

PANCHKARMA IN KAUMARBHRITYA

Dr. Varsha Deshmukh^{1*} and Dr. Rahul Pawade²^{1,2}Assistant Professor Bhimashankar Ayurved College, Manchar, Pune.

*Corresponding Author: Dr. Varsha Deshmukh

Assistant Professor Bhimashankar Ayurved College, Manchar, Pune.

Article Received on 23/07/2024

Article Revised on 12/08/2024

Article Accepted on 01/09/2024

ABSTRACT

Ayurveda is the science of life in which treatment is branched into two namely shodhana chikitsa (detoxification therapy) and shaman chikitsa (curative therapy). Shaman therapy includes deepan (apetizer), pachana (digestive) etc. and shodhana therapy includes panchakarma. Panchakarma is a set of five therapies mainly for cleansing the body toxins to achieve balanced state of body that facilitates rejuvenation. In pediatric patients, panchakarma procedures are equally effective as they are in adult. Childhood is very crucial period where child pick up growth and development with respect to physical, mental and social aspect. In pediatric patients; dosha (bio-elements), dushya (blood, bones etc) and malas (waste product of body) which responsible for different vyadhis (diseases) are same as found in adult. Dosha, dushya and mala differed in their quantity which is small in children based on body weight, age and strength of child. Some classical texts consider balyavastha (childhood period) as anarha (contraindicated) for panchkarma therapies up to ten years of age but Kashyapa being pediatrician advises panchakarma from first year of life. Acharya Kashyap mentioned matra (dose), kala (time), vaya (age), arha (indication) and (anarha) contraindication of the patients. All these an effort will be made in this article to discuss regarding the application of specific panchakarma procedure in pediatric patients.

KEYWORDS: Panchkarma, Shodhana, Shamana, Pediatric.

INTRODUCTION

Ayurveda is the science of life in general and especially the system of medicine. Ayurvedic approach of treatment includes the prevention and promotion of health as well as cure of the disease. for healthy life and cure of disease two therapies are included i.e. shodhana chikitsa (detoxification) and shaman chikitsa (curative). Shodhana chikitsa includes panchkarma, five procedures which promotes detoxification and rejuvenation. Vamana (Emesis), Virechana (Purgatives), Basti (Thraputic enema), Nasya (Nasal insufflation), Raktamokshan (Blood Purification). In panchkarma chikitsa purva karma (preparatory procedure) are also included in pediatric patient same as adult deepana, pachana (appetizer and digestive), snehana (oleation), swedana (sudation). Childhood period where the child pick up growth and development with respect to physical, mental, and social aspect. Dosha (bio-element) dushya (dhatu), and mala (waste product) which responsible for different vyadhis (diseases) are same as found in adult.

Dosha, dushya, mala differed in their quantity which is small in children based on body, weight, age and strength of child. The shodhana chikitsa equally effective in pediatric patient as effective in adult. Some classical text consider balyavastha (childhood period) as anarh (contra indicated) for shodhana chikitsa upto ten years of age but

Acharya Kashyap being pediatrician advises panchkarma from first year of life and matra (dose), kal (time), vaya (age), arha (indicated), anarha (contra indicated), methodology and complications of panchkarma.

Considering all these an efforts will be made in this paper regarding application of panchkarmabin kaumarbhritya.

Purva karma (preparatory procedure)

Deepana, pachana^[2] and rukshana (appetizer and digestive) in Ayurveda disease mainly consider due to ama. Dosha, dushya, and mala are in amvastha and they cause a disease. Deepana and pachana chikitsa done for obtaining niramavstha of the dosha, dushya and mala. Koshna jal, shunthi churna, Ajmodadi churna, Trikatu churna, Panchkola churna can be used in pediatric patients it relieves ama (toxic accumulation) at the level of kosta (abdomen). Rukshana karma in amavastha and kapha dominance, mainly in sthaulya (obesity), mamsa dhatu shosha, neurological disorder with Kolkulthhadi churna.

Snehana (oleation)^[7]

Snehana has mainly two type abhyantar snehan and bahya snehana. It is the process of oleation of the body by using medicated oils and ghee. Snehana dravya mainly are four types ghritya (ghee), taila (oil), vasa

(fat), majja (bone marrow), ghrita is best out of four sneh dravya.

Abhyantar snehpan mainly given at the early morning as per vaya, matra, kal, dosha and agni bala of patient. On first day sneh matra started from 10 to 20 ml, snehana obtained within 3 to 7 days. Snehpana gives in hrasiyasi, hrasva, madhyam, and uttham matra for samyak signidha lakshan.

Indication and contraindication of snehana^[9]

Indication	Contraindication
Prior to panchkarma	Kshirad avastha (breastfeed babies), Chardi (vomiting)
Rukshata (roughness all over body)	Jwara (fever), galamaya (throat disorder)
Krishna balak (Emaciated child)	Atisara (diarrhea)
Vatarogas (hemiplegia, cerebral palsy)	Raktapitta (bleeding disorders)
Darun pratibodhan (Difficulty in eye opening)	Kaphaj vikara, sthauya (obesity)
Hikka (hiccough)	Dhatri (wet nurse)

Complication and management

Pediatric patient mainly suffered nausea, vomiting, anorexia, headache etc. Discontinued snehana karma and manage with boiled water, sunthi siddha jal.

Scientific observation-Snehana karma mainly regularize bowel movements, improve digestion, gives strength to muscles and body, reduces rukshata, regular vata dosha and pitta dosha.

Indication and contraindication of swedana^[3]

Indication	Contraindication
After snehana and prior to panchkarma	Dagdha (burn), acute fever, kamala (jaundice)
Shwas (asthma), kas (cough), Pratishyaya	Pittarogi, madhumehi (diabetic)
Jadya, kathinya and ruksha sharira (heaviness, stiffness, dryness of the body)	Karshya (emaciated)
Vata rogas (hemiplegia, cerebral palsy)	Chardi (vomiting), trishna (dehydrated)
Rhumatid and degenerative conditions	Raktapitta (bleeding disorder)
Obstruction to mala (stool), mutra (urine), and shukra (semen)	Hriday roga (cardiac diseases), vishart (poisoned)

Shashtika shali/ pinda sweda- (Sankar sweda)^[3]

Commonly used in pediatric patients in the form of pottalis. Shali (rice) cooked with milk and decoction of dravya eg. Dashamoola kwatha, patient should be massaged with medicated warm oil and then warm pottalis gently applied. Procedure take 30 to 40 min. Pinda sweda used in muscular disorder patient, cerebral palsy etc.

Upanaha sweda^[1]

The procedure applying warm herbal paste to the diseased parts of the body followed by bandaging. Application of heat by the warm herbal paste induces sweating and hence brings about the benefits of the swedana. Eg. Rasna upanaha (*Pluchea lanceolata*), kol (*Zizphus jujube*) in vata roga.

Scientific explanation- Swedana nourishes muscles and stimulate the nerve endings. Reduces stiffness of

Bahya snehana (body massage)^[7]

Externally snehana means body massage it done with medicated oil. The oil applied to the skin wherein the oil gets absorbed and distributed to the whole body to show systemic or generalized effect. In cerebral palsy patient chandanbala lakshadi taila. For weakness of muscle, hypotonic muscles, it gives strength to muscles.

Swedana (sudation)^[7]

It is a process swedana induced artificially by which it relieves heaviness, stiffness of muscles and coldness of the body. Acharya Kashyap mentioned 8 types of swedana- hasta, pradeha, prathara, upnah, sankar, nadi, avgaha, parisheka. Hasta sweda upto 4months of age and pata sweda after 6years of age.

muscles, improves blood circulation of the body, improves mobility of the joints, revitalize and rejuvenate the skin.

Discription Of Panchkarma

1) Vamana karma (therapeutic emesis)^[3]

Vamana karma mainly used for elimination of kapha dosha. Acharya Kashyap mentioned that babies who emit vitiated milk from stomach repeatedly will never suffer from disease. Mrudu vaman also gives in acute condition like ajirna (indigestion) like condition in small children with saline water, akantha dugdhapana, jeshthamadhya churna with honey.

Vaman dravya and doses (as per Acharya Kashyap)-

1. Vamana drug given in quantity which equal to vidanga phala matra (fruit of *Embllica ribes*)
2. Two to three seeds of Apamarga (*Acharanthus aspera*) with honey with honey and sugar- Videha

- Janak
3. Two to three pala (60-120ml) of medicated kwath-
Vridha Kashyap

4. Others milk, lavanodak, madanphala kwath
according to age, bala.

Indication and contraindication for vaman karma^[3]

Indication	Contraindication
Gastric problems-ajirna (indigestion)	Acute peptic ulcer
Kasa (cough), Shwasa (Bronchial asthma)	Atikrish (emaciated baby)
Madhumeha (diabetes)	Bala (young children)
Unmada (schizophrenia)	Shrant (exhausted)
Kushtha (skin disease)	Pipasita (thirsty)
Peenasa (sinusitis)	Kshudhita (hungry)
Shlipada (filariasis)	Hridroga (cardiac disease)

Assessment criteria of vaman procedure^[3]

Lakshana (signs)	Vaigiki pariksha (bouts)	Maniki pariksha (measure)
Jaghanya (mild)	4 veg (bouts)	1 prastha (640ml)
Madhyam (moderate)	6 veg (bouts)	1 ½ prastha (960ml)
Pravara (excellent)	8 veg (bouts)	2 prastha (1280ml)

Complication of vaman karma

Weakness, dryness of throat, giddiness, vatarog (neuro-muscular disorder), fresh bleeding, chakshuroga (eye diseases).

2. Virechana (therapeutic purgation)

It is procedure mainly used for pitta dosha chikista. Pitta dosha eliminated from the lower gastro-intestinal tract through the anal route. Therapeutic purgation administer very cautiously in pediatric patient because there is chances of severe complication like severe dehydration. In pediatric patient acute condition like vibandha (constipation) mrudu virechana given with trivrutta leha according to age, kala, and bala of patient.

Kampillak (*Mallatous philippensis*), Danti (*Baliospermum montanum*), trivrutta (*Operculina turpethum*), Vacha (*Acorus calamus*) etc any one of these one karsha or ½ pala (2 karsha) upto 10 grams boild in 2 prastha water (1280ml) and keep 1/4th of it. Give according to patient bala, vaya, roga, kala, avastha etc. Give in the form of leha and kashaya. eg. Trivrutta ghee, avipattikar churna.

Assessment criteria of virechana karma

Lakshana (sign)	Vaigiki pariksha (bouts)
Jaghanya (mild)	2 vegas
Madhyam (moderate)	3 vegas
Pravara (excellent)	4 vegas

Medicines and doses for virechana procedure

Indication and Contraindication of virechana

Indication	Contraindication
Constipation, Krimi (worm infestation), kamala (jaundice), chronic fever	Nawjwara (acute fever)
Eczema, allergic dermatitis etc	Krishna (emaciated patient)
Pakshaghata (hemiplegic)	Rajayakshma (tuberculosis)
Madhumeha (Diabetes), arbuda (tumour)	Garbhini (pregnant women)
Tamak shwasa (bronchial asthma)	Hridroga (cardiac problems)
Galganda (goiter)	

Complication of virechana karma- Melena (blood in stool), prolapsed rectum, dehydration, giddiness, shock etc.

Benefits of vaman and virechan karma- It provides clarity to the minds, strength to sense organ, stability to the tissues, improves digestion, agnibala and finally sharirabala, it gives body nourishment, normal health restored.

3) Basti (medicated enema)^[3]

Basti karma mainly used for vata dosha chikista where the medicines in suspension form are administered through rectum or genitourinary tract with the help of

basti yantra, it is like Amruta (nectar) for pediatric patients.

Types of basti (classified into many ways)^[3]

- Asthapana/ kashaya/ Niruha basti- decoction based enema
- Anuvasana/ sneh/ Matra basti- oil based enema
- Uttar basti- given through genito urinary tract it may be medicated oil, ghee, or decoction.

Matra (dose) of basti dravyas^[3]

Vaya (Age)	Sneh basti matra	Niruha basti matra
1-3 year	3 karsha (30ml)	9 karsha (90ml)
4year	1 pala (40ml)	3pala (120ml)
6year	1 Prasruta (80ml)	3 prasruta (240ml)
12 year	2 prasruta (160ml)	6 prasruta (480ml)
>16 year	4 prasruta (320ml)	12 prasruta (960ml)

Basti netra size according to the age^[3]

Age	Size in Angula (finger)	Increment per year	Size of the proximal opening
1-6 year	6	-	Mudgavahi (passess green gram)
7-12 year	8	1/3	Kalayvahi (passess greens peas)
13-20 year	12	1/2	Kolasthivahi (passess jujube seed)

Arrangement of sneh basti in the beginning, niruha basti and sneha basti alternatively later followed by sneh basti in last is done in three specific patterns according to total number of basti, the severity of disease and condition of the patient etc.

- Karma basti 30 in number (6niruha, 24 sneh)
- Kala basti in 15 in number (3 niruha, 12 sneh)
- Yog basti 8 in number (3 niruha, 5 sneh)
- chaturbhadra kalpa 12 in number (4 sneh+ 4 niruha+ 4 sneh)

Indication and contraindication for basti karma^[3]

Indication	Contraindication
Vat rog (Hemiplegia, muscular dystrophy)	Krishna (emaciated child)
Amavata (juvenile Rheumatoid Arthritis)	Amatisara (acute diarrhea)
Ashmari (kidney stone, bladder stone)	Chardi (vomiting)
Jeerna jwara (chronic fever)	Kasa (cough), shwasa (asthma)
Rajonash ((secondary amenorrhea)	Madhueha (diabetes)
Niram atisar (chronic diarrhoea)	Shoona payu (inflamed anus)
Cerebral palsy, delayed mile stone	Kritahara (immediately after taking food)

Matra basti- It is a type of sneh basti, medicated oil given in small dose and it can be given daily with no risk. Matra basti can be used irrespective of age and not much precautionary measures are required. In constipation it may give with Tila taila and pinch of saindhava lavana on daily base. The usual dose is 30 to 60ml according to age, bala and vyadhi.

Medicines- mostly medicated oils and ghee eg. Anu taila, Dhanvantar taila, Panchanendriya vardhan taila etc.

Types of nasya- Kashyap mentioned 2 types of nasya

- Brihana Nasya (purana nasya),
- Karshan nasya (shodhana nasya).

Classification of matra basti according to dose^[3]

Lakshana (signs)	Matra (dose)
Uttam (excellent)	2 Prakuncha (80ml)
Madhyam (moderate)	1 ½ Prakuncha (60ml)
Hina (mild)	1 Prakuncha (40ml)

Dose of Marsha nasya and Pratimarsha Nasya^[3]

Marsha nasya	Matra (dose)
Uttam matra (maximum dose)	10 drops
Madhyam matra (medium dose)	8 drops
Hriswa matra (mild dose)	6 drops
Pratimarsha nasya	2 drops

Complication of basti karma- Local anal injury, pain in abdomen, vomiting etc.

Benefits of basti karma- Basti karma important in neurological disorder like cerebral palsy, muscular dystrophy. It gives strength to the muscles and joints. It reduces pain of the body, and bruhan karma of body.

4) Nasya karma (Nasal insufflation)^[3]

It is the process of administrations of medicines through nostrils. Nasya is indicated mainly in aggravated and accumulated doshas (disease causing factor) of head and neck.

Indication and contraindication of nasya karma^[3]

Indication	Contraindication
Shirashool (headache)	Nav pinasa (acute rhinitis)
Urdhwajatrugata roga (ENT disorder)	Ajirna (indigestion)
Ardita (facial palsy)	Immediately after taking food, water
Pakshaghat (erbs palsy)	Kas (cough)
Vat rog (delayed mile stone)	Shwasa (bronchial asthma)
Vyanga (hyper pigmentation)	After blood letting

Jalaukawacharan (leech therapy)^[9]- Acharya Kashyap not mentioned raktamokshan in pediatric patients. It is one of the type of raktamokshan (blood cleansing and purification) by Vagbhat, Charaka and Shushrut. Jalauka (leech) mainly used in pittaj vyadhi and locally in skin diseases.

Varanasi: Chaukhamba Prakashan.

Indication for Leech therapy- Vidradhi (abscess), gulma (lump), arsha (piles), kushta (skin disorder), vatarakta (sclerosis), visarpa (pemphigus), vicharchika (eczema), netraroga (eye disorder), shiroroga (headache), kantharoga (throat disorder), ahiputana (napkin rash).

Complication- Infection, anemia, Leech migration, Allergic reaction etc.

Scientific observation- Hirudin a potent anticoagulant found leech saliva inhibits conversion of fibrinogen to fibrin thus preventing blood clotting.

MATERIALS AND METHODS

The information collected from various Ayurveda classical texts like Kashyap samhita, Ashtang hriday, Shushrut samhita and ayurveda journals and papers.

CONCLUSION

By explaining the above all panchkarma procedure (five bio cleansing therapies) one can understand that importance of panchkarma procedure in pediatric patients. It is mainly Individualized based on dosha, dushya, mala imbalance, age, digestive capacity (agnibala), vyadhibala, prakriti, and other factors. After vaman and virechana karma is important for improve digestion capacity (agnibala) with peya, vilepi (rice water) for 5 to 7 days. Its help in jatharagni bala. Panchkarma remove toxic elements from the body, gives strength to immune system, it improves the quality of life and rejuvenation.

REFERENCES

1. Acharya, D. G. (n.d.). *Panchakarma illustrated*. Chaukhamba Sanskrit Pratisthan.
2. B., T. (2007). *Sarangadhara Samita of Pandit Sharangdharacharya, Purva khanda*. Varanasi: Chaukhamba Prakashan.
3. Bhisgacharya. (2012). *Kashyap Samhita of Vriddha Jivaka Revised by Vastya*. Varanasi: Chaukhamba Prakashan.
4. Gadkari, D. R. (n.d.). *kaumarbharitya (Balrog) Textbook of Ayurvedic pediatrics along with modern approach*.
5. More. D. A. (2010). *Kaumarbharitya (balrog)*. Nanded: Advait Prakashan.
6. Shashtri, A. D. (2004). *Shushrut Samhita*. Varanasi: Chaukhamba Prakashan.
7. Tripathi, R. (2007). *Charaka Samhita*. Delhi: Chaukhamba Prakashan.
8. Vasant C. patil. (2007). *Principals and Practice of panchkarma*. Atrey Ayurved Publication.
9. Y, U. (2011). *Ashtang Hriday of Vagbhata*.