

**Research Article****ROLE OF KUMAR KALYAN RAS AND SITOPALADI CHURNA IN CHILDREN'S DEVELOPMENT****Meena Rekhraj<sup>1</sup>, Rai Dinesh K<sup>2</sup>, Indumati Sharma<sup>3</sup>, Meena Narendra K<sup>4\*</sup>, Parashar Rahul<sup>5</sup>**

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**ABSTRACT**

Childhood is an important age of human being and growth and development mainly occurs in this age. Balanced diet and well nutritional foods are necessary for growth and development. In *Ayurveda* this stage is called *Kapha* dominant period of life. In this age a child should be healthy for proper development. So this study is focused on child's growth and development and the role of *Kumar Kalyan ras* and *Sitopaladi churn* in the management of childhood.

**STUDY DESIGN:** The study was single grouped, which contains 12 children selected from the O.P.D. and I.P.D of Vd. Prem Shankar Ayurveda hospital, colleges, campus, M.M.M Government Ayurved College Udaipur. For the well development and growth of a child, *Kumar Kalyan ras* and *Sitopaladi churn* drug, dosage of 1-2 gram is given twice a day with honey (*Madhu*) before meal. The regimen followed for a period of three months with follow up after every 15 days interval. Base line assessment was done after selection of children as per inclusion and exclusion criteria.

**RESULTS:** The study suggests that the oral consumption of *Kumar Kalyan ras* and *Sitopaladi churna* with honey improves digestion, immunity and general growth.

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**INTRODUCTION**

Childhood is an important age of human. Childhood plays an important role in growth and development of a healthy human body. The life span of man is 100 years, and it divided in three groups - childhood, young age and old age. The age group of 15 or 16 years of age is called childhood.

"Nutrition, Immunity plays important role in growth and development of the child. A balanced diet and well nutritious food enhances the immunity. In the "Jatkarm Sanskar" *Swarna bhasma* and *Madhu* is given to the child which is called "Swarnprashan sanskar".<sup>[1]</sup>

In the Ayurveda, childhood stage is called *Balyavastha*. This is the stage of *Kaphavastha*. The power of *Agni* is higher than other stages of life. If malnutrition, illness is found body is destructed. The main principles of *Ayurveda* are Preventive and curative care.

Hence, the first aim of Ayurveda is gained by *Swarn Yog* and *Balya, Brinhan Yoga*. If *Kumarkalyan Ras* and *Sitopaladi Churna* are given with the *Anupan* of *Madhu*, then *Bala*, natural *Kaph*, *Oja*, immunity growth

increases and child shall be healthy. According to Bhaishajya Ratnawali, the ingredients of *Kumarkalyan Ras*<sup>[2]</sup> are *Rasasindur*, *Muktapisti*, *Swarna bhasma*, *Abhrak bhasma*, *Lauh bhasma*, *Swarna makshic bhasma* and *swaras* of *Ghritakumari*.

According to Acharya Charak the ingredients of *Sitopaladi churn* are *Mishri*, *Vansalochan*, *Pippali*, *Ela* (small *Elayachi*), *Dalachini*.<sup>[3]</sup>

**SYMPTOMS:** In childhood some common diseases or symptoms are found viz., Rhinitis, Cough, laziness, weakness, loss of digestion, fatigue, lack of concentration, irritability etc.

**MATERIALS AND METHODS**

The present study is carried out on the children from the Vd. Premshankar Sharma Ayurveda hospital college campus Madan Mohan Malviya Govt. Ayurvedic College, Udaipur (Raj.) at the end of the study the numbers of cases are as follows:

**Table 1: Showing final number of cases**

S.No.	Initial	Final	Percentage
1	15	12	80%

**STUDY DESIGN**

(i). **Exclusion criteria:** The present study does not contain patients of systematic and other organic lesions which are not pertaining to childhood.

(ii). **Inclusive criteria:** Subjective features showing the patients suffering from various complaints like -

S.No.	Relief	Percentage	Gradation
1	Complete relief	100%	++++
2	Marked relief	75 - 99%	+++
3	Moderate relief	50- 74%	++
4	Mild relief	25 - 49%	+
5	No relief	< 25%	-

The percentage of relief was calculated as per scores with average scores of the symptomatology and local findings.

**Drugs administration:** Children were administered Kumar Kalyan Ras & Sitoaladi churn 1- 2 gram in B.D doses with honey (*Madhu*) for 3 months. The children

Laziness, Weakness, Rhinitis, Cough, Mild pyrexia, Diarrhea, indigestion, fatigue, nervousness, lack of concentration and irritability and subjective parameters such as body weight, height, Body mass index, chest circumference, head circumference etc.

**Parameters and Gradation score:** for the assessment of total effect of therapy following categories were taken into consideration.

and guardian were instructed to follow *Achara rasayana* with vegetarian diet and not to use other medicines.

**Investigation:** Children were subjected to the Hb%, TLC, DLC and ESR investigations of urine and stool routine and microscopic study were also done.

**Table 2: Showing age incidence**

S.No.	Age group	No. of the cases	Percentages
1.	Birth - 3 years	02	16.66%
2.	4 years - 6years	07	58.33%
3.	7 years- 10years	03	25.00%

**Table 3: Showing incidence of vegetarian & non- vegetarian**

S.No.	Food	No. of the case	Percentage
1.	Vegetation	08	66.66%
2.	Non- vegetation	04	33.33%

**Table 4: Showing Prakriti (constitution) wise distribution**

S. No.	Prakriti	No. of the cases	Percentages
1.	Kapha Pittaja	08	66.66%
2.	Vata Kaphaja	02	16.66%
3.	Vata Pittaja	04	16.66%

**Table 5: Effects of therapy (n=12)**

S.No.	Clinical Feature	Mean		%	S.D + -	S.E + -	T Value	P Value
		B.T	A.T					
1.	Laziness	2.58	1.25	51.55	0.80	0.328	4.05	<.001
2.	Weakness	2.98	1.25	58.05	0.772	0.315	5.48	<.001
3.	Food intake quantity	2.75	1.25	54.54	0.823	0.336	4.46	<.001
4.	Power of digestion	2.58	1.50	41.86	0.80	0.327	3.33	<.01
5.	Rhinitis	2.08	1.16	44.23	0.752	0.306	2.93	<.01
6.	Cough	2.25	1.25	44.44	0.59	0.310	3.22	<.01
7.	Fatigue	2.41	1.25	48.13	0.772	0.315	3.68	<.01
8.	Memory	1.66	1.00	39.75	0.61	0.249	2.64	<.02
9.	Adjustment of climate	2.58	1.16	55.03	0.71	0.29	4.89	<.001
10.	Irritability	2.08	1.03	29.06	0.783	0.319	2.34	<.02
11.	Nervousness	2.08	1.33	29.06	0.783	0.319	2.34	<.05
12.	Lack of concentration	2.25	1.33	40.88	0.839	0.344	2.68	<.02
13.	Palpitation	1.58	1.08	31.64	0.643	0.676	1.81	<.05
14.	Mild pyrexia	1.75	1.08	31.64	0.70	0.288	2.32	<.05
15.	Breath holding time	4.00	1.50	62.50	0.167	0.29	9.92	<.001
16.	Chest expansion	3.58	1.58	55.86	0.836	0.341	5.85	<.001

17.	Body mass index	2.83	1.16	59.01	0.79	0.324	5.15	<.001
18.	Height	2.42	1.25	48.34	0.878	0.358	3.26	<.01
19.	Body weight	2.58	1.33	48.44	0.816	0.333	3.75	<.01
20.	Hemoglobin	8.38	12.03	48.44	3.77	1.94	06.38	<.001

Table 6: Showing overall effect of therapy

S. No.	Result	No. of cases	Percentage
1	Complete Relief	0	--
2	Marked Relief	04	33.33
3	Moderate Relief	06	50.00
4	Mild Relief	02	16.67
5	No Response	00	00
	<b>Total</b>	<b>12</b>	<b>100</b>

### OBSERVATIONS & RESULTS

Out of 12 cases studied, 33.33% of cases shown marked response and 16.67 % of cases showed mild response there were maximum of cases shown improvement in the Hb%. In the haemoglobin percentage it was shown significant (P<0.001) results in deficiency of Iron. In this study it was observed that moderate relief (50-74 %) in 50% of patients. Marked relief (75-99%) was observed in 33.33% patients and mild relief (25-49%) was observed in 16.67% patients.

### Probable action of Kumarkalyan Ras and Sitopaladi churn on different faculties of the body

Dosha	: Vata Shamaka, Pitt Kapha Vardhaka
Dhatu	: Ras, Rakta, Mamsadhi dhatu Vardhaka
Anga	: Lung, Heart, Skin, Brain, Liver
Agni	: Jathargni Vardhaka
Rasa	: Madhura
Veerya	: Sheeta
Vipaka	: Madhura
Panchama	: Prithvi, Jala, Tej vardhak, Vayu and habhoot Akash shamaka
Srotas	: Prana, Rakta Masn Majj, Manovaha

### DISCUSSION & CONCLUSION

The clinical study suggest that the use of Kumar Kalyan Ras and Sitopaladi churn internally improves power of digestion and eradicates Laziness,

weakness, irritability, increases body weight, height, memory and immunity. These preparations can be safely used in the management for growth and development process of child.

Madhu used as a vehicle (*Anupan*) with the above mentioned drugs gives good results, as it acts as a *Yogavahi* which carries the active principles of the drug in each and every part of the body tissue.

The drug works like *Jathargni vardhan* in protecting vital organs. Basically the component of aforesaid combination not only removes the disease but enhances the immunity, so longevity of the life is achieved. The results which found in weak children were fulfilling the criteria of basic fundamentals of the Ayurveda. Over all, the drug used shows good results and enlightens a new path for further research on the related topics.

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