SURGICAL AND NON SURGICAL MANAGEMENT OF DISEASES RELATED TO CHILDREN; AN AYURVED REVIEW

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ABSTRACT
Ayurveda described childhood age as Bala or Kumara Avastha and Kumara Shrira is main characteristic of this age group. Kaumarabhritya is stream of ayurveda that deals with healthcare management of growing children. The pediatric diseases (Bala Roga) are need to be cure with different perspective as compared to diseases related to adult person since physiological responses of children differs from adult one. The vitiation of Dosha, Mala and Agni causes disease prevalence which mainly require non-invasive management while some diseases requires minor surgical intervention in childhood age. Considering this present article summarizes general considerations related to the management of Bala Roga.

KEYWORDS: Ayurveda, Kaumarabhritya, Bala Roga, Shalya Tantra.

INTRODUCTION
The Ayurveda science presented several concepts related to the management of optimum health and it mainly emphasizes concept of prevention over treatment. Ayurveda separately deals with diseases of children that come under heading of Balaroga and this branch of ayurveda termed as Kaumarabhritya. Aushadhham, Prashamanam, Vyadhiharam, Prakritisthapanam and Pathyam, etc. are some general concepts of ayurveda that helps in Balaroga. Figure 1 depicted some beneficial effects of Ayurveda therapies in Baluroga.

Figure 1: Beneficial effects of Ayurveda therapies in Balaroga.

Nadi-Pariksha, Prashna Pariksha and Sharir-Pariksha are some common approaches can be used to diagnose disease related to children. Sometimes previous history from parents also helps to identify prognosis of disease. Ayurveda also suggested some preventive approaches for the management of childhood diseases which are as follows.

- Stanyar feeding never be avoided since it helps to develop natural immunity.
- Light diet recommended for growing children since they possess weak digestion capacity.
- Phalaprasaha and Annaprasaha Samsakara offer good effects in Bala Avastha.
- Food rich in protein & vitamins helps growing children.
- The food that vitiates Kapha should be avoided.
- Very cold or hot food stuffs not to be consumed in Bala Avastha.
- Prakriti Viradha-Ahara should be avoided.
- Personal hygiene helps to prevent prevalence of common infectious diseases.
- Good conduction of Ritucharya in Bala Avastha helps to restore normal health status.
Ayurveda drugs commonly used for Bal-Roga

Drugs which improve Agni, Dhatus and Ojus are mainly recommended in Bala Avastha as depicted in Table 1.

Table 1: Common ayurveda drugs for Bala Avastha.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Diseases of Bala Avastha</th>
<th>Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vidangarishta</td>
<td>Antajakrimiti</td>
</tr>
<tr>
<td>2</td>
<td>Kasa</td>
<td>Talisadi Churna</td>
</tr>
<tr>
<td>3</td>
<td>Marcha</td>
<td>Yogaraj Guggula</td>
</tr>
<tr>
<td>4</td>
<td>Pratishyaya</td>
<td>Lavargodi Vati</td>
</tr>
<tr>
<td>5</td>
<td>Common infections</td>
<td>Guduchi</td>
</tr>
<tr>
<td>6</td>
<td>Udarashula</td>
<td>Hingwashtak Churna</td>
</tr>
</tbody>
</table>

Shodhan Karma for Bala Avastha

Shodhan Karma (Panchakarma) helps to remove vitiated Doshas & Ama, Shodhan Karma open Shrotas and boost circulatory process of body thus helps in many health ailments of Bala Avastha. However smooth conduction of such therapy require for children. Mruda Virechana helps in Swasa Kasa, Nasya Karma pacifies diseases related to Kapha and Vata vitiation. Similarly Vamana cure intestinal ailments and removes Kapha Dosha.

SURGICAL OR PARA-SURGICAL APPROACHES FOR BALA AVASTHA

Surgical or para-surgical approaches of ayurveda help to cure surgical, orthopaedics and musculoskeletal systems (Marmachikitsa) related problems. Ayurveda surgery helps in following problems related to Bala Avastha.

- Fistula & Fissure
- Ulcer and wound
- Abscess & warts
- Fractures and dislocations
- Calcaneal spur

Major procedures of Ayurveda can be recommended in children for surgical or para-surgical management of health ailments are as follows.

- Kshara Sutra
- Agnikarma with less intensity, under supervision
- Bandage & Seevana, etc.
- Surgical debridement & dressing with natural substances
- Marmachikitsa, etc.

Specific conditions and their management

- Sadhyo Vrana in Bala Avastha
  Bandhana & Seevana etc. use of dressing materials and medicated cotton pad helps to heal such conditions.

- Asthi- Sandhi Bhagna in Bala Avastha
  Tight bandage, appositions and stabilization through plaster, etc. can be used for orthopedics purpose in Bala Avastha.

- Fistula-in-ano
  Kshara Sutra, Bandhana & Seevana can be used for Fistula-in-ano occurs in growing children.

Dagdh Vranas in Bala Avastha

Siraa-Vyadhanaam with care, Kshara sutra, cosmetic surgery, surgical debridement and dressing, etc. provides great relief in case of minor burn.

CONCLUSION

Ayurveda described Kaumarakhritya as branch that deals with health care management of Bala Avastha. The ayurveda therapies help to pacify vitiated Dosha, Mala and Agni thus cures diseases of growing age children. Ayurveda drugs boosts Agni, Dhatus and Ojus thus restore health status of Bala Avastha. Some preventive approaches also recommended for Bala Avastha to remain away from disease conditions. Shodhan Karma removes vitiated Doshas & toxins thus improve normal physiological functioning of body, however potent Shodhan Karma not recommended for children, only Mruda Karma suggested for Bala Avastha. Surgical or para-surgical approaches of ayurveda also help to cure fistula & fissure, ulcer, wound, abscess & warts. The invasive or non-invasive therapies of ayurveda help significantly in the management of Bala Roga.

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