
A REVIEW :PANCHAKARMA THERAPY WITH RASAYANA IN KAUMARBHRITYA

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ABSTRACT: *Kaumarbhritya is one of the main branch under Ayurveda. Kaumarbhritya mentioned Acharyakashyapa. Panchakarma may be done from the age of seven years and as per requirement. Suvarnaprashan is one of the best rasayana in kaumarbhritya. The various steps of Panchakarma such as, Vamana, VirechanaBasti, Niruha or YapanaBastis and AnuvasanaBasti recommended in early childhood for the management of different abnormal physiological conditions.*

KEYWORDS: Panchakarma, Kaumarbhritya, Vaman, Virechen.

INTRODUCTION

It is believed that panchakarma being shodhanachikitsa remove vitiated Doshas. The various steps of Panchakarma such as, Vamana, VirechanaBasti, Niruha or YapanaBastis and AnuvasanaBasti recommended in early childhood for the management of different abnormal physiological conditions. The herbo mineral formulation including such as, Rasayana prepared using metals and minerals along with herbs for the treatment of various disorders. The concept of size reduction involves improving potency of herbo mineral formulation. Ayurveda the basic science of traditional medical system in India consider BalRog under Kaumarbhritya and mentioned different therapeutic for the treatment of childhood diseases. Recently many researches utilize BalaPanchakarma therapy for the management of various childhood diseases, this article described various aspect of BalaPanchakarma therapy with special reference to the childhood diseases. The literature suggested that BalaPanchakarma play significant role in the management of cerebral palsy, PranavahaSrotasta and TamakaShwasaPanchakarma basically is a type of ShodhanaChikitsa. The basic principle of Kaumarbhritya involves Panchakarma in late stage of development of Ayurveda science; however fixation of drug dose in and intensity of BalaPanchakarma is very important to prevent any side effect. The various steps of Panchakarma such as, Vamana, VirechanaBasti, Niruha or YapanaBastis and AnuvasanaBasti recommended in early childhood for the management of different abnormal physiological conditions. The herbo mineral formulation including such as, Rasayana prepared using metals and minerals along with herbs for the treatment of various disorders. The concept of size reduction involves improving potency of herbo mineral formulation. The ancient literature of Ayurveda reported use of herbo-mineral formulations for the treatment of various childhood diseases. The use of Rasayana therapy in BalRog needs great attention towards the dosing and frequency to prevent any chances of adverse reactions. To enhance longevity, intelligence and immunity. The Rasayana Shashtra also involves use of metallic formulation along with herbs. Guduchi, Shankhpushpi, Jyotishmati, Mandookparni. etc are considered Rasayana. Rasayana boost functioning of Dhatus, AgniSrotasas and Ojus and therefore act as rejuvenator. Ayurveda described Rasayana also for Bal-Rog with great care since Rasayana therapy may become harmful in children if not used

properly. Rasayana therapy also used as preventive remedy in children since it enhances immunity and thus protect from various infectious diseases. There are various herbometalic formulations which may be used in children for different for different therapeutic purpose such as, SvaranBhasm, Vacha, Madhu, Ghrita, PanchgavyaGhrita, BrahmiGhrita, AbhayaGhrita, AbhayaGhrita, SamvardhanaGhrita, ManduraBhasma and LauhaBhasma, etc. SwamaPrashan is formulatuion of Swarna and herbs, Vacha and Brahmi along with honey and ghee utilized for new born baby to improve their immunity and mental health. Raw gold after rubbing on stone along with little amount of water along with honey and ghee administered to the new born baby. This type of formulation possesses The physiological participation of Dosh, mala and Dushysa are different in children as compared to adult therefore the type and prevalence of diseases are also different in children and thus pediatric care needed utilization of various approaches for the management of Bal-Rog such as herbal remedies, discipline life style, Rasayan and Panchkarma. This article described role of Rasayna and Panchkarma in the management of some Bal-Rog. However use of Rasayan and Panchkarma in Bal-Rog preferably not come first but traditional texts of ayurveda advised these therapy in some special conditions. Panchakarma may be done from the age of seven years and as pmany therapeutic activity like; anti-oxidant property, immunomodulatory activity and also improving Agni. The ayurveda suggest use of SwarnaPrashan with precautionary measurement to enhance intelligent and immunity in children. Lauha formulation such as; TrikatrayadiLauha prescribed in children for PanduRoga, in this diseases pitta prakriti of children suffer predominantly. Ayurveda stongly recommended use of Lauha in children suffers from iron deficiency. TrikatrayadiLauha contains ManduraBhasma and LauhaBhasma along with such as; Triphala, Trikaut and Trimada. It is believed that herbal ingredients help in iron transportation thus improve its bioavailability and also elevates blood hemoglobin level significantly in children suffered with PanduRoga. The literature mentioned use of Lauha formulation in other physiological dysfunction such as, weakness, anorexia and fatigue.

PANCHAKARMA FOR BALROG Many childhood diseases occur due to the vitiation of Doshas and Panchkarma therapy help to pacify these Doshas vitiation and thus relief many disorders. It is believed that purification of body thought Panchkarma and Yoga pacifies Dosha and clear harmful toxins from the body and thus help to relive many diseases in children. Panchkarama utilizes various approaches of Shodhana such as; Vamana, Virechan, Nasya: Vamana in children help to eliminate KaphaDosha and thus opens pranavahasrotastha which may block due to the accumulation of Kapha in KaphaVyadhi. Virechana may help in PranavahaSrotoVyadhi; SwasaKasa where pitta dosha is predominate. Nasya Karma is useful for diseases associated with Kapha and Vatapredominance. Cerebral palsy is common paediatric disorder in children. Seizures, hearing impairments and mental retardation are common features od diseases Ayurveda emphasized various treatment options for diseases including Panchkarama and yoga. It is VataVyadhi which involves Pankshaghat, Ekangvata, Sarvagavata, Pangu etc. Ayurveda believed that anti spastic, muscle relaxant and calming properties of Panchkarama and Yoga help in the management of Cerebealpalsy. Panchkarma and Yoga also emphasized role of PranavahaSrotaashtaVyadhi is a disease of KaphaDosha. Kapha along with VataDosha play major role in appearance of PanavahaSrothoVyadhi, in which DushithaPranaVyau resulting Hikka and Swasa diseases, the diseases condition involves aggravation of Kapha and

VyauSwasa, Kasa, Hikka are the diseases of PranaVahasrotoDusti, ayurveda suggested use of Panchakarma in pranavahasrotasthavyadhi not only pacify kapha and vataDosha but it also help in excretion of harmful toxins. Shodhana through panchakarma clear accumulated Kapha and other secretion from respiratory tract and thus relief Pranavahasrotasthavyadhi.

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