



ROLE OF HERBOMETALIC FORMULATION & RASAYAN IN PREVENTION AND TREATMENT OF BAL-ROG

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ABSTRACT

Herbo mineral formulation utilizes metals and minerals along with herbs for the treatment of various disorders. These metals only used after complete process of purification and size reduction. The use of such formulation needs great care since inappropriate preparation may cause serious harm thus it is very essential to prepare it in a proper way. Ayurveda mentioned various herbo-mineral formulations useful for the treatment of different disease in children. This article summarizes a brief role of such formulation for the management of bal-rog.

KEYWORDS: Bal-Rog, Ayurveda, Rasayana, Bhasma.

INTRODUCTION

The ancient Indian medicinal system prescribed many herbo-mineral formulations for the management of various diseases. Ayurveda also advocate method of preparation of such formulation with care. The preparation technique of herbo-mineral formulations utilizes methods of purification and nanonization which make it effective and safe. These formulations manifest basic therapeutic properties of metal present in formulation since metallic formulation prepared by combining metal with various herbs through a complete channelized procedure of shodhan. These formulations play significant role to develop inherent childhood properties like; intellect, immunity and rigidity. The literature also supports use of herbo-mineral formulation for the management of bal-rog. Ayurveda categorized role of various metallic formulation for different therapeutic purpose in children such; Swarna prashan utilizes to improve intellect and immunity, Lauha formulation for iron deficiency syndrome like; pandu roga and Praval bhasma for rickets. This article reviewed role of herbo-mineral formulation for the management of various bal-rog.^[1-2]

SWARNA PRASHAN IN PEDIATRIC PRACTICE

Ayurveda define swarna as remedy for its therapeutic application. Swarna prashan is one of the forms of swarna formulation mentioned in traditional text of ayurveda. Swarna prashan utilizes swarna bhasma along with herbs like Vacha Churna (Acorus calamus), Brahmi (Bacopa Monnieri), and honey & ghee for new born baby to boost immunity and mental health. In swarna

prashan practice raw gold was rubbed on a stone with the help of little amount of water and then it was administered along with honey and ghee. The reduced size of gold offers many therapeutic properties like; immunomodulatory, anti-oxidant and improve immunity; since particle size reduction helps in absorption and metabolism. The ancient method of Swarna prashan utilizes small quantity of gold along with honey and Ghrita. Literature revealed that proper utilization of Swarna prashan along with precautionary advocacy significantly improve intelligent and immunity in children.^[3]

LAUHA FORMULATION IN PANDU ROGA

Pandu roga is common in small children due to the lack of iron rich diet, the disease clinically observed deficiency of iron as Hb in blood and thus overall physiological functions affected greatly due to the lack of sufficient oxygen transportation through blood. The pitta prakriti children suffer predominantly with the disease. Mandagni and Madhyam koshttha are the main features of children suffered with pandu roga. Ayurvedic literature mentioned role of formulation of Lauha in children suffers from iron deficiency. Study proved that Lauha formulation (trikatrayadi lauha) offers significant relief in pandu roga (iron deficiency). Trikatrayadi Lauha contains mandura bhasma and lauha bhasma along with herbs like; Triphala, Trikatu and Trimada. Herbal ingredients support transportation of iron and thus improve its bioavailability. The Lauha formulation (trikatrayadi lauha) offers significant improvement in clinical features of disease such as; anorexia, weakness

and fatigue. The other sign and symptoms of disease also improved like; breathing and irritation since overall deficient content of rakta increases in the form of lauha. Research investigation proved that trikatrayadi lauha elevates blood hemoglobin level significantly in children suffered with pandu roga.^[4]

BHASMA FOR CHILDREN

Rickets is a disorder of children involves related to the bone mineralization occurs due to the disturbance in calcium and phosphorus metabolism, characterized by an inadequate mineralization of bone and a disproportionate growth of the cartilage. Literature revealed several causative factors for rickets including intake of calcium and phosphorus deficient diet and inadequate absorption of vitamin D resulted formation of a disproportionate bony structure.

Ayurveda mentions several formulations for the treatment of bone metabolic disorders including; praval and muktashukti bhasma and study proved efficacy of both formulation for the management of deformities of bone mineralization. The praval bhasma mainly composed of praval, Sarjika, Kumari svarasa (Aloe vera leaf juice). Bhasma sows significant relief in bone mineralization since they act as a rich source of calcium. The ayurveda also suggested various herbomineral preparations formulated with such bhasmas and plants which offers beneficial effects in various bone disorders. The formulation consists of Terminalia arjuna, Withania somnifera Dunal, Commiphora mukul, Hook Ex Stock and Praval bhasma.

Muktashukti bhasma is mainly composed of pearl oyster shell (Moti ka sipa), Aloe Vera (Guar-patha) and vinegar (Kanji). The compound is prepared from the outer covering of the shell, ground and triturated with Aloe Vera and vinegar in sufficient quantity to make a homogenous paste.

- Rasa – Madhura, Katu
- Guna – Laghu, Ruksha, Snigadha
- Virya – Sheeta
- Vipaka – Madhura
- Karma – Deepan, Pachana, Ruchaya,
- Doshkarma – Pittahara, Tridoshhara

Muktashukti bhasma used for the management of musculoskeleton disorders and calcium deficiency disorder (rickets) in children since it's possess abundance of calcium. It contains Calcium carbonate 80-90%, Phosphate and Sulphate of Calcium and Magnesium and thus greatly help boost bone mineralization in children suffered with rickets.^[5,6]

RASAYANA FOR PEDIATRIC

Rasayana Tantra considered as branch of Astanga ayurveda "Rasayantantrum nama vayasthapanam ayurvedhabalkaram rogaapharansamartham ch" which overall enhance longevity, intelligence and increase immunity. The Rasayana shashtra utilizes various nutritional elements for their therapeutic value. Ayurveda

mentioned various herbs as rasayana like; Guduchi, Triphala, Shankpushpi, Jyotishmati, Mandookparni etc. The rejuvenating mechanism of action of rasayana resides in fact that rasayana potentiate vital essence of body like; dhatus, agni, srotasas and ojus etc. Rasayana also play vital role in management of bal-roga (pediatric-practice) since rasayana helps to boost physiological function of growing children. Rasayana also improve immunity of early age children and protect them from various infectious diseases. Brahmi ghrita is rasayana formulation which enhances intelligence and memory in children. Ayurveda also described various other formulations as rasayana which improve immunity growth and development of children these formulations are; Svaran bhasm along with vacha, madhu and ghrita, Panchgavya ghrita, Brahmi ghrita, Abhaya ghrita, Samvardhana ghrita. The ayurveda also suggests that rasayana play significant role in bal-roga as preventive approach rather than cure.^[7]

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