

Review Article

Conceptual review on *Balashosha* w.s.r to *Ashtang Hrudaya*

Vikram T. Ganpatil

Assistant Professor, Department of Kaumarabhritya

M. E. S Ayurveda Mahavidyalaya & Reaserch centre, Ghanekhunt-Lote, Khed, Ratnagiri, Maharashtra, India.

* **Corresponding Author:** Dr. Vikram T. Ganpatil, E-mail: vtganpatil@gmail.com

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ABSTRACT:

Kaumarbhritya is one of the most important branch of Ayurveda. Kaumarbhritya deals with different physical & Psychological disorder Related with children. Balashosha is one of the common disease. Occurs in childhood period. It results reduced growth & development in children as result of general dhatukshyaya can be attributed to different reasons.

These clinical condition that arises is termed Rajayakshma. In Kaumarbhritya, It is known by the term Kaumarashosha or Balashosha. In Asthangahrudaya Uttarasthana, They mentioned detail about Balashosha. It is part & parcel of Poor Socio – Economic Status that negatively affects growth& development of children.

KEY WORDS: Kaumarbhritya, Ayurveda, Balashosha, Dhatukshyaya, growth, development

INTRODUCTION:

Asthanga Hruday Uttara Sthana 2nd chapter specially deals with Balashosha.

In this chapter Balashosha explain with Nidana, Samprapti, Lakshana&chikitsa. Balashosha means Dhatukshaya manifest in call that the Rogamargas, Pranavasrotasa being the seat of most of symptoms. [1]

The word Means of 'Shosha' is Fatiguity (*shoshatiitishosha*) & mainly represents the qualitative or functional deterioration. The word means 'Krishatva' is 'ematation' which mainly depicts the, quantitative or structural deterioration[19].

According to modern science it can be correlate with failure to thrive, It explains as is result of inadequate usable calories necessary for a child's metabolic & growth demand, & it manifests as physical growth that is significantly less than that of peers [20].

According to Ayurveda Balashosha is part & parcel of Ksheeraja phakka. Breast milk vitiated by kapha is called phakka-dughdha, this sort of 'Stanya' by obstructing the channels of rasadhatu causes nutritional deficiency to the Child & results into

Shosha[21].

According to Indian academy of pediatrics Failure to thrive is sustained weight loss, failure to weight gain or persistent fall in weight from child's normal centile [22]. These are the same features predominantly seen in balashosha.

Literary Review:

Balashosha is the group of *Lakshanaslike, Arochaka, Pratishaya, Jwara, Kasa, Snigdha Shukla mukha*. These are caused due to blockage of Rasavaha strotas & That causes vitiation of Tridosha. The channels especially rasavaha shotas resulting into *Dhatukshaya* which will be clinically expressed as *balashosha*[2].

In modern texts also explains, the infection is spread by tuberculosis patient, who discharges tubercle bacilli in his sputum or nasopharyngeal secretions during Bouts of coughing or sneezing. [3]

BALASHOSHA NIDANA:-

अत्यहःस्वप्नशीतांबुक्षैष्मिकस्तन्यसेविनः । A. H. U 2/44[4]

According to *Asthanga Hrudaya* signs & symptoms of *balashosha* are

- Excessive day sleep
- Drinking of cold water
- Intake of *kaphadushtastanyam*

These are the cause of *Balashosha*

Balashosha Samprapti:

शिशोः कफेन रुद्धे पुत्रोत्सुरसवाहिषु || A. H. U 2/45^[5]

This shloka explains about samprapti of *balashosha*.

Balashosha seen in two age groups

- 1) Only Breast feeding Babies (*Ksheerapa*)
- 2) Only on food. (*Annaada*)

Samprapti of Balashosha: Samprapti means i.e. Disease process of *balashosha*

शिशोः कफेन रुद्धे पुत्रोत्सुरसवाहिषु A. H. U 2/45

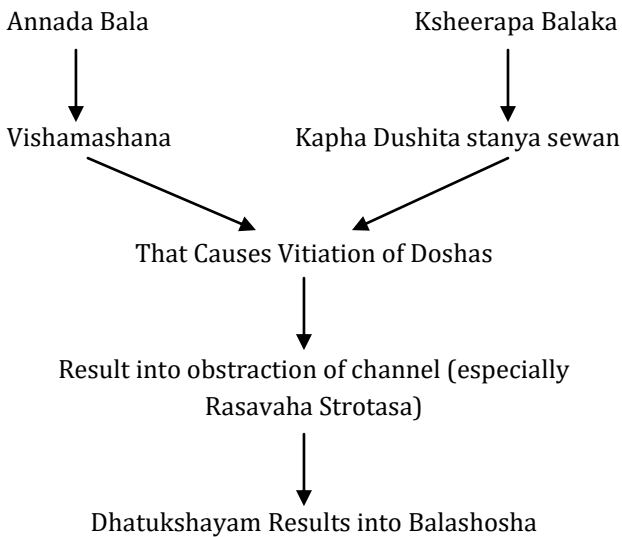


Chart No. 1 : Samprapti of Balashosha

Lakshna of Balashosha: ^[6]

That means signs & symptoms of *Balashosha*.

अरोचकः प्रतिश्यायोज्वरः कासश्चायते ।

कुमारः शुष्यति ततः स्निग्धशुक्लमुखेक्षणः || A. H. U. 2/45

आरोचक : Means loss of appetite.

प्रतिश्यायः That is Rhinitis or nasal discharge from nose.

ज्वर : fever or rise in body Temp.

कास : It is main symptoms of *Balashosha*, i.e Coughing

कुमारशुष्यति: Failure to thrive that means weight gain decelerates with downward crossing of two major percentiles on NCHS growth chart. ^[7]

According to modern science they describes most symptoms in children

With primary complex (PPC) are constitutional in the form of mild fever, anorexia

Weight loss, decreased. cough is an inconsistent symptom and may be absent in advanced disease. ^[8]

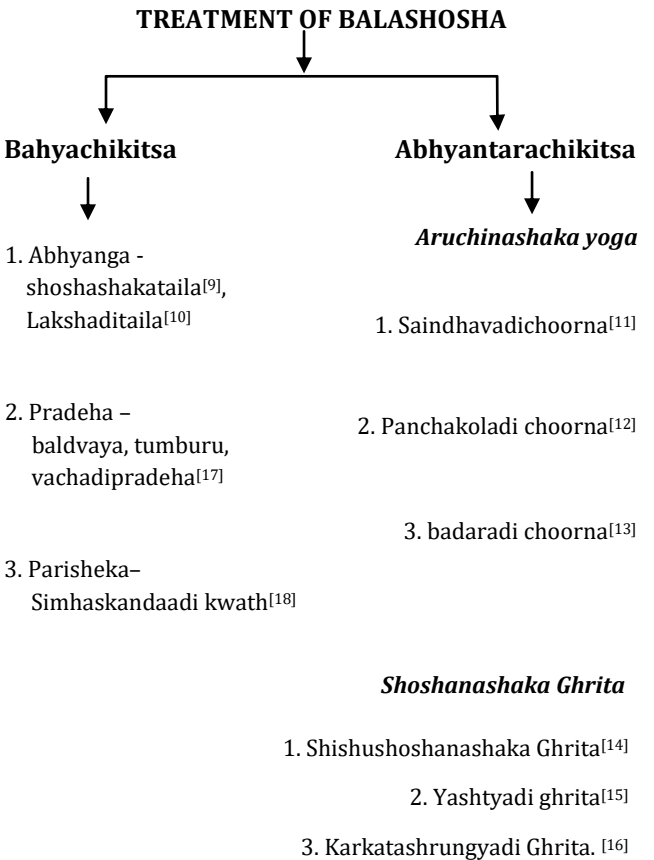


Table No. 1: Management of Shosha according to different Acharyas

Authors	Charaka samhita	Ashtanga Samgraha	Kashyapa Samhita	Sushruta Samhita
Bahya Chikitsa	1. Krusharadi sankara Sweda ^[23] 2. Balaguduchyadi Parisheka ^[24] 3. Jeevanti shatapushpadi Upnahasweda ^[25] 4. Padmakadi Pradeha ^[26]	1. Ghrita tailadi avagahana ^[33] 2. jeevantiyadi Udvartana ^[34]	1. Ajapurisha udvartana ^[45] 2. Apamargadi Kalka Udvartana ^[46]	1. Ashvagandha utsadana ^[50]
Abhyantara Chikitsa	1. Dashamuladi ghrita ^[27] 2. Yakshmanashaka Leha ^[28] 3. Sitopaladi churna ^[29] 4. Duralabhadi ghrita ^[30] 5. Jeevantiyadi ghrita ^[31] 6. Baladi ksheera ^[32]	1. Dashamula ghrita ^[35] 2. Balamula Ghrita ^[36] 3. Jeevanti Ghrita ^[37] 4. Duralabhadi ghrita ^[38] 5. Kharjuradi ghrita ^[39] 6. Panchakoladighrita ^[40] 7. Rasnadi ghrita ^[41] 8. Ashwagandha ghrita ^[42] 9. Parashara ghrita ^[43] 10. Swaduskanda ghrita ^[44]	3. Pippali Vardhamana yoga ^[47] 4. Mahabhayarishta ^[48] 5. Indrani Ghrita ^[49]	1. Manuka avleha ^[51] 2. Ashvagandhadichurna ^[52] 3. Ashwagandha ksheera. ^[53] 4. Vasa ghrita ^[54] 5. Yakshmanivaraka Ghrita. ^[55] 6. Dvipanchamuli Ghrita. ^[56] 7. Yakshmaghna ghrita ^[57] 8. Aja masa, dughda, sarpisevana ^[58]

Guideline for management of Balashosha:

Management of arochaka: Use aruchi nashaka yogas like saindhavadi choorna^[11], panchakoladi choorna^[12] etc.

Management of Shosha: Use Shishu shoshanashaka Ghrita^[14], Yastyadighrita^[15].

DISCUSSION:

In this context, there is information of Balashosha, & according to lakshnas it can be correlated with modern concept of failure to thrive. But main aim of the balachikitsa is to break the samprati of balashosha with help of medicines which are mentioned in ancient ayurved text. The drugs used in Balashosha's are Ushna, Tikshna, sukshmasrotogami as well as combination with ghritalakpana they nourishes the balaka & nullify the kshaya.

Bahya aushadhi Udvartana & abhyaga makes sroto vishodhana & vatashaman as well as abhyantara aruchinashaka yogas make pachana of aama & Rasavaha srotovishodhana which causes good metabolism/pachana of aahara by increasing jatharagni & ultimately causes Samprapti Vighatana of Balashosha.

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