

ROLE OF LAGHUPANCHAMULA SIDHHA DUGDHA IN WEIGHT GAIN IN PEDIATRIC
AGE GROUP: A CASE REPORTVd. Pratik P. Patil^{1*} and Vd. Vipul Dixit²¹MD Scholar, Dept. of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital Hirawadi, Nashik, Maharashtra India.²Associate Professor, Dept. of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital Hirawadi, Nashik, Maharashtra India.***Corresponding Author: Vd. Pratik P. Patil**

MD Scholar, Dept. of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital Hirawadi, Nashik, Maharashtra India.

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ABSTRACT

Krushata or *Karshya* is a disease entity or a condition in which there occurs emaciation to the body of a person, with less quantity of *Rasa Dhatu*, further resulting in *Karshya* can be seen as a separate disease and also as a *Karshya* will be presenting with typical features of *Asthi Shesho*, *Sthoola Parva*. *Karshya* can be taken as mild to moderate form of malnutrition. Malnutrition is a global problem, having adverse effects on the survival, health performance and progress of population groups. Malnutrition can be both over and undernutrition South Asia, where India is also included is well known for the highest prevalence of underweight children. Under weight is one among the major cause of morbidity and mortality in childhood Nutritious food and implementation of balanced diet for children in the most essential period of their life, growing phase will keep them safe and healthy. A 2-Month-old female Baby was come in OPD of the In-Patient Department of Kaumarbhritya, with complaints of not gaining weight appropriate for age and associated with less Production of Milk from mother since last 1 months. This condition can be understood as *Stanya-Abhav* in Mother. then given *Laghupanchamula Sidhha Dugdha* for weight gain.

KEYWORDS: *Karshya*, *Stanya-Abhav*, *Laghupanchamula Sidhha Dugdha*.**INTRODUCTION**

Ayurveda, the *Vedic* science deals with preventive & curative measures which promote a healthy long life. *Kaumarabhritya*, one of the branches of *Ashtanga Ayurveda* deals with complete nutrition as well as the health of child.^[1] Growth is a fundamental character & an indicator of optimum health of child.^[2] Undernutrition is one of the most widespread health & nutrition problems. It causes disease & disability in children that prevents them from reaching full intellectual & productive potential.^[3] A silent and largely invisible emergency. It has a role in more than half of the nearly 11 million deaths in each year among children under five.^[4]

Karshya is an *Apatarpanjanyavyadhi*. It is included in the *Ashtaninditiya Adhyay*.^[5] It is caused due to *Upashoshit Rasa Dhatu*. It is also called as *Rasadoshaj Vikar*.^[6] *Karshya* is a feature of *Vatavrudhi*. There is insufficient production of *Rasa Dhatu* along with other leads to decrease in the body strength (*Balhani*) and causes *Vataroga*. A condition or disease in which the body of a person becomes emaciated, having less quantity of *Rasa Dhatu* causing further status of *Mamsahinata* or *Mamsakshay*. *Acharya Dalhana* has

explained the *Atikarshya* as it's literally meaning is reduction in *Upachaya*, *Rupa* and *Bala*.^[7]

The diet modification is the only way to manage underweight children. Our *Acharyas* have stressed the properties of drugs possessing *Deepana*, *Pachana* & *Vatanulomana* as per the treatment & also explained various medical formulations possessing the same properties which improve the appetite, proper digestion & assimilation of the ingested food in the children thereby balancing the nutritional requirements, immunity thus enhancing the overall health. *Ayurveda* put forth the measures to improve the *Vyadhikshamatawa* like *Rasayana*, *Lehana*, *Stanya*, *Samskaras*, *Jeevaniya*, *Balya*, *Vayastapana*, *Hitahara Upayoga*, *Deepana*, *Pachana* drugs.

CASE HISTORY

A 2-months-old female baby was brought to the Out Patient Department of *Kaumarabhritya*, by her parents with complaints of not gaining weight appropriate for age and associated with less Production of Milk from mother since last 1 months. This condition can be understood as *Stanya-Abhav* in Mother.

HISTORY OF PRESENT ILLNESS

This child was born by Full term normal vaginal delivery. Baby cried immediately after birth. Birth weight was 2.55 kg. No history of any NICU stay and no any obvious congenital anomalies were there. Regularly immunized till date. The child was apparently healthy 1 Months back. After completing two months of age, the mother produces less Milk it causes, compared to other children, she is not gaining proper weight. Day by day, her interest towards breast feeding has reduced. Then, they have decided to bring the child for a better evaluation and management in Department of Kaumarbhritya in our college.

Table 2: Assessment of general condition of the child.

Bowel	Altered
Appetite	Slightly reduced
Micturition	Regular
Sleep	Sound

Birth history**1. Antenatal**

Iron and folic acid received

No H/O Oligohydromnios/ Polyhydromnios/ PTH/HTN

USG- 2 done (normal)

2. Perinatal

Full term normal vaginal delivery, cried immediate after Birth, birth wt-2.55 kg

3. Postnatal

No H/o NICU admission, seizure or jaundice.

Immunization

Given as per schedule.

General examination

P- 101/min

RR- 26/min

T- Afebrile

Systemic examination

RS- AE=BE, clear

CVS- S1, S 2

CNS- conscious, oriented

P/A- soft, non-tender

Management: Laghu-Panchamula Sidhha Kshira^[8]

- Drug: Laghu-Panchamula Sidhha Kshira

- Matra:

for age 2 months to 4 months: 120 ml every 4hourly

for age 4 months to 6 months: 150 ml every 4hourly

for age 6 months to 8 months: 180 ml every 4hourly

- Duration: 6 months

Table 1: Latin Name, Family and Part use in of Dravya in Laghu-Panchamula Sidhha Kshira.

No.	Drug	Latin Name	Family
1.	<i>Kantakari</i>	Solanum Xantocarpum	Solanaceae
2.	<i>Bruhati</i>	Solanum Indicum	Solanaceae
3.	<i>Shalparni</i>	Desmodium Gangeticum	Leguminosae
4	<i>Prushnaparni</i>	Uraria Picta	Leguminosae
5	<i>Gokshur</i>	Tribulus Terrestris	Zygophyllaceae
6	<i>Godugdha</i>		

Table 2: Rasa, Virya, Vipaka, Doshagnata and Karma of Dravya in Laghu-Panchamula Sidhha Kshira.

No.	Drug	Rasa	Virya	Vipaka	Guna	Doshghnata	Karma
1.	Kantakari ^[9]	Katu, Tikta	Ushna	Katu	Laghu Ruksha, Tikshna	Kaphaghna	Kasahar Dipan, Kaphahar, Pachan, Vatahar, Shwashara
2.	Bruhati ^[10]	Katu, Tika	Ushna	Katu	Laghu, Ruksha	Kaphvatghna	Pachan, Grahi
3.	Shaliparni ^[11]	Madhur, Tikta	Ushna	Madhur	Snigdha, Guru	Tridoshghna	Rasayan, Bruhan
4	Prushnaparni ^[12]	Madhur Tikta	Ushna	Madhur	Laghu, Snigdha	Tridoshghna	Vrushya, Dipana
5	Gokshur ^[13]	Madhur	Sheeta	Madhur	Guru, Snigdha	Tridoshghna	Dipana, Vrushya
6	Godugdha ^[14]	Madhur	Sheeta	Madhur	Guru, Snigdha	Tridoshghna	Ojovardhak Rasayana, Jivniya

Table No. 3: Showing Observation and results in Symptoms.

Symptoms	Gradation	Grade	BT	AT
Balak (Mala Pariksha)	Prakruta	0	2	0
	Dravamala	1		
	Malabaddhata	2		
Sharir Bhar Vridhhi baby average weight gain	Prakrut (140-180 gms/week)	0	2	0
	Hras (100-120 gms/week)	1		
	Adhik Hras (80-100 gms/week)	2		
Rodan (Cry)	Occasional Cry and Stop After Feeding	0	2	0
	Frequent Cry and Stop After Feeding	1		

	Frequent Cry and Doesn't Stop After Feeding	2		
Nidra (Sleep)	Prakrut	0	1	0
	Khandit	1		
	Anidra	2		

Table No. 4 Showing Observation and results in Anthropometry.

S.N	Anthropometry	BT	AT
1	Weight	2.5 kg	5 kg
2	Height	53 cm	61 cm
3	Head Circumference	36 cm	41 cm
4	Chest Circumference	37 cm	41 cm

DISCUSSION

In this particular case, due to lack of Mother milk a two-month-old baby showed signs such as reduced interest in breastfeeding, decreased appetite, and inadequate weight gain for the past month. From an Ayurvedic perspective, this can be identified as "*Karshya*," which is believed to result from prolonged *Agnimandya*. *Karshya's* prominent feature, *Mamsa Kshaya*, was observed in the child, particularly in the areas of the thighs, abdomen, and neck, displaying dryness. This *Mamsa Kshaya* with dryness is attributed to an increase in the *Ruksha Guna* of *Vyana Vata*. Other *Karshya* symptoms like dry skin and bone depletion represent an increase in the *Ruksha Guna* in the skin (*Twak*) leading to *Twak-gata Vata* and in the bones (*Asthi*) where *Mamsa Kshaya* is evident.

The primary cause of *Karshya* is traced back to *Agnimandya*, primarily in the *Koshta* (digestive system), followed by the *Rasa Dhatu*. *Agnimandya* in the *Koshta* leads to *Ama* formation, causing aversion to food. *Agnimandya* at the *Rasa Dhatu* level results in an increase in *Rasa Dhatu* and a decrease in its nourishing portion, leading to depletion of subsequent tissues from *Rasa* to *Mamsa*. The treatment approach focused on *Ama* digestion followed by *Agni* enhancement at the *Koshta* and *Dhatu* levels. As per Ayurvedic principles, "*Brimhyasthu Mridu Langhayet*," the treatment employed was *Brimhana* (nutritive), using *Laghu Panchamoola Siddha Dugdha* (a special medicated milk) at a dosage of 120 ml to 180 ml according to growth, 3-4 times daily for the next 6 months. As shown in Table No. 2 The ingredients in this formulation, such as *Godugdha*, *Shalparni*, *Prushnaparni*, and *Gokshur*, possess nourishing properties like *Madhur Rasa*, *Madhur Vipak*, *Shit Virya* of *Godugdha* and *Gokshur*, these *Dravya* also possess *Snigdha* and *Guru Guna* which are *Bruhan* in nature but in *Balyavstha* there was *Kaphavashta* to counter these *Snigdha* and *Guru Guna Bruhati* and *Kantkari Dravya* from *Laghupanchamula* have *Ushna Virya* and *Laghu Guna*, these *Ushan Laghu Guna* and *Katu* and *Tikta Rasa* helps in *Agnidipana* in baby, hence all over this *Laghu-Panchamula Sidhha Dugdha* helps in *Bruhan* and weight gain in baby.

CONCLUSION

The treatment protocol of Underweight baby in case of lack of breast feeding like *Laghu-Panchamoola Sidhha*

Dugdha as Bruhana was adopted in the present case. The treatments were mainly focussed on improving the *Agni* at the level of *Koshta*, *Rasa*, *Rakta* and *Mamsa Dhatu* level. There were significant changes in various parameters including body weight, bowel status, generalized weakness (Table No. 3 & 4) etc after 6 months of treatment.

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