

**Review Article**

**A Review: Role of Rasayan and panchakarma in balrog**

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**ABSTRACT:**

The childhood diseases described as *Bal-Rog* in ancient *Ayurveda* science, this is the state of mental and physical development. *Ayurveda* consider *Dhatri Stanya Dushti* as causative factor of diseases in *Ksheerada Avastha*. 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 *Rasayana* 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 per requirement *Rasayana* therapy may be used in early age but with great precautionary measurement.

**KEY WORDS:** *Ayurveda*, *Bal-Rog*, *Rasayana* and *Panchkarma*

**INTRODUCTION:**

*Ayurveda* the basic science of traditional medical system in india consider *Bal Rog* under *Kaumarbhrittya* and mentioned different therapeutic for the treatment of childhood diseases. Recently many researches utilizes *Bala Panchakarma* and *Rasayana* therapy for the management of various childhood diseases, this article described various aspect of *Bala Panchakarma* and *Rasayana* therapy with special reference to the childhood diseases. The literature suggested that *Bala Panchakarma* play significant role in the management of cerebral palsy, *Pranavaha Srotasta* and *Tamaka Shwasa Panchakarma* basically is a type of *Shodhana Chikista*. The basic principle of *Kaumarbhrittya* involves *Panchakarma* in late stage of development of *ayurveda* science; however fixation of drug dose in and intensity of *Bala Panchakarma* is very important to prevent any side effect. It is believed that *Panchakarma* being *Shodhana Chikista* remove vitiated *Doshas*. The various steps of *Panchakarma* such as, *Vamana*, *Virechana Basti*, *Niruha* or *Yapana Basti* and *Anuvasana Basti* 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 *Bal Rog* 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*, *Agin Srotasas* 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, *Svaran Bhasm*, *Vacha*, *Madhu*, *Ghrita*, *Panchgavya Ghrita*, *Brahmi Ghrita*, *Abhaya Ghrita*, *Abhaya Ghrita*, *Samvardhana Ghrita*, *Mandura Bhasma* and *Lauha Bhasma*, etc. *Swama Prashan* 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 many therapeutic activity like; anti-oxidant property, immunomodulatory activity and also improving Agni. The *ayurveda* suggest use of *Swarna Prashan* with precautionary measurement to enhance intelligent and immunity in children. *Lauha* formulation such as; *Trikatrayadi Lauha* prescribed in children for *Pandu Roga*, in this diseases *pitta prakriti* of children suffer predominantly. *Ayurveda* strongly recommended use of *Lauha* in children suffers from iron deficiency. *Trikatrayadi Lauha* contains *Mandura Bhasma* and *Lauha Bhasma* 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 *Pandu Roga*. The literature mentioned use of *Lauha* formulation in other physiological dysfunction such as, weakness, anorexia and fatigue.

### Panchakarma for Bal-Rog:

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 through *Panchkarma* and *Yoga* pacifies *Dosha* and clear harmful toxins from the body and thus help to relieve many diseases in children. *Panchkarama* utilizes various approaches of *Shodhana* such as; *Vamana*, *Virechan*, *Nasya*: *Vamana* in children help to eliminate *Kapha Dosha* and thus opens *pranavaha srotastha* which may block due to the accumulation of *Kapha* in *Kapha Vyadhi*. *Virechana* may help in *Pranavaha Sroto Vyadhi*; *Swasa Kasa* where *pitta dosha* is predominate. *Nasya Karma* is useful for diseases associated with *Kapha* and *Vata* predominance. Cerebral palsy is common paediatric disorder in children. Seizures, hearing impairments and mental retardation are common features of diseases, *Ayurveda* emphasized various treatment options for diseases including *Panchkarama* and *yoga*. It is *Vata Vyadhi* 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 Cerebral palsy. *Panchkarma* and *Yoga* also emphasized role of *Pranavaha Srotaashta Vyadhi* is a disease of *Kapha Dosha*. *Kapha* along with *Vata Dosha* play major role in appearance of *Panavaha Srotho Vyadhi*, in which *Dushitha Prana Vyau* resulting *Hikka* and *Swasa* diseases, the diseases condition involves aggravation of *Kapha* and *Vyau Swasa*, *Kasa*, *Hikka* are the diseases of *Prana Vahasroto Dusti*, *ayurveda* suggested use of *Panchakarma* in *pranavaha srotastha vyadhi* not only pacify *kapha* and *vata Dosha* but it also help in excretion of harmful toxins. *Shodhana* through *panchakarma* clear accumulated *Kapha* and other secretion from respiratory tract and thus relief *Pranavaha srotastha vyadhi*.

### CONCLUSION:

The article emphasized management of *Bal-Rog* using various ancient approaches of *ayurveda* science such as, herbal remedies, *Rasyana* and *Panchakarma*. This article mentioned importances of *Rasayana* and *Panchakarma* in the management of some *Bal-Rog*; although use of *Rasayan* and *Panchkarma* in *Bal-Rog* must be carried out with care. *Panchkarama* may be done from the age of seven years and as per requirement while *Rasayan* therapy may be used in early age but with great precautionary measurement. The discipline life style also play significant role in the management of *Bal-Rog*.

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